

Greetings from Evan, your CSA Manager!

For nearly this whole summer there has been construction going on all around my neighborhood in Ashland. The city has been undertaking a successive plan to slowly replace the water mains underneath the streets in town. I have to say, while I'm grateful that the city is updating and improving infrastructure, it has been a long, noisy summer around here. Just the other day, however, new blacktop was laid and it's finally seeming as if the work might be wrapping up. I mention this only to say that something about the blacktop caught my attention yesterday: the sound of dried, fallen leaves scratching along the surface as they blow freely down the street. I know, this seems fairly inconsequential, but I could not help but be stopped by the sound. I can hear and see fall passing through the doorway of a new season more and more each day.



It has been a wonderful season thus far with the Lake Superior CSA. Of course, there have been hiccups here and there, but overall it has been a great opportunity to work with each of the Bayfield Foods producers and YOU, our caring and supportive members! Thanks to all of you who have shared valuable insights and feedback, sang praises and supported us along the way of another growing season. Seriously, we would not be able to do this without you and everything you offer us!

As we continue our way into fall, I hope you (if you haven't already) will consider joining us for our winter season of the CSA. Our Veggie and Meat producers continue to provide amazing foods through even our darker and colder months. The winter season includes two deliveries during November, and then one delivery each month through



Brisk morning walks.

March. I've got to say, there's nothing like the taste of fresh, stuffed squash as you stare out at snow-laden world! Or the feeling of eating fresh, local spinach from the hoophouse when the rest of our green world lay dormant! If you have any questions about the winter season as we draw closer, please feel free to reach out to me with them.

If any of you have interest in sharing your story with our CSA, please reach out to me about this as well! The more and more I interact with all of you, the more I realize how much joy it brings me and everyone at Bayfield Foods when we hear about how you and your family have been using your food and what your favorite aspects of being a

part of the CSA are. If you would be interested in sharing a story and some photos to share with other members, reach out to me and we can discuss more.

In community,

Evan



Onions curing for the Winter CSA
at Great Oak Farm!



RECIPE CHALLENGE!

Sweet Corn season is ending soon! What's your favorite way to prepare these sweet delights? Boiled? Grilled? Raw? Share on our Facebook recipe group!

FRIENDLY REMINDER!

- 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.

WHAT'S IN THE BOX

VEGGIE BOXES

~ **Great Oak Farm** ~

Sweet Corn, Broccoli, Carrots, Cucumbers

~ **River Road Farm** ~

Slicer Tomatoes, Peppers

~ **Yoman Farm** ~

Potatoes, Cilantro

~ **Twisting Twig Gardens** ~

Roma Tomatoes

MINI VEGGIE

~ **Great Oak Farm** ~

Broccoli, Cucumbers

~ **River Road Farm** ~

Garlic

~ **Yoman Farm** ~

Potatoes

~ **Twisting Twig Gardens** ~

Roma Tomatoes

MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodins Fisheries** ~

Whitefish, Lake Trout

MINI MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Whitefish

PLUS ITEM

~ **Spirit Creek Farm** ~

Kraut

~ **Starlit Kitchen** ~

Baked Goods

FRUIT BOXES

Pears, Hazelnut Oil

September 19th, 2018

How To Store Your Produce

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

Broccoli: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

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

Cilantro: Trim bottom of the stem and put in a small cup of water and place in the refrigerator.

Corn: Refrigerate with the husk on. The sooner you eat the corn, the sweeter it will taste.

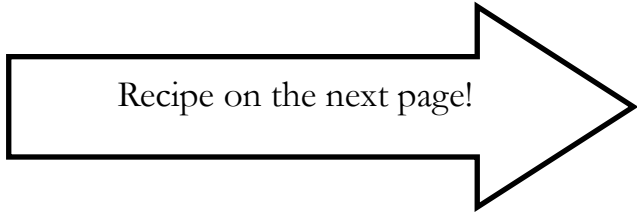
Cucumber: Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

Garlic: Garlic bulbs can be kept in a mesh or wire basket, a small bowl with ventilation holes or even a paper bag. Do not store fresh garlic bulbs in plastic bags or sealed containers. This can cause mold and sprouting.

Peppers: Simply store in fridge as is. Peppers will easily last a week.

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

Tomatoes: Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.



Recipe on the next page!

SNEAK PEEK AT NEXT WEEK

September 26th, 2018

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Cucumbers, Cabbage

~ River Road Farm ~

Garlic

~ Yoman Farm ~

Potatoes

~ Twisting Twig Gardens ~

Roma Tomatoes, Head Lettuce

MINI VEGGIE

~ Great Oak Farm ~

Cucumbers, Broccoli

~ Yoman Farm ~

Potatoes

~ River Road Farm ~

Garlic

~ Twisting Twig Gardens ~

Roma Tomatoes

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

PLUS ITEM

~ Spirit Creek Farm ~

Kraut

~ Starlit Kitchen ~

Baked Goods

FRUIT BOXES

Apples, Pears

Grilled Apple and Cabbage Sauerkraut

Ingredients: Cabbage, Apple Cider Vinegar, Sugar, Pickling Spice, Salt, Apples, Lemon Juice, Olive Oil, Black Pepper

The plus items this week include Spirit Creek's amazing Kraut. So I was inspired to include a recipe on how to make a fun and funky kraut to pair with apple season! Plan for a multiple step process with this one.

Step 1: Shred one small head of green cabbage and place in a heat-proof mixing bowl.

Step 2: In a saucepan, combine 1.5 cups apple cider vinegar, 3/4 cup granulates sugar, 2 tablespoons pickling salt (preferably wrapped in a cheesecloth pouch), 2 teaspoons salt and 1.5 cups of water. Bring to a boil and stir well, then pour mixture over shredded cabbage. Refrigerate for four hours.

Step 3: Preheat grill. Quarter 2 apples and toss the cores. Put apples in a mixing bowl with 1 tablespoon lemon juice and olive oil with a little salt and pepper. Grill apples of high for just about a minute on each side. Set aside to cool and then dice them.

Step 4: When cabbage is ready, pull it out of the fridge and drain the liquid. Add the apples a stir together. Serve!

Check out what Mary is cookin' up in the **Cookery Maven** blog for more recipes including other fruits, veggies and meats!