

## Greetings from Maple Hill Farm!

I am presently the President of Bayfield Foods Co-op and I would like to take this opportunity to let you learn more about this very unique cooperative. Early in 2010, a small group of farms met to discuss the possibility of working together to promote sales of each other's products. It seemed to make sense to work together cooperatively instead of competing against each other. Working together allowed farms to focus energy on crops that they grow most profitably. We recognized the advantages of working together so in 2010 Bayfield Foods was created.



In the case of Maple Hill Farm, we grew up two acres of vegetables, grow vegetables in a 25' by 95' greenhouse, raise a small flock of sheep, grow grains, and mill flour and raise hogs. The formation of Bayfield Foods Co-op allowed us to cut back on many enterprises so we now focus on growing tomatoes and peppers in our greenhouse, raise grains, mill flour and produce quality pork. Many other farms in our Co-op have also specialized in certain crops and have excelled in producing them. If you purchase some of our many meat options you will recognize we are the providers of pork for the Lake Superior CSA. If you look at the Bayfield Foods website you will notice there over one hundred quality products produced by Bayfield Foods Co-op Members.

Laker Superior CSA is unique in that products are supplied to you, our customers by many farms. Most CSA's are associated with one farm, thereby limiting offerings compared to Lake Superior CSA. It is very difficult for one farm to produce products ranging from bakery to grass fed beef to blueberries to potatoes and tomatoes etc. The list of foods you get in a season is long and varied.



Working cooperatively has allowed the Co-op to take care of marketing, product delivery, and many other activities needed to run a successful CSA. Since these tasks are taken care of, our farmers can focus on growing quality foods.

We hope you are enjoying the results of our cooperative of farms. We all greatly appreciate your support of this very unique business.

**-Tom Cogger, Maple Hill Farm**



Making hay and caring for piglets at Maple Hill!

## **JUST A FEW NOTES...**

- We are excited to be offering the vacation hold option this summer! Many of you have tried this option already. We are finding that if you receive an every-other-week box and place it on hold, delivering the box during your off-week is creating some logistical challenges for us. Because of this, if you receive an every-other-week box and place it on hold, please plan to pick up a double delivery during your next scheduled pick-up date, rather than the week you usually wouldn't pick up.
- You have probably noticed that each week's newsletter contains a list of products in each box for the current week and the week ahead. Our newsletter is sometimes completed ahead of the harvest schedule and, every once and awhile, there are some last-minute changes in the harvest plan. While we try to make sure everything is put together as planned, if you pick up your box and notice that there is something missing from the list, please let Evan the CSA manager. He can let you know if it was simply a last-minute change or if you were indeed missing a few things—we'll make sure you don't miss out on any tasty veggies!



## **RECIPE CHALLENGE**

At this point in the season we are starting to pack more fresh herbs in your veggie boxes. We want to know what you're doing with them! What's your favorite way to use fresh parsley?!

## WHAT'S IN THE BOX?

### VEGGIE BOXES

~ **Great Oak Farm** ~

Tomatoes, Cucumbers OR Broccoli  
OR Green Beans

~ **River Road Farm** ~

Green Onions, Peppers

~ **Yoman Farm** ~

Zucchini

~ **Twisting Twig Gardens** ~

Lettuce Heads, Parsley

### MINI VEGGIE

~ **Great Oak Farm** ~

Tomatoes, Broccoli OR Green Beans  
OR Cucumbers

~ **Yoman Farm** ~

Zucchini

~ **River Road Farm** ~

Salad Mix, Green Onions

### 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 25th, 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.

**Parsley:** Similar to cilantro, 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.

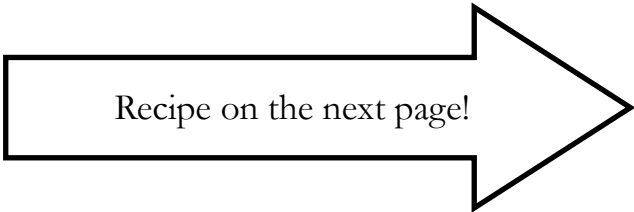
**Green Onions:** Wrap in plastic bag and store in fridge for over a week.

**Salad Mix:** Keep in plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.

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

**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

August 1st, 2018

### VEGGIE BOXES

~ **Great Oak Farm** ~

Broccoli, Green Beans, Cucumbers,  
Cherry Tomatoes, Slicer Tomatoes

~ **River Road Farm** ~

Green Onions, Peppers

~ **Twisting Twig Gardens** ~

Parsley

### MINI VEGGIE

~ **Great Oak Farm** ~

Broccoli, Green Beans, Cucumbers,  
Cherry Tomatoes

~ **Twisting Twig Gardens** ~

Head Lettuce

### MEAT BOXES

~ **Heritage Acres** ~

Chicken

~ **Hidden Vue Farm** ~

Assorted Beef

~ **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

~ **Happy Hollow Creamery** ~

Cheese

## Mixed Vegetable Fajitas

*Ingredients: Peppers, Green Onions, Garlic or Garlic Scapes, Mushrooms, Corn Tortillas, Oil, Chili Powder, Cumin, Salt, Paprika. Plus other toppings such as, avocado, diced tomatoes, refried beans, salsa, cilantro, sour cream, lime and I even cut up my zucchini into small pieces and add that to the mix.*

Here's a fun way to use a bunch of your veggies in just one meal! If you receive a meat box you can also some steak or another type of beef.

Step 1: Heat the oil in a large skillet or frying pan over medium-high heat. When hot, add in the peppers, zucchini, chili powder, cumin, salt, and smoked paprika. Stir often to evenly cook the veggies until the peppers just being to soften, about 5 minutes.

Step 2: Add in the mushrooms, garlic and green onions and continue to cook for another 5-7 minutes until the mushrooms have reduced in size, and the peppers have softened but aren't mushy. Crank the heat for the last minute if you want to get a real sizzle going on. Serve the skillet directly to the table on a heat-safe rest, or present the filling in a bowl. Make fajitas by topping a warm tortilla with the hot vegetable mix, and any toppings you desire.

Step 3: Make sure to warm your corn tortillas before serving! Do this one of two ways. You can either set the oven at 350 and place tortillas wrapped in aluminum foil for about 15 minutes or, warm them individually in a pan on high heat on the stove top for about 30 seconds, flipping tortilla half way through.

Step 4: Serve with any of the extra toppings you have chosen, such as salsa, sour cream, etc.

