

## Greetings fom Bayfield Apple Company!

We hope this letter finds you well - staying cool in the hot, long days this summer has brought us! We have just put a cap on the end of an excellent strawberry season and are now waiting for our blueberries to ripen. The wet spring and summer we have had made our strawberries ripen up quickly - and the season



seemed to end just as quickly as it started. We harvested the last of our berries this weekend and have plans for lots of Strawberry Jam! (We are excited to try this jam, as the strawberries this year were SO flavorful and juicy)!

Our devoted BAC staff has been keeping busy this summer. Besides harvesting berries, we have all been hard at work maintaining the health of our orchards, producing lots of jams & jellies, meeting customers from all over the world who vacation in beautiful Bayfield and, with all this rain, weeding, mowing and more weeding! While our fruit has loved the rain we have been getting, the grass and weeds have also loved it. Since we don't use harmful sprays to kill weeds or grass, our staff puts a lot of elbow grease into the maintenance of these non-fruit bearing plants. The upside of this rain, besides giving our fruit a drink, has been to increase our wildflowers - non-fruit bearing plants that we love, since they keep pollinators in our orchard. The wildflowers in our orchard have been as prolific this season as the monarchs that have graced our acres.

This week in your Bayfield Fruit Box, you will find a summertime favorite - cherries! We have included 2# of sweet cherries from our neighbors at Apple Hill Orchard. You



will also find 2# of tart cherries from our neighbors at Hauser's Superior View Farm, who are also a member-producer of Bayfield Foods. In addition to these tasty cherries, you will also find a half-pint of raspberries from our neighbors at Rocky Acres Berry Farm. It is a great year for raspberries in Bayfield, so we hope you enjoy this treat! While sweet cherries and raspberries can be eaten as a snack, tart cherries are best in your favorite recipe. These cherries are not pitted, so be sure to remove the pits before using. If you do not have a cherry pitter, a straw works great to remove pits, as long as the cherries are ripe. Just push a straw through the cherry and the pit should come out on the other

end. A little tedious, but oh so worth it when you are tasting the fruits of your labor.

If you receive a fruit box or already have some cherries at home, here is an excellent (and quick) dessert recipe for Warm Skillet Tart Cherries. Serve them with some vanilla ice cream and WOW - the cherry flavor is really on display in this sweet bite!

## **WARM SKILLET TART CHERRIES**

1 cup sugar

1 teaspoon fresh lemon juice

1 tablespoon unsalted butter

2.5 cups tart cherries, pitted

Vanilla ice cream



Mix together sugar and lemon juice in a heavy, 12-inch skillet. Heat over high heat, swirling skillet, until sugar is melted and pale golden, 5-6 minutes. Add butter and swirl skillet until incorporated. Add cherries, swirling skillet to coat and bring to a boil. Cook cherries, swirling skillet, until caramel is dissolved, 5-8 minutes. Pour through a sieve set over a bowl, then return liquid to skillet and boil until liquid is reduced to about 3/4 cup. Remove from heat and add cherries back to sauce. Serve with vanilla ice cream.

We hope you enjoy all of your Bayfield fruit this week! Wishing you all a happy summer!

**Missy & The Bayfield Apple Company Crew**

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## **RECIPE CHALLENGE**



What's your favorite thing to do with your first ripe tomatoes of the season?! Share with others on the Lake Superior CSA Recipe Group via Facebook.

## WHAT'S IN THE BOX?

### VEGGIE BOXES

~ **Great Oak Farm** ~

Broccoli, Cucumbers OR Tomatoes,  
Green Beans OR Peas

~ **River Road Farm** ~

Kale

~ **Yoman Farm** ~

Zucchini, Mint OR Cilantro, Head Lettuce

### MINI VEGGIE

~ **Great Oak Farm** ~

Broccoli, Green Beans,  
Cucumbers OR Tomatoes

~ **Yoman Farm** ~

Head Lettuce

### MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

### MINI MEAT BOXES

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

Assorted Beef, Beef Steak

~ **Maple Hill Farm** ~

Assorted Pork

### PLUS ITEM

~ **Bayfield Apple Co** ~

Jam

**July 18th + 19th, 2018**

## **How To Store Your Veggies**

**Cucumber:** Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

**Green Beans:** Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

**Broccoli:** Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

**Tomatoes:** Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

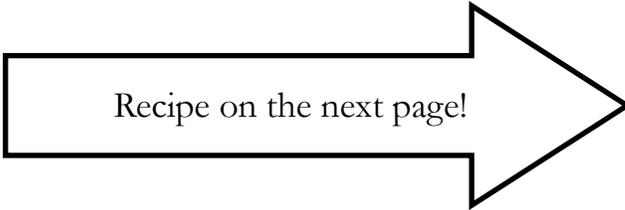
**Kale:** Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 1 week.

**Mint:** Gently wrap in a dampened paper towel. Do not wrap tightly; trapped moisture will cause the herbs to mold. Place the mint in a plastic bag, not sealing all the way so that air can circulate.

**Cilantro:** For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with plastic bag and refrigerate for up to 2 weeks

**Head Lettuce:** Place washed lettuce in a plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.

**Zucchini:** Store unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.



Recipe on the next page!

SNEAK PEEK AT NEXT WEEK  
July 25th 2018

VEGGIE BOXES

~ Great Oak Farm ~

Cherry Tomatoes, Peas OR Green Beans

~ River Road Farm ~

Onion

~ Yoman Farm ~

Zucchini,

~ Twisting Twig Gardens ~

Head Lettuce, Parsley

MINI VEGGIE

~ Great Oak Farm ~

Cherry Tomatoes, Peas OR Green Beans

~ Yoman Farm ~

Zucchini

~ Twisting Twig Gardens ~

Head Lettuce

MEAT BOXES

~ Heritage Acres ~

Chicken

~ Hidden Vue Farm ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin's Fishery ~

Whitefish, Lake Trout

MINI MEAT BOXES

~ Hidden Vue Farm ~

Assorted Beef, Beef Steak

~ Maple Hill Farm ~

Assorted Pork

~ Bodin's Fishery ~

Lake Trout

PLUS ITEM

~ Bayfield Apple Co ~

Jam

**Green Beans With Ginger and Garlic**

*Ingredients: Green beans, garlic scapes, oil (vegetable or olive), ginger (best if minced fresh, but powdered also tastes great), salt and pepper*

Here is a simple and tasty way to enjoy your green beans and use up any left over garlic scapes that you may still have in the back of your fridge!

Step 1: Bring a large pot of salted water to a boil, and fill a large bowl with ice water. Working in two batches, boil beans until just tender but still crisp and bright green. Start testing after 4 minutes or so, being careful not to overcook. When done, plunge beans into ice water to stop cooking, lift out immediately when cool and drain on towels.

Step 2: When ready to cook, heat 2 tablespoons oil in a wide skillet over high heat. Add the beans, ginger and garlic, and cook, stirring and tossing constantly, until beans are heated through and ginger and garlic are softened and aromatic. Sprinkle with salt, and remove to a serving dish.



Looking for some meaty recipes? Check out the **Cookery Maven** blog on our website for more amazingly delicious recipes from Mary Dougherty!