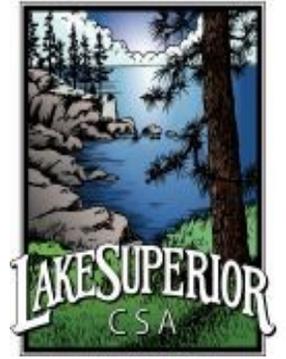


News from your new CSA manager!

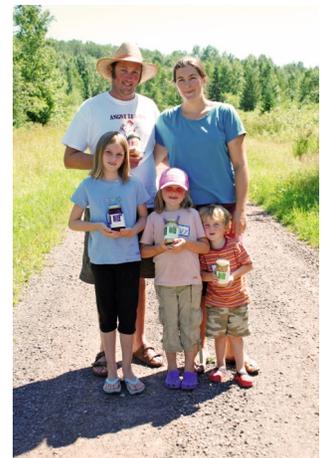
I find that winter, more than other months, offers time for reflection. Not to say I don't find similar moments elsewhere in the year, but just that I don't always know what else to do as I sit at my kitchen table and watch the wind whip snow over what used to be green, growing ground. Naturally, winter seems to ask me to take time in its presence to dig into myself and make some solid plans for the future.



Similarly, winter allows us to work through some of the same reflection with our CSA. The natural world may find time to slow down in these months, but with CSA we keep busy finding ways to translate the fruits of our reflection into tangible actions. Some of my new projects include website updates and things like a CSA Resource Library – filled with recipes, photos, kitchen tips and tricks and more helpful info on how

you can best use each box of fresh, local food. During this time I want to extend an invite to you to get in contact with me – let me know how things are going in your kitchen with CSA, tell me your joys and concerns and what would be helpful for you to better enjoy your box. I want these new tools to be as useful as possible and your input will only make my planning more valuable!

I am truly excited to be a part of the Lake Superior CSA and Bayfield Foods as a whole. I'm surrounded by some of the hardest working folks I know, dedicated to cultivating community just like they cultivate good food. It may still be a frozen world out there, but we're already cooking up something good for the warmer season to come, and we're eager to share it with all of you. If you're looking forward to things to come as well, I ask you to start spreading the word about the upcoming CSA season to your family, friends and coworkers! If they're ready like you were to welcome healthy, local foods into their diet, then we've got some of best to offer them. Thanks for supporting our farmers! —Evan



February 7th, 2018

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

Cabbage: Put dry, unwashed cabbage in the refrigerator vegetable bin. The outer leaves may eventually wilt or yellow, but they can be removed and discarded to reveal fresh inner leaves. Whole cabbage can keep for 3 months with high humidity! Once cut, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several weeks.

VEGGIE BOXES

~Great Oak Farm~

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

~River Road Farm~

Garlic

~Yoman Farm~

Potatoes

~Twisting Twig Gardens~

Shallots

MINI VEGGIE

~Great Oak Farm~

Carrots, Onions, Delicata Squash

~River Road Farm~

Garlic

~Yoman Farm~

Potatoes

MEAT BOXES

~Hidden-Vue Farm + Griggs Cattle Co.~

Ground Beef + Beef Roast + Beef Steak

~Bayfield Apple Company~

Assorted Pork

~Great Oak Farm~

Assorted Lamb

MINI MEAT

~Hidden-Vue Farm + Griggs Cattle Co.~

Ground Beef + Roast

~ Bayfield Apple Company~

Assorted Pork

~Bodins Fisheries~

Lake Trout

PLUS ITEM

~Heritage Acres~

Honey

We are including **multi-part recipes** again in this box! For those with Whole Diet Boxes this is an easy way to assemble a whole meal using each of yours boxes. For those with standalone veggie or meat boxes, feel free to pick and choose which recipes best work for you and your ingredients!

Slow-Roasted Leg of Lamb with Garlic

Ingredients: Lamb, Garlic, Dijon Mustard, Rosemary, Butter, Black pepper, Lemons

Step 1: Heat oven to 425 degrees. Use a small sharp knife to make incisions around the lamb, each about 2 inches deep. In a mixing bowl blend 2 tablespoons of the mustard, 1 tablespoon rosemary leaves and four garlic cloves into a chunky paste. Using your fingers, press paste deeply into incisions.

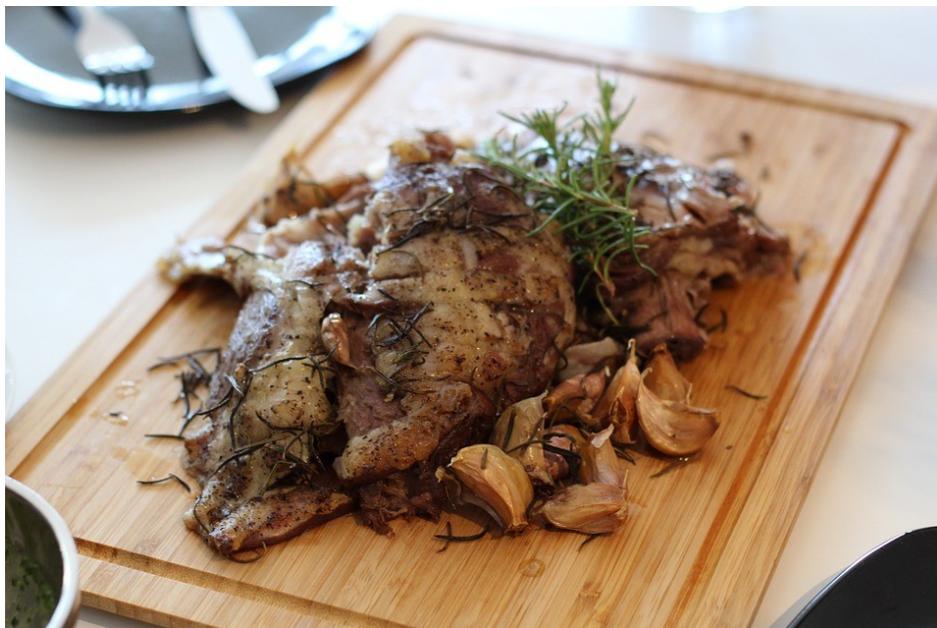
Step 2: Mix 1 tablespoon mustard and 4oz melted butter into a paste. Smear this mixture all over the surface of the roast. Season liberally with black pepper. Place the lamb on a small rack in a roasting pan, fat side up, and squeeze lemon halves over. Pour 1 cup of white wine around the roast into the pan.

Step 3: Roast 15 minutes, then reduce heat to 350 degrees and roast until internal temperature reaches 130 to 135 degrees (for medium-rare or medium meat), about another 60 to 90 minutes. Baste every 20 minutes or so with the wine and drippings in the pan, adding more wine as needed to keep the liquid from scorching. If possible, for the last 15 minutes of cooking, use convection or a broiler to crisp the fat on the roast.

Step 4: Remove pan from the oven, remove rack from the pan, and let the roast rest on the rack for at least 15 to 20 minutes in a warm place, tented with foil. The internal temperature will rise to about 140 to 145 degrees.

Step 5: To make sauce from the pan drippings, remove a few tablespoons of fat by tipping the pan and spooning off the top layer. Put the pan over medium heat until the liquid simmers. Taste the simmering liquid and whisk in more wine, 1/4 cup at a time, until the consistency and flavor are right. Don't let mixture become thick like gravy.

Step 6: Carve lamb into 1/2-inch-thick slices and serve!



SNEAK PEEK AT NEXT WEEK

March 7th 2018

VEGGIE BOXES

~Great Oak Farm~

Carrots, Onions, Beets, Spinach

~River Road Farm~

Spinach

~Yoman Farm~

Potatoes

~Twisting Twig Gardens~

Shallots

MINI VEGGIE

~Great Oak Farm~

Carrots, Onions, Beets, Spinach

~River Road Farm~

Spinach

~Yoman Farm~

Potatoes

MEAT BOXES

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

~ Bayfield Apple Company ~
Assorted Pork

~ Great Oak Farm ~
Assorted Lamb

~Heritage Acres~
Whole Chicken

MINI MEAT BOXES

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

~ Bayfield Apple Company ~
Assorted Pork

PLUS ITEM

~White Winter Winery~
Spritz (4 pack)

Bayfield Foods Cooperative

Roasted Delicata Squash

Ingredients: Squash, Olive Oil, Salt, Pepper (add Garlic and Shallots for additional veggies and flavor)

Delicata Squash has got to be my favorite squash! The natural sweetness and texture is incredible, you hardly have to add anything to it to be impressed by it. Below is a simple (and my favorite) way to roast the squash. Feel free to add Garlic and Shallots (or Onions) if you're looking for ways to use those ingredients as well!



Step 1: Preheat oven to 425 degrees. Cut Delicata in half lengthwise and spoon out the inside seeds.

Step 2: Now cut squash widthwise into quarter inch-thick half moon pieces. Spread over a shallow roasting pan.

Step 3: Cut several Garlic cloves in half and slice Shallots (or Onions) into thin strips. Spread over pan with squash.

Step 4: Drizzle 2 tablespoons olive oil over veggies and add salt and pepper to preference.

Step 5: Place pan in oven. Stir after 10 minutes and then roast for additional 10-15 minutes.

