

**December 6th 2017**

**Veggie Boxes:**

Carrots, Acorn and Delicata Squash,  
Onions, Spinach OR Beets

~**Great Oak Farm**~

Garlic

~**River Road Farm**~

Potatoes

~**Yoman Farm**~

**Mini Veggies :**

Garlic ~ **River Road Farm** ~

Carrots, Acorn and Delicata Squash,  
Onions ~ **Great Oak Farm** ~

Potatoes ~ **Yoman Farm** ~

**Meat Boxes:**

Ground Beef + Stew OR Stir Fry + Roast  
~**Hidden-Vue Farm + Griggs Cattle  
Co.**~

Bacon + Pork Chops + Pork Steak  
~**Maple Hill Farm**~

Whitefish + Trout

~ **Bodin's Fisheries** ~

Whole Chicken

~**Heritage Farm**~

**Mini Meat Boxes:**

Ground Beef + Roast  
~**Hidden-Vue Farm + Griggs Cattle  
Co.** ~

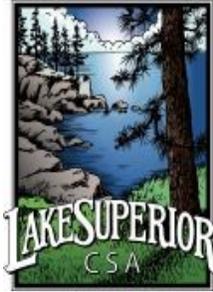
Bulk Polish Sausage OR Pork Hotdogs  
~ **Maple Hill Farm**~

**PLUS ITEM:**

Sheep + Goat Cheese  
~**Happy Hollow + Sassy Nanny  
Creamery**~

**Bayfield Foods Cooperative**

**Lake Superior CSA**



**How To Store Your Veggies**

**Carrots:** Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator. Wash just before using, since the added moisture in the bag could cause spoilage. Carrots begin to go limp once exposed to air.

**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.

**Squash:** Winter squash will last up to a month in a cool (50 to 55 degrees F) dark cellar or storage area, but only about two weeks in the refrigerator. Ideally, only cut or cooked squash should be refrigerated.

**Spinach:** Ensure that the moisture is removed by patting the spinach dry with a paper towel. Leave a paper towel in the bag with the spinach to absorb excess moisture.

**Potatoes:** Colder temperatures lower than 50 degrees such as a lower level pantry.

**Beets:** Should be completely dry before storing in refrigerator. Place in plastic and remove all air. Should last at least 2 to 3 weeks if properly stored.

**Onions:** Choose a cool, dark place to store your onions. The space should have a temperature maintained between 40 to 50°F.

**Thanks to everyone who filled out a survey about your box!** Below find a response from our CSA Committee chair Chris Duke of Great Oak Farm in regards to the vegetable boxes. For producer responses to meat and fruit boxes look to your email later in the week!

After digesting all of the wonderful food from the Thanksgiving holiday, the other veggie growers and I turned our attention to digesting all of your incredible feedback from the end of the year survey we sent out last month. First of all, I would like to extend a HUGE thank you to everyone who filled out a survey – this information is so very helpful in letting us know how we can do a better job of growing fresh and seasonal vegetables for you and your families! So, without further ado, on to the numbers.

Satisfaction with veggie boxes continues to rise, with over 75% of responses as “very satisfied” this year. This makes our farmer-hearts soar! Several of you commented about the kinds and amounts of each vegetable being “dialed in” or “just right!” this year, and we are glad you have noticed that we’ve adjusted what is in the boxes based on your comments from previous years. In general, nearly 90% of you said that overall the total amount of vegetables was “just right,” so the next step is tweaking the amounts of each vegetable to hit that “goldilocks zone” of juuuuust the right amount of each one. The top 3 veggies that you rated “not enough” this season were snap peas (38%), tomatoes and zucchini tied for second (27%), and beets/herbs tied for third at 26% (which is interesting, since before we’ve gotten feedback to cut back on beets and herbs, so we’ll proceed with moderation and increase them only a little!) In the mini boxes, more sweet corn was a top request as well. The top 3 “just right” veggies were scallions (84%), tied for second were green beans and tomato plant (79%), and tied for third were winter squash and spinach (78%). Lastly, the top 3 “too much” veggies were kohlrabi and cucumbers (23%) tied for first, with collards at a close second (22%), and head lettuce in third (21%). In the comments, we got several comments about too many greens/too much head lettuce as well.

Based on this feedback, we’ve got some changes in the works we think you’ll be excited about. First off, we’re planning to grow MORE snap peas for next year! It’s a short season in the spring, usually only 3 weeks long. This makes it difficult to get everyone that has an every-other-week box at least 2 bags of peas. So since we can’t have a longer season, we’ll plan on a bigger bag in your boxes each week of the short snap pea season, and enjoy them with the knowledge that they are such a seasonal delight! We’re planning to increase the amount of tomatoes and zucchini/summer squash a little each week throughout the summer as well, and we’ll add one more round of beets and herbs to the boxes too. We’ll cut back on some collards and head lettuce, since that lettuce needs to be eaten fresh and can’t be frozen for later if your menu for the week can’t accommodate it. For you greens-lovers and juicers, don’t despair - look for special orders of bulk greens as well next year. We’ve also decided to completely cut out the kohlrabi from the veggie boxes.

I know a few of you REALLY enjoy it, but most of you just aren't kohlrabi fans, which is totally fine. Eating locally and seasonally can be challenging enough with the demands of everyday life, and we're trying to minimize the curve balls and "weird stuff" in your boxes to make sure you can really enjoy what comes each week without needing to do a research project on how to use it or have to throw it in the compost. Finally on the cukes: we had an incredible crop of cukes and decided to put extras in the boxes this year (since last year about 40% of you said you wanted more cukes) and I apparently over compensated – so look for more like 2 cukes per box next year (sorry about that!).

In the comments section, reducing the amount of plastic bags was the most common feedback. Unfortunately, that is a tough one to get around, as most veggies lose quality fast without some kind of plastic bag, and will get limp in the fridge in a day or so without one. We can switch back to paper bags for things like onions, and will continue to keep this request in mind as we proceed.

Many of you appreciated the special orders, where you can order larger quantities of specific veggies you really loved. Also, remember you can special order mini boxes one week at a time if an every-week commitment is too much. If you would like to special order something that you don't see on the weekly list, please let us know and we might be able to do it for you! That's one of the great perks of working directly with your farmers. Several of you mentioned the pick-up sites being out of your way or at odds with your work schedule, and we understand completely. We've started doing a few employee-only drop sites at several businesses, and those have been really well received. If you think your workplace might be willing to host a drop site and several of your co-workers might also be interested in signing up for some boxes, let us know and we may be able to pick up your boxes right at work.

All-in- all, it was a productive year despite the challenges of a cool and wet summer - we only got the tractor stuck twice. We are so thankful for your support, and for your steadfast commitment to eating more locally grown and seasonal veggies! Wishing all of you a wonderful holiday season.

Yours in community – Chris Duke, Great Oak Farm



Winter spinach trials at Great Oak Farm!

## SNEAK PEEK AT NEXT WEEK

January 3rd 2018

### Veggie Boxes

Carrots, Delicata Squash, Onions,  
Cabbage, Spinach or Beets

~Great Oak Farm~

Garlic

~River Road Farm~

Potatoes

~Yoman Farm~

### Mini Veggies

Carrots, Onions, Cabbage

~Great Oak Farm~

Garlic

~River Road Farm~

Potatoes

~Yoman Farm~

### Meat Boxes

Ground Beef + Stew Meat +  
Roast + Steak

~ Hidden Vue + Griggs Cattle Co. ~

Assorted Pork

~ Maple Hill Farm ~

Whitefish + Trout

~ Bodin's Fisheries ~

Lamb, ground

~ Vranes Farm ~

### Mini Meat Boxes

Ground Beef + Roast

~ Hidden Vue + Griggs Cattle Co. ~

Assorted Pork

~ Maple Hill Farm ~

Whitefish

~ Bodin's Fisheries ~

### PLUS ITEM:

Goat + Sheep Cheese

~Sassy Nanny + Happy Hollow  
Creamery~

## Bayfield Foods Cooperative

### Roasted Vegetable Medley with

### Balsamic Honey Syrup

- 1 pound potatoes, quartered
- 4 carrots, peeled and cut into sticks
- 1 large onion, diced
- 1-2 Delicata squash, cut into half moons (if using Acron peel and cube)
- 3 cloves garlic, minced
- 3 tablespoon olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

### Instructions:

1. Preheat oven to 425°. Line a baking sheet with aluminum foil.
2. In a large bowl, toss vegetables with 2 table-  
spoons of olive oil, kosher salt and freshly cracked  
black pepper to coat thoroughly.
3. Transfer the vegetables to baking sheet and  
roast about 30 minutes, or until tender and cara-  
melized.
4. Combine balsamic vinegar, remaining olive oil  
and honey and stir together in a small mixing bowl  
to make dressing.
5. Place roasted vegetables back in large bowl. Add  
dressing and toss to coat evenly. Taste and season  
with kosher salt if necessary and serve.

