

October 28 - 29, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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**DAVID
NORTUNEN
OF
HIDDEN-VUE
FARM**

October Blizzards & Raising a Grass-Fed Herd

Well it's that time of year again - the snow is here ready or not. Mainly I'm not! I'm usually up for the snow but it seems a little early to me this year. I'm glad I spent some time last week cleaning up around our farm so I don't end up with stuff buried under the snow for the next 6 months. We only received about 3 or 4 inches so our cattle will continue to graze through the snow. On a typical year I like to graze at least until December and usually closer to Christmas if I can. The cows aren't always happy about it but I have been selecting for tough cows for quite a while now and most of them are totally fine with grazing through up to 6 or 8 inches of snow. As long as we don't have an icy crust on the snow they do fine. Speaking of snow, our son Matthew had his last soccer game of the season in a blizzard. (See reverse side for picture). They had to shovel the snow off the lines throughout the game. It was cold, snowy and wet and they lost, but the team had fun sliding around out there and we had fun cheering them on.



Our busy summer and fall workload is coming to an end. We just ran all the cows through the corral, gave everybody their vaccinations and checked all the cows to see if they were pregnant. 90 percent of our cows were pregnant so that's good news. As for the other 10 percent, it will be the end of their time here at Hidden-Vue Farm. Most of the cows that were not pregnant were between 14 and 16 years old. Nationwide, most cows in a beef herd only average 7 or 8 years so our cows get to live a good long life - much longer than average. And they get to spend their entire lives outside and never confined to a barn or feedlot. Our next major job will be weaning the calves from the cows but that won't happen until December. We also have one more group of yearlings that I will need to bring home in a couple of weeks. But after that it can snow as much as it wants! Thanks for a great summer season & stay warm!

-David



Last soccer game of the season - in a blizzard!



Our cows enjoying thick grass during warmer days. Our grass-fed cattle love spending their days on the pasture.

Polenta Beef Stew

- 1/4 c. flour
- 2 t. Italian seasoning
- 1 t. garlic powder
- 1/2 t. salt
- 1/2 t. pepper
- 2 lbs. grass-fed beef stew meat
- 2 T. olive oil
- 1/2 c. chopped onion
- 1 t. fresh rosemary
- 6 cloves garlic, minced
- 14 oz. beef broth
- 1.5 c. red wine
- 8 oz. boiling onions
- 5 carrots, cut into 1" chunks
- 1/2 c. fresh flat-leaf parsley
- 1/2 c. tomato paste

1. Place flour, Italian seasoning, garlic powder, salt & pepper in a plastic bag. Add meat pieces, a few at a time, shaking to coat. In a Dutch oven, brown meat, half at a time, in hot oil; drain fat. Return all meat to Dutch oven; add chopped onion, rosemary & garlic. Cook & stir until onion is tender. Stir in broth & wine. Bring to boiling; reduce heat. Simmer, uncovered, for 1.5 hours.
2. Stir in boiling onions & carrot. Bring to boiling; reduce heat. Simmer, covered for 30 minutes.
3. Just before serving, stir parsley & tomato paste into stew. Serve atop prepared polenta.





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