

JANUARY 8-9, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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JOHN ADAMS OF YOMAN FARM

Happy New Year and Happy Winter CSA season! It seems like our new software for selecting preferences on vegetable deliveries has been welcomed. We are still working out bugs in the system but mostly have been happy with the way things have been going on our end. So far, we are planning on using it for the upcoming season and hope we can continue to tailor our boxes with even more offerings. We are aiming for more variety this year and hope our Harvie software helps manage vegetable supplies accordingly.

My farm in Washburn lost power in the big December snow dumping and we were stuck for a few days but no buildings collapsed and it was pretty warm so it wasn't like we were stuck eating just potatoes for weeks. Luckily we got plowed out the day before the December veggie delivery and I could scramble to get things out the driveway and into your boxes. For a winter project, I am working on getting a greenhouse up by the end of April, that is the one year federal deadline to finish the deal (and get reimbursed!) So I got as far as I could with the work in November but didn't have good weather work days late in November so I'm hoping for a warm enough day in April to do the job. The good news is that after seeing so many greenhouses in my neighborhood collapse, I'm fortunate I didn't get the roof on in time for winter. The storm took out a few trees over my fence line so for a Christmas tree this year, instead of harvesting one, I





The veggie crew planning out next year's schedule. Chris Duke, Great Oak Farm (left), Brian Clements, Northcroft Farm, Rob Hartman, Twisting Twig Farm and John Adams, Yoman Farm

salvaged a white pine limb that came down in the storm on my electric fence and it was the good-enough Charlie Brown Christmas tree. There is a lot of sap in trimmed limbs it turns out, I would stick with trees for the future. I had a great late harvest of Brussels sprouts, leeks, carrots and broccoli that kept in the root cellar until Christmas so we had plenty of fresh grown vegetables for our Christmas dinner. Hope you're enjoying the winter veggies and sharing good food around your table, thanks for a good 2019 and here's to 2020!

John Adams, Yoman Farm

Old-Fashioned Beef Stew

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- ¼ cup all-purpose flour
- ¼ teaspoon freshly ground pepper
- 1 pound beef stewing meat, trimmed and cut into inch cubes
- 5 teaspoons vegetable oil
- 2 tablespoons red wine vinegar
- 1 cup red wine
- 3 ½ cups beef broth, homemade or low-sodium canned
- 2 bay leaves
- 1 medium onion, peeled and chopped
- 5 medium carrots, peeled and cut into 1/4-inch rounds
- 2 large baking potatoes, peeled and cut into 3/4-inch cubes
- 2 teaspoons salt

Combine the flour and pepper in a bowl, add the beef and toss to coat well. Heat 3 teaspoons of the oil in a large pot. Add the beef a few pieces at a time; do not overcrowd. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch; add more oil as needed between batches. Remove the beef from the pot and add the vinegar and wine. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Add the beef, beef broth and bay leaves. Bring to a boil, then reduce to a slow simmer. Cover and cook, skimming broth from time to time, until the beef is tender, about 1 1/2 hours. Add the onions and carrots and simmer, covered, for 10 minutes. Add the potatoes and simmer until vegetables are tender, about 30 minutes more. Add broth or water if the stew is dry. Season with salt and pepper to taste. Ladle among 4 bowls and serve.

Winter Squash & Sage Latkes

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- ½ medium onion, grated
- 6 cups grated winter squash (1 3-pound squash)
- ¼ cup chopped or slivered fresh sage (more to taste)
- 1 teaspoon baking powder
- Salt and freshly ground pepper
- 3 tablespoons oat bran
- ¼ cup all-purpose flour
- 2 eggs, beaten A
- about 1/4 cup canola, grape seed or rice bran oil

Place the grated onion in a strainer set over a bowl while you prepare the other ingredients. Then wrap in a dishtowel and squeeze out excess water, or just take up by the handful to squeeze out excess water. Place in a large bowl and add the squash, sage, baking powder, salt and pepper, oat bran, and flour. Taste and adjust salt. Add the eggs and stir together. Begin heating a large heavy skillet over medium heat. Heat the oven to 300 degrees. Line a sheet pan with parchment. Place a rack over another sheet pan. Take a 1/4 cup measuring cup and fill with 3 tablespoons of the mixture. Reverse onto the parchment-lined baking sheet. Repeat with the remaining latke mix. You should have enough to make about 30 latkes. Add the oil to the pan and when it is hot (hold your hand a few inches above – you should feel the heat), use a spatula to transfer a ball of latke mixture to the pan. Press down with the spatula to flatten. Repeat with more mounds. Cook on one side until golden brown, 4 to 5 minutes. Slide the spatula underneath and flip the latkes over. Cook on the other side until golden brown, another 3 to 4 minutes. Transfer to the rack set over a baking sheet and place in the oven to keep warm. Serve hot topped with low-fat sour cream, Greek style yogurt or crème fraîche.