

August 12 - 13, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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**DAVID
NORTUNEN
OF
HIDDEN-VUE
FARM**

Summertime at Hidden-Vue

Things have been staying busy at the farm. We finished making our first crop of hay the second week of July. It was not a great year for volume of hay, so we will be going into winter a little bit nervous about whether we will have enough hay to get us through. The good news is we got almost all of our hay made without any rain! We baled about 350 acres of hay this year. Then we got to take a much needed rest for two weeks, where we were able to do routine maintenance on all of our equipment to make sure everything was ready for making our second crop of hay. We just started cutting second crop hay today and it looks like lots of sunshine this week.

I am very lucky right now as I have a soon to be 16 year old son that willingly puts in long hours helping cut and rake the hay and haul the bales home. My Dad is 76 years old and still does quite a bit of cutting and raking as well. In a few years when my son, Matthew, goes on to college it will be a lot more challenging for me. Right now I have a lot of help and it's appreciated!



On the other hand, I am losing my best baby calf saver this year as my daughter Kieren leaves soon to go to college in Madison. Kieren saved four calves this year that had issues drinking. Sometimes baby calves are born that need extra help and attention. Most of them are born with an amazing instinct to stand up (usually within 10 to 15 minutes of being born) and then to immediately put their head down and start looking for a teat to suckle. Other calves may not know how to open their mouth or how to suck. Others can't stand for a few days and they need A LOT of patience and help. Kieren (and sometimes our daughter Mia) helped these calves out. We have a special maternity pen for these guys where we can put their moms so they don't move - then we can work on helping each calf drink. Here is a picture of Kieren helping a calf drink that still couldn't stand very well, so she decided to feed him as he was laying down! Whatever works! We hope you have been enjoying your food this summer, as we all take much pride in bringing it to you!

-David Nortunen Hidden-Vue Farm



Kieren bottle feeding a baby calf.



A new baby calf - up on its feet!



Matthew with his fair steer. He just sold this steer through 4-H.

grazing THE BENEFITS OF GRASS-FED BEEF

2x more LINOLEIC ACID

Enhances MUSCLE GROWTH, reduces HEART DISEASE, lowers CANCER RISK

5x more OMEGA 3s

4x more VITAMIN E

10x more VITAMIN A

30% LESS CHOLESTEROL and **80% LESS FAT**

LAND MANAGEMENT OF GREEN PASTURE **REDUCES EROSION + SOIL LOSS**

NO ANTIBIOTICS or HORMONES

SEQUESTERS CARBON + OTHER GREENHOUSE GASES.

PLUS ITEM THIS WEEK

Happy Hollow Creamery Cheese

