

News from your CSA Manager!

The Lake Superior CSA has begun and I'm already feeling the bustle of the summer season set in. As the days grow longer and plants grow taller, a lot of folks I know are marking their calendars with summer plans and getting ready for the months ahead. I figured now is a better time than ever to introduce myself to anyone new to the CSA and go over a few house-keeping items for everyone to keep in mind as we settle into the weekly routine of community-supported agriculture.



As you get your calendar dates marked-up with family vacations and various travel plans, keep in mind that you can always **“hold” your CSA box** for the week that you are out of town. All you have to do is contact me and I will place your box(es) on hold. During your next delivery I'll bring you two weeks worth of food to make up for what you missed while you were gone! While we're on the topic of summer dates, we are planning to deliver as usual on **Wednesday, July 4th**. If you will be out of town or unable to pick up your box at the usual time that day, let me know and I can put a hold on things.

Have any dinner parties planned over the summer that you'll need to do extra grocery shopping for? If you do and you're looking to share the love of good local foods, don't forget that you can always **special order** a variety of additional items any week from our website. Special orders can include bulk orders of fresh, in-season veggies, larger quantities of grass-fed meats and much more.

Included in our special orders will also be a series of rotating **meal boxes** that we are going to continue to develop. Consider this the local option for Blue Apron! We will continue to put together full meal boxes that rotate each month, trying to pair them with holidays and particular times of the season (up next: Father's Day!). Have any ideas for what you think would make a great summer meal box? Contact me to share your ideas!



Signs of summer life! Left to right: racking off a bed of straw that kept strawberries protected over the winter at Great Oak Farm and the recent splashes of color in flowers from Wild Hollow Farm.

Many of you have already heard but, this season we are excited to be partnering with **Mary Dougherty**, author of the book *Life in a Northern Town* and creator of the online blog The Cookery Maven. Mary is an incredible chef and organizer in the Chequamegon Bay who will be posting weekly recipes and tips on the Lake Superior CSA Facebook page. Make sure to check out what she shares online to get some truly amazing seasonal recipes and helpful tips on the best ways to prepare the ingredients that come in your box each week. These recipes will be part of our expansion of useful online resources for all of our CSA members—we want you to feel excited and competent in using everything you're getting each week in your box!



The most recent post from Mary includes a recipe for Cannellini and Swiss Chard Soup.

Speaking of recipes, we want to hear what you're doing with your CSA ingredients! Each week we are going to choose one item from the box to **challenge you** to share your favorite way of preparing that ingredient. Each week we will post the challenge in the closed Lake Superior CSA Recipe group on Facebook (Not a part of that yet? Look it up and ask me for an invite). Each week we'll pick a favorite post that was shared and incorporate the recipe into our newsletter the following week. It'll be like crowdsourcing a cookbook with everything that our local food producers offer!

Alright, I think that just about wraps up most of the logistics I wanted to inform you about before we get any further into the season. As questions, concerns, etc. come up throughout the season, feel free to reach out to me—I am a resource for you to utilize when it comes to all things CSA!

Thanks for all you do to support our local food producers!

In community,

Evan, Lake Superior CSA Manager



What are you doing with all you chard?! Check out the challenge this week in the Lake Superior Recipe Facebook group!

WHAT'S IN THE BOX?

VEGGIE BOXES

~ **Great Oak Farm** ~

Radishes or Salad Turnips, Chard

~ **River Road Farm** ~

Salad Mix, Kale, Spinach

~ **Wild Hollow Farm** ~

Carrots

~ **Raspotnik Farm** ~

Rhubarb

MINI VEGGIE

~ **River Road Farm** ~

Spinach, Salad Mix, Kale

~ **Raspotnik Farm** ~

Rhubarb

MEAT BOXES

~ **Griggs Cattle Co.** ~

Ground Beef, Beef Roast

~ **Maple Hill Farm** ~

Assorted Pork

MINI MEAT BOXES

~ **Griggs Cattle Co.** ~

Ground Beef, Beef Roast

~ **Bodin's Fisheries** ~

Lake Trout

~ **Maple Hill Farm** ~

Assorted Pork

PLUS ITEM

~ **Happy Hollow Creamery** ~

Cheese

June 6th, 2018

How To Store Your Veggies

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

Spinach: Ensure that the moisture is removed by patting the spinach dry with a paper towel. Leave a paper towel in the bag with the spinach to absorb excess moisture.

Turnips/Radishes: Remove green tops if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week.

Chard: Should be completely dry before storing in refrigerator. Place in plastic and remove all air. Should last at least 2 to 3 weeks if properly stored.

Kale: Place kale unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last over a week.

Carrots: Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator. Wash just before using.

Rhubarb: Seal rhubarb in a plastic bag and do not wash until ready to use. Stores well for a week.



Recipes on the next page!

SNEAK PEEK AT NEXT WEEK
June 13th 2018

VEGGIE BOXES

~ Great Oak Farm ~

Beets, Salad Turnips

~ River Road Farm ~

Spinach, Salad Mix

~ Twisting Twig Gardens ~

Head Lettuce, Green Garlic

~ Yoman Farm ~

Tomato Plants

MINI VEGGIE

~ Great Oak Farm ~

Beets, Salad Turnips

~ River Road Farm ~

Spinach

~ Twisting Twig Gardens ~

Head Lettuce

MEAT BOXES

~ Hidden Vue Farm ~

Ground Beef

~ Maple Hill Farm ~

Assorted Pork

MINI MEAT BOXES

~ Hidden Vue Farm ~

Ground Beef, Beef Roast

~ Maple Hill Farm ~

Assorted Pork

PLUS ITEM

~ Happy Hollow Creamery ~

Cheese

Summer Beef Tacos

Ingredients: Ground Beef, Onion, Jalapeno, Garlic, Oil, Tomatoes, Chili Powder, Ground Cumin, Salt + Pepper

Looking for a new summer recipe for your ground beef other than burgers? Try this simple and delicious way of preparing tacos!

Step 1: Cook onion, Jalapeno and Garlic in 2 tbsp of oil over medium-high heat for 4 to 5 minutes. Add beef and cook, stirring about 8 minutes then reduce to medium heat.

Step 2: Add tomatoes, 4tsp Chili Powder and 1 Tbsp Cumin and salt to the beef mixture and cover, simmering for another 8 minutes.

Step 3: Looking to use some of your chard or even Kale? Cut leaves into thin strips and throw these in to cook down with the tomatoes and spices.

Step 4: Want to take this whole recipe a step further? Look up a recipe for making your own tortillas! It's a fun challenge and there are all sorts of delicious recipes out there, including a favorite of mine: puffy tortillas.

Simple Sautéed Chard

Here's how Farmer Chris at Great Oak Farm likes to use his chard. Consider this as some inspiration for the Chard Challenge this week!

Step 1: Chop the leaves and stems of the chard (so that the largest stem pieces are under 1/2 inch).

Step 2: Sauté in 2 tbs butter or oil over medium heat until wilted and the stems are soft.

Step 3: Serve as a side dish with black pepper, olive oil, and shredded parmesan cheese on top - works great over pasta as well!