

AUGUST 21-22, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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NEWS FROM THE FERMENTATION KITCHEN OF SPIRIT CREEK FARM

Greetings from Spirit Creek Farm...the production house of “a cornucopia of live cultures”. We pride ourselves on taking the fabulous organic vegetables grown in our region and transforming them into fermented vegetables bubbling with beneficial probiotics to support your digestion and health!

It is the height of the harvest season which marks the beginning of the vegetable processing season for us at Spirit Creek Farm. The pace starts slow. We begin by fermenting Beans and Cucumbers in August and early September. We have been making beans since the beginning of our business 13 years ago. It feels like we can do it with our eyes closed and the bean is forgiving in that it can tolerate a somewhat flexible fermenting schedule.

The transformation of cucumber into a pickle via fermentation is a whole other story. Pickles are a newer item to our fermented product line. This is our third year making them and I have decided that it will be 3 times as charming or 3 strikes and pickles are out. The “pickle is fickle” is an understatement from my experience when fermenting them. Since cucumbers contain a high amount of water fermenting them is tricky. I have had good success in my home kitchen with small batches but on the larger scale they have not lived up to my expectations. The flavor and spices have worked well but the texture is way below what I want. I know there are some folks who have been enjoying the pickles we have been making for the past couple years and I hope we don't disappoint anyone with some improvements. We hope the changes may improve their appeal
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to a wider audience. I consulted with another fermenting business similar to ours in Massachusetts called Real Pickles, they have been a good big sister to us over the years and they have given me some imperative guidance that I think may help the pickles be less fickle for us. Wish us luck!

We are also in the midst of making our Garlic Scape Pesto. It is not a fermented product but was birthed out of a surplus of garlic scapes (the flower of the plant) from all the garlic we and others grow in the region. The pesto is unique in that it only contains the scapes plus walnuts, olive oil, parmesan cheese, salt and lemon juice. There is no basil in it and no garlic that we have to peel, just the garlic scape. It has a wonderful rich and satisfying flavor and also holds its green color beautifully. You can find our garlic scape pesto along with all our fermented vegetables (but no pickles yet, fingers crossed for the future) on the special order page on bayfieldfoods.org.



If you received a jar of Beans a couple weeks ago as the plus item, we hope you enjoyed them! Watch out for sauerkraut coming your way this fall. From our family in Cornucopia we hope you are enjoying these beautiful days of summer and enjoy the awesome transition to my favorite season, fall!

Spirit Creek Farm

**9-WEEK
AUTUMN
HARVEST
SHARES
SEPT. 4 - OCT. 30**

Vegetable · Meat · Fruit · Bakery · Cheese · Flowers
Shares available now at www.bayfieldfoods.org

*Cooperatively boxed & distributed by our farms through Bayfield Foods.
 Learn more about all our farmers and producers on our website.*



Linguine With Tomato-Almond Pesto

- 3/4 cup slivered almonds
- 1 large handful fresh basil leaves
- 1 to 2 large garlic cloves
- Several sprinkles of salt
- 2 cups tomatoes, chopped
- 1/2 cup grated Parmesan
- 1/4 to 1/3 cup olive oil
- 1 pound linguine

In a large skillet, sauté the almonds in a little olive oil until toasted. Let cool, then blend them in a food processor or blender until they are in coarse pieces. Scoop them out of the processor and set them aside. Put the basil, garlic and a few pinches of sea salt into the food processor and chop. Add the almonds back to the food processor with the tomatoes, cheese and olive oil and whirl briefly. Season it with freshly ground black pepper. Cook your linguine until it is al dente. Reserve one cup of pasta cooking water and drain the rest. Immediately toss the hot linguine with the pesto and mix quickly so that it soaks the sauce up a bit. Add more pasta water if needed. Serve lukewarm, or at room temperature.

Help Us Grow Local Foods and Win a Sunset Sail on Lake Superior!

For farmers, the fall months are a magical time of year when just about every crop we grow is mature and ready to pick. Apples on the trees, squash on the vines, carrots in the ground, wheat on the stalk, and on and on. It's a magical time for eaters, too, and has been for generations and generations. Unfortunately, these days most eaters have little to no connection with the land and the seasons and they miss out on the magic of the autumn harvest. Our mission with Bayfield Foods is to bring that magic back to eaters. This year we are proud to offer Autumn Harvest Shares to eaters across our region. They run 9-weeks (Sept 4 - Oct 30) with a range of options including veggie, fruit, meat, and bakery shares.

In order to share the magic of the autumn harvest and grow our local food system we need your help. We need your help telling as many people as possible about the Autumn Harvest Shares. We don't have a million dollar advertising budget, but we have you, our champions of local food. Over the next two weeks, please tell your friends, neighbors, co-workers, and anyone that will listen about Bayfield Foods and the Autumn Harvest Shares and help us reach our goal of 100 new shares by August 30.

Spread the Autumn Harvest Magic and Win A Sunset Sail!

As an incentive to spread the word about Bayfield Foods and our Autumn Harvest shares, existing customers that brings in a new customer will be entered into a drawing to win a 3-hour sunset sail on Lake Superior aboard Cornucopia Sailing's La Diosa yacht, captained by our very own Andrew Sauter-Sargent, co-owner of Spirit Creek Farm and maker of the finest fermented veggies around. The sunset sail is for 6 people and is valued at over \$500.

Help Us Help Others Through Our Buy-One Donate-One Program

This summer we partnered with Northlakes Clinic to provide veggie shares to families that struggle to make ends meet. With your help, we'd like to expand the program. It's simple: buy a share for yourself and buy one for donation to the Northlakes Clinic. Just let us know when you order that you'd like to donate a share and we'll take care of the rest.

If I Already Have A Summer Share, Do I Need to Order An Autumn Harvest Share?

No. The Whole Diet, Summer Veggie, Summer Bakery, and Summer Fruit Shares already include the fall deliveries. But, if, for example, you currently only have a summer veggie share you could order an Autumn Harvest meat, fruit, or bakery share.



Picture yourself cruising on La Diosa!
www.cornucopiasailing.com

What's In Your Box?

Family Veggie Box

Great Oak Farm

Slicing Tomatoes, Cherry Tomatoes, Beans, Cucumbers, Carrots

Yoman Farm

Pepper, Summer Squash, Basil

Twisting Twig Gardens

Garlic

Small Veggie Box

Great Oak Farm

Slicing Tomatoes, Beans, Cucumber, Carrots

Yoman Farm

Pepper, Summer Squash

Twisting Twig Gardens

Garlic

Family Meat Box

Maple Hill Farm

Pork Brats, Pork Chops, Pork Bacon

Griggs Cattle Company

Ground Beef, Beef Meatloaf

Small Meat Box

Maple Hill Farm

Pork Brats, Pork Chops

Griggs Cattle Company

Beef Meatloaf

Family Bakery Box

Starlit Kitchen

Blue Horizon Wheat, Apple Fest Granola, Golden Dilly Rolls, Blueberry Crisp Bars

Small Bakery Box

Starlit Kitchen

Blue Horizon Wheat, Apple Fest Granola

Plus Items

White Winter Winery

Spritzer

Starlit Kitchen

Blueberry Citrus Scones

Herbed Summer Squash Pasta Bake

8 ounces pasta, any shape

1 tablespoon olive oil

1 pound summer squash, halved lengthwise and sliced thin

1 teaspoon finely grated lemon zest

Juice of half a lemon

3 tablespoons unsalted butter

2 cloves garlic, minced

3 large or 5 skinny scallions, sliced

3 tablespoons all-purpose flour

1 1/2 cups milk

1/4 cup chopped flat-leaf parsley

1 tablespoon finely chopped mixed herbs of your choice

Salt and more pepper to taste

3/4 cup finely grated parmesan

4 ounces mozzarella, cut into small cubes

Cook the pasta, drain and set aside. Heat oven: To 400 degrees. Heat a large skillet or the pot you just used to cook your pasta to high heat. Once hot, add olive oil, and let it heat until almost smoking. Add sliced squash, season it with salt and pepper flakes and let it sear underneath, unmoved, until golden brown. Continue to saute until browned and somewhat wilted, about 10 minutes, trying to get some color on each layer before moving squash around. Transfer to a bowl and squeeze lemon juice over bowl. Add more salt or pepper if needed. Reheat your the same pot over medium heat. Melt butter in bottom of pan. Add scallion and garlic and let sizzle for 1 to 2 minutes. Add flour and stir until all has been absorbed. Add milk, a small amount at a time, stirring with a spoon. Make sure each splash has been fully mixed into the mixture, scraping from the bottom of the pan and all around, before adding the next splash. Repeat until all milk has been added, then add lemon zest, salt and pepper to taste. Let mixture simmer together for 2 minutes, stirring frequently; the sauce will thicken. Remove pan from heat and stir in half of chopped parsley, all of mixed herbs and reserved scallion greens. Adjust seasoning to taste. Off the heat, add drained pasta, summer squash, 1/2 cup grated parmesan and all of the mozzarella to the pot, stirring to combine. If pan is ovenproof, you can bake your final dish in it. If not, transfer mixture to a 2 to 3 quart ovenproof casserole or baking dish. Sprinkle with remaining 1/4 cup parmesan. Bake for 25 to 30 minutes, until edges of pasta are golden brown. Sprinkle with reserved parsley and serve hot.