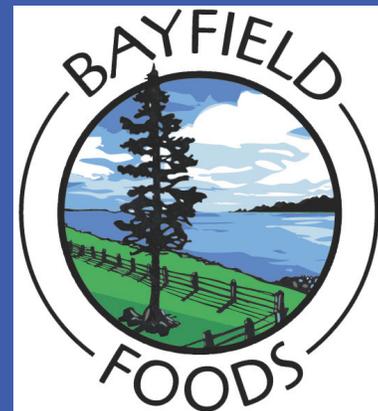


JULY 24-25, 2019

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

Contact Chris Duke at  
[csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org)  
(218) 409-6406

## MEET KATHY PRESNELL - STARLIT KITCHEN

Starlit Kitchen came into being in 2006. My son, Ezra, and I moved to Bayfield from Door County in 2003 looking for a similar place but with a bit less summer tourism craziness. For the first three years I worked as a baker in coffee shops and restaurants. Seeing an opportunity and need for locally produced baked goods at the Bayfield Farmer's Market I began baking on Friday nights in my friend's café kitchen and selling fresh bread and pastries on Saturday morning. After the first summer I decided to go for it and found a first-floor room in a 130 year old house, fixed it up, and Starlit Kitchen was born!

Why the name Starlit Kitchen?

Baking is an all night affair. The preparations, starters, grain soaks begin the evening before the bake. After a very early bedtime, I get up between midnight and 2am to start my day. I have appreciation for the northern lights, owls, lightning bugs and spinning constellations that show themselves to those that work under night skies. The name is a celebration of my chosen work.



Continued on page 2

Vegan. Organic. Local.

My father taught Environmental Education with the University of Wisconsin system. As my guide and mentor, he taught that we all must respect nature and work to integrate within not dominate our world. As such, I strive to make my baked goods with that mission in mind. Starlit Kitchen is also dedicated to the purchase of local ingredients, particularly from other producer-members of Bayfield Foods. As an example, you will find Maple Hill Farm's wheat and rye in many of the breads and baked goods I make. Our baked products are currently available through the Bayfield Foods CSA in the Bakery Shares and as items in the Plus shares. If you'd like to try out my products, consider ordering a Bakery Box through Special Order and we'll bring it to your pick-up location.

## News From Bayfield Foods

Bayfield Foods is a unique approach to local food that puts teamwork, cooperation, and our customers front and center. In that spirit we have made some changes to help improve how we operate. First, we are taking a team approach to managing the CSA that will put you all in closer communication with our farmers. Chris Duke, owner of Great Oak Farm will now be our CSA Manager and will be your primary contact for all things customer service. Melissa Fischbach, owner of Wild Hollow Farm and grower of fine flowers, will be editing the weekly newsletter. Behind the scenes, David Nortunen, owner of Hidden-View Farm, will be managing our meat shares. Brian Clements (Northcroft Farm) and John Adams (Yoman Farm) have been and will continue to do deliveries on our Hwy 51/63 and Chequamegon Bay routes, respectively. Jack Kaster, driver extraordinaire, will continue to do deliveries on our Twin Ports route. Gina McCafferty will take on a new role helping our wholesale customers.

Second, we are putting a renewed emphasis on learning more about you. We'd like to know what you like about the CSA, what we can improve for you, and how we can help you achieve your goals as a locavore. First off, we'd like to know how we can make the weekly newsletter more useful for you. Watch your in-boxes for a short survey in the coming days.

## We're Here For You



**Melissa Fischbach**  
Newsletter Editor  
Owner, Wild Hollow Farm

Melissa is a farmer-florist, meaning she grows her own flowers and does arranging too. She's been with Bayfield Foods from the beginning (she was our very first CSA Manager back in 2011). Please let her know if you have comments, suggestions, or questions about the newsletter: [wildhollowfarm@gmail.com](mailto:wildhollowfarm@gmail.com)



**Chris Duke**  
CSA Manager  
Owner, Great Oak Farm

Chris is a vegetable producer and is a founding member of Bayfield Foods. He's also a really nice guy. For the rest of this season he will be managing the CSA and will be your primary point of contact. If you need help with something please let him know at: [csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org)

# Weekly Featured Items

## From Bayfield Foods CSA Special Order

### Bayfield Blueberries - 10# Box

\$45

Orders are now open for our popular 10# box of fresh Bayfield blueberries grown by the Dale family at Highland Valley Farm. Eat them fresh, make a pie, freeze them. You can't go wrong. As in past years we'll let you know when the blueberries will be delivered to your pick-up location. At this point, we're thinking it will be mid-August. Supplies are limited so act fast.



Place Your Order at: [www.bayfieldfoods.org/shop-special-order](http://www.bayfieldfoods.org/shop-special-order)

### Starlit Kitchen Bakery Box

\$24

Try how good vegan bakery can taste! The Family Bakery Box includes: 1 loaf sliced daily bread, 1 loaf specialty bread, 1 packaged good (crostini, granolas, oatmeal mixes, snacks, or trail mixes, 6 tasty treats (cookies, muffins, sweet breads, or dessert bars). If you like the baked goods, consider joining the Bakery Share and getting a box each week.



Place Your Order at: [www.bayfieldfoods.org/shop-special-order](http://www.bayfieldfoods.org/shop-special-order)

## Pro CSA Tips

Sourcing a portion of your food through a CSA is a great opportunity to eat fresh healthy food while also supporting local farmers. For those new to CSA it can be a bit of an adjustment, however. Below are some tips from seasoned CSA eaters:

- "It's like getting a Christmas present every week." For those used to going to the grocery store and getting whatever you want, eating through CSA can be a bit daunting. Embrace change and revel in the surprise of seasonal produce. It's an adventure in eating!
- Make some time to visit your farmers. It is fun and eye-opening to go see where your food comes from and meet the people that grow it. Farmers are pretty busy, but it's been our experience if you call ahead they are more than willing to show you around the farm.
- Consider buying in bulk and doing some food preservation. Most farmers usually have a lot of something all at once. That's a great opportunity to get a big box of whatever and farmers are usually willing to make a deal. Take advantage of the Special Orders offered through Bayfield Foods, buy in bulk, and put in the freezer, dehydrator, or a jar.
- Buy a couple of cookbooks that focus on simple to prepare meals using fresh produce. Become a master of the summer salads. They taste good and after a while you start to feel really good!

# What's In Your Box?

## Family Veggie Box

### Great Oak Farm

*Cucumbers, Tomatoes, Snap Peas or Broccoli*

### Yoman Farm

*Head Lettuce, Zucchini, Basil*

### Twisting Twig Farm

*Garlic, Parsley*

### Northcroft Farm

*Kale*

## Small Veggie Box

### Great Oak Farm

*Cucumbers, Tomatoes, Snap Peas or Broccoli*

### From Yoman Farm

*Zucchini*

### Northcroft Farm

*Kale*

## Family Meat Box

### Maple Hill Farm

*Porketta roast*

### Griggs Cattle Company

*Steak, Meatballs*

## Small Meat Box

### Maple Hill Farm

*Porketta roast*

### Griggs Cattle Company

*Steak, Meatballs*

## Plus Item

### Bayfield Apple Company

*Fresh Strawberry Jelly*

### Starlit Kitchen

*Cookies!*

# Recipes

## Cool As A Cucumber Salad

A great, easy, no-cook fresh salad for those hot summer days when cooking seems ridiculous!

Peel 2 cucumbers, chop into rounds about nickle width. Slice 2 tomatoes or a box of cherry tomatoes into rounds as well. Mix cucumber and tomato together with coarsely chopped fresh basil leaves, crumble fresh mozz or feta on top, then drizzle with olive oil and a little salt and pepper.

## Lemon Pasta Salad

Our kids at Wild Hollow Farm would eat this everyday if they could:

1 lb pasta (bowties seem to be the favorite)  
2/3 lemon, rind and juice + 1/3 c. fresh lemon juice  
1/2 c. oil  
2 t. salt, 2 t. pepper  
3 tomatoes chopped (or cherry toms)  
1 c. chopped fresh basil  
1 c. grated parmesan cheese

While pasta is still hot, add dressing and mix. Once cool add the toms, basil, and cheese.

## Meatballs with Peas

1 tbsp.extra-virgin olive oil  
½ C minced onion, 1 clove garlic  
1 pint chopped tomatoes  
1 tsp. dried oregano  
1 1/2 C peas  
Salt and freshly ground pepper

Sauce: In a saucepan, heat oil. Add the onion and garlic and cook over moderate heat for 5 minutes. Add the tomatoes and oregano and cook for 5 minutes. Add the peas and cook 5 minutes, until thickened. Season with salt and pepper.Pour the sauce over the meatballs and bake for 30 minutes at 400 degrees until the sauce is bubbling. Let rest for 10 minutes, then serve. Serve with rice or mashed potatoes.

