

APRIL 27 - 28, 2022

BAYFIELD FOODS CSA

Community Supported Agriculture



The Outdoor Harvest Season Begins

GIL SCHWARTZ - SEASONALLY SOURCED FOODS & NORTHWOODS BOTANICALS

Spring greetings from our family here at Seasonally Sourced Foods! While the indoor work of our winter mushroom farm continues, we are delighted to be bouncing around our farm and forests in recent weeks, as we interact with the greening landscape of early spring and dream of all the potentials of this forthcoming outdoor growing season.

To keep the momentum going of our farm's outdoor mushroom cultivation from last year, we had the opportunity to set up a small indoor mushroom farm this past winter in a nearby commercial rental space. This space has allowed us to prepare columns with a mix of natural substrates & mushroom spawn, as well as incubate and grow them out. The growing space or "fruiting chamber" consists of an enclosed hydroponic tent filled with shelving racks and lots of environmental controls for lighting, humidity, and proper air exchange. It has been a real pleasure to make our natural and gourmet oyster mushrooms available to the CSA through the frigid winter and into the spring. And we're not done yet, be on the lookout for more mushrooms in the CSA throughout this summer.

Back on our main outdoor farm, we have been spending the past couple of weeks carefully digging out, cleaning, and trimming our sunchoke crop. While less convenient than a fall harvest, we feel that overwintering sunchoke actually improves their flavor, and more importantly enhances their digestibility. These root veggies are commonly cooked in soups and roasts, as eating them raw can give many folks some serious gas. The one method we have found to safely and enjoyably eat sunchoke raw is in our fermented “Sunkraut” recipe (featured in this newsletter!) where the fermentation process renders the tubers way more digestible. Our supply of sunchoke is limited and rapidly dwindling, so next weekend may be your last opportunity to stock up. Also, be on the lookout for fresh bunches of chives and sorrel as CSA offerings from us in the near future.

The other big update from us is that we are gearing up for our third season of hemp production on our farm. To that end we have been getting our greenhouse ready for making seedblocks to germinate high-performing cultivars that will then be transplanted into rows of our mulch covered, raised beds. With Wisconsin's state hemp program having ended this winter, we are excited to keep at it again with our new USDA-issued growing license. If you (or your pets) have not already tried our fantastic line of “Northwoods Botanicals” CBD & CBG-rich products, consider placing an order from the over 10 different hemp offerings we have available as “add-ons” with your weekly CSA.



Freshly dug sunchoke.



Our CBD & CBG-rich products are available as add-ons with your weekly CSA.



Gil - the face behind Seasonally Sourced Foods & Northwoods Botanicals

Lastly, from the wild side of things, after a couple more weeks of warmer weather you'll be able to find our professionally foraged wild "ramp greens" and "ostrich fern fiddleheads" as future CSA offerings. Rest assured we emphasize sustainability with our wild harvesting practices by taking into account a range of factors including the overall health of the ecosystem, the conservation status of the given species we harvest from, its population levels and reproduction strategies, and what portion of the organism we harvest from and when.

It has been a little over one year since we have been members of the Bayfield Foods CSA and we have loved every bit of it. It is our honor and privilege to work with a fantastic team of farmers in serving all of you with the fruits of our labor each week.



Professionally foraged Ostrich fern fiddleheads.

Fermented "Sunkraut"

INGREDIENTS:

INSTRUCTIONS:

- 1 lb sunchokes (rinsed, cleaned, trimmed)
- 1 ¾ tsp sea salt
- Optional:**
- Brine (dissolved at a ratio of about 1 ½ tbsp into 1 quart warm water)
- Other spices like red pepper flakes, fennel, garlic, etc

- With a big kitchen knife or food processor, mince the sunchokes well
- Add minced sunchokes to a bowl with salt and use your hands to massage the mixture together
- Pack into a large glass fermentation vessel about 2/3 full, allowing for 1/3 of head space as the fermentation can be quite vigorous and bubbly. Add a bit of extra brine if needed to ensure the mixture stays submerged. Add a lid with some sort of air exchange so pressure does not build, and ferment at room temperature.
- After about 3-4 weeks. Label and store for a 2-3 months in the refrigerator



"Making our "Sunkraut" is a great way to prolong the shelflife of your sunchokes, while transforming them into a unique condiment that not only tastes great but can make for a more digestible eating experience. This recipe is also best suited for those with some experience making homemade raw fermented krauts. Don't be afraid to experiment here :-)"