

Hello from Maple Hill Farm!

Maple Hill Farm is the primary provider of pork for Lake Superior CSA. We have been raising hogs for about 30 years, and have been a 'farrow to finish' farm for the last ten years. Farrow to finish means we breed sows and raise the offspring to a market weight of about 250 pounds. At any one time, we may have 200 hogs on our farm in all stages of growth. To help keep our cost of production down, we try to raise as much of our feed as we can. This has become increasingly challenging as our spring planting times are wetter than past years. Fall harvest time has also become wetter over the years. Consequently, it is more difficult to get our crops in the ground in the narrow window of time when a crop needs to be planted, and harvested. The wet falls have delayed harvesting. We try to avoid running heavy farm machinery on wet soils to avoid soil compaction. Typically, we harvest field corn in early November. This year, we had to wait for the soil to dry out and partially freeze, which meant we didn't even start harvesting our corn until mid-December.



Most field corn today is harvested by combines which harvests the corn kernel. The corn harvested has to be run through huge natural or LP gas grain dryers using large amounts of fossil fuels. On our farm, we try to do what we can to reduce our carbon foot print, so we harvest the whole ear of corn and put it in the corn crib. To further reduce our carbon footprint we have solar power that provides about 95% of our power needs on the farm. Mother Nature does the corn drying for us and no fuel is used to dry the corn.

This method of harvesting corn was fairly common until the early 1970's. Once the corn is in the corncrib we start feeding our hogs the whole ear of corn. They chew the corn off the cob much like how we eat sweet corn.

Fall tends to be pretty stressful for us until the corn is harvested. It costs about \$300 per acre to plant with planting costs. Many thousands of dollars are in the balance until the corn is in the corncrib. We have had a couple of years when we lost our complete crop due to wet weather. Then we have to buy feed all year. That is not sustainable in the long run. I have never understood why people want to gamble in a casino. Farming is a healthier way to gamble and you spend a lot of time outdoors!

We had a good corn crop this year so our hogs will be well fed. Over the years, we have selected quality heritage breeds of hogs that produces the tastiest pork. We hope you have enjoyed the pork we have provided to you. Thank you to our customers for supporting small family farms.



Tom Cogger—Maple Hill Farm

FRIENDLY REMINDER!

Our remaining deliveries for this winter season will be:

Twin Ports + Chequamegon Bay—Wednesday, February 6th + March 6th

Ironwood + Minocqua—Thursday, February 7th + March 7th

South Shore Soups Starts! Harvest Chili!

Enclosed in this month's winter CSA veggie boxes: you'll find our spin on Chili! Welcome Harvest Chili! We're embarking on a new food line! Creating wonderful wholesome soups made with locally sourced products.

The Harvest Chili recipe was produced during the Apple fest weekend to serve to our busy workers at BAC, after several rave reviews we decided this would be the first South Shore Soup!

Homemade from scratch vegetable stock is where we started! Utilizing imperfect vegetables and being gluten-free was key in the decision to create our own instead of purchasing over the counter.

Using our 40gallon Kettle, 20# of each onions, carrots and celery were added! Tears were shed and the aroma was magnificent! Water, garlic, bay leaves, parsley, and time came next. After the stock simmered for a while we'd produced 20 gallons of vegetable stock in a day!

You'll look at the ingredients in this soup and be stunned: Squash and Apples? Huh. No tomatoes! The main ingredient is Butternut squash, which we all know is in bulk supply at harvest time! The squash cooks down in the soup to a beautiful thick consistency to give the chili some body.

You can always add animal protein to this soup if you think that's what it needs. It's Vegan, Vegetarian, Locally made!

Give us your thoughts! What's your first reaction to the flavor, texture, consistency, and seasonings? This is not your traditional chili. What would you add? Is the packaging size correct?

Our next South Shore Soup will debut in March and be our spin on a North woods Minestrone!

The majority of the ingredients were produced locally! Homemade Vegetable Stock, Butternut Squash, Onions, Honey Crisp Apples, and Garlic!

About the cook: Karra Prudhomme is the Production Manager at the Bayfield Apple Company. She produces all of the Jams, Jellies, Butters, and Mustards. She'd love to hear your thoughts on the soup.

WHAT'S IN THE BOX

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Acorn + Delicata Squash, Onions,
Green Cabbage

~ Yoman Farm ~

Potatoes

~ Bayfield Apple Co ~

Harvest Chili Frozen Veggie Soup

~ River Road Farm ~

Garlic

MINI VEGGIE

~ Great Oak Farm ~

Onions, Carrots

~ River Road Farm ~

Garlic

~ Yoman Farm ~

Potatoes

~ Bayfield Apple Co ~

Harvest Chili Frozen Veggie Soup

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

January 9th + 10th, 2019

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.

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.

Orders for the 2019—2020 CSA season

will be open later this month! Stay tuned for more announcements around next season. We have a lot of new and exciting plans in the works that we're excited to share with all of you! If you have any questions regarding next season prior to orders opening, feel free to contact me at

(218) 409-6406, or

csamanager@bayfieldfoodproducers.org.

**SNEAK PEEK at
February 6th, 2019**

VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Winter Squash, Onions, Cabbage

~ **Yoman Farm** ~

Potatoes

~ **Bayfield Apple Co** ~

Frozen Blueberries

~ **Twisting Twig Gardens** ~

Shallots

~ **River Road Farm** ~

Garlic

MINI VEGGIE

~ **Great Oak Farm** ~

Carrots, Winter Squash, 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, Lamb Stew, Lamb Leg

~ **Bodin Fisheries** ~

Whitefish + Lake Trout

MINI MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Whitefish

PLUS ITEM

~ **Heritage Acres** ~

Honey

Roasted Acorn + Leek Soup

Ingredients: Acorn Squash, Butter (or Olive Oil), Chicken Broth (or veggie stock), Pepitas (Pumpkin Seeds), Chives (optional garnish)

Step 1: Preheat oven to 350. Cut 2 Acorn Squash in half and bake until tender, about 40 minutes, then remove from oven.

Step 2: While squash roasts, chop leeks into small pieces (about a cup) and sauté in a large pot with butter (or olive oil) over medium-low heat until tender, about 5 min.

Step 3: Once squash cools, scoop out the flesh from the skin and add to the pot with leeks.

Step 4: Add about 3 cups broth/stock to the pot and let simmer for about 5 minutes. Using immersion blender (or any blender you have), blend soup until smooth. Add one more cup of broth/stock and simmer for a few more minutes. Salt + Pepper to taste. Garnish with Pepitas and Chives.

Maple Hill Farm Ham Glaze

Ingredients: Lemon Juice, Honey, Brown Sugar

Those of you will a Full Meat Box this week will find a ham from Maple Hill Farm! Here is Tom's very simple Ham Glaze recipe. Feel free to use his recipe straightforward, or use his ingredients as a base and tweak the recipe as you please!

Step 1: Preheat oven to 350. (A general rule of thumb is to cook Ham for a minimum of 10 minutes per pound of ham.)

Step 2: Mix together 3-4 tablespoons of Lemon Juice, Honey and Brown Sugar with a splash of water. Brush on ham roast 2-3 times 1/2 hour before ham is pulled out.