

OCTOBER 2-3, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

Contact Chris Duke at
csamanager@bayfieldfoodproducers.org
(218) 409-6406

TWISTING TWIG GARDENS AND ORCHARD

Happy fall! This is my favorite time of year. I love the cool, comfortable weather, the vibrant colors, and the earthy smells. Most of all, I love the bounty and variety of the harvest season. This time of year, the eating is good!

In the gardens, the last of our crops will be harvested over the next few weeks. At this point, about half of our beds are growing a cover crop. Cover crops provide many benefits to the soil. They can reduce erosion and nutrient loss while adding organic matter to feed soil microbes and suppress weed growth. Our cover crop is a blend of 5 different species that will winter-kill when temps get really cold, but will provide a “blanket” of organic material for the soil over the winter. Soon our garlic, which has been hanging since July to dry, will be cut down and sorted. Almost 20% of this year’s crop will be separated into cloves for planting. The garlic cloves will be planted and mulched in late October, and the plants will be among the very first to emerge in the spring.

In the orchard, there is a heavy crop of apples this year, and we are about half way through the harvest. Our apples are grown exclusively for cider. Growing apples only for cider allows us to manage our trees very differently than dessert fruit orchards. While typical orchards generally need to produce large, blemish-free apples, we are not concerned with fruit size or appearance. This allows us to avoid spraying and fruit thinning and to do less pruning. We are excited to be selling some of our apples to Blue Ox Cider in Bayfield who will be releasing their first batch next summer.

This week Twisting Twig is harvesting Italian parsley for the shares. Italian parsley has flat leaves and a robust flavor when compared with the more common curly parsley. Italian parsley is commonly used as a
(continued on next page)

flavoring herb at the end of cooking. I always look forward to the smell of freshly cut parsley during harvest. Parsley is easy to grow, a nutritional powerhouse, and adds a bright, fresh flavor to dishes. Growing parsley is an obvious choice for home gardeners and those growing in containers. After spring planting, sprigs of parsley can be harvested all season until late fall. Hope you enjoy!

Thank you for supporting us! Get ready for some beautiful, heavy boxes of fall veggies to finish the season. And if you have not already signed-up, please consider joining us for the winter. Enjoy the best time of year for eating!

Have a great week,
Rob, Twisting Twig Gardens & Orchard



Aunt Evelyn's Barbecue

- 2 ½ lbs. beef roast
- ¾ cup ketchup
- 1 tsp prepared mustard
- ½ cup water
- 2 Tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1 small onion, chopped
- ½ cup chopped celery
- 2 Tbsp brown sugar

Cut beef into 2-inch squares. Brown meat in 2 Tbsp oil on all sides; season with salt and pepper. Remove meat from skillet. Mix remaining ingredients and cook slowly in skillet for 30 minutes. Return meat, cover skillet, and simmer on surface or cook in 325-degree oven for about 1 ½ hours or until meat is tender (or move to crock-pot and cook on low 4 hours or more until meat is tender). Serve on open bun or with mashed potatoes or noodles.



Vegetables - Meat - Bakery - Cheese

NEW THIS WINTER - customizable boxes.
You choose the contents of your box!

Shares available now at www.bayfieldfoods.org



Weekly Featured Items

From Bayfield Foods CSA Special Order

Just a few of the amazing products available from Special Order!



Apple Fest Granola
from Starlit Kitchen
3 1# bags for \$27.50

Starlit Kitchen's most
popular cereal blend
using Bayfield apples!



Garlic Scape
Pesto from Spirit
Creek Farm
1/2 pint for \$8.50

Use in any recipe that
calls for pesto!



Bayfield Apple
Company Sample
Pack
\$18

1 jar each of Apple
Butter, Apple Raspberry
Jam, Apple Jelly, and
Apple Mustard



South Shore Meat
Stick Special
\$25

2 packages each of
Honey Ham sticks and
Honey BBQ sticks.

Place Your Order at: www.bayfieldfoods.org/shop-special-order

Barbecued Pork Ribs

Recipe from Tom and Connie Cogger of Maple Hill Farm

- | | |
|--------------------------------------|---------------------------------|
| 2 lbs. pork ribs | 1 Tbsp salad oil |
| ½ cup light molasses | ½ tsp. prepared mustard |
| ½ cup catchup | ¼ tsp salt |
| ½ cup chopped onions | ¼ tsp pepper |
| 1 clove garlic, minced | 1 Tbsp bottled thick meat sauce |
| 3 whole cloves | ½ tsp Worcestershire sauce |
| 4 diced narrow strips of orange rind | ¼ tsp Tabasco sauce |
| Juice of ½ orange | 1 Tbsp butter or margarine |
| 1 Tbsp vinegar | |

Start heating oven to 325 degrees. Place ribs in shallow open pan; cover with foil; roast ½ hour. Pour off fat; roast ½ hour longer. Meanwhile, make sauce: Combine molasses and rest of ingredients; boil 5 minutes. Pour off excess fat from ribs; cover ribs with sauce. Increase oven heat to 400 degrees. Roast ribs, uncovered, basting often, 45 minutes or until they are fork-tender, very brown, and glazed. To serve: With scissors, cut ribs into pieces. Makes 2 or 3 servings.

What's In Your Box?

Family Veggie Box

Great Oak Farm

Carrots, Broccoli, Acorn Squash, Spinach, Red Cabbage
OR Sweet Snacking Peppers

Yoman Farm

Red Peppers, Leeks

Twisting Twig Farm

Parsley

Northcroft Farm

Head Lettuce OR Salad Mix

Small Veggie Box

Great Oak Farm

Spinach, Acorn Squash, Red Cabbage OR Sweet
Snacking Peppers

Yoman Farm

Red Peppers, Leeks

Family Meat Box

Griggs Cattle Company

Ground Beef, Beef Roast

Maple Hill Farm

Pork Ribs, Bacon

Small Meat Box

Griggs Cattle Company

Ground Beef, Beef Roast

Maple Hill Farm

Pork Ribs, Bacon

Plus Item

Spirit Creek Farm

Kraut

Family Bakery Box

Starlit Kitchen

Blue Horizon Wheat Bread, Chai Apple Scones, Bayfield
Apple Berry Crisp, Bayfield Herb & Garlic Batard

Small Bakery Box

Starlit Kitchen

Blue Horizon Wheat Bread, Chai Apple Scones

Spinach Wild Rice Quiche

1 unbaked, 9-inch pastry shell

3 eggs

1 cup half & half

1 cup cooked wild rice

1 cup/4 oz. shredded Swiss cheese

3 bacon strips, cooked and crumbled

1/2 cup fresh steamed spinach

Line un-pricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 degrees for 5 minutes. Remove foil; bake 5 minutes longer. Remove from the oven; reduce oven to 350 degrees. In a bowl, beat the eggs and cream. Add rice, cheese, bacon and spinach; mix well. Pour into prepared crust. Cover edges of pastry with foil. Bake for 30-35 minutes or until a knife inserted near the center comes out clean.

Potato Leek Gratin

2 Tbsp butter, more for greasing the pan

2 large leeks, trimmed and halved lengthwise

1 1/2 pounds potatoes

1 tsp salt

1/2 tsp ground black pepper

2 thyme sprigs

1 cup heavy cream

1 garlic clove, finely chopped

1 bay leaf

1/4 tsp freshly ground nutmeg

3/4 cup Gruyere, grated

Heat oven to 350 degrees and butter a 2-quart dish. Wash the leeks and slice thinly crosswise. Using a mandolin or sharp knife, slice the potatoes into rounds, 1/8 inch thick. Toss with 3/4 tsp salt and 1/4 tsp pepper. Layer the rounds in the dish. Melt the 2 Tbsp butter in a large skillet over medium heat. Add leeks, remaining salt and pepper, and thyme. Cook, stirring until leeks are tender and golden, 5 to 7 minutes. Discard thyme and scatter the leeks over the potatoes. Add cream, garlic and bay leaf to the skillet, scraping up browned bits of leeks from the bottom of the pan. Simmer gently for 5 minutes. Stir in nutmeg. Pour the cream over the leeks and potatoes and top with the Gruyere. Cover with aluminum foil and transfer to the oven. Bake for 40 minutes, uncover and bake until the cheese is bubbling and golden, 15 to 20 minutes longer. Let cool slightly before serving.

Cooking Winter Squash in the Microwave

Using a sharp paring knife, make several slits around the squash. This will allow steam to escape. Place squash on a microwave-safe dish and place in the microwave. Microwave on high for 10-12 minutes. Remove squash carefully and allow to cool enough to handle. Cut squash in half lengthwise and remove seeds - scoop the flesh from the skin.

What is a scarecrow's
vehicle of choice?

An autumn mobile.

