

Hello From Your Farmer

July 3-5, 2019



Hello CSA supporters,

Thanks for keeping our farms working for another year. I feel like we just turned the corner recently on a tough stretch of weather the last eight months and things really started to jump out of the ground with some nice growth and warmer temperatures. I grew some really nice lettuce this spring with all that rain, so that was a gift for all the pain!

About this time of year I feel especially proud of you all for keeping small farms going. July 4th around here means tractor parades, and for all the pomp, there are people like you putting your money where your mouth is to keep small farms on the land. I sit on our town zoning committee and current and past members of this board and the surrounding ones were made up mostly of farmers. A while back our committee put together a town plan including a whole lot of goals to protect small farms. But without much enforcement teeth or money to protect farming, the goals are mostly just that.



The past local government efforts of the past century were massive – draining farm swamps north of Duluth and building a massive rail line out of Washburn for export never were able to keep farms going in our northern regions. The local support farms get now comes through an extension agent and that is about it. The last big Wisconsin state effort that I knew of protected some of the farms around Bayfield by purchasing development rights, which worked well I think, but it was expensive and has not been replicated.

CAPTION:

Lettuce under row cover growing on Yoman Farm. The row cover helps retain heat overnight and this spring kept some of the snow off.

So how do the farms survive that are left - the support of you-all, the folks who eat off the farms and put up with the sometimes complicated effort to get your food from us instead of the convenient grocery store.

CSAs and supporting direct market farms is about patriotism and pride for me. It is something that WE did, we organized and made our communities stronger and our landscape beautiful.

John Adams
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John Adams
Yoman Farm

Special Order Features of the Week



Farmer's Choice Meat Box

**LIMITED QUANTITIES
AVAILABLE!**

Each meat box contains approximately 8 lbs of "farmer's choice" which will be a random selection of beef cuts or ground beef, lamb, or chicken. All of our South Shore Meats are 100% grass-fed/pastured. Again, we only have a limited supply available at this special price. Visit the Special Order section of our BAYfield Foods website to order. Approximately 8 lbs. \$45

Adventure Fuel/Picnic Pack

4 for \$20

Special Summer Price!

Just in time for summer picnics and other on-the-go activities, its grab and go meat sticks from Maple Hill Farm!!

2 packs of Honey Ham sticks and 2 packs of Honey BBQ in the Adventure Fuel/Picnic Pack under the special order section of the website.



Meal Delivery

Did you know we can ship?

Oh yeah! We have several meal boxes available for shipping. Each box contains enough for several meals. There are lots of choices. This is a great option for folks with limited time, folks recovering from an injury or surgery, and new families. It is a popular way to help people in your church group who might benefit from foods delivered to their door. This service is available to addresses in Wisconsin and Minnesota only. Check it out on the website under the Meal Delivery tab.



Tips and Tricks

CSA Hacks 101

- Please remember to return your veggie and meat boxes to your pick-up location on each week.
- Our pick-up location hosts (what we call drop-sites) are key to making Community Supported Agriculture (CSA) work. Please help us in keeping them happy by arriving during the pick-up time and, of course, rewarding them with smiles and thank yous.
- Have a party or event coming up where you'd like to feature local foods, or just need something extra
- Be sure to check out our Special Order program at: www.bayfieldfoods.org/special-order. Order what you'd like and we'll bring it to your next pick up.
- If you have a vacation coming up and will be missing a pick up, be sure to login into your account (the same one you created when you signed up) and place a vacation on hold.

An Abundance of Chard

Use the chopped stems instead of celery in tuna and soups. Saute the leafy greens and eat like that or mix into scrambled eggs or baked into a fritatta. Add the leaves and stems to soups. Add the chopped leaves to grain and grain salads such as tabouli, couscous or quinoa. Puree the sauteed leaves and stems with Happy Hollow Ewe Rascal Ewe cheese then spread onto lavash-- top with sliced strawberries or blueberries for a fun take on pizza. Make a cream of swiss chard soup and eat it like that or use it in a casserole.

Whats in the Box?

Family Veggie Box

Great Oak Farm- cukes, strawberries or cherry tomatoes, collard greens

Wild Hollow- carrots

Yoman Farm- head lettuce, salad turnips

Northcroft Farm- kale

Small Veggie

Great Oak Farm- cukes, strawberries OR cherry tomatoes

Wild Hollow- carrots

Yoman Farm- head lettuce, salad turnips

Northcroft Farm- kale

Family Meat Box

Bodin's- lake trout

Hidden-vue Farm and/or Griggs Cattle

Beef hot dogs, beef cheddar brats, Beef stir fry

Heritage Acres- chicken wings, thighs, drummies

Maple Hill Farm- pork brats

Small Meat Box

Heritage Acres- chicken pieces

Maple hill Farm- pork brats

Hidden-Vue farm or Griggs Cattle- stir fry beef, beef hot dogs, beef brats

Plus item

Maple Hill Farm- pancake mix

Bakery Share

Starlit Kitchen- Gaia multigrain, Bayfield Apple Cinnamon loaf with Family shares the additions

of Banana + Cinnamon bread and a Bayfield Herb and Garlic Batard.

Recipes

Grilled Barbecued Chicken Thighs (www.bettycrocker.com)

Things to keep in mind when making saucy, sweet barbecued chicken thighs:

- Let the thighs cook for 5 minutes before brushing on sauce. If the sauce is applied too soon, the mixture can burn and blacken the chicken.
- After turning the chicken, brush with sauce again.
- Discard sauce as it will be contaminated by your brush. You can set aside some sauce if you want to serve the chicken with more sauce alongside.



Julia's Radish, Cucumber, and Kale Salad (Lake Superior CSA newsletter 7/11/18)

Prepare the vinaigrette by mixing about $\frac{1}{4}$ cup vinegar with $\frac{1}{2}$ cup olive oil. Squeeze lemons and add about 2 Tbsp of fresh juice followed by 1 tsp sugar. Finish by adding fresh dill and salt and pepper to taste.

Thinly slice radishes and cucumbers and dice the red onion, mixing it all together in a large mixing bowl. Pour the vinaigrette over the veggies and, if you have time, let it sit in the fridge overnight.

Take out the veggies/vinaigrette and let them come to room temperature. Serve over chopped kale.

- **Spirit Creek Farm Kim Chi (Coleslaw)** (Jennifer and Andrew Sarter Sargent -Spirit Creek Farm)
- Take half a jar of Kim Chi (1 cup) and mix with 2 Tbsp mayonnaise and 2 tsp maple syrup or sugar. Mix well and serve as a new and tasty variation on coleslaw.

Take note that the Kim Chi we make is cut finer (like sauerkraut) than traditional kim chi and it is mildly spiced so it makes for a great coleslaw ingredient base.

Grass-Fed Hamburgers (Toby Griggs, Griggs Cattle Co.)

Grass-fed meat cooks best at a lower temperature than feedlot hamburger. Cook burgers for 6-8 minutes per side ($\frac{1}{3}$ # burgers) whether you are cooking on a grill or in a frying pan.

Since grass-fed meat has virtually no fat, if you are cooking burgers in a frying pan, first heat the pan with a couple of Tbsp of olive oil.