

OCTOBER 30-31, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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CHRIS DUKE OF GREAT OAK FARM

Every year, farming is a different dance. Mother Nature plays us a new tune with every season, gradually changing just a few notes while we listen each day, and the song evolves from Summer to Winter and back again. Out on the dance floor, in the soil and sun and rain and crops, we farmers make the best of it. Through the summer months, this growing season was a very different tune from the last 2 years, and I know I am not the only one who was glad we were spared another 18-19" midsummer rain event. The rains were plentiful, but more gentle and gradual. Much easier music to keep up dancing with!

As a result, this year our winter carrot crop, planted in late June - tiny seeds nestled just below the soil in a fine deep seedbed, so vulnerable to devastating midsummer rains - was a resounding success. For the last week, we have been hustling to get them out of the ground, washed up, and tucked away in the root cellar with the cabbages and beets before the ground freezes. The sunshine this weekend was most certainly welcome as it was "all hands on deck" to pull carrots as fast as we could. The ground was still too saturated to get any tractor in the field and use our mechanical carrot harvester (for the third fall in a row!) so it was back to fork and pull, fork and pull all day, then wash well into the evening. There is no time to lose, so we worked long hours through the weekend, because before we are ready the song will end and the hush of Winter will be upon us. So we dance like mad to the crescendo that is the song of the Fall.



Brian, of Northcroft Farm, helping with the carrot harvest at Great Oak Farm.

And as if Fall harvest was not enough to keep us on our toes, our *continued on next page*)



Organic inspector Eugene checking out the farm while the crew harvests carrots.

organic inspector called early last week and said he'd be here Friday afternoon. Perfect timing... so instead of getting after those carrots on Friday afternoon with the rest of the crew I spent 4 hours showing the inspector around the farm and pouring over detailed production records inside. But as much as I would rather be out getting the carrots in, I understand the importance of making sure that organic certification is done with integrity. It's just one more intricate part of the dance that we do here each season. I am so grateful for the amazing Great Oak farm crew of Eric, Dane, and now Ashley - my dancing partners this Fall season - who can hold down the harmony when I need to jump over

to the melody so we can keep up with the music. Truly, without folks like them, a farm is just a bunch of work!

Finally, thanks to all of you for being a part of the dance this Summer. CSA is full of fleeting seasonal melodies (how I already long for a fresh strawberry again!) and steady beats (like potatoes and carrots) that keep us grounded in the present, all to remind us each time we sit down to enjoy it at the table that we are HERE. I sincerely hope that you have enjoyed being immersed in the seasonal rhythm of food that is all around us this Summer, and look forward to the rhythm of Winter CSA deliveries as they begin anew next week!

Yours in Community - Chris Duke and the Great Oak Farm crew

Great Oak Farm's Recipe Recommendation: Sausage & Apple Stuffed Acorn Squash

from www.cherishedbliss.com

- 3 Acorn Squash, halved
- Olive Oil
- Salt & Pepper
- 1 lb Ground Sausage
- 1 Small Onion, finely chopped
- 2 Large Celery Stalks, finely chopped
- 2 Apples, diced
- ½ tsp sage
- 1 cup Panko Bread Crumbs
- 1 cup Parmesean Cheese, divided

It's really good!



Preheat oven to 400 degrees. Using a sharp knife cut off each end of the acorn squash removing as little as possible, then cut in half. Spoon out seeds. Brush olive oil inside and on top of Acorn Squash. Sprinkle Salt and Pepper over Acorn Squash to taste. Bake for 40 minutes to an hour depending on size of your squash until tender and you can pierce with a fork, but still holding it's shape. While the squash is baking, begin sautéing the sausage for about 5 minutes, drain and pat dry with a paper towel to remove as much grease as possible, but don't discard grease in the pan. Using the grease from the sausage add your onions and celery to the pan and sauté for another 2-3 minutes until it starts to brown (add olive oil if necessary). Add apples and sauté for another 2 minutes or until softened. Stir in sage and bread crumbs. Add ¾ cup parmesan cheese and stir until cheese begins to melt. Set aside. Once squash has finished baking and reached desired tenderness spoon in meat mixture until the squash is filled. Return to the oven and bake an additional 15-20 minutes depending on size of squash. Remove from oven and top with remaining parmesan cheese.

Meatballs Stroganoff

www.cooking.newyorktimes.com

- 1 pound ground beef
- 1 egg, beaten
- 1/3 cup fresh bread crumbs
- 1 1/4 cup drained yogurt
- 4 tablespoons grated onion
- Salt and freshly ground pepper to taste
- 1/4 teaspoon freshly grated nutmeg
- 2 tablespoons paprika
- 2 tablespoons butter
- 1/4 pound mushrooms, thinly sliced
- 1/4 cup chopped onions
- 1 teaspoon chopped garlic
- 1/4 cup sherry wine
- 2 tablespoons tomato paste
- 1/4 cup finely chopped parsley or dill



Place the meat in a mixing bowl, and add the egg. In a smaller bowl, mix the bread crumbs, 1/4 cup of yogurt and grated onion. Add this to the meat mixture. Add salt, pepper and nutmeg. Mix well with your hands, but do not overmix. Shape the mixture into balls about 1 1/3 inches in diameter (about 32 meatballs). Sprinkle a pan with paprika and roll the meatballs, turning gently to coat well. Heat the butter in a large nonstick skillet and cook the meatballs, turning gently and shaking the pan until they are nicely browned. Scatter the mushrooms, chopped onions and garlic around the meatballs. Shake the skillet to distribute the ingredients evenly. Cover and simmer for about 5 minutes. Shake the skillet a few times. In a small bowl, mix the sherry and tomato paste. Blend well. Add to the skillet, cover and simmer for 10 minutes, shaking often. Stir in the remaining yogurt and bring to just a simmer. Do not overboil. Check the seasoning, sprinkle with parsley and serve piping hot with buttered fine noodles.

Beet Hummus

www.lovebeets.com

- 1 15 oz can chickpeas
- 3 cloves garlic (roasted or fresh)
- 1 cup cooked beets, diced
- 1/3 cup tbsp tahini
- 3 tbsp lemon juice
- 1/4 cup olive oil
- 1 tsp cumin
- 1 tsp kosher salt
- 1/2 tsp paprika



Drain and rinse chickpeas. Add all ingredients except olive oil to food processor or high speed blender. Blend to combine, then slowly stream in oil and continue blending until smooth and creamy. Taste and adjust seasoning as desired. Use as a dip or spread!

Cinnamon Sugar Apple Cake

www.pinchofyum.com

- 1 1/2 cups brown sugar
- 1/3 cup oil
- 1 egg
- 1 cup buttermilk (or 1 cup milk + 1 T white vinegar)
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 2 1/2 cups flour
- 2 1/2 cups finely chopped apples

Cinnamon Sugar Topping:

- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter, melted

Preheat oven to 325 degrees. Mix ingredients in order given, stirring until just combined. Pour batter into a buttered 9x13 pan. Combine topping ingredients and sprinkle / spread it evenly over the batter. Bake for 45 minutes. Serve with honey butter, ice cream or whipped cream if you want.

What's In Your Box?

Family Veggie Box

Great Oak Farm

Onions, Carrots, Beets, Acorn Squash

Yoman Farm

Salad Turnips, Leeks

Northcroft Farm

Salad Mix

Maple Hill Farm

Peppers

Small Veggie Box

Great Oak Farm

Onions, Carrots, Beets, Acorn Squash

Yoman Farm

Salad Turnips

Northcroft Farm

Salad Mix

Family Meat Box

Griggs Cattle Company

Ground Beef, Beef Steak

Maple Hill Farm

Pork Roast

Small Meat Box

Griggs Cattle Company

Beef Steak

Maple Hill Farm

Pork Roast

Plus Item

Happy Hollow Creamery

Cheese

Family Bakery Box

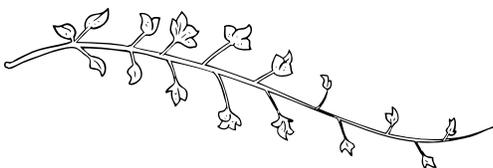
Starlit Kitchen

Gaia Multigrain, Marblishus Rye Boule, Chai Apple Coffee Cake, Golden Dilly Rolls

Small Bakery Box

Starlit Kitchen

Gaia Multigrain, Marblishus Rye Boule



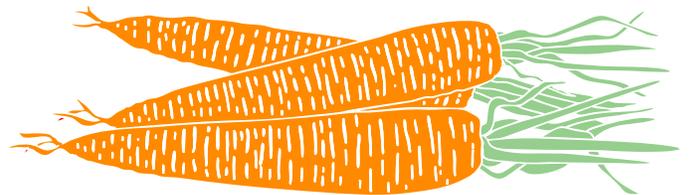
Avocado Salad with Carrot-Ginger Dressing

www.smittenkitchen.com

1 large carrot, peeled and roughly chopped
1 small shallot, peeled and roughly chopped
2 tablespoons roughly chopped fresh ginger
2 tablespoons white miso
2 tablespoons rice vinegar
2 tablespoons toasted sesame seed oil
1/4 cup neutral oil
2 tablespoons water
Salad Mix or 1 small/medium head of lettuce
1/4 red onion, thinly sliced
1 avocado, quartered and thinly sliced

Make the dressing: Whiz the carrots, shallot and ginger in a blender or food processor until finely chopped. Scrape down the sides, then add the miso, vinegar and sesame oil. With the machine running, slowly drizzle in the oil and the water.

Assemble salad: Trim and chop lettuce into small wedges. Arrange on a platter. Scatter onion, avocado, and salt & pepper to taste on top. Dollop with plenty of dressing and serve with remaining dressing on the side.



Pork Roast

Adapted from Joy of Cooking

Preheat the oven to 500 degrees. Place the meat on a rack in a roasting pan. Roast for 10 minutes. Reduce oven to 250 degrees and roast until a thermometer inserted in the thickest part of the meat registers 140 to 145 degrees, 1 to 1 1/2 hours (the temperature will continue to rise about 5-10 degrees out of the oven) Remove to a cutting board, cover loosely with aluminum foil, let stand for 10 minutes.