

AUGUST 11 - 12, 2021

# BAYFIELD FOODS CSA

Community Supported Agriculture



## Fermenting & New Adventures

**JENNIFER & ANDREW SAUTER-SARGENT - SPIRIT CREEK FARM**

August at Spirit Creek Farm is a month of anticipation for the busy season of fermenting to begin. The certified kitchen is at this moment in dormancy but we just got an email from Chris at Great Oak Farm that he will have beans for us this coming week. We have been too busy to respond to him. So, Chris, if you are reading this, we will take the beans! We just picked up the additional ingredients we need to begin making our Garlic Scape Pesto so hopefully you will find that available as an add-on for the CSA in a month or so. And we anticipate that we will hear from Rick the farmer, who is growing our pickling cucumbers, any day now.

So you may ask why we are too busy to email Chris back...the answer to that question is we are running two new businesses. Last summer we opened up a shop in the harbor in Cornucopia. It is called the Sailor & the Farmer and there is a wide offering of items. It ranges from local foods, locally made items from artists and craftspeople and an

eclectic mix of vintage items. We have a variety of things from many producers in Bayfield Foods. The shop became a CSA pick up location this season and has made it convenient for those on the South Shore to get their boxes. Next door to our shop, tied to the dock, is the lovely La Diosa - a 41 foot sailboat. Upon La Diosa operates Cornucopia Sailing. In the summer, head Kraut Master Andrew turns into Captain Andrew. He enjoys sharing his love of sailing and Lake Superior with people on boat excursions that he runs daily. Our plate is quite full this time of the year but the summer season is short and sweet in the northernmost town of Wisconsin. If you find yourself in Cornucopia this summer or early fall, be sure to stop in and visit the shop and you can check us out on Instagram @thesailorandthefarmer. If you want to get out sailing on Lake Superior check out [www.cornucopiasailing.com](http://www.cornucopiasailing.com).



**Pictured on front page: Spirit Creek Farm's new endeavor, The Sailor and the Farmer, a shop in the Cornucopia harbor.**



**Kraut Master Andrew doubles as Captain Andrew.**

And be sure to watch for our fermented pickles and our Garlic Scape Pesto to be available through the CSA add-ons in the upcoming months. We hope you are all enjoying the bounty and beauty of August.



Jennifer prepares pickling cucumbers at Spirit Creek's kitchen. Look for fresh jars of SCF Pickles available in the upcoming months.

## Andrew's Breakfast Tacos

### INGREDIENTS:

- 2 corn tortillas
- Happy Hollow Haystack Jack cheese
- 1 package South Shore Meats brats or Superior Small Batch Original Banger Rolls
- 2 eggs
- Spirit Creek Farm Kim Chi
- Great Oak Farm mixed microgreens

### INSTRUCTIONS:

1. Heat corn tortillas.
2. Cook your choice of protein & fry both eggs.
3. Top 1 tortilla with several slices of cheese, thinly sliced brats or Banger Rolls, 1 fried egg, kim chi & microgreens.
4. Repeat for second tortilla.

**From the Sauter-Sargent family,  
Spirit Creek Farm**

