

Greetings from CSA Manager Evan!

I've noticed that I don't usually offer myself much time to look back during the summer. Year after year, summer is a time for around-the-clock work, play, community festivities, family festivities, a little travel if I'm lucky, and so on. The snow is gone and we've got the daylight, so let's go! But where does it all go?! Here we are, the beginning of August, and I feel as if I can't even remember what happened in June. It's moments like these that I'm reminded of a beautifully simple quote from the writer Annie Dillard, "How we spend our days is, of course, how we spend our lives. What we do with this hour, and that one, is what we are doing." I find these words so grounding. They ask me, "no really, what *are* you doing with your days?" So, I've decided to take this time and space to highlight just a few things that I've learned from spending my days this season as the manager for the Lake Superior CSA.



1. Managing farms and laboring on farms are two entirely different things.

I spent last summer working on three different area farms as well as working with three close friends to grow our own crops to take to market in Ashland every week. The word 'toil' took on a whole new meaning for me last summer. Don't get me wrong, this summer too has felt busy, but the labor is of a different nature. I fill my work schedule every week with the countless moving pieces of this managerial role. I also know that each Bayfield Foods producer fills their schedule with hard work week-after-week. The to-do list on almost any farm never really gets finished but rather mitigated (if they're lucky). Which got me thinking, "If I fill *my* schedule with all the behind-the-scenes pieces of each week, how did any of the producers ever find time to market, orchestrate delivery logistics,

communicate with members and other customers, etc before there was someone else to manage it?!" I'm constantly amazed at the tenacity of all the food producers I work with and I'm happy to try and make their lives and livelihood at least a little more manageable.



Rare and ancient White Park cattle at Seed Savers Exchange in Decorah, IA. I visited in July while traveling.

2. In a changing climate, supporting local food producers becomes even more important.

I have lived in the Northwoods long enough to have seen a handful of different major storms sweep through the region: the Duluth flood in 2012, the major storms and subsequent flooding in Ashland and Bayfield Counties in 2016 and the major washouts that have taken place this year are a few examples.

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As the manager of a CSA I've had a different vantage point on the effects that this year's storm had on the agricultural community. Instead of being on only one or two farms to survey damage, I've heard from several producers this year about how their operations have been affected. As local farmers continue to figure out how to deal with increased tumultuous and unpredictable storm activity (and not to mention the pressure of large-scale conventional factory farming), our support of their work becomes even more important. This northern climate has land and people enough to grow an incredible amount of sustainable food and increase the food security of this region, but it can't happen without the support of our communities.

3. Our region is amazing!

Okay, yeah, I already knew this one... but to continue with the tail end of my previous point, I'm amazed at what this area can produce. Our summers might be short, and glaciers may have left us with a less-than-ideal soil base but, wow! More than ever I see abundance in food and community all around me and I'm continuing to find that supporting this work is truly how I want to be spending my days.

In community, with Love — Evan, Lake Superior CSA



Day's end: a testament to the beauty of this place.

RECIPE CHALLENGE

Cherry Tomatoes! They're delicious on their own but, do you have any favorite recipes that you incorporate them into?

WHAT'S IN THE BOX?

VEGGIE BOXES

~ Great Oak Farm ~

Broccoli OR Salad Mix, Green Beans,
Cucumbers, Cherry Tomatoes, Slicer Tomatoes

~ River Road Farm ~

Green Onions, Green Peppers, Garlic

~ Yoman Farm ~

Zucchini, Basil

MINI VEGGIE

~ Great Oak Farm ~

Broccoli OR Cherry Tomatoes, Green Beans,
Cucumbers, Tomatoes

~ River Road Farm ~

Green Onions, Green Peppers, Garlic

~ Yoman Farm ~

Zucchini

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 Fishery ~

Whitefish

PLUS ITEM

~ Happy Hollow Creamery ~

Cheese

FRUIT BOXES

Blueberries

August 8th, 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 15th, 2018

VEGGIE BOXES

~ **Great Oak Farm** ~

Green Beans, Carrots, Broccoli,
Cherry Tomatoes

~ **River Road Farm** ~

Garlic, Green Onions, Peppers,
Tomatoes

~ **Yoman Farm** ~

Zucchini, Basil

MINI VEGGIE

~ **Great Oak Farm** ~

Green Beans, Carrots

~ **River Road Farm** ~

Slicer Tomatoes, Peppers

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,

~ **Maple Hill Farm** ~

Assorted Pork

PLUS ITEM

~ **White Winter Winery** ~

Spritz

~ **Starlit Kitchen** ~

Bakery Goods

FRUIT BOXES

Blueberries, etc.

Ricotta and Blueberry Pancakes

Ingredients: Blueberries, lemon juice, sugar, eggs, flour, baking powder, baking soda, ricotta, buttermilk, vanilla extract.

Breakfast is hands down my favorite meal and, since blueberries are finally here, I figured I would add a fun recipe to incorporate them in this week's newsletter.

Step 1: Cook 2 cups of blueberries with 1/4 cup sugar in a saucepan over medium heat for about 6 minutes, until mixture thickens. Then add 1 tablespoon lemon juice and another cup of blueberries and bring to a boil, then remove from heat.

Step 2: Mix 4 egg whites with an electric mixer on high for about 3 minutes (save yolks). In another bowl, whisk a cup of flour (a mix of all-purpose and whole wheat works well), 1 1/2 teaspoons baking powder, 1/4 teaspoon baking soda, 1 teaspoon salt and 1 tablespoon sugar.

Step 3: Mix egg yolks with 1 1/3 cups ricotta, 3/4 cup buttermilk and 2 teaspoons vanilla extract. Once whisked, add to dry ingredients. After this, slowly add the egg white mixture until evenly incorporated.

Step 4: Fry pancakes on a griddle over medium-low heat, adding fresh blueberries to batter. Serve with blueberry mixture, maple syrup and butter.

Check out what Mary is cookin' up in the **Cookery Maven** blog for more recipes including other fruits, veggies and meats!