

SEPTEMBER 25-26, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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SHANE & GAIL OF SUPERIOR SMALL BATCH

Superior Small Batch owners Shane Dickey and Gail Francis are Bayfield Food's exclusive provider of vegan meat alternatives as well as a range of other vegan foods. Their sausages, burgers, buttery spreads, curries, and other foods are all made by hand in a commercial kitchen in Superior, Wisconsin. Vegan food means that all the ingredients are plant-based. Superior Small Batch doesn't use animal products in any of its food.

"We started making the Bangers [vegan sausage] because they taste so good. Then when we worked out the nutritional information, we realized they actually have more protein than pork sausage, without any cholesterol and less than one-fourth the fat," says Shane.

Once the Bangers started selling, people began asking Superior Small Batch for gluten-free options, and that led to the Heartyburger, dubbed "the burger that makes a meal." Gail says she always hates it when she eats a veggie burger and as soon as she's done, she needs another to fill her up. Superior Small Batch's Heartyburger is a full quarter-pound, and it is made without gluten or soy. Instead, it's packed with flavor from two types of mushrooms, walnuts, garbanzo miso and tomatoes. Oats, brown rice, and garbanzos give the patty a solidity that allows it to hold up even on the grill.

In addition to their business with retailers and restaurants, people like to pick up additional items from the Bayfield Foods Special Order program. There you'll find the Curryburger, which is as filling as the Heartyburger and is for those who like a little sweetness (provided by sweet potatoes and maple syrup) mixed with a little kick. Another Asian-inspired treat is the Mock Duck Coconut Curry.
(continued on next page)

For lovers of Italian food, the Bolognese sauce makes perfect spaghetti or lasagna. Use the vegan Parm to top it off. And for those craving something south of the border, Common Ground Taco Night is a lentil-based ground meat substitute, already flavored for your taco or burrito.

The Grassy Point Spread is a vegan buttery spread that's amazing on bread, can be used for baking, and provides a great sauté. Because it doesn't contain any artificial preservatives, it's frozen in small batches so that customers can use it within about ten days of thawing.

"Partnering with Bayfield Foods is basically our dream come true," says Shane. "We really want to see food systems that arise from the community, and that benefit people locally. It's the biggest reason I go to work every day."

Superior Small Batch's customers come from all walks of life. Gail says that "When we started, we assumed that most of our customers would be vegetarian, but we have a lot of customers who try us out of curiosity, and then realize how much flavor is there and keep coming back." Now customers include young and old, blue-collar and white-collar, urban and rural.

Shane and Gail love hearing from customers, and some of them even provide recipes (see their website www.superiorsmallbatch.com) or send photos of how they've used the food. Shane sums it up this way: "Nothing inspires us more than knowing people are out there enjoying our food. It's what it's all about."



Superior Small Batch Heartyburger



Superior Small Batch Bangers

Superior Small Batch Bangin' Vegan Cornbread Dressing

1 recipe Superior Small Batch Down South Vegan Cornbread - see website for recipe! (or sub your own favorite recipe)
½ C melted SSB Grassy Point Vegan Spread (or sub spread of your choice)
3 T extra virgin olive oil
5 C chopped vegetables (combination of onions, celery, sweet peppers, fennel...)
4 large cloves garlic, chopped
½ bunch fresh parsley, minced
1 pound Superior Small Batch Banger Crumbles (or 1 Banger roll, cubed)
3 t dry or 3 T fresh herbs of your choice (sage, thyme, oregano, marjoram...)
1 ½ C vegetable stock (we like Better than Bouillon No-Chicken for this recipe)
2 ½ t ground flax meal whisked with 3 T water
1 t sea salt 1 t fine ground black pepper
Generous dash SSB Grassy Point Pepper Sauce (or sub hot sauce of your choice)

Cut room temperature cornbread into ¾" cubes, or crumble by hand if you'd prefer it that way. Spread on cookie sheet and place in cool oven, then turn on oven to 400 degrees. While oven pre-heats (and cornbread toasts), chop vegetables. Heat olive oil in a large heavy skillet over medium-high heat until it sheens, then add vegetables and margarine and sauté until al dente, 3-5 minutes. Transfer to large bowl and add toasted cornbread and all remaining ingredients. Mix well but gently until well combined and spoon into oiled baking dish or large, warm cast iron skillet. Place on center oven rack and turn down temperature to 350. Bake uncovered until it's nice and hot and as crusty as you like it, ~35 minutes. Makes ~14 cups.

Weekly Featured Items

From Bayfield Foods CSA Special Order

Plant-Based Protein From Superior Small Batch!



Curryburger

1# \$6.44
3# \$19

1/4 Pound sweet potato-based spicy/sweet patty studded with walnut, pumpkin and sunflower seeds.



Bolognese Sauce

\$5.20/pint

This is a hearty Italian-spiced tomato sauce thick with Original Banger Crumbles.



Heartyburger

1# \$5.85
3# \$17.55

1/4 Pound Patty based on mushrooms, chickpeas, and brown rice. Loaded with Umami from Shiitakes and chickpea miso.



Original Banger

Rolls & Crumbles
3# Crumbles \$16.90
1# Crumbles \$5.85
1# Rolls \$7.55

Brimson Bangers are a pinto bean and wheat gluten-based high-flavor alternative to meat-based sausage.

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



Vegetables - Meat - Bakery - Cheese

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You choose the contents of your box!

Shares available now at www.bayfieldfoods.org



Red Pepper Soup

2 tablespoons olive oil
3 1/4 cup sliced onions
3 large cloves garlic, crushed
1/4 cup dry white wine
12 large red bell peppers, cut into 1-inch pieces
2 cups chicken or vegetable stock or broth
2 tablespoons chopped fresh thyme
1/4 to 1/2 teaspoon hot red pepper flakes
Salt and white or black pepper
Crème fraîche for garnish
Thyme sprigs for garnish.

Put oil in large pot. Add onion when oil is hot. Cook onions until they begin to soften and take on color. Add garlic and cook another minute. Add wine and cook down quickly and on high heat, until only one tablespoon is left. Add peppers, stock, thyme and red pepper flakes. Season to taste with salt and pepper. Cover and simmer until peppers are tender, about 30 minutes. In food processor or with an immersion blender, puree mixture in until smooth (if a food processor, in batches). Adjust seasonings to taste.

What's In Your Box?

Family Veggie Box

Great Oak Farm

Sweet Corn, Sweet Pepper OR Beets, Onions, Carrots, Cabbage

Yoman Farm

Red Peppers, Cilantro OR Dill

Twisting Twig Farm

Roma Tomatoes

Northcroft Farm

Head Lettuce

Small Veggie Box

Great Oak Farm

Sweet Corn, Onions, Sweet Peppers OR Beets

Yoman Farm

Red Peppers

Northcroft Farm

Head Lettuce

Family Meat Box

Heritage Acres

Chicken

Griggs Cattle Company

Ground Beef

Heritage Acres, Griggs Cattle Co., Bayfield Apple Co.

Pork Chorizo

Small Meat Box

Heritage Acres

Chicken

Heritage Acres, Griggs Cattle Co., Bayfield Apple Co.

Pork Chorizo

Plus Items

Spirit Creek Farm

Kraut

Starlit Kitchen

Bayfield Apple Cinnamon Bread

Family Bakery Box

Starlit Kitchen

Fair French Sourdough Boule, Northwoods Boule, Pumpkin Sweet Bread, Cookie Assortment

Small Bakery Box

Starlit Kitchen

Fair French Sourdough Boule, Northwoods Boule

Carrot Ginger Soup

1 tsp coconut oil

1 onion, chopped

2 cloves garlic, minced

1-pound carrots, chopped (about 3 cups)

3 cups water

1 ½ tsp sea salt

2 Tbsp freshly minced ginger (or less if you want a more mild-tasting soup)

½ cup coconut milk

Melt coconut oil into a large stockpot over medium heat and sauté the onion until tender, 8 to 10 minutes. Add garlic and sauté until fragrant, about 1 minute. Add the carrots, water, salt, and ginger, then bring to a boil. Lower the heat to a simmer, then cover and cook until the carrots are easily pierced with a fork, about 20 minutes. Transfer soup to a blender or food processor and process until smooth. Alternatively, use an immersion blender directly in the stockpot. Return the soup to the stockpot over medium heat, stir in the coconut milk, and heat to the desired serving temperature. Serve immediately. This is also good if you add a pound of cooked sausage or beef burger before serving.

Hamburger Cabbage Casserole

Shred 1 head of cabbage coarsely. Sauté 1 pound of hamburger and 1 chopped onion in butter until heated through, not browned. Season to taste. In bottom of casserole, put 1 layer of cabbage; spread meat mixture over it and finish with the rest of the cabbage. Pour over all, 1 can of condensed tomato soup (no water). Cover and bake 325 degrees for 1 ½ hours, or until cabbage is tender.

Baked Eggs with Onions

4 tablespoons butter or olive oil

4 cups sliced onions

Salt and freshly ground black pepper

1 ½ cups coarse bread crumbs

1 cup grated Gruyere or Cantal cheese

½ cup grated Parmesan

8 eggs

Preheat oven to 325 degrees. Put butter or oil in large, ovenproof skillet, and set over medium-high heat. Add onions and a liberal sprinkling of salt and pepper, cover skillet and turn heat to medium. Cook, stirring occasionally, until onions are very soft and tender but not browned, for about 20 minutes. Combine bread crumbs and cheeses, and sprinkle half of this mixture over onions. Use back of spoon to make 8 little nests in the mixture, and crack 1 egg into each. Season with salt and pepper, and distribute remaining bread crumbs and cheese mixture over top. Bake for 5 minutes, or until eggs are barely set. Turn on broiler, and run skillet under it to brown top for a minute or so, being careful not to overcook the eggs. Serve hot or at room temperature.