

JULY 31-AUGUST 1, 2019

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## MEET MELISSA FISCHBACH - WILD HOLLOW FARM

Greetings from the flower fields of Wild Hollow Farm! The color in the fields have exploded in the last few weeks as everything has finally caught up after such a cool spring. We rely heavily on succession planting to ensure a steady supply of flowers from spring to fall. However this year's unusually cold May has resulted in 2 or 3 successions blooming at once. Which means we are flooded with flowers! Some flowers we cannot keep up with cutting, so the bees, moths, hummingbirds, and butterflies have been so happy this year! Our fields are a literal buzz with pollinators! Our 40 acres is surrounded by larger scale agriculture so I imagine our fields to be a safe haven for many birds, butterflies, and bees to find a reliable source of food and habitat. Every year the hummingbird population grows and they have learned to safely navigate in and out of the hoopouses where they can find snapdragon, lisianthus, and many other flowers to feed on.



The cool spring this year has shifted the floral palette that we work with to design our seasonal bouquets and wedding work. We were able to enjoy a long season of spring flowers like ranunculus, anemone, and snapdragon. Heat loving flowers like celosia, zinnias, and gomphrena are just starting to come on strong -- easily 3 behind when we normally start to cut them. One of my mid-July weddings even had the added bonus of having peonies! I have never been able to cut and store peonies  
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so far into the season, which was a fun experience!

Our basement is filling up quickly with flowers that we dry and use in the fall and winter for our dried flower wreaths. Every year I try to add a few more varieties and colors -- this year I am trying some new grasses, ammobium, and some new strawflower colors. Seed pods have become one of my favorite things to use in my wreaths as they add a fun and interesting texture. Some of my favorite seed pods/heads to dry and use are nigella, queen anne's lace, scabiosa stellata, orlaya, and baptisia. Drying flowers, grasses and seed pods could not be easier -- just cut, bunch, and hang upside down in a dark dry location. A dehumidifier in our dark basement works well for us. When bunches are dry, we take them down and store in cardboard boxes and replace them with fresh bunches.

For those of you who enjoy our flowers each week, I express my deep gratitude for your support! We are able to pursue our dreams and provide our community with fresh cut flowers because of you. Your choice to support our farm, and all the farms and producers of Bayfield Foods, truly makes a difference. Thank you!

Melissa



**Look for Melissa's Seasonal Bouquets in this week's Featured Items on page 3!**

## **Ripe Tomatoes So Early...How Is That Possible?**

We are often asked how it's possible we can provide ripe tomatoes starting in the end of July and continuing well into October. Well, here's how we do it. We start our seeds in early March in a germination chamber that adds heat and humidity so the seeds germinate quickly and evenly. The plants start growing in 72-cell plug trays and just before they get pot-bound we transplant into 4" pots. These are grown in a heated propagation house until late-April or so. We then transplant them into our high tunnel greenhouses. The high tunnels are nothing more than a metal frame structure covered with two layers of greenhouse poly. No added heat, just the trapped warmth of the sun. We typically grow indeterminate varieties like Rebelski or Arbason. We keep them trained on a trellis and continuously remove suckers and lower leaves to keep the tomatoes in part sun to hasten ripening. An added bonus of high tunnels is the lack of septoria leaf spot, which is the disease that wreaks havoc on tomatoes grown outdoors.



# Weekly Featured Items

## From Bayfield Foods CSA Special Order

### Bayfield Blues From Bayfield Foods

\$45

Ordering is now open for our popular 10# box of fresh Bayfield blueberries grown by the Dale family at Highland Valley Farm. Eat them fresh, make a pie, freeze them. You can't go wrong. Delivery will be August 14 and 15 -- as in past years, we will confirm delivery with an email. Supplies are limited so act fast.



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

### Seasonal Bouquet from Wild Hollow Farm

\$16

Bring the glorious color of the farm into your home with fresh-cut seasonally picked flower bouquets. Flower varieties in each bouquet will reflect what is blooming on our farm. Order a bouquet for a special occasion or consider signing up for a fall flower share.



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

## Local Food: Helping You Be You!

One of the great joys of being a producer of local food is seeing the many different ways that customers use our food to make their lives better. It might appear to be just a box of food you pick up each week, but it's more than that, it's a tool box and a treasure chest to help you be you. It's food with a purpose!

**You, the Guardian of Health.** Local food is fresh food. The vegetables you receive on Wednesday are picked ripe on Tuesday, which means they are more nutrient dense and flavorful than produce picked weeks ago and ripened in a warehouse. Thanks to you, your family is eating better food and that means better health.

**You, the Master Chef.** Tie on the apron, open the box of fresh ingredients, and whip together a simple yet delicious meal. That box of local foods on your kitchen table is a statement...a statement that you are the master of your kitchen domain.

**You, the Fighter For Sustainable Agriculture.** The seemingly never-ending trend of corporate control of larger and larger farms driven by nothing but shareholder returns is troubling, but with local food you get to fight back. Every time you pick up your box you are putting your foot down and saying enough is enough.

**You, the Builder of Community.** Inside that box of food is a network of farmers in your backyard working together to bring you delicious foods. Those farmers in turn send their kids to local schools, hire employees, shop in town, serve as coaches, and on and on. By purchasing local foods, you make community happen. And when a community is strong, we all benefit.

# What's In Your Box?

## Family Veggie Box

### Great Oak Farm

*Beans, Cucumber, Slicer Tomatoes, Cherry Tomatoes, Green Onion, Broccoli*

### Yoman Farm

*Summer Squash, Pepper*

## Small Veggie Box

### Great Oak Farm

*Cherry Tomatoes, Green Onion, Broccoli, Cucumber, Beans*

### Yoman Farm

*Summer Squash, Pepper*

## Family Meat Box

### Maple Hill Farm

*Pork Frankfurters*

### Hidden Vue Farm

*Beef Steak*

### Griggs Cattle Company

*Ground Beef*

## Small Meat Box

### Maple Hill Farm

*Pork Frankfurters*

### Hidden Vue Farm

*Beef Steak*

### Griggs Cattle Company

*Ground Beef*

## Fruit Box

### Apple Hill Orchard

*Sweet Cherries*

### Rocky Acres/Bayfield Apple Company

*Blueberries*

## Plus Item

### Happy Hollow Creamery

*Cheese*

## Wild Rice Salad with Cucumber & Yogurt

1 c wild rice

2-3 medium cucumbers

3-4 scallions, chopped

ground black pepper

2 T freshly squeezed lemon juice

2 T olive oil

1 c yogurt

½ cup fresh chopped dill, mint, or parsley leaves, or a combo

Cook wild rice until done. Drain and cool. Peel, and cut cucumber into chunks. Place cucumber chunks in a strainer and sprinkle with about 1 T salt. Let sit for 20 min or so, then rinse and drain well. Toss together the wild rice, cucumber, and scallions in a salad bowl – sprinkle with salt and pepper. Whisk together the lemon juice, oil, and yogurt. Toss with the cucumber mixture, then taste and adjust the seasoning. Add the herb, toss, and serve.

## Summer Squash, Rice & Tomato Gratin

1/3 cup uncooked white rice

5 tablespoons olive oil

1 1/2 lbs summer squash (about 3 medium), sliced 1/4" thick

1/2 pound tomatoes, sliced 1/4" thick

Table salt and freshly ground black pepper

1 medium onion, halved lengthwise and thinly sliced

3 garlic cloves, minced

2 large eggs, lightly beaten

1 teaspoon chopped fresh thyme leaves

1/2 cup grated Parmesan, divided

Preheat oven to 450°F. Cook the rice. While rice cooks, coat two large sheets each with a tablespoon of a of olive oil. Spread squash and tomato slices on the baking sheets in as close to a single layer as you can. Sprinkle with 1/2 teaspoon salt and a few grinds of black pepper. Roast tomatoes for 10 minutes and squash for 20. Flip squash halfway through; it's not worth the messy effort for the tomatoes. Leave oven on.

Heat large, heavy skillet (such as the one you used to cook your rice) over medium heat. Once hot, add 2 tablespoons olive oil, heat oil, then add onions, garlic and 1/4 teaspoon salt to pan. Cover and reduce heat to low, cooking onion until limp and tender, about 15 to 20 minutes. Stir occasionally.

Combine onion mixture, rice, eggs, thyme, half of your grated cheese and a half-tablespoon of olive oil in a bowl. Add a good amount of freshly ground black pepper. Use the remaining half-tablespoon of olive oil to coat a shallow 2-quart baking dish. Spread half of rice mixture in bottom of dish. Arrange half of roasted squash on top. Spread remaining rice mixture over it. Arrange remaining squash on top, then tomato slices. Sprinkle with remaining grated cheese and bake until set and golden brown, about 20 minutes.