

## Hello from Heritage Acres!

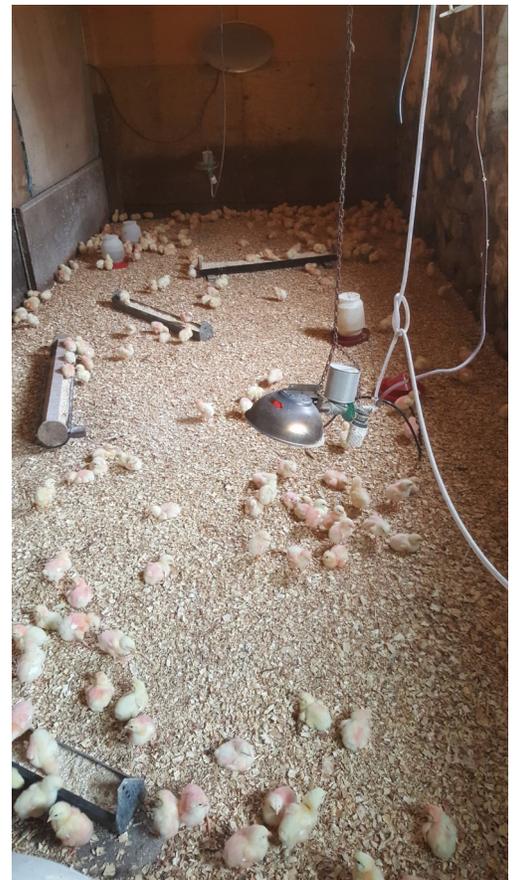
As the last few days of summer approach things begin to ramp up around the farm. Last week we received our second shipment of 400 chicks. Our first shipment was processed in mid june. The late summer and early fall provides ideal environment for pasturing chickens. The temperature is cooler and the humidity is

less but the insects are just as abundant. The field/pasture has had great time to replenish and utilize the natural fertilizer from the chicken manure from the first group of chickens. This first week the chicks are in wood shavings, under a propane heater. By the third week they are moved to the outside portable pen and will stay there until they are large enough to process in early October .

We have just about completely harvested all of our vegetables from the high tunnel, and the plants have been fed to our pigs, they love the broccoli plants and bean strings.

This upcoming October will mark a 1 year anniversary of our miniature donkey Pearl. She was 2 years old when she was given to us as a wedding gift, last October. Pearl lives with our sheep and works with our dog's to scare away predators. About a month ago she was introduced to a Jack (or male miniature donkey) named Ace. They are getting along well. If all works out we will be expecting a baby donkey in 12-14 months.

### Travis and Cassy Heritage Acres



## More photos from Heritage Acres



---

## RECIPE CHALLENGE

What are some of your favorite fresh herbs this season so far? What are your favorite ways to use them? Share on Facebook!



Photos from recent gatherings of the Wisconsin Farmers Union. Some of our producer-members have been instrumental in starting a new chapter in the Chequamegon Bay!

## WHAT'S IN THE BOX

### VEGGIE BOXES

~ **Great Oak Farm** ~

Green Beans OR Broccoli, Cucumber, Carrots  
OR Sweet Corn, Cherry Tomatoes, Onions

~ **River Road Farm** ~

Slicer Tomatoes, Salad Mix, Garlic

~ **Yoman Farm** ~

Sumer Squash, Basil, Dill, Peppers

~ **Maple Hill Farm** ~

Peppers

### MINI VEGGIE

~ **Great Oak Farm** ~

Green Beans OR Broccoli, Cherry Tomatoes,  
Cucumber

~ **River Road Farm** ~

Garlic

~ **Yoman Farm** ~

Summer Squash

### MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

### MINI MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef, Beef Steak

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Whitefish

### PLUS ITEM

~ **Starlit Kitchen** ~

Bakery Goods

~ **Bayfield Apple Co** ~

Jam

### FRUIT BOXES

Peaches

**August 22nd, 2018**

## **How To Store Your Produce**

**Cucumber:** Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

**Green Beans:** Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

**Broccoli:** Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

**Basil:** Do not refrigerate fresh basil. To keep, strip the bottom leaves off and use quickly. Stick the remaining basil stem first into a glass of water and leave out. Will last about a week.

**Garlic:** Garlic bulbs can be kept in a mesh or wire basket, a small bowl with ventilation holes or even a paper bag. Do not store fresh garlic bulbs in plastic bags or sealed containers. This can cause mold and sprouting.

**Green Onions:** Wrap in plastic bag and store in fridge for over a week.

**Tomatoes:** Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

**Zucchini:** Store unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

**Fruit:** Store your fruit in the refrigerator in the packaging it is delivered in. Eat within a week or freeze for longer storage.

Recipe on the next page!

## SNEAK PEEK AT NEXT WEEK

August 29th 2018

### VEGGIE BOXES

~ **Great Oak Farm** ~

Cucumber, Carrots, OR Sweet Corn,  
Green Beans, Cherry Tomatoes

~ **River Road Farm** ~

Sliver Tomatoes, Onions, Peppers,  
Broccoli

~ **Yoman Farm** ~

Summer Squash, Basil

### MINI VEGGIE

~ **Great Oak Farm** ~

Sweet Corn OR Carrots, Cucumber,

~ **River Road Farm** ~

Green Onions, Peppers

~ **Yoman Farm** ~

Summer Squash

### MEAT BOXES

~ **Hidden Vue Farm +**

**Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Whitefish, Lake Trout

### MINI MEAT BOXES

~ **Hidden Vue Farm +**

**Griggs Cattle Co** ~

Assorted Beef,

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Lake Trout

### PLUS ITEM

~ **Bayfield Apple Co** ~

Jam OR Mustard OR Fruit Butter

### FRUIT BOXES

## Elote, or; Grilled Mexican Street Corn

*Ingredients: Sweet Corn, Sour Cream, Mayo, Cotija or Feta cheese, Tajin Classico seasoning*

I had my first Elote of the season last weekend, and until then I had forgotten how much I love it! This is a simple recipe, but I've added an alternative to it if you want to take it a step further with this classic dish.

Step 1: Fire up the grill and get it pre-heated.

Step 2: In a small bowl mix together about 1/4 cup mayo and 1/4 cup sour cream. (I know some folks who just prefer sour cream).

Step 3: Shuck the sweet corn and toss it on the grill. Grill so that there is light charring all around the cob—about 8 minutes, rotating corn occasionally during this time.

Step 4: Take the sweet corn off the grill and, with a brush or spatula, spread the sour cream/mayo mixture over the corn. Then sprinkle cheese over it and season with Tajin. Enjoy!

Alternative: Tajin is what I've always used with Elote but, if you would like to try something fun and more homemade, combine 1/2 cup cheese, 1/2 teaspoon chili powder, 1 finely minced garlic clove, 1/4 cup chopped cilantro in a large bowl. Stir until homogeneous and set aside. Once corn is grilled, spread this mixture over the cob and squeeze some lime over it.

