

Pick up the box with **YOUR NAME ON THE LABEL.**

Sign out your box on the list on the clipboard at your site.

HOMESTEADER FOLKS look also for a red bag with your name on the label.

STORE ORDERS: if you ordered something it will also come in a red bag or a box with your name on the label

MEAT: meat shares this week and will come every other week. **ORDERS** will be in the cooler with your name on the package.

LATE PICK UP? Call your host. All boxes etc will be donated after 24 hours to avoid waste so **PLEASE** pick up, or call the host to see if you can work something out. This especially applies to meat. Its yours as soon as it leaves the farm and its so sad if it wastes.

VACATION? Let me know.

Your options are

1. have a friend pick up.
2. ask us to donate the box

Homesteaders, we will hold your extras until you return.

QUESTIONS? PROBLEMS? CONFUSION? email garden@communityhomestead.org or call me, Christine, 715 220 5925

Remember to be nice to your site hosts. These guys are great and make this whole system possible. They appreciate you folding your returned box neatly and shutting the porch door! Picking up on time is also much appreciated!

Return and recycle: all jars, and rings (but not the flat lids)

Red Bags—please returns on time so we have something to pack into the next week!

Boxes: this is one of our highest non food costs. You can help us keep our prices down by bringing back boxes, carefully unfolded so the flaps don't break!



Community Homestead

September 16, 2026

CSA Box 15 (of 18)

This is a **meat week.**



News from the farm

Oop. Here is fall. And even if it lasts for just a few days before summer makes a few “encore” appearances, we know the season is turning.

For one, the mornings are cold. The peppers are turning their little leaves downward in the miserable soggy of pout. Tomatoes have lost that fat shine of robust summer. And the squash, seeing the downturn in energy, make their appearance. Move aside, delicate eggplant, for this is the turn of the sturdy.

Meet Your Farmer

Elena joined us last September for a year. During that time, you can often find her in the garden and orchard by following her singing to herself. Inclusive, respectful, and bringing along with her a cloud of devoted calm, Elena adds a huge amount to the life of the community. Always ready to help, she has an eye for support, giving it freely to plants, children, adults but also has a sense of fun and humor that not every responsible person enjoys!

Our dismay at saying goodbye is lightened by the thought of her back in Germany, bustling about with family and friends, and studying medicine. Such an asset to us, and to the world. Bon Voyage Elena.



Meanwhile, strawberries, cosseted in their tunnels, in an illusion of long summer days, are still producing well. Raspberries are coming into their own. Grapes are ripening. Living with the seasons, it is important that we don't shrivel with the vines and frost over, but summon a little squash and kale energy for winter's push. And you know, meanwhile, boost our life with a visit to an apple orchard, a swim in a neighbor's new pool (oh wow, Thank you!!) and trip up to see our friends at Camphill Minnesota! It's a life packed with activity!

Winter Meat Share. This is an “every other” delivery during the winter season. You don't need to have a winter veggie share to get one. There are currently 7 left so, if you want one, email me and I will get you signed up. garden@communityhomestead.org

Stock the freezer and enjoy a hearty mix of Community Homestead meats as the growing season winds down. Our Winter Meat Share includes three generous deliveries featuring a rotating selection of our farm-raised beef, pork, and chicken.

Each box will be built around substantial centerpiece cuts—such as a whole chicken, beef roast, or premium beef steak—and rounded out with favorites like bacon, sausage, ham steak, pork steak, ground beef, and other seasonal cuts.

Winter Share pickups will coincide with CSA pickup on:
October 21
November 11
December 2

BEST way to reach us:
garden@communityhomestead.org



Kabocha Squash

Originates in Japan and Asia and is grown anywhere that gives it a long enough growing season -and we just about make it!

This is a sweet squash and roasting it brings out a nutty sweetness that fills your whole mouth up with instant fall happiness. Its skin is edible, if chewy, once it is cooked but you also can just scoop and discard the skin if you prefer. Each to their own!

Approach with care because this squash too, and be surprisingly agile in its leap off a counter when confronted with a large knife. Use a towel to rest it on, cut it in half, scoop out the seeds and then cut into wedges. Toss in a little oil and salt, place in a glass dish and cover with foil or a lid and place in the oven on 400F for 40 mins or until soft. Alternatively, place the wedges in boiling water and boil until soft (more like 15 mins) take out and drain, scoop the flesh out, add butter and mash.

Loaded with beta carotene, vitamin C and fiber, not fat. Kabocha is only about 50 calories per cup. And a cup of squash is a generous serving. This makes it a hearty sweet treat for pretty much everyone!

Wash your Vegetables!

All our produce is certified organic. This means FREE from chemicals. However, that doesn't mean clean from soil, bugs, and other nonsense Mother Earth dishes up that you don't want to put in your mouth. WASH all vegetables right before use!



What is in the box?

As best we can guess what fits before we pack it!

Beans
Cabbage
Corn-Sugar Buns variety.
Tips chopped to avoid corn worm damage.
Lettuce mix
Leeks
Onion
Pac choi
Peppers
Kabocha squash
Sweet potato
Tomatoes
parsley
For medium: carrots
For someone but we don't know which size yet: cauliflower, cucumber



Pac choi, Separate the leaves, wash well. Cut the stems into slices, rip the leaves, Steam or saute stems first for 3 mins then add the leaves to wilt. And yes, you can also eat it raw.

Easy Fall Soup

You need a processor and a lazy heart for this one. And the reward is mighty.

1.5 cups of chopped carrots
Your kabocha, seeds discarded and cut into wedges
1 cup of onion-so a large onion or a few small ones peeled but left whole
1 hefty leek washed and cut into chunks
1 large red/yellow pepper or equivalent cut in half and de-seeded
1 cup roughly of sweet potato cut into chunks
2 tablespoons of olive oil
Salt to your own taste
2 tablespoons of your favorite herbs-rosemary, sage, thyme
4 cups of water

Peel everything and cut where needed. Place on a baking sheet and drizzle with the oil, sprinkle with salt and herbs. Cover with foil.

Bake for 375F for 1 hour. Let cool (which means, you can prep and bake it one evening, put it in the fridge and continue the next day when you want soup)

When cool, drop in small amounts to a food processor adding the water a little at a time. Dump out into a pot as you go. OR, if you have an immersion blender, add everything to a pot and go to town with the immersion blender. Blend until creamy.

This makes enough soup to eat and freeze. And frozen soup is a convenient bag to pull out of the freezer in the morning as you leave for work, and heat in the evening when you return.

Delivery Contacts

Farm Site and General information or problems:
Christine 715 220 5925

Drivers Chris and Will (Either 612 202 7841 or 781 361 5994)
St Paul, Hiawatha, Cooper, Powderhorn, Lowry Hill, Lake Harriet, Burns and McDonnell, Golden Valley
Marcy Holmes Blaine

Drivers Christine and Richard
(either 715 220 5925 or 715 338 2853)
Shoreview, Arden Hills, Vadnais Heights, Minnesota
Waldorf School (MWS), Maplewood City Hall Employees

Driver Alex (209 679 3291)
Stillwater, North St Paul

parsley



Online ordering

The farm store is open Thursday to Sunday night. Access it through our website (click SHOP on the homepage) We stock it with all our meat -beef, pork and chicken, our bakery items like bread, cookies and pies, jams, pickles, maple syrup, and our fruit, strawberries and raspberries.

All of the products are grown or made here by our inclusive teams of people and all of the profit goes back into operating this lively and vibrant community for all. So yes, a theme for this box note-**Thank you for choosing to support us!**