

March 3 - 4, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

Contact Karra Prudhomme at
csamanager@
bayfieldfoodproducers.org
218-409-6406

TRAVIS & CASSY PYDO OF HERITAGE ACRES

Sap Season in the Northlands

The snow is dripping off the roofs, the sun is shining, and breakfast tastes a little sweeter with fresh maple syrup. The melting snow and warmer temperatures only means one thing - "Sap Season." The next few weeks for us at Heritage Acres means all hands on deck to collect and cook as much sap as the trees and temperatures allow. We have already begun to place just over 1500 taps on the sugar bush.

Sugar maples are the desired trees, and our adjacent property is covered in them. The cold nighttime temperatures and the warm daytime temperatures above 32 degrees is what allow the sap to flow readily in the trees. The temperature changes cause a negative pressure within the trees, and the sap moves freely.

To collect the sap, a plastic or metal tap is drilled and placed into the tree. For small operations, the sap flows out the tap via gravity and is collected into a plastic bag or bucket. We have a larger scale operation so; the tap is connected to a plastic tube system. This system is then placed under vacuum and the sap is literally sucked from the trees. The vacuum system allows for a larger more efficient volume of sap to be extracted/collected daily.



Once a large enough volume of sap is obtained it is processed through a device called an RO or reverse osmosis machine. This removes the excess water, leaving a concentrated sap. Sap from the tree is about 2.5% sugar, whereas finished syrup is 66% or higher sugar content. The RO machine helps to expedite the concentrating steps. The concentrate from the RO machine is now ready to be boiled. This concentrated sap is heated on a large wood fired stainless pan, until the remaining water has evaporated, and the right concentration of syrup remains.

The syrup is removed from the heat and forced through a pressure filter twice. This helps to remove any remaining impurities or sediment from the syrup. Lastly it is bottled and sealed.

Syrup season typically lasts 6-8 weeks depending on the weather. When the temperatures get too warm, and the maple trees are about to bud, that marks the end of another sweet season. To help with the unpredictable temperature swings that we are accustomed to in Northern Wisconsin, this year we have added a new piece of equipment; a refrigerated bulk tank. This was an old milk tank that has been repurposed to house the RO concentrate. This will allow us to store a larger amount of concentrated sap at a refrigerated temperature. By keeping it cool, we can now go a few days between firing up the cook pan, ultimately giving us more control over the processing schedule.

Overall, "Sap Season" is always a fun season that supplies us with maple syrup for the year. We hope you all enjoy the fruits of our labor!

Travis & Cassy Pydo

Making maple syrup, L-R:

- A network of vacuum lines & taps in the sugar bush

- The Evaporator & cook pan

- Our new bulk refrigerator tank



A big thank you to everyone for being with us for our winter CSA season! We have one more delivery of Winter Boxes on March 17/18th. Our Summer CSA begins the first week of June & we still have a few spots left in the CSA available for the summer! If you are wondering how to get your hands on our products over the next two months, we have you covered. Based on the popularity of the Spring Boxes we offered last year, we will be continuing the program this spring by offering boxes through the Farmstand function on Harvie. These boxes will be available for pick up at the Chequamegon Food Co-op, Trinity Lutheran Church in Duluth or via home delivery. Like last year, these boxes will be a la carte and contain everything we have available. Boxes are available for order Friday afternoon through Sunday evening. With Farmstand, there is no weekly commitment, so order whenever it suits you. Boxes start at \$89. For more information check out the Farmstand feature on Harvie. Delivery will start on March 31st, the week prior to the Easter holiday.

Char Siu -Chinese BBQ Pork-

2.5-3# pork shoulder
roast or tenderloin
2 T. honey

For marinade:

1.5 T. brown sugar
1/4 c. honey
1/4 c. Hoisin sauce
2 T. soy sauce
1 t. Chinese 5-spice
1 T. vegetable oil

Cooking:

Cut the pork in half to make 2 long strips about 2" thick. Mix the marinade together and add pork. Marinate in a container or Ziploc bag overnight.

To Roast:

1. Preheat oven to 320 degrees F.
2. Remove pork from marinade and place pork on the rack in the roasting pan. Save the marinade and roast for 30 minutes.
3. While the pork is roasting, pour the marinade into a saucepan, add 2 T. honey. Bring to a simmer and cook for 2-3 minutes until a bit syrupy. Remove from heat to cool.

4. After 30 minutes, remove the pork from the oven, dab with marinade on both sides and return to oven for an additional 30 minutes.
5. Remove pork again and brush with marinade on both sides. Return to oven for 20 minutes. Brush pork again and return to oven for final 10 minutes.
6. Remove from oven and cut. Serve with rice and vegetables.

