

December 16 - 17, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

Contact Karra Prudhomme at
csamanager@
bayfieldfoodproducers.org
218-409-6406

BRIAN CLEMENTS OF NORTHCROFT FARM

The Winter Season for a Veggie Farmer

With winter slowly taking over, things begin to wind down for a veggie farmer, and the seed catalogs start coming, bringing dreams of the next year. This past summer I experimented with a few new varieties and growing techniques which I hope will bear fruit next year. This summer I grew about a dozen eggplant in the hoop house; eggplants are notoriously difficult to grow here. They require a long growing season, ample nutrients, and nighttime temperatures over 60 degrees to set fruit. I think I figured out the system this year so I am planning on bumping up to 50 plants next year and trialing 3 varieties: Nadia, Jaylo, and Traviata.

Next year I am planning a few new variety trials including a trial of 3 cauliflower varieties and a trial of Romanesco, which I have never grown before. Biologically speaking, Romanesco is the same thing as broccoli and cauliflower but it looks quite different. It has a green edible flower the same as broccoli but is denser like cauliflower and grows as a series of self-similar repeating spirals of flower buds. For all those math nerds out there, it is a both a natural



fractal and the spiraling number of buds is a Fibonacci sequence.



Winter also brings some extra time for cooking which I don't get enough time for during the summer. So here are some things I have been experimenting with lately:

- Crock Pot Beef Roast – 2-2.5# beef roast, covered in about 3-4 tablespoons of Bayfield Apple Co. Apple Mustard or Currant Mustard. 1 large or 2 medium onions sliced. Put in the crock pot for 4 hours on high and serve.



- Hazelnut Fish Fry – I made a fish fry the other night with whitefish from Bodin's and replaced ½ the flour in the breading with hazelnut flour to give it a nuttier flavor. I did find that replacing the flour entirely with hazelnut flour did not work as the hazelnut flour is too coarse.



- Maple Syrup Glazed Carrots – about 2# carrots whole or cut into strips depending on size. In a bowl mix the carrots with 1/3 cup maple syrup, 1/3 cup brown sugar, and 6 tablespoons of thinly sliced butter. Spread on a baking sheet and make at 350 for 45minutes to 1 hour until they reach desired level of cooked. To spice this up add ½-1 teaspoon of chili flakes.



The winter haps at Northcroft Farm
(top - bottom):
1. Beautiful & interesting Romanesco
2. A full plate of Beef Roast & Maple Glazed Carrots
3. Kim Chi Mac & Cheese - and the star ingredient - Spirit Creek Farm Kim Chi

- Kim Chi Mac & Cheese – basically I just added some kim chi to the mac and cheese, it goes great with andouille sausage as well. Another alternative I found was to make a squash based pasta sauce instead of the cheese sauce for mac and cheese.

-Brian

