

## Hello from Spirit Creek Farm!

The leaves have turned and fallen and Spirit Creek Farm is in high gear again. Spirit Creek Farm is a little different from most of the other Bayfield Foods CSA producers as we are a fermented food manufacturer. We end up doing most our work after the growing season is over. Our production season runs roughly from September to March. Local farmers grow the cabbage and other vegetables and we make it into Sauerkraut and Kim chi and other fermented vegetable products.



The snow and cold weather that arrived early this November was challenging to all the outside machinery that we use all winter. We use an old Allis Chalmers forklift to bring vegetables into the kitchen and to load and unload trucks. Once the thermometer dropped below 20 degrees F, all the things that were on the verge of breaking broke. So a few new parts, a little trouble shooting and we are back in business. Luckily I remembered to turn the heaters on in the coolers to keep the vegetables from freezing.

Our production crew of 4 people come in Monday through Thursday and they have started to build the resilience and tenacity it takes to make sauerkraut all winter long. It is definitely a long haul to March or April and taking it in stride is imperative. "It is not a sprint, it is a long distance race" I say to everyone involved including myself. Figuring out the schedule of fermented foods is a constant changing puzzle we play with. "Keep the barrels full" is another motto we are led by. We will make about 40,000 jars of fermented vegetables this winter. That is a lot of product when you look at it all at once. Yet we are still a very small business. The certified kitchen and office is attached to our home. Jennifer and Andrew try to keep it all together along with our growing children Willa, Ivy and Lake who often help with deliveries and sometimes in the kitchen. All in all, it can be very challenging. It is also very satisfying to be part of building and sustaining a local food system for our region. When people tell us they love our product we know we are doing something right.

So enjoy the winter and take advantage of the decrease in friction that snow provides and slide down a hill somewhere on something. It is clinically proven to generate happiness!

Take care!

**Jennifer + Andrew  
Spirit Creek Farm**





Michael in full-blown sauerkraut mode!

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## **RECIPE CHALLENGE!**



This week, I challenge you to try out one of Mary's many recipes at the **Cookery Maven blog**! She will be adding a few new recipes this week (including tamales), and we'd love to hear what you think!

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## **FRIENDLY REMINDERS!**

- Please return your boxes after each delivery, we will reuse them as long as they're sturdy—and it saves us a lot on supply costs!
- When you return your boxes to your pick-up location, please be courteous and break them down. There are many sites where boxes stack up quickly and take up a lot of space. Thank you!

## WHAT'S IN THE BOX

### VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Acorn OR Butternut OR Delicata  
Squash, Onions

~ Yoman Farm ~

Potatoes, Leeks

~ Bayfield Apple Co ~

Frozen Pie

~ River Road Farm ~

Garlic

### MINI VEGGIE

~ Great Oak Farm ~

Acorn, Carrots, Onions

~ River Road Farm ~

Garlic

~ Yoman Farm ~

Potatoes

### MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Heritage Acres ~

Whole Chicken

~ Bodin's Fisheries ~

Whitefish, Lake Trout OR Burbot

### MINI MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin Fisheries ~

Whitefish

### PLUS ITEM

~ Happy Hollow Creamery ~

Cheese

**December 5th + 6th, 2018**

## How To Store Your Produce

**Carrots:** Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator.

**Cabbage:** Cabbage will store well for a long while in your refrigerator. Peel back outer leaves if they begin to wilt or yellow and use what's left.

**Garlic:** Garlic bulbs should be kept out of refrigeration anywhere with good ventilation (not in plastic bag or sealed container).

**Leeks:** Store unwashed in a plastic bag in your refrigerator. Use within a week for freshest flavor.

**Onions:** Choose a cool, dark place to store your onions. The space should have a temperature maintained between 40 to 50°F.

**Potatoes:** Colder temperatures lower than 50 degrees such as a lower level pantry.

**Salad Mix:** Keep in plastic bag with a dry paper towel, place package in crisper drawer of fridge.

**Winter Squash:** Winter squash will last up to a month in a cool (50 to 55 degrees F) dark cellar or storage area, but only about two weeks in the refrigerator. Ideally, only cut or cooked butternut squash should be refrigerated.

Recipes on the next page!

**SNEAK PEEK at  
January 9th, 2019**

**VEGGIE BOXES**

~ **Great Oak Farm** ~

Carrots, Acorn + Delicata Squash, Onions

~ **Yoman Farm** ~

Potatoes, Leeks

~ **Bayfield Apple Co** ~

Harvest Chili Frozen Veggie Soup

~ **Twisting Twig Gardens** ~

Garlic

**MINI VEGGIE**

~ **Great Oak Farm** ~

Acorn + Delicata Squash, Carrots, Onions

~ **River Road Farm** ~

Garlic

~ **Yoman Farm** ~

Potatoes

**MEAT BOXES**

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Great Oak Farm** ~

Ground Lamb

~ **Bodin Fisheries** ~

Whitefish + Lake Trout

**MINI MEAT BOXES**

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Lake Trout

**PLUS ITEM**

~ **Heritage Acres** ~

Maple Syrup

**Asian Grilled Pork Chops**

*Ingredients: 1/4 cup soy sauce (or Braggs Amino Acids), 2 Tbsp vegetable oil (or alternative oil of your choice), 2 Tbsp Brown Sugar, 2 cloves Garlic (minced), 1/4 tsp ground Ginger. 1 tsp dark sesame oil, 4 Pork Chops*

**Step 1:** In a large re-sealable plastic bag place, oils, soy sauce, brown sugar, ginger and garlic; mix well.

**Step 2:** Add Pork Chops and let marinade in refrigerator fro 30 minutes to 2 hours (the longer the better!).

**Step 3:** Remove from marinade and grill over medium coals (or medium to medium-hot heat on the stovetop) for about 6-7 minutes per side, or until pork is cooked through. Garnish with finely minced green onion if preferred.

**Honey Ginger Carrots**

*Ingredients: 1lb Carrots, 1/4 cup Butter, 2 1/2 Tbsp Honey, 2 tsp ground Ginger, 1 Tbsp Lemon Juice (or to taste)*

**Step 1:** Bring a pot of water to boil. Add carrots and cook until tender but still firm, about 5 minutes. Drain.

**Step 2:** In a large skillet over medium heat, melt butter with honey. Stir in ginger and lemon juice. Add carrots and cook until heated through. Turn up heat if charred or crispier carrots is something your prefer.

