

Hello from Bodin Fisheries!

Since the 1880's, the Bodin Family has been involved in the commercial fishing industry in the Apostle Islands of Lake Superior. Over the years, the family fish operations moved from Ashland, to north of Washburn, and then 55 years ago, up the shore to Bayfield. This charming lake side community is rich with heritage, from the early logging enterprises, to the brownstone quarries, fish camps around the islands, farming and tourism. Being a part of the Bayfield story, with so many deep roots and history, fills us with pride. This proud tradition of providing the freshest fish, high quality frozen fillets and tasty smoked fish still comes through today in all that we do.



Bodin Fisheries is the largest fish processing facility on the Western end of Lake Superior. With over a dozen state and tribal fishermen (and women!) bringing their catches to our dockside location, we do our best to maintain a steady supply of fresh Lake Superior fish for the local restaurants, grocery stores and other retail locations. By creating and maintaining markets for the fish that is caught, the fishermen can focus on their nets, gear and crew, maintaining a safe vessel and braving the sometimes harsh and cold elements. Sure, that's easy to say now, in the warmth of a hot August afternoon with calm waters and a brilliant sun shimmering on the water like a million diamonds. Fishing the Apostle Islands is an around the calendar operation, except for a few weeks off in October during the closed season before the Herring run starts. Can you imagine pulling a net up from under 30 inches of ice in late January? Could you keep your balance when your boat is rolling between 8 to 12 feet waves out of the Northeast? That's a very different image than the nice calm sunny days of the summer, but it serves as an example of the different kinds of elements that fishermen face month to month.

Inside our federally and state inspected and regulated processing facility, our conditions are more favorable. When customers walk into our retail store and a few may plug their nose, we remind them we don't sell flowers here! Still, sanitation and food safety are one of our biggest concerns, so the operation is very clean and efficient, ensuring the food we provide is of the highest quality available.



If you ever get a chance to visit Bayfield, please come down to the fishing docks alongside Bodin Fisheries and take a look for yourself. Fresh fish comes in daily, usually between 1:00 and 3:00 p.m., and is processed into fillets, both fresh and frozen, or chunked for fish boils and smoking.

Continued on next page

We smoke our own fish on site 5 days a week to maintain a steady supply. We also make a fantastic smoked fish spread, which is great for snacking or entertaining.

Providing frozen fillets of Lake Superior Whitefish and Lake Trout through Bayfield Foods is a natural extension of our business. We hope that you are enjoying the fresh catches being processed at our facility and we appreciate your support of Bayfield Foods. Whatever way you like your fish, knowing where it came from and how it was cared for, makes it taste that much better!

Recipe Suggestion from Bill:

Whitefish Seasoning

Following is a simple seasoning mix we enjoy that can be used to top a Whitefish Fillet while cooking on foil in the late summer/fall grill! Mix the dry ingredients together. Squeeze a bit of lemon over the entire fillet. Shake and spread the dry mixture to taste. Cook and enjoy! Save any left overs for your next fish dinner!

- 1 tablespoon dill
- 1 teaspoon fresh lemon zest
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon paprika
- pinch of white pepper



- **Bill Bodin, Bodin Fisheries**

RECIPE CHALLENGE

Whole Diet and Meat Box members, what has been your favorite thing to do with the ground beef you receive each week? Share with others in the Facebook recipe group!

WHAT'S IN THE BOX

VEGGIE BOXES

~ **Great Oak Farm** ~

Green Beans, Cucumber, Sweet Corn,
Cherry Tomatoes

~ **River Road Farm** ~

Slicer Tomatoes, Onions, Pepper, Broccoli

~ **Yoman Farm** ~

Sumer Squash, Basil

MINI VEGGIE

~ **Great Oak Farm** ~

Sweet Corn, Cucumber

~ **River Road Farm** ~

Onion, Pepper

~ **Yoman Farm** ~

Summer Squash

MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Whitefish, Lake Trout

MINI MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Lake Trout

PLUS ITEM

~ **Bayfield Apple Co** ~

Jam OR Fruit Butter

FRUIT BOXES

Apples + Apple Butter

August 29th + 30th, 2018

How To Store Your Produce

Cucumber: Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

Green Beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Broccoli: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

Basil: Do not refrigerate fresh basil. To keep, strip the bottom leaves off and use quickly. Stick the remaining basil stem first into a glass of water and leave out. Will last about a week.

Green Onions: Wrap in plastic bag and store in fridge for over a week.

Sweet Corn: Refrigerate with the husk on. The sooner you eat the corn, the sweeter it will taste.

Sweet Peppers: Simply store in fridge as is. Peppers will easily last a week.

Tomatoes: Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

Zucchini: Store unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

Fruit: Store your fruit in the refrigerator in the packaging it is delivered in. Eat within a week or freeze for longer storage.

Recipe on the next page!

SNEAK PEEK AT NEXT WEEK
September 5th, 2018

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Green Beans OR Broccoli,
Sweet Corn, Cherry Tomatoes,
Cucumber

~ River Road Farm ~

Slicer Tomatoes, Onions, Peppers

~ Yoman Farm ~

New Potatoes, Dill, Zucchini

~ Twisting Twig Gardens ~

Roma Tomatoes

MINI VEGGIE

~ Great Oak Farm ~

Sweet Corn, Green Beans

~ Yoman Farm ~

Zucchini

~ Twisting Twig Gardens ~

Roma Tomatoes

MEAT BOXES

~ Hidden Vue Farm +

Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

MINI MEAT BOXES

~ Hidden Vue Farm +

Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

PLUS ITEM

~ Heritage Acres ~

Honey

~ Happy Hollow Creamery ~

Cheese

FRUIT BOXES

Apples

Cucumber Slices with Dill

Ingredients: Cucumbers, Onion, Dill, Sugar, White Vinegar, Water, Salt. Optional (but encouraged): cherry tomatoes.

Here's a simple cool salad for hot summer days!

Step 1: Thinly slice both cucumbers and onions. If you're using cherry tomatoes as well, quarter or halve them and combine all of the veggies in a large serving bowl.

Step 2: In a medium size mixing bowl combine 1 cup sugar, 1/2 cup vinegar, 1/2 cup water and a tablespoon chopped fresh dill (more or less depending on your taste) and then mix together until sugar is dissolved.

Step 3: Pour the liquid mixture over the veggies and stir together. You can eat immediately, but it will taste much better if you cover and refrigerate it for 2 hours before serving.



Per usual, remember to check out the **Cookery Maven** blog on our website to see what author Mary Dougherty is cookin' up with the Lake Superior CSA this week!