

Hello from Bayfield Apple Co!

We hope you are all enjoying your winter - staying warm and taking advantage of all the wintertime beauty the Northland has to offer. I write this during our latest cold snap - the historic deep freeze that has kept many of us indoors. Needless to say, the BAC staff has stayed indoors & warm this week! This week is



atypical, as we try to keep as busy as possible at the orchard during the cold winter months - hustling and bustling with all sorts of tasks. The most arduous task we have during the winter is pruning our 40 acres of fruit trees, which usually takes us all winter. On a sunny, mild day in Bayfield, pruning our trees is one of the most enjoyable "tasks" at our orchard. We strap on snowshoes and make our way through our rows of trees, enjoying the warm sun and cold, crisp air. It is a peaceful and methodical task that our staff enjoys completing. Since it is so integral to the health of our trees, we complete this task every winter. Our field manager, Michael, heads up pruning efforts & guides us all in our pruning endeavors!



The slower winter days are also the perfect time for new recipe development. This winter has been especially productive, as our production manager, Karra, has developed two new sweet treats - Peach Jam and Strawberry Jelly! We are offering these two new tasty products at a special CSA price - 2 jars for \$10. Since we use so few ingredients in our jams and jellies, the fruit is always easy to taste; these new products add a bit of summertime to your winter toast! (I have also made

delicious muffins with both of these products...which can't be beat on a cold winter morning (recipe is attached!) In addition to new jams and jellies, Karra has been spending time developing soup recipes. Because we include a cornucopia of ingredients from south shore farms, we have aptly named our new venture - South Shore Soups. Our first creation, Harvest Chili, was included in your January CSA share. We hope you enjoy these soups - lots of LOVE and great ingredients have been put into the recipes!

Everyone at the BAC has been enjoying the (slightly) slower pace of winter, but we know spring will be here before we know it! We remain open all winter, so feel free to come on up and snowshoe through our snowy orchards - we would be happy to show you around! And if you like to stay warm at home during wintertime, we hope you enjoy your taste of BAC through our new jams or a hot bowl of one of our South Shore Soups. Enjoy!



The BAC winter crew - Missy, Karra, Michael, Maddie & Kaleb

FRIENDLY REMINDER!

Our final delivery for this winter season will be:
Twin Ports + Chequamegon Bay—Wednesday, March 6th
Ironwood + Minocqua—Thursday, March 7th

BAC JAM MUFFINS

Ingredients:

2 cups flour
1/2 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
3/4 cup milk
1/3 cup vegetable oil
1 egg
2 tablespoons BAC jam or jelly



Directions:

Heat oven to 400 degrees F. Grease bottoms only of 12 muffin cups or line with baking cups.

In a medium bowl, combine flour, sugar, baking powder and salt; mix well. In a small bowl, combine milk, oil and egg; blend well. Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy.)

Fill cups 2/3 full. Place 1/2 teaspoon jam on each muffin before baking; press into batter.

Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan. Serve warm.



WHAT'S IN THE BOX

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Onions, Delicata Squash

~ Yoman Farm ~

Potatoes

~ Bayfield Apple Co ~

Frozen Blueberries

~ River Road Farm ~

Garlic

~ Twisting Twig Gardens ~

Shallots

MINI VEGGIE

~ Great Oak Farm ~

Onions, Carrots

~ River Road Farm ~

Garlic

~ Yoman Farm ~

Potatoes

~ Bayfield Apple Co ~

Frozen Blueberries

MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Great Oak Farm ~

Ground Lamb, Lamb Stew, Lamb Leg

~ Bodin Fisheries ~

Whitefish + Lake Trout

MINI MEAT BOXES

Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin Fisheries ~

Whitefish

PLUS ITEM

~ Heritage Acres ~

Honey

February 6th + 7th, 2019

How To Store Your Produce

Carrots: Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator.

Garlic: Garlic bulbs should be kept out of refrigeration anywhere with good ventilation (not in plastic bag or sealed container).

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

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

Winter 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 butternut squash should be refrigerated.

Orders for the 2019—2020 CSA season are open!

Stay tuned for more announcements and a printed catalog with information for next season. If you already know what you would like to order for the coming season, hop online and go for it! If you have any questions reach out to me at (218) 409-6406, or csamanager@bayfieldfoodproducers.org.

SNEAK PEEK at
March 6th, 2019

VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Beets, Spinach

~ **Yoman Farm** ~

Potatoes

~ **Bayfield Apple Co** ~

Minnestrone Soup

~ **Twisting Twig Gardens** ~

Shallots

~ **Twisting Twig Gardens** ~

Shallots

MINI VEGGIE

~ **Great Oak Farm** ~

Carrots, Beets, Spinach

~ **Twisting Twig Gardens** ~

Shallots

~ **Yoman Farm** ~

Potatoes

~ **Bayfield Apple Co** ~

Frozen Blueberries

MEAT BOXES

~ **Heritage Acres** ~

Whole Chicken

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Great Oak Farm** ~

Ground Lamb, Lamb Stew

~ **Bodin Fisheries** ~

Whitefish + Lake Trout

MINI MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Lake Trout

PLUS ITEM

~ **White Winter Winery** ~

Spritz

Stuffed Onions with Ground Lamb

Ingredients: Large Onions, Olive Oil, Ground Lamb, Salt + Pepper, Rice, Allspice, Cinnamon, Nutmeg, Chicken Broth, Chopped Parsley, Cilantro, Tomato Paste

This recipe is more involved than our usual, but it sounded like a warming meal that uses elements of both the veggie and meat boxes! There are all sorts of variations you can work with this recipe, share your variation online!

Step 1: Boil the onions. Fill a pot with enough water to cover the onions and bring to a boil. Add whole onions once water starts boiling, cook until tender (about 20 minutes).

Step 2: Using a slotted spoon, remove onions and let drain and cool in a colander. Cut out a 1/2 inch wedge of the onion and set the wedge aside. Dice the wedge to use later.

Step 3: Cook rice on the side in a pot. Recipe calls for Jasmine rice, but you may substitute with other varieties.

Step 4: Start the stuffing. In medium skillet add two tablespoons olive oil and bring to medium-heat. Add diced onion wedge and cook, while stirring, for 5 minutes. Add a quarter pound of Ground Lamb, salt and pepper to taste—cook until lamb is no longer pink (about 5 minutes).

Step 5: Add rice to lamb and onion and cook for another few minutes. Add 1/4 teaspoon ground cinnamon, 1/4 teaspoon allspice, 1 pinch of nutmeg and 1 cup chicken broth. Cook until broth is mostly evaporated (about 5 minutes).

Step 6: Pull the stuffing mixture off the heat and let cool for 15 minutes. Once cooled, add chopped parsley and cilantro

Step 7: Preheat oven to 250 degrees. In a bowl, whisk three tablespoons tomato paste and 2 more cups of broth. Stuff the lamb mixture into the wedge you cut out from the onions. Peel back layers to keep stuffing in. Pour paste and broth mix over the onions in a roasting pan and slow-roast for 2 hours. Finish by broiling until golden brown. Enjoy!