

August 19 - 20, 2020

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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# SPIRIT CREEK FARM

## Eat Well & Be Well

Hello eaters,

We at Spirit Creek Farm are doing well during this time with many names. It is August which for us means there are only so many more days to swim in the lake and only so many more days before we head to the kitchen and start making sauerkraut and other fermented foods by the hundreds of pounds. We have already started making food this season and truth be told the making food story is one that is always happening. It never really ends or begins. It is a constant cycle that has been going on forever.

Anywho before I get too deep...Jennifer has started working in the kitchen making Garlic Scape Pesto. She takes the scape from the garlic plant and combines it in a food processor with some oil and walnuts and cheese and wha-la! You have an elegant snack that is hard to stop eating.

She is also making pickles at the moment. The pickles in the previous years have



not been all that we have hoped for. This year they are EXCELLENT! They have some crunch and they are spicy too. If you happen to come by some I would recommend picking them up. They are only produced on a small scale. We will only make around 150 jars this year. We might not even sell them. I'm joking. They are available at the Chequamegon Food Co-op and also as a CSA add-on!

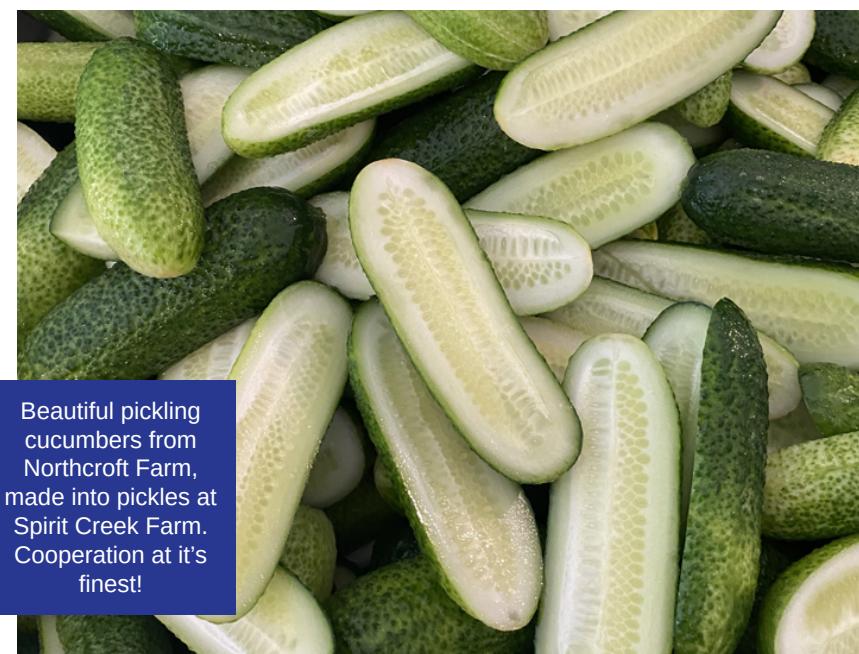
Today we are going to harvest our garlic. We will use some of this for our beans and pickles and the rest will be for our home use.

We recently picked up our first round of beans from Chris Duke at Great Oak Farm to start the bean making for the year. And today we pick up likely the last round of pickling cucumbers from Brian Clements of Northcroft Farm. Those two dudes are some serious vegetable movers/ growers/ shakers.

So it begins again, or should I say it continues to continue. Our crazy spinning world, never stopping, never beginning, just continuing. So continue on good friends, eat well and be well!



All our love - from,  
Andrew, Jennifer,  
Willa, Ivy, Lake  
& all the others that make  
up Spirit Creek Farm



**PLUS ITEM THIS WEEK**  
White Winter Winery  
Fruit Spritz

