

Hello from your CSA Manager, Evan!

I can hardly believe we are at the end of the season! This time of the year (maybe transitions and shoulder-seasons in general) always feel a little dizzying to me. The end of summer still feels recent, but we're clearly out of it and moving into something new. I'm still reflecting on everything that happened throughout the season, but already living in a new moment. It's a lot to take in! But what I really want to say in this moment is thank you all for joining us for this 2018 summer season! It has been such a pleasure to work with our member as well as all the producers that constitute Bayfield Foods.



Thank you for your gracious support and patience. Thank you for your stories and reviews. Thank you for cherishing your health and the health of this region enough to let us provide farm-fresh foods to you and your family. We've said it before, and will continue to say, that we could not do all of this without you!

As the season comes to an end, we take a minute to celebrate our successes and



Working on our new aggregation center earlier in the season.

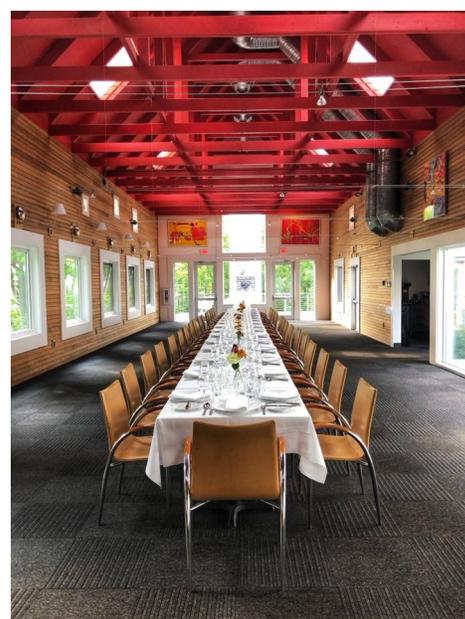
learn from our shortcomings. As a part of our reflection process we need your help. In the next couple of weeks we will be preparing an end-of-the-year survey that we would greatly appreciate your participation in. These surveys act as one of the most valuable ways to gather your thoughts and insights regarding your experience with the CSA season. Your thoughts and insights directly affect how we manage and run the CSA program!

If you still have CSA boxes at home, please bring those back to your usual drop site and we will pick them up during our winter deliveries. If you are joining us for the winter season, get excited! Our first delivery will already be next week on

Wednesday, November 7th. We will then have another delivery one week after that, so as to not interfere with Thanksgiving plans later in the month. After those two November deliveries, there will be one delivery per month through March.

Thank you again for all your support this season! If you have any particular questions about the winter season or end of the summer season, please let me know! Otherwise, take care and we hope to see you again next season!

Evan



Wild Rice Retreat Center in Bayfield, where a community dinner was held that many producers donated to!



Northland College student work day out at Great Oak Farm in early autumn.



Todd and Danny at the Northland College Food Center with hundreds of pounds of Great Oak squash!

This is the final CSA delivery for the 2018 summer season! Thank you all for your support through another great season with the Lake Superior CSA!

OTHER FRIENDLY REMINDERS!

- Please return your boxes after this delivery—we will pick them up during our first Winter delivery.
 - 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 HAS ARRIVED!** If you find yourself wanting to join the Winter season late, please contact me and we can work out an individualized plan! Please contact me at CSAmanager@BayfieldFoods.org.
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RECIPE CHALLENGE!

Feel free to continue to use the Lake Superior CSA Recipe Group as a place to connect with other CSA members to share fun and delicious recipes!

WHAT'S IN THE BOX

VEGGIE BOXES

~ **Great Oak Farm** ~

Onions, Carrots, Acorn + Delicata Squash,
Green Cabbage

~ **River Road Farm** ~

Salad Mix

~ **Yoman Farm** ~

Turnips, Potatoes, Leeks

~ **North Croft Farm** ~

Kale OR Collards

MINI VEGGIE

~ **Great Oak Farm** ~

Carrots, Winter Squash

~ **River Road Farm** ~

Salad Mix, Potatoes

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

October 31st, 2018

How To Store Your Produce

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

Cabbage: Cabbage will store well for a long while in your refrigerator. Peel back outer leaves if they begin to wilt or yellow and use what's left.

Leeks: Store unwashed in a plastic bag in your refrigerator. Use within a week for freshest flavor.

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.

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

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.

Turnips: 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.

Recipe on the next page!

SNEAK PEEK at 1st WINTER

November 7th, 2018

VEGGIE BOXES

~ Great Oak Farm ~

Onions, Carrots, Red Cabbage,
Butternut Squash

~ River Road Farm ~

Potatoes, Spinach, Salad Mix, Garlic

~ Yoman Farm ~

Potatoes

MINI VEGGIE

~ Great Oak Farm ~

Carrots, Onions, Red Cabbage

~ River Road Farm ~

Spinach

~ Yoman Farm ~

Potatoes

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 ~

Whitefish

PLUS ITEM

~ Heritage Acres ~

Maple Syrup

Winter Squash Soup

Ingredients: Butternut Squash, Acorn Squash, Butter, Onion, Garlic, Chicken Broth, Thyme, Sage, Whipping Cream, Sugar

Step 1: Melt butter in large pot over medium heat. Add one large, finely chopped onion and 4 large cloves of garlic and sauté until tender, about 10 minutes.

Step 2: Peel and chop 4 cups worth of butternut squash into 1-inch cubes. Then peel and chop 4 cups acorn squash into the same size and shape.

Step 3: Add squash, 1 and a quarter teaspoons minced thyme and 1 and a quarter teaspoons minced sage to broth; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 minutes.

Step 4: Working in batches, puree soup in blender. Return soup to same pot. Stir in 1/4 cup whipping cream and 2 teaspoons sugar; bring to simmer. Season with salt and pepper.

