

February 17 - 18, 2020

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## KATHY PRESNELL OF STARLIT KITCHEN

### A “Sweet Share” Box - available this summer!

Kathy Presnell of Starlit Kitchen is excited to roll out a new bakery box for the summer CSA! This box will be coined the “Sweet Share” and will include all kinds of baked treats. A Sweet Share box will be available weekly or every other week in the summer season (June - October). There will be two sweet treats per box (see reverse for box contents).

So how did Kathy decide to offer a new box? In conversation with a fellow food producer, Kathy was asked if she would consider making a box with only sweet items. As Kathy considered it, she wondered why she hadn't thought of a Sweet Share box earlier? She sells her baked goods at the Bayfield Farmers Market every Saturday in the summertime and the sweet treats are ALWAYS the first to sell out. A box full of sweet baked treats made perfect sense.

Winter is the perfect time for Kathy to brainstorm about new products she would like to offer, as it is her “peaceful” time of year. She enjoys baking for two CSA distributions per month and spending much of her time preparing for the summer-fall, her busy season. She also runs the Wild By Nature deli in Bayfield. The winter is also the time that her deli slows down - it is open for limited hours with a smaller menu.



Sustainability has always been important to Kathy. In an effort to live lightly on our earth, Starlit is dedicated to sourcing packaging materials and wrappings with an eye to recyclability, reusability, repurposability and compostability. For example, Kathy's breads do not have adhesive labels, making the bags completely recyclable. The labels are printed on recycled paper. Starlit uses foil wrap and packaging along with bagasse boxes for our specialty goods. As always, Bakery Boxes are marked "Save a tree...please return" in an attempt to reduce cardboard use.

Above all, Kathy is "completely grateful" to all of the CSA customers for choosing Bakery Boxes from Starlit Kitchen. She finds it "humbling" and feels "so supported" by all the love she receives from the Bayfield Foods CSA. She continues to enjoy baking and creating. She feels "proud and happy" that her delicious baked treats can be enjoyed by her community.

## SWEET SHARE BOX CONTENTS

- \* Sweet breakfast rolls - local maple syrup/apples/berries & nuts
- \* Croissant pastries - plain and/or filled with local/organic fruits & nuts
- \* Mega-cookies (Bayfield Farmer's Market favorites)
- \* Brownies with local jam/nuts
- \* Cupcakes - local maple syrup as sweetener
- \* Coffee cake - with local/organic fruit
- \* Breakfast muffins - using ingredients sourced locally
- \* Granolas
- \* Sweetbreads
- \* Starlit specialty breads featuring aged wheat and rye ferments

All goodies will be Baker's Choice on a rotating basis. For single purchases, check with Harvie for Starlit Kitchen bakery add-ons to your usual box subscription.



### Kim Chi Mashed Potatoes

2 lbs. white potatoes, peeled and chopped  
4 c. shredded Monterey Jack cheese  
1 c. Kim Chi  
1 c. whole milk  
1 t. garlic chili sauce  
Salt & pepper to taste  
1/4 c. green onions, diced

1. Place potatoes in a pot & fill with water. Boil potatoes 8-10 minutes, until fork tender.
2. Saute Kim Chi for 3-5 minutes over low heat.
3. Drain potatoes and transfer back to pot. Season with salt & pepper, add milk & butter. Mash until potatoes are smooth.
4. Stir cheese, Kim Chi and garlic chili sauce into potatoes until well mixed.

