

## Hello from your CSA Manager, Evan!

In the sunshine and warm breeze of last Thursday afternoon I pulled carrots out of the slowly- freezing earth with Chris Duke at Great Oak Farm. With Chris and others, we filled several pallet bins with hundreds of pounds of carrots and we filled the afternoon with conversation, laughter and the occasional bout of silent reverence for the beautiful day. There is a certain rhythm to field conversation that I don't experience many other places in my life. I've found that if you spend enough time working on the same task at the same rate with the same people, you're bound to fill the air with a stream-of-consciousness that can hit on everything between mundane and life-changing. The breadth of conversation mimics the wide openness of the field. I have a lot of gratitude for spaces like this.



In her short poignant work *The Solace of Open Space*, Gretel Ehrlich says of this time of the year that “all through autumn we hear a double voice: one says everything is ripe; the other says everything is dying. The paradox is exquisite. We feel what the Japanese call ‘aware’--an almost untranslatable word meaning something like “beauty tinged with sadness.” As I spent time catching up with Chris and the crew over beds of winter-sweet carrots, I couldn't help but wonder about this paradox each time I pulled another orange delight up and held it against the backdrop of yellow, rusting woods. “Autumn teaches us that fruition is also death; that ripeness is a form of decay. The willows, having stood for so long near water, begin to rust. Leaves are verbs that conjugate the seasons.” And each carrot a beautiful symbol of life and sustenance for those cold months ahead of us!

I know I'm just talking about some carrots here... but, really! This is what I mean when I say the conversation ebbs and flows between simple and profound. One minute it's shop-talk on carrot varieties and their hardiness, and next it's seasons and life and death and oh, yeah, how about those Packers?!

Farming, and subsequently food, is an avenue through all these things, linking, somehow, each one to another. Thank you for caring about where your food comes from. Thank you for connecting to the seasons and this landscape through that food. Thank you for your support of the farmers and food producers that tie all these parts of life together through the contents of your dinner plate.



Harvesting carrots on a cold, snowy day last season: what a different experience this season!

Take care!

**Evan**

**This is the final delivery for summer boxes in Ironwood and Minocqua.**

**The final CSA delivery for the season in the Chequamegon Bay and Twin Ports will be next week on Wednesday, October 31st.**

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**OTHER FRIENDLY REMINDERS!**

- Please return your boxes each week! We will reuse them as long as they remain in good condition.
  - When you return your boxes to your pick-up location, please be courteous and break them down. There are many sites where boxes stack up quickly and take up a lot of space.
  - **WINTER CSA DEADLINE IS ALMOST HERE!** Contact Evan if you are interested ([csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org)).
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**RECIPE CHALLENGE!**



Potatoes! What's your favorite way to prepare this basic staple? How about a fun and daring recipe for something so basic? Share with others in the recipe group on Facebook!

## WHAT'S IN THE BOX

### VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Beets, Butternut Squash

~ River Road Farm ~

Blue Potatoes, Tomatoes, Salad Mix

~ Yoman Farm ~

Potatoes, Radishes

### MINI VEGGIE

~ Great Oak Farm ~

Carrots

~ River Road Farm ~

Salad Mix, Blue Potatoes

~ Yoman Farm ~

Potatoes

### MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

### MINI MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin Fisheries ~

Lake Trout

### PLUS ITEM

~ Happy Hollow Creamery ~

Cheese

### FRUIT BOXES

Apples

**October 24th + 25th, 2018**

## **How To Store Your Produce**

**Apples:** Store your apples in the refrigerator in the packaging it is delivered in.

**Carrots:** Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator.

**Garlic:** Garlic bulbs should be kept out of refrigeration anywhere with good ventilation (not in plastic bag or sealed container).

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

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

**Radishes:** Remove tops and store separately in a plastic bag—use ASAP. Radish bulbs will keep well in a plastic bag in your fridge for a week or more.

**Salad Mix:** Keep in plastic bag with a dry paper towel, place package in crisper drawer of fridge.

**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.

**Squash:** Winter squash will last up to a month in a cool (50 to 55 degrees F) dark cellar or storage area, but only about two weeks in the refrigerator. Ideally, only cut or cooked butternut squash should be refrigerated.

Recipe on the next page!

## SNEAK PEEK AT NEXT WEEK

October 31st, 2018

### VEGGIE BOXES

~ **Great Oak Farm** ~

Onions, Carrots, Green Cabbage,  
Acorn/ Delicata Squash

~ **River Road Farm** ~

Spinach, Salad Mix, Kale

~ **Yoman Farm** ~

Turnips, Potatoes

### MINI VEGGIE

~ **Great Oak Farm** ~

Carrots, Cabbage, Winter Squash

~ **River Road Farm** ~

Salad Mix

### MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Lake Trout, Whitefish

### MINI MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Lake Trout, Whitefish

### PLUS ITEM

~ **Happy Hollow Creamery** ~

Cheese

### FRUIT BOXES

Apples

## Honey Roasted Carrots

*Ingredients: Whole Carrots, Olive Oil, Honey, Salt + Pepper, Optional: Parsley*

Recipes to honey roasted carrots has been included in some of the previous meal boxes we have done through special orders, but I wanted to share this simple and tasty recipe with you all this week!

**Step 1:** Preheat oven to 400 degrees. Line cooking sheet with foil and a light layer of cooking oil.

**Step 2:** Place peeled carrots in a single layer on the baking sheet.

**Step 3:** In a small bowl, mix together 2 tablespoons of olive oil, 2 tablespoons of honey and salt + pepper to taste. Pour the honey mixture over the carrots evenly. (Adding a little balsamic vinegar to the mixture can also be tasty)!

**Step 4:** Place in the oven and bake for 25-30 minutes or until carrots are tender and browned. Roasting time may vary depending on the size of the carrots.

**Step 5:** Remove from the oven and serve! Sprinkle finely chopped parsley over the top if you would like.

