

FEBRUARY 5-6, 2020

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## TOM & CONNIE COGGER OF MAPLE HILL FARM

Hello from Maple Hill Farm! If you are a winter sports enthusiast, this will be a winter to be long remembered. Winter on the farm is devoted to getting ready for the coming spring. January and February are the time to get the seed orders in. Planting begins for us in February. We plant our tomato and pepper plants in seed trays and germinate them in our plant propagation area. The seedlings are then transplanted into larger pots and grown under lights indoors until May, at which time they are transplanted into our greenhouse. Generally we can start picking some peppers and tomatoes by early August. The Thanksgiving blizzard dropped 31 inches of snow on an existing snow cover of 8 inches. We had a seven foot drift on the windward side of our greenhouse and 3-4 feet of snow sitting on top of it. The heavy snow caused about half the metal bows to sag. When the snow melts this spring, we will be us busy repairing the damage.

Much of the winter is spent in our heated farm shop maintaining and repairing equipment needed to grow crops. We raise a number of small grains and mill it into flour on farm. Many of you have tried our whole wheat and rye flour as well as our pancake mix. It takes tractors and many types of implements to raise grain for milling and feed. In the winter, you will find me doing a major overhaul on a tractor, building a new potato hiller/ cultivator, replacing wheel bearings, rebuilding a hydraulic cylinder....you name it. If is broken, we can fix it.

Another thing about farms is that they are always changing. For about 20 years before Bayfield Foods was formed, we raised about 200 hogs a year from farrow to finished butcher hogs. Since the beginning of Bayfield Foods, we have supplied the majority of the pastured pork you have enjoyed. Late last year we decided to retire from the hog business and focus on producing flour, growing peppers,

tomatoes, winter squash and potatoes. We will also be committing about half of our greenhouse space to strawberry production this year. A unique thing about Bayfield Foods is that the Co-op will continue to provide quality pastured pork supplied by Bayfield Apple Company and some possible fill in on some cuts from Heritage Acres Farm.

As we hand over the pork production to your new farm suppliers, I would like to thank you for your support of our farm and of Bayfield Foods. Your support keeps Bayfield Foods in business.  
~Tom and Connie Cogger



## Potato Kugel

- 1 large or 2 small yellow onions
- 3 pounds or about 5 large potatoes, peeled
- 1/3 cup potato starch or cornstarch
- 2 teaspoons kosher salt
- freshly ground black pepper
- 3 large eggs
- 5 tablespoons olive oil

Heat oven to 350°F. Chop onions very finely and coarsely grate potatoes, either by hand or with a food processor. Place onions and potatoes in a large bowl. Sprinkle salt, pepper and starch evenly over potatoes and toss together, evenly coating strands. Break eggs right on top and use forks or your fingers to work them into the strands, evenly coating the mixture. Heat a 1/4 cup oil in a 10-inch cast-iron skillet over high heat until very hot. Pour potato-egg mixture into pan carefully (it's going to splatter) and spread evenly in pan. Drizzle with last tablespoon of oil. Bake in heated oven for 75 to 80 minutes, until browned on top and tender in the middle. If top browns too quickly, before center is baked, cover with foil for all but the last two minutes of baking time. Serve in squares, either right from the skillet or onto a platter. Kugel reheats exceptionally well in a warm oven. It keeps in the fridge for up to 4 days, and much longer (months, even) in the freezer. Defrost in the fridge before rewarming in an oven.

## Roasted Carrot & Avocado Salad

- 1 pound carrots, scrubbed or peeled and cut into two-inch segments
- 3 tablespoons olive oil, divided
- 1/4 teaspoon ground cumin
- Coarse salt and freshly ground black pepper
- 1/2 an avocado, pitted and sliced
- Juice of half a lemon

Roast the carrots: Preheat oven to 400 degrees. Toss the carrot chunks in a medium bowl with two T of the olive oil, cumin and salt and pepper to taste. Spread them on a roasting sheet and roast for about 20 minutes, or until tender and browned. Finish the salad: Once the carrots are roasted, arrange them on a serving platter with slices of avocado on top. Drizzle the salad with the last tablespoons of olive oil, lemon juice and extra salt and pepper, if it needs it. Eat immediately.

## Caramelized Shallots

- 6 tablespoons (3/4 stick) unsalted butter
- 2 pounds shallots, peeled
- 3 tablespoons sugar
- 3 tablespoons red wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley

Preheat the oven to 400 degrees F. Melt the butter in a 12-inch ovenproof saute pan, add the shallots and sugar, and toss to coat. Cook over medium heat for 10 minutes, tossing occasionally, until the shallots start to brown. Add the vinegar, salt, and pepper and toss well. Place the saute pan in the oven and roast for 15-30 minutes, depending on the size of the shallots, until they are tender. Season, to taste, sprinkle with parsley, and serve hot.



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