

January 3rd 2018

VEGGIE BOXES:

~ **Great Oak Farm** ~

Beets, Carrots, Onions, Delicata Squash,
Green Cabbage

~ **River Road Farm** ~

Garlic

~ **Yoman Farm** ~

Potatoes

MINI VEGGIES BOXES:

~ **Great Oak Farm** ~

Carrots, Onions, Green Cabbage

~ **River Road Farm** ~

Garlic

~ **Yoman Farm** ~

Potatoes

MEAT BOXES:

~ **Hidden-View Farm +**

Griggs Cattle Co. ~

Ground Beef, Stew Meat, Beef Roast,
Beef Steak

~ **Bayfield Apple Company** ~

Assorted Pork

~ **Great Oak Farm** ~

Ground Lamb

~ **Bodin's Fisheries** ~

Whitefish, Lake Trout

MINI MEAT BOXES:

~ **Hidden-View Farm +**

Griggs Cattle Co. ~

Ground Beef, Beef Roast

~ **Bayfield Apple Co.** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Whitefish

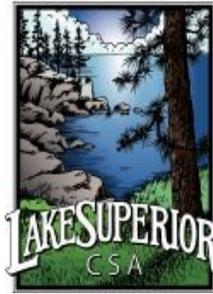
PLUS ITEM:

~ **Heritage Acres** ~

Maple Syrup

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.

Garlic: Garlic bulbs can be kept in a paper bag. Do not store fresh garlic in plastic bags or sealed container. 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.

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

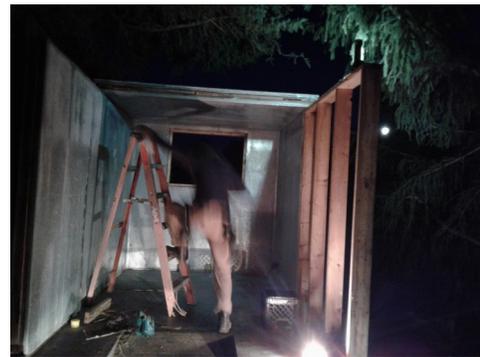
Beets: Should be completely dry before storing in refrigerator. Place in plastic and remove all air. Should last at least 2 to 3 weeks if properly stored.

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

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.

Hey All from Yoman Farm!

It is a really beautiful morning with sunshine and sparkles on top of the snow, a benefit of the extremely cold weather. I realized how much the weather affected me in December when I thought about this letter. In late November I had a waterline to the barn dug deeper into the ground to protect against freeze only to have it freeze up now somewhere else along the process from groundwater to horse water. Then in early December the warm days and evenings allowed me to put up a walk-in cooler in the shade of some spruces at my farm for storing vegetables. After that, I went to North Dakota to hunt pheasants and discovered a lot of areas of reserved habitat we hunted in the past were gone, either due to drought or low prices. Farmers were digging out trees (shelter belts in North Dakota), haying conservation lands or even burning cattail swamps to create more arable land next year. This concentrated the pheasants but it was also disheartening to see trees removed from North Dakota...



I returned home and few days later with warm ground and then snow cover, had a boarding horse slip and break its leg. That was a sad day because horses are not able to heal from such a fall without extreme levels of care and restraints. We buried it before dawn the next day and the herd stood around the hole in the flood light of the back hoe but other than that scene, the 24 hours was a sad series of new experiences for me.

The upside to this cold weather is that I think we are going to have lake ice this year and hope that the ice caves on the opposite side of the peninsula from my farm become accessible soon. The picture below shows the result of waves and freezing temps along the shoreline above the sea caves last year. — John



Pork Chops, Creamy Risotto and Chardonnay Glazed Carrots

For our recipe this month we're excited to share some favorites from the Kositzke family kitchen at Bayfield Apple Company. For those with a Whole Diet Box, this is an easy to assemble complete meal that is ready in less than an hour. For those who receive regular veggie boxes or meat boxes, simply choose the recipes that cater to your box type and palate! Recipes below serve two adults with big appetites. Add to recipe amounts as you see fit!

Pork Chops

Ingredients: Pork Chops, Olive Oil, Eggs, Milk, Bread Crumbs, Parmesan, Italian Seasonings

1. Trim edge fat from pork chops and preheat oven to 325 degrees.
2. Crack two eggs into a bowl and add a healthy splash of milk, maybe two tablespoons.
3. In another bowl, mix 1/2 cup Italian seasoned bread crumbs with 1/2 cup grated Parmesan cheese. Sprinkle in a little dried parsley.

Warm up a cast iron pan or oven proof skillet with a couple tablespoons of olive oil. If you enjoy garlic, toss a minced clove or two in just before the chops. When oil is hot, dip pork chop into the egg/milk combo, and then into the bread crumbs/cheese mix. Drop into pan, repeat with other chop.

You want to give a quick sear to the pork, maybe 3 minutes a side depending how thick. We like to squish any leftover breading on to the uncooked side to thicken that before flipping them over.

Remove from stove top and place pan into oven. It will usually take 20-25 minutes to bring the internal temp of the pork to 160 degrees. Ready to serve!



Creamy Risotto

Ingredients: Butter, Onion, Arborio (or other short grain) Rice, Soup Stock, Chardonnay

If you are cooking pork chops for the same meal it would be wise to start cooking the risotto once the pork chops are in the oven.

Melt 1 1/2 tablespoons of butter in a heavy saucepan. Dice up 1/4 cup of onion and toss in. After a couple minutes, add 1 1/4 cup Arborio rice. After a minute of browning the rice, add 3/8 cup of Chardonnay wine, then a cup of chicken stock (substitute with other stock as desired).

Continuously stir, and slowly add stock as required to maintain a creamy consistency...you will probably end up with about 3 cups in total. Cook at medium temp for 15-18 minutes in total until firm but creamy. Take off heat and add a pat of butter and 3/8 cup grated Parmesan cheese, stir and serve.

SNEAK PEEK AT NEXT WEEK
February 7th 2018

VEGGIE BOXES:

~Great Oak Farm~

Spinach, Delicata Squash, Carrots,
Onions, Red Cabbage

~River Road Farm~

Garlic

~Yoman Farm~

Potatoes

~Twisting Twig Gardens~

Shallots

MINI VEGGIE BOXES:

~Great Oak Farm~

Carrots , Onions, Delicata Squash

~River Road Farm~

Garlic

~Yoman Farm~

Potatoes

MEAT BOXES:

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

~ Bayfield Apple Company ~
Assorted Pork

~ Great Oak Farm ~
Assorted Lamb

MINI MEAT BOXES:

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

~ Bayfield Apple Company ~
Assorted Pork

~ Bodin's Fisheries ~
Lake Trout

PLUS ITEM:

~ Heritage Acres ~
Honey

Bayfield Foods Cooperative

Glazed Carrots

*Ingredients: Carrots, Butter, Chardonnay, Honey,
Cinnamon, Chives*

Start by cutting up half a pound of carrots
lengthwise into slices.

Melt a tablespoon of butter in a fry pan, add 1/2 cup
of chardonnay wine and 1/4 cup honey to the pan.
Stir in carrots to coat well. We add a dash of
cinnamon or lay a stick of cinnamon along side, and
sprinkle 1/2 tablespoon of chives over the top.

Bring the whole mix to a bubbling boil, then reduce
heat and just stir occasionally until carrots are
tender and glaze thickens, should be ready about the
same time as pork chops or risotto (20-25 minutes).



Chardonnay Honey
Glazed Carrots



Creamy Risotto