

July 8 - 9, 2020

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## SHANE & GAIL OF SUPERIOR SMALL BATCH

### A Great Journey

Shane Dickey and Gail Francis, owner-operators of Superior Small Batch, are celebrating our third year in the business of making delicious 100% plant-based food. Starting a small business is like a roller-coaster ride, marathon, and game of luck all rolled into one. It's been a great journey, and one made so much better by partnering with Bayfield Foods. Shane is our chef and does most of the cooking, but Gail can be found pattying Heartyburgers or Curryburgers on Wednesday evenings after after her day job, and on weekends she puts on her CFO hat and keeps the finances in order.

The Curryburger is one of our newest foods, and has quickly built up a following of people who like it a little spicy. Our Heartyburgers are the go-to for people who want a satisfying vegan burger with deeper flavor and simple, trustworthy ingredients. Both of these quarter-pound burgers are gluten-free and soy-free and hold together well on a grill, making them great for summer.

Our Bangers are the vegan sausage that got it all started. And when we say that, we don't just mean the business. Early in our courtship, Gail made some of these for Shane, and as



romance bloomed, somehow the recipe kept getting better and better. When we asked friends to taste test the various foods we were thinking of launching as Superior Small Batch, Bangers were the favorite. Needless to say, we have a soft spot in our hearts for them as well and are happy they continue to be a crowd pleaser. We also make a vegan sausage gravy available through Bayfield Foods, so that you can approximate the bliss we feel when we sit down to a big Sunday breakfast of biscuits and gravy.

Taco Night is another recent addition. We made this for school districts who wanted a high protein vegan food without any common allergens such as nuts, gluten, or soy. Using lentils, oats, and shiitake mushrooms, Shane developed a toothsome tex-mex ground beef alternative that's perfect in tacos, on nachos, or in chili. (People with gluten sensitivities should note that the oats in this particular recipe are not certified gluten-free, but the oats in the Curryburger and Heartyburger are certified gluten-free.)

We've always loved making food, but in a time of physical distancing it's made us feel better than ever about being able to feed people. We particularly love that Bayfield Foods makes our food accessible in so many different ways, from the CSA to the Farm to Doorstep as well as grocery stores. Focusing on local foods and introducing more plant protein into our diets is one of the best things we can do to protect our climate and our health. We hope our food makes it a joy to do so!

This 4th of July season, as we have our backyard barbeques, we'll be thinking about the ways in which this country was built not just by the valor of freedom-loving people, but also by enslaved people whose descendants are still facing brutality, and by a land grab that stripped indigenous communities of much of their territories. The resilience of people of color in this country is a true inspiration and something to celebrate, even as we know we have a long way to go toward the equality and freedom that will surely ring for all one day.

## VEGGIE STORING TIPS

VEGETABLE	STORAGE	DURATION
BEET 	Refrigerator shelf	2 Weeks
ASPARAGUS 	Refrigerator shelf	4 Days
CABBAGE 	Refrigerator drawer	2 Weeks
CARROT 	Refrigerator drawer	3 Weeks
CUCUMBER 	Refrigerator drawer	1 Week
LEAFY VEGGIES 	Refrigerator drawer	1 Week
GINGER 	Refrigerator shelf	1 Month
LETTUCE 	Refrigerator drawer	5 Days
CELERY 	Refrigerator drawer	2 Weeks
POTATO 	Dark Pantry	1-2 Months



Gail, happily mixing Curryburgers.



Shane, admiring the Bangers he created.

## PLUS ITEMS THIS WEEK

Spirit Creek Farm Garlic Dill Beans  
&  
Happy Hollow Creamery Cheese