

AUGUST 10 - 11, 2022

BAYFIELD FOODS CSA

Community Supported Agriculture



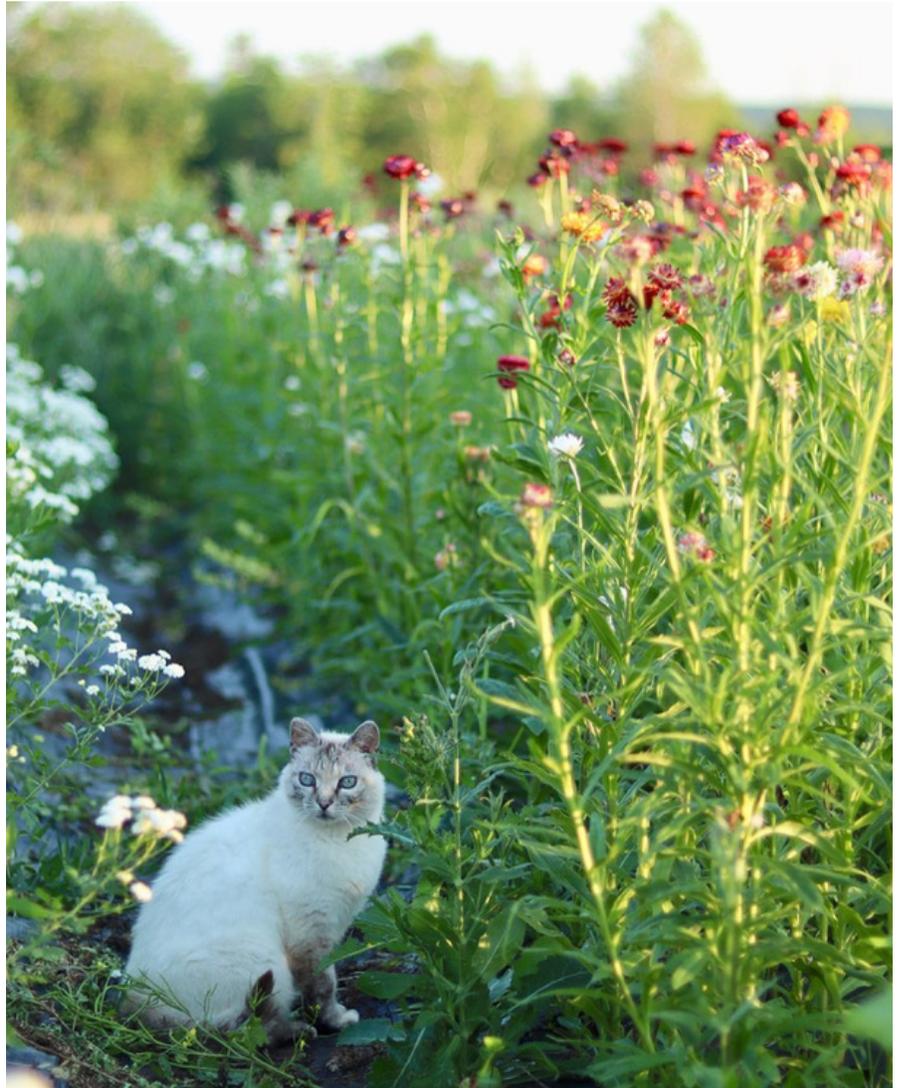
Season of Abundance

MELISSA FISCHBACH - WILD HOLLOW FARM

Happy summer from our family to yours! As we dive into August on the farm, we encounter the season of ABUNDANCE! All the work of planning, weeding, watering, tending, planting, and pruning leads us to this incredible time of year where we are surrounded by a bountiful harvest. Although we have flowers blooming on the farm beginning in early April and into October, nothing compares to August's rich variety of color and volume. Our bodies may be a bit worn out and tired this time of year, but our souls are always eager for the beauty.

August also ushers in the long-awaited lisianthus season! I like to think of them as the rose's more chill, relaxed younger sibling. Not as proper and uptight as the rose, but with a similar shape and just the right amount of relaxed elegance. When these beauties begin to bloom, they always remind me of how much time and energy farming involves. These are ordered in October, seeded in January, transplanted in March, and don't begin to flower until August. They are sooooo slow growing and a bit fussy to maintain - well worth the wait, but with a big dose of patience!

We are trialing seed varieties again this year for the Association of Specialty Cut Flower Growers (ASCFG). Trial results from experienced growers all over the country are compiled and reported to the seed companies, who then use this information to decide whether their particular variety is ready to be released to the public. Being asked to grow a new flower or variety has made me realize how I can easily get stuck in the habit of ordering the same array of seeds each year. From my experience as a trialer last year growing a few new double sunflower varieties, I have since expanded the number of sunflower varieties I grow from my trusty 3 up to 12. Why had I always glossed over all the fluffy double petaled sunflower varieties?? A clear gem so far this year is zinnia 'Uproar Rose Improved' and 'Uproar Scarlet' - very strong and productive plants with huge blooms in rich colors. Be sure to look for those in the coming year's seed catalogs!



Magical evening light at Wild Hollow Farm.



Zinnia 'Uproar Scarlet' and 'Uproar Rose Improved'

Our family is also in a season of great abundance as we prepare in the next year to send our oldest child off into the world. With 2 teenagers and 2 tweens in the house, we're at max activity, cooking/eating, and laundry(!) capacity. It is a rich, precious time that, like August, we try our best to savor before the inevitable change comes. In the meantime, he has become an amazingly reliable and hard worker. As long as I don't hustle him out the door too early in the morning, and don't mess with his music-always-on-and-loud work ethic, all is well :)

Wishing you a safe and happy remainder of the summer, soaking up whatever August abundance comes your way!



The face behind the flowers - Melissa & Lisianthus.

Beet Bruschetta

INGREDIENTS:

- 3 medium sized beets (tennis ball sized) halved
- 1 baguette, sliced at a diagonal into 1/2 inch thick slices
- Olive oil for brushing bruschetta
- 1 1/2 Tablespoon olive oil
- 1 Tablespoon balsamic
- 10 basil leaves - cut into ribbons
- 1/8 C finely diced red onion or shallot
- 4 oz Happy Hollow Ewe Rascal Ewe cheese
- 4 oz cream cheese
- 1/4 teaspoon salt
- 1/4 teaspoon cracked pepper
- 1/2 teaspoon sugar

INSTRUCTIONS:

1. Preheat oven to 400F
2. In a medium pot, cover halved beets with water and boil until just tender, about 20-30 minutes.
3. In the meantime, slice baguette into 1/2 inch slices at a diagonal. Brush both sides with olive oil, sprinkle with a little salt and place on a sheet pan in a 400 F oven for 15-20 minutes, or until very crisp. Set aside.
4. Place cream cheese and goat cheese in a bowl and warm in a microwave until just soft enough to combine easily with a fork. Mix with a fork until smooth. Season with salt and pepper. Set aside.
5. When beets are fork-tender, drain pot, refill with cold water and slip skins off the cooked beets under running cold water using your hands. Dice into very small 1/3 inch cubes and place in medium bowl.
6. Add finely chopped onion, salt, pepper, sugar, olive oil and balsamic -stir to combine. Taste, adjusting.
7. Assemble: Spread a little goat cheese mixture on each bruschetta creating a "trough" (to hold beet mixture in place) and top with a Tablespoon of beet mixture. Garnish with a few basil ribbons.

(Adapted from feastathome.com)