

AUGUST 28-29, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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"WINNER WINNER WHITEFISH DINNER" FROM BODIN FISHERIES

That's a common phrase one will overhear at the Bodin Family Gatherings, instead of the usual reference to chicken. We're just trying to give Lake Whitefish it's due credit. Long referred to by biologists as the "rabbit of the Great Lakes", Whitefish reproduce, well, like bunnies! This bottom dwelling fish is gaining in popularity around the Chequamegon Bay area with sports fishing folks as well, as it is highly regarded for its flavorful white fleshy fillets. The fillets are versatile in how they can be prepared, but the vast majority end up your local restaurant in a beer battered fryer on Friday night.

Whitefish is harvested commercially in both gill nets by the Tribal Fishermen and in trap nets by the state licensed commercial fishermen. These fish are brought into Bayfield and processed into fresh fillets, Whitefish boil chunks, traditional smoked fish, sugar cured smoked fillets, smoked Whitefish spread and frozen vacuum-packed fillets. The livers are also used in tasty appetizers at a variety of restaurants in Bayfield and gobbled down by our visitors. Nothing goes to waste, as the fins, heads and backbones left over from the processing are composted at Northland College's Compost Center into valuable soil.

At Bodin Fisheries, we also shout for Lake Trout! Given the fishing quotas and restrictions placed on this species, and the fine balance the Wisconsin Department of Natural Resources has to maintain between sports fishermen, state and tribal fishermen, Lake Trout accounts for less than 25% of the
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annual production. The flavorful orange colored fillets are widely distributed throughout the upper Midwest and are a favorite in many of your CSA Share Boxes. On our Commercial License alone, we are limited to just over 800 Lake Trout in the Apostle Island region of Lake Superior. The legal harvest slot size of these fish put them into the 3# range, saving the larger reproducing sized fish to swim another day.

We're proud to be a part of Bayfield Regional Foods. As food producers to the area dating back to the 1880's, our deep roots and commitment to the region come through in the quality of our products. Taste them for yourself and you'll soon shout "WINNER WINNER WHITEFISH DINNER!"

Bodin's Whitefish and Lake Trout is available for Special Order on our website!

Bodin's Whitefish Seasoning

This is a simple seasoning mix we enjoy that can be used to top a Whitefish Fillet while cooking on foil in the late summer/fall grill! Mix the dry ingredients together. Squeeze a bit of lemon over the entire fillet. Shake and spread the dry mixture to taste. Cook and enjoy! Save any left overs for your next fish dinner!

- 1 tablespoon dill
- 1 teaspoon fresh lemon zest
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon paprika
- pinch of white pepper

Bill's Grilling Tip: I prefer to grill a skin-on fillet, placing the skin side down onto aluminum foil, seasoning to taste and cooking for about 8 minutes, until the meat starts to flake or separate. For skinless fillets, prepare it the same way, but thinly slice lemons and place them between the fillet and the foil. When serving, leave the skin (or lemons) on the foil and discard.

Spread the News and Win a Sunset Sail!

As an incentive to spread the word about Bayfield Foods and our Autumn Harvest shares, existing customers that bring 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.

**Autumn Harvest Shares
Order Deadline is Aug 31**

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.



Bulgur and Summer Vegetable Salad

from: *How to Cook Everything Vegetarian*

- 1 cup fine-grind or medium-grind bulgur
- 3 cups chopped tomato or quartered cherry tomatoes
- 1 bunch green onions, diced
- 1 cucumber, diced
- 1 bell pepper, diced
- 2 ounces feta cheese, crumbled
- 2 T red wine vinegar
- ¼ cup olive oil
- 2 T fresh oregano or 2 t dried
- salt and pepper to taste

Soak bulgur in hot water to cover until tender, 15-30 minutes. Put the tomato, onion, feta, pepper, cucumber, oil, and oregano in a large salad bowl and stir with a fork to combine. Sprinkle with salt and pepper. When bulgur is tender but not mushy, drain it in a strainer, pressing down to squeeze out any excess liquid. Put it in the bowl while it's still warm and fluff with a large fork to stir in the other ingredients. Taste and adjust seasonings, adding more oil or vinegar as needed. Serve at room temp or cool it down and refrigerate it for a couple hours or so.

**Why was the teenage
veggie so snarky?**

Why were the
baby
strawberries
crying?

Because their
Ma and Pa were
in a jam.

Sunday Chili

from: www.pinchofyum.com

- 1 1/2 pounds ground beef
- 6 slices bacon, cut into small pieces
- half of an onion, diced
- 4 cloves garlic, minced
- 1 jalapeno, minced
- 4 carrots, minced
- 2 1/2 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon oregano
- 1 tablespoon garlic, minced
- 3-4 tablespoons tomato paste
- 1 28-ounce can crushed tomatoes
- 2 14-ounce cans beans, rinsed and drained
- 2 cups beef or chicken broth (plus more to thin as needed)
- toppings: avocado, cheese, sour cream, tortilla chips, red onion, cilantro

In a large Dutch oven over medium high heat, fry bacon pieces until crispy. Drain on paper towel. Pour off most of the bacon fat, but leave 1-2 tablespoons for sauteeing. Add the onion, garlic, jalapeno, and carrots. Sauté until soft and fragrant. Add the ground beef and spices. Brown until fully cooked. Add the tomato paste. Sauté for 2-3 minutes. Add tomatoes, beans, broth, and bacon. Bring to a low simmer. Cover and simmer over low heat for at least 30-45 minutes, but ideally 2+ hours.

She didn't carrot all.

If you have a recipe (or joke!) to share, please email Melissa at wildhollowfarm@gmail.com



What's In Your Box?

Family Veggie Box

Great Oak Farm

Slicing Tomatoes, Cherry Tomatoes, Beans, Cucumbers, Carrots

Yoman Farm

Pepper, Summer Squash, New Potatoes

Small Veggie Box

Great Oak Farm

Slicing Tomatoes, Cucumber, Carrots

Yoman Farm

Pepper, Summer Squash, New Potatoes

Family Meat Box

Maple Hill Farm

Bacon

Griggs Cattle Company

Stirfry beef, Ground Beef, Hot Dogs

Bodin's Fisheries

Whitefish

Small Meat Box

Maple Hill Farm

Bacon

Griggs Cattle Company

Stirfry Beef, Ground Beef, Hot Dogs

Bodin's Fisheries

Whitefish

Family Bakery Box

Starlit Kitchen

Gaia Multi-Grain Loaf, Zucchini Sweet Bread, Apple Ginger Scones, Fair French Sourdough

Small Bakery Box

Starlit Kitchen

Gaia Mulit-Grain Loaf, Zucchini Sweet Bread

Herbed Summer Squash and Potato Torte

from: *SmittenKitchen.com*

- 1 bunch green onions, thinly sliced
- 1 cup grated Parmesan cheese
- 2 tablespoons all-purpose flour
- 1 tablespoon chopped fresh thyme leaves
- 1 teaspoon salt
- 3/4 teaspoon ground black pepper
- 2 pounds potatoes, peeled, cut into 1/8-inch-thick rounds
- 12 ounces summer squash, cut into 1/8-inch-thick rounds
- 6 teaspoons olive oil

Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend. Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture. Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.)

Serves 8