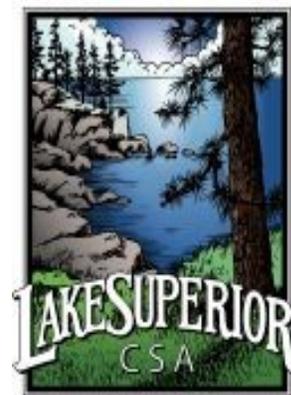


Savoring the Rhythm of Seasonality

The woodpile is shrinking, the root cellar is nearly empty, and someone keeps tracking muddy footprints in the house - it's finally starting to feel like spring again! The sheep must have felt the same way. Almost as if on cue, all but 3 of them gave birth during those warm sunny days last week. The winter pasture is now home to a prancing pack of lambs, bounding with energy and curiosity. They spend their days bucking and jumping along their merry way, and often catch an afternoon nap in the warm sunshine, snuggled up with a friend. The peace of sleeping babes is a precious one indeed.



As tempting as a sunny afternoon nap can be, and despite the 4' high drifts of snow along the walls of the greenhouse, the farm calendar tells me I need to be busy starting seeds. Even though we still have a few more onions in storage, this season's onions – some 40,000 of them – must all be started by early March in order to be ready to harvest in late August. Each spring, as I am planting the coming season's onions one day, then packing up last season's onions for the March CSA boxes the next, I can't help but feel a sense of connection to the seasonality of life and food. Full circle farming, full circle eating.

My farm calendar also tells me that the early veggies for the first 2 months of the summer CSA boxes need to be started by the first Friday of March as well (hardy crops like chard, beets, collards, scallions and such). But neither those hardy crops nor the onions are the first plantings of this season. The early tomatoes are finally about 4" tall now and will be ready to plant out in the heated greenhouse in about 2 more weeks. We should all be sinking our teeth into the first soft sweet summer tomatoes sometime in late June. Fresh tomato season is truly something magical.

These are the rhythms of our seasons here in the Northland. Some of these rhythms seem to be over just as they were getting started, like the glorious 3 weeks of fresh strawberries or sweet sugar snap peas. Other rhythms – like crisp summer green beans and juicy tomatoes – last longer and are easy to become accustomed to. Still other rhythms, like fall carrots, potatoes, and onions, seem as if they might never end all winter long, and we almost get bored of the same steady rhythm. And yet, one day, the rhythm changes. The old crops are eaten.



(Continued on next page)

The new crop must be planted and tended, and I find myself craving that first fresh bite of what used to seem so commonplace. Yearning once again for those first fresh June salads, cool July cucumbers, sweet autumn winter squash, or refreshing winter coleslaw. I make a mental note to myself: savor every rhythm, savor every season.

Tapping into this rhythm of the seasons, eating with this rhythm – with this sense of time and place – is a special thing. In our modern world, a nearly constant supply of products has given us the illusion that we don't need this rhythm, that we are no longer "burdened with" the seasonality of a place or a time. Nothing is special - we can eat it whenever we want. But once we take the first bite of that "fresh" tomato on our sandwich in the winter, our mouths tell us we've been duped. Our eyes may be fooled, but our taste buds tell it to us straight: "You call THIS a tomato?!" Our minds begin to drift back to when tomatoes were in season, fresh and juicy and full of flavor. And we start to long for the real rhythm of summer.



I know that I speak for all of the farmers in our Cooperative when I say we sincerely hope you have enjoyed your Winter CSA season with us. Keep an eye out for the annual Winter CSA Survey coming in the next few days, and PLEASE take a few minutes to let us know what you thought of your boxes this winter. Your feedback is so very important to helping us make sure we are growing and raising the right amounts of what YOU like to eat, and let us know how we can continue to make eating seasonally and locally a better part of your rhythm. We farmers are already getting ready for the Summer CSA season, and would be honored to continue to bring more great local food your way again starting in late May! The sooner you can order and let us know you'd like to get in for the Summer CSA season, the better we can plan our production. Once again, thank you all so very much for savoring that seasonal rhythm!

In community,

Chris Duke, Great Oak Farm

This is your final box for the 2017-2018 Winter CSA!

WHAT'S IN THE BOX?

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Onions, Beets, Spinach

~ River Road Farm ~

Spinach

~ Yoman Farm ~

Potatoes

~ Twisting Twig Gardens ~

Shallots

MINI VEGGIE

Great Oak Farm~

Carrots , Onions, Beets, Spinach

~ River Road Farm ~

Spinach

~Yoman Farm~

Potatoes

MEAT BOXES

~ Griggs Cattle Co.+
Moonlight Meadows ~

Ground Beef, Beef Roast

~ Bayfield Apple Company ~
Assorted Pork

~ Great Oak Farm ~
Assorted Lamb

~Heritage Acres~
Whole Chicken

MINI MEAT

~ Griggs Cattle Co. +
Moonlight Meadows ~
Ground Beef, Beef Roast

~ Bayfield Apple Company ~
Assorted Pork

PLUS ITEM

~ White Winter Winery ~
Spritz

March 7th, 2018

How To Store Your Veggies

Carrots: Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator. Wash just before using, since the added moisture in the bag could cause spoilage. Carrots begin to go limp once exposed to air.

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.

Potatoes: Colder temperatures lower than 50 degrees such as a lower level pantry.

Beets: 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.

Onions/Shallots: Choose a cool, dark place to store your onions. The space should have a temperature maintained between 40 to 50°F.

Recipes on the next page!!



Beet Salad With Spinach and Honey Balsamic Vinaigrette

Ingredients: Beets, Spinach, Onions, Garlic, Salt, Pepper, Honey, Dijon Mustard, Balsamic Vinegar, Olive Oil. Optional: Feta or Goat Cheese, Halved Pecans or Walnuts

There's nothing like a fresh salad in Winter to give you a little taste of the season ahead!

Step 1: Boil or roast beets (I prefer roasting! I think the beets hold onto their natural sweetness more this way). For roasting: Wash the beets and trim, leaving an inch or two on the stem and root ends. Rub with oil and sprinkle lightly with salt and pepper; wrap in foil and bake at 375 F for about 1 to 1 1/2 hours, or until tender. The time varies depending on the size of the beets. You can also roast the beets in the slow cooker. For boiling: trim/wash and bring the water to a boil over high heat. Cover, reduce the heat to medium-low, and continue to cook for about 40 to 60 minutes, depending on the size of the beets.

Step 2: Arrange spinach leaves on 4 salad plates. Top with diced beets, onion, and pecans or walnuts. If desired, top with cheese.

Step 3: In a bowl or blender, combine the garlic, salt, pepper, mustard, honey, and balsamic vinegar. Whisk or blend in the olive oil in a



Roasted Whole Chicken with Herbs

Ingredients: Chicken, Olive Oil, Salt, Pepper, Oregano, Basil, Paprika.

Step 1: Preheat your oven to 450 degrees before starting to prepare the chicken.

Step 2: Place the whole chicken into a medium sized baking pan and rub the entire bird with the olive oil.

Step 3: In a small bowl combine the salt, pepper, oregano, basil, and paprika, then sprinkle evenly over chicken.

Step 4: In the preheated oven bake the chicken for 20 minutes. Lower the oven to 400 degrees after 20 minutes.

Step 5: Continue baking for 40-50 minutes, or until golden brown and juices run clear. If your chicken looks like it is browning too quickly, Lay a sheet of tin foil over the top loosely and it will slow down the browning for you.

Step 6: Let the chicken rest in it's juices for at least 10 minutes before carving and serving. (This let's the bird reabsorb some of the juices and helps to make it even more moist).