

SEPTEMBER 4-5, 2019

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## CHRIS DUKE - GREAT OAK FARM

August on a farm can be almost magical. All the hard work of spring and summer literally comes to fruition, and the seemingly impossible pace we kept up earlier in the season begins to feel much more manageable. After the final planting of carrots is hand weeded in early August, our primary obligations shift from working up ground, planting, and weeding to mostly harvesting the bounty we have sown. Cucumbers and beautiful clusters of tomatoes hang heavily on sturdy vines, carrots planted back in May have turned from tiny seedlings into sweet crunchy snacks, and it seems like the beans always need picking. We used to wonder how there will ever be enough time to get all the planting done, and now we wonder how we can get it all harvested!

However, as August turns into September, we are reminded in subtle ways that the bounty of Summer won't last forever. One day last week, we picked half the cucumbers we usually harvest, and we noticed the vines had begun to turn a lighter shade of green. The next day, I had to turn on the heater in the truck on my way to town. Cooler mornings mean finding the long sleeved shirts again, but the transition from Summer into Fall isn't without its benefits. Last week, we also found the first ripe ears of sweet corn! The supersweet variety that we plant - aptly named "Awesome" - takes a little longer to ripen than many of the early, less sweet varieties, but we think you'll agree it's worth the wait.

Thankfully, so far this year the weather has mostly cooperated. In both 2018 AND 2017, we received an 18-19" rain event in late June/early July that really proved difficult to work around. Fields were too muddy to get into with tractors to cultivate, plants were flooded out, weeds crowded out vegetables, and molds/rots were starting to get established in many crops. Our house - a straw bale insulated timber frame structure - also had some rain damage, specifically around the windows on the west side of the house. That side faces directly out into the field, and when the big storms blow in they can really pound against  
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that wall. We did replace some bales from around the windows last year to try and remove as much of the damp straw as possible, but this spring we noticed a musty smell and knew our efforts were not enough. We needed to replace the entire west wall. Last week, the renovation began in earnest as we tore off the whole west side of the house and began replacing it with a conventional 2x6 framed, tyvek wrapped, blown-cellulose insulated wall. Fortunately, we could remove the exterior stucco and straw while leaving the interior concrete stucco walls in place.



It has been quite the project as you can imagine (in case you were wondering what a farmer does with “free time!”) but I am happy to say that as of the end of this weekend the old straw wall is completely gone (a friend of ours picked up the old straw bales that were in good condition to mulch his garlic crop!), the new stud wall is completely framed, 2/3 sheathed and Tyveked, and 3 of the 5 windows are reinstalled! It was a productive weekend for sure, and the little signs that cooler weather is on the way were sure good motivation to keep me working. We first built our house in 2004, and have added on several times as our family has grown. Each time we added on and removed an old wall, we checked our work to see if the straw bales were in good shape. Every time the old straw bales were just as clean and bright and dry as the day we put them in. The wall we are replacing now was constructed in 2012, and since then we have certainly seen heavier rain events. In response, we opted for a more conventional, weather-resistant construction method this time - it's not just our food production systems that need to accommodate a changing climate. So now, the race is on to finish (and insulate) the new wall before those subtle reminders of Fall become more obvious! Wish me luck :)

Yours in community, Chris Duke, Great Oak Farm

Look for Great Oak Farm's tomato special in this week's Featured Items on page 3!

## ➔ The Many Ways of Cooking Corn on the Cob ←

- **OVEN:** Leave the husk on. Throw it in the oven at 350 for 25-30 minutes. The husk and silk will peel away easily once it is cooked. Cut off the large end and it slides out with no silk.
- **MICROWAVE:** Leave the husk on. Throw it in the microwave for 3 minutes (for two ears). Add 2 minutes for every additional ear of corn. The husk and silk will peel away easily once it is cooked. Cut off the large end and it slides out with no silk.
- **GRILLING:** Prepare your grill for direct, high heat, about 550 degrees. If you are able to hold your hand one inch above the grill for about 1 second it is the correct temperature. Leave the husk on. Cover the grill. Turn the corn occasionally until the husks are completely blackened and charred on all sides, about 15 to 20 minutes. Remove silks and charred husks using a damp towel to protect your hands.
- **BOILING:** Shuck the corn. Fill a big pan with enough water to cover the corn. Add a splash of milk and bring it to a boil. Boil for 3-8 minutes, depending on the freshness of the corn. Test with a fork for doneness.

# Weekly Featured Items

## From Bayfield Foods CSA Special Order

### 10# Organic Slicing Tomatoes from Great Oak Farm

\$25

Bulk orders of tomatoes have arrived! A 10 pound box of organic tomatoes from Great Oak Farm is great for canning, freezing, or feeding a crowd!



Place Your Order at: [www.bayfieldfoods.org/shop-special-order](http://www.bayfieldfoods.org/shop-special-order)

### Green Peppers and Leeks from Yoman Farm



\$3.80/lb

Order as many pounds as you need!  
Great for fresh eating, use in canning  
sauces and salsas, or freezing.



\$3.20/lb

Place Your Order at: [www.bayfieldfoods.org/shop-special-order](http://www.bayfieldfoods.org/shop-special-order)

### Roasted Potatoes, Carrots, and Beans

*Adapted from [Cookingclassy.com](http://Cookingclassy.com) and tested in the kitchen of Griggs Cattle Company*

- Preheat oven to 400 degrees.
- Cut into similar 2-inch size pieces, 1¼# potatoes- halves or quarters, and 1# carrots.
- In a large bowl toss together with 2 1/2 Tbsp olive oil, 1 Tbsp each of thyme and rosemary and salt and pepper to taste.
- Spread onto a rimmed baking sheet. I like to put tin foil on the pan for faster clean-up. Roast in preheated oven 20 minutes.
- Toss 12 oz. green beans with ends trimmed and cut in half in bowl with 1/2 Tbsp olive oil, sprinkle with salt.
- Add to baking sheet with other veggies, add 1½ Tbsp minced garlic. Toss everything and spread into an even layer.
- Roast until all of the veggies are tender and slightly browned, about 20 minutes longer.



# What's In Your Box?

## Family Veggie Box

### Great Oak Farm

*Carrots, Corn, Cucumber, Cherry Tomatoes, Slicer Tomatoes*

### Yoman Farm

*New Potatoes, Peppers*

## Small Veggie Box

### Great Oak Farm

*Carrots, Corn, Cucumber*

### Yoman Farm

*New Potatoes, Peppers*

### Twisting Twig Farm

*Tomatoes*

## Family Meat Box

### Heritage Acres

*Chicken*

### Griggs Cattle Company

*Ground Beef*

### Maple Hill Farm

*Pork Chops*

## Small Meat Box

### Griggs Cattle Company

*Ground Beef*

### Heritage Acres

*Chicken*

## Plus Item

### Bayfield Apple Company

*Apple Jam*

## Family Bakery Box

### Starlit Kitchen

*Fair French Sourdough Boule, Cinnamon Raisin Loaf, Berry Scones, Kalamata Olive Aplat*

## Small Bakery Box

### Starlit Kitchen

*Fair French Sourdough, Cinnamon Raisin Loaf*

# Roast Chicken with Veggies

Adapted from *The Family Cooks* by Laurie David and tested in the kitchen of Wild Hollow Farm

- One chicken, butterflied
- Salt
- Oil for greasing the pan and the chicken
- Potatoes, carrots, and any other hard veggies you have on hand
- 1 head of garlic, split into cloves (unpeeled)

First, butterfly the chicken by placing it breast-side down on a cutting board. Cut along one side of the backbone with kitchen shears or a sharp knife. Turn the chicken (still breast-side down) and cut along the other side of the backbone. Save the backbone in the freezer for stock. Flip the chicken over and open it like a book. Press firmly on the breastbone to flatten. Sprinkle with salt.

Preheat the oven to 450. Grease a rimmed baking sheet with oil.

In a large bowl, toss the potatoes, carrots and other veggies with oil, salt, and garlic. Arrange them on the baking sheet and put in the oven for about 5-10 minutes. Remove from oven and place the chicken on top of the veggies, tucking them underneath to prevent burning.

Roast until the juices run clear and the meat thermometer reads 165 degrees in the thickest part of the thigh -- about 40-45 minutes. Transfer the chicken to a cutting board to rest and return the veggies to the oven to crisp up, about 5-10 minutes more.

How much does a pirate pay for corn?

A buccaneer.