

JUNE 23-24, 2021

BAYFIELD FOODS CSA

Community Supported Agriculture



Greetings from Twisting Twig Gardens and Orchard

ROB HARTMAN - TWISTING TWIG GARDENS & ORCHARD

For those unfamiliar with our farm, I would like to share more about us. My wife, Ashley, and I along with our boys, Arlo (7) and Owen (4), own and operate Twisting Twig which integrates our small, diverse farm with short-term rentals at our yurt and wall-tent. We are located on the Bayfield peninsula halfway between Cornucopia and Bayfield. We have been working to transition an abandoned farmstead back into production since 2009. Our vision is to create a diverse and productive agricultural ecosystem which integrates trees and shrubs with annuals and perennials. Not only are we growing veggies and fruits, but also promoting systems which yield soil fertility, farm resiliency, wildlife habitat, and beauty. This year we are focusing on growing garlic and shallots and managing our "wild" apple orchard for cider fruit production. We love being able to share our property with guests. I enjoy meeting new people and getting to talk about food and nature and more. Our yurt and wall-tent rentals can be found on Airbnb at <https://abnb.me/30hC55PmC9> and <https://abnb.me/vx1UAw42t9>.

This week Twisting Twig is providing garlic scapes to the CSA. I love this “bonus” crop from growing garlic bulbs. Scapes are the edible flower stems that grow from the tops of hardneck garlic plants. They are removed from the plants to direct the energy into growing larger underground bulbs. Scapes can be cooked or eaten raw and are less fiery than garlic cloves. I look forward to them every year, as they are only available for a few weeks each year beginning in mid-late June. I always love snapping off a scape and chewing on it while I work in the garden.

I hope that you all have been enjoying the early summer veggies. It is a pleasure for me to share what I grow with you and to be a part of a unique cooperative of talented growers and makers. Happy eating and thank you for your support!

Have a great week,
Rob



Beet & Feta Salad



- 1.5 lbs red beets
- 1/3 cup red onion, finely diced
- 1 garlic clove, finely minced
- 4 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 orange (zested and juiced)
- 1/2 cup dried cranberries
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup cilantro, chopped
- 3/4 cup pistachios
- 1 cup feta, cubed

1. Cut beets into 1 inch cubes, coat with olive oil and roast in the oven until soft. About 35-45 minutes.
2. Once the beets come out of the oven add the diced onion, minced garlic, apple cider vinegar, zest from the orange, juice from the orange, dried cranberries, salt, pepper pistachios and feta, toss together.
3. Garnish with the cilantro.