

February 3 - 4, 2020

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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# SPIRIT CREEK FARM

## Winter Operations at Spirit Creek

It is the BUSY time of the year here at Spirit Creek Farm. We are making kraut everyday and trying our best to keep all the balls moving smoothly through the air, some days better than others.

On a typical day in the processing kitchen we are doing one of two things: jarring up fermented veggies or cutting and mixing them into stellar veggie blends, to be pounded into barrels and tucked in tight to ferment for 4-8 weeks. On "jarring" days we typically will fill between 800-1000 jars. Some products jar up more quickly and some are slower. On "making" days we prep, wash, cut, mix and pound into barrels between 1,000 to 2,000 pounds of veggies, dependent on the flavor we are making that day.

We have a fantastic crew working with us this year. A huge thank you to Nathanael S., Gil, Conny, Nathanael B., Rob (Bayfield Foods CSA farmer, Twisting Twig Gardens and Orchard), Peyton, Misty, Willa, Kitty, and Michael. We could never do this without them! Honestly, they do most of the work "making" and "jarring." We jump in periodically to add another set of hands.



Meanwhile, Andrew and Jennifer spend their days driving the forklift, hauling pallets of veggie and finished product hither and yon. This is a new job for Jennifer this year and she is pretty stoked to be mastering the operation of our giant forklift, or "the beast" as it is lovingly referred to. Jennifer does the planning and replanning of the processing schedule which is always a work in progress. Once a week, at a minimum, Andrew drives our finished product to the warehouse where it is stored until it makes its way out to stores around the Midwest. On this drive, he also stops to pick up pallets of veggies from local organic farms that we get all our produce from.

Keep your eyes open for a new product coming from us this spring that will be launched through the Bayfield Foods CSA. (Hint - it will be a great addition to the microgreens and salad mix in your boxes).

On top of that, we have 3 children at home this year who we are trying to keep busy, happy and discourage them from spending all of their day on the internet. If we have any spare time, we try to pick ourselves up and go skiing, take a sunset walk or just spend time outdoors no matter how cold it is.

We consider ourselves very lucky to be staying busy during these times. It is an honor to bring fermented vegetables to your table. Thank you for being a part of the local food circle!

-Andrew, Jennifer  
& the  
Spirit Creek crew



Busy season at Spirit Creek (L-R):  
-It's all hands on deck (or in the kraut) this time of year!  
- Getting all the Kim Chi jarred & labeled.  
- Jennifer sits on a pallet of kraut to get some paperwork done.

## Maple Glazed Carrots

2 lbs. medium carrots, sliced into sticks  
6 T. butter, cut into pieces  
1/3 c. light brown sugar  
3/4 c. maple syrup



1. Preheat oven to 400. Line a rimmed baking sheet with 3 sheets of foil. Cut carrots on a diagonal into 3 inch pieces.  
2. Spread carrots on foil. Top with butter, sugar and syrup. Toss until coated.

3. Bake carrots, tossing every 20 minutes, until tender and browned around the edges, 50-60 minutes. Transfer to a serving dish.  
4. Add your choice of toppings - fresh parsley, sea salt, and/or red pepper flakes.

## VALENTINES DAY BOXES

For everyone that loves local food, Bayfield Foods is offering Valentines Day Boxes that are perfect for a stay-at-home dinner.

Order at bayfieldfoods.org by Sunday, February 7th for pick-up or delivery on February 10th-11th.

