

August 5 - 6, 2020

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## THE BODIN FAMILY OF BODIN FISHERIES

## Joined Together to Bring you the Best Local Food

I hope you are enjoying the food provided by Bayfield Foods! It's a pleasure being part of such a fine group of producers joined together to bring you the best local food. During the box assembly process each week, we get to pick your orders and include a newsletter in each of the boxes. It's fun to read and learn more about the folks behind your food. We hope you agree!

If we've learned one thing about 2020, while we're "all in this together", there is a variety of stories each of us have on what it has meant to be a food producer and to be deemed "essential" during the pandemic. With restaurants closed from March through late May, most of our fish was shipped to grocery stores and direct to consumers, creating a shift in how we do our business and what kinds of fish was being ordered. We moved months' worth of frozen fillets through the system in weeks, requiring us to shift towards offering more fresh and smoked fish products in your boxes this summer. We hope you have had a chance to enjoy some of the fresh pin boned fillets of Lake Trout and/or Whitefish over the past few weeks. We've also been busy smoking fish in our in-house smoker so you have a wider variety of ways to enjoy our products than in years past.



Whitefish is harvested commercially in both gill nets by tribal fishermen and in trap nets by state licensed commercial fishermen. These fish are brought into Bayfield and processed into fresh fillets, Whitefish boil chunks, traditional smoked fish, sugar cured smoked fillets and smoked Whitefish spread. Whitefish accounts for just over 50% of our total harvest and sales. Lake Trout has more quotas and restrictions placed on this species, given the balance the Wisconsin Department of Natural Resources has to maintain between sports fishermen, state and tribal fishermen. Trout accounts for less than 25% of our annual production.

We're proud to be a part of Bayfield Foods Cooperative. As food producers to the area dating back to the 1880's, our deep roots and commitment to the region come through in the quality of our products. Taste them for yourself and you'll see what we mean!

## -Bill Bodin Bodin Fisheries

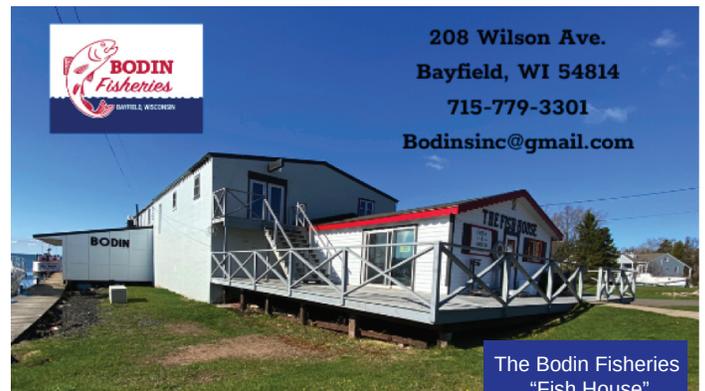


For all the fish lovers out there, here are some recommendations that may resonate with you :)



### Fish Grilling Tips from Bodin Fisheries

To grill a skin-on fillet, place the skin side down onto aluminum foil, season to taste and cook for about 8 minutes, until the meat starts to flake or separate. For skinless fillets, prepare the same way, but thinly cut lemons and place them between the fillet and the foil, or place them on a soaked cedar plank. When serving, leave the skin (or lemons) on the foil and discard.



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The Bodin Fisheries  
"Fish House"  
in Bayfield.

A Bodin Fisheries boat - in icy Lake Superior waters.



### PLUS ITEM THIS WEEK

Happy Hollow Creamery Cheese

