

JANUARY 5 - 6, 2022

# BAYFIELD FOODS CSA

Community Supported Agriculture



## Reflections on Farm Life

**TOM & CONNIE COGGER - MAPLE HILL FARM**

Looking back at the 26 years Maple Hill Farm has been operating, it has evolved since the beginning. Early on, we raised and sold vegetables all over the Chequamegon Bay area. We sold to over a dozen restaurants, and participated in three farmers markets a week. Farm processed chickens were added along the way, then we got into raising hogs, as many as 200 per year. All the while we were raising grains that we milled into flour in our on-farm flour mill. On top of that, we raised 20-40 acres of field corn for hog feed, 10-20 acres of wheat and rye and harvested 80 acres of hay. It makes me tired just recounting that at this point!

We are still evolving. The hogs and most of the hay operation are gone, as is most of the vegetable production. We were fortunate to have been one of the founding farms for

Bayfield Foods and have enjoyed the opportunity to work together with other local farms to provide the highest quality products to you, our customers. Connie still churns out many handcrafted wool items such as rugs, hats, mittens and yarn. Handmade soap is still a mainstay and is available through the CSA along with many of our other products. Our neighbors enjoy shopping at our on-farm store. Our on-farm sawmill seems to be a growing enterprise as we custom saw specialty woods for customers.

All of our five children helped on the farm, although not always enthusiastically! Now as adults, they tell us they are so grateful for all the life skills they have that can be traced back to growing up on a farm. The tradition looks like it will continue as our second oldest son, Ben is in the early stages of developing Observation Hill Farm in Duluth. His farm is evolving as well. Presently he produces maple syrup and honey. A slightly different twist is that he also produces hand crafted musical instruments made from local woods (See the sawmill connection here?) A greenhouse will be going up very soon, so I see vegetables entering the mix.

Thank you for supporting Bayfield Foods and other local farms that are springing up all over our region, and thanks for understanding the importance of supporting local businesses.

**Previous page: Tom sits on a log destined for their sawmill in front of the Cordwood Sauna he built over 20 years ago.**



**Connie spins wool in the summertime.**



**Our Farm Store awaits customers and is open year-round.**

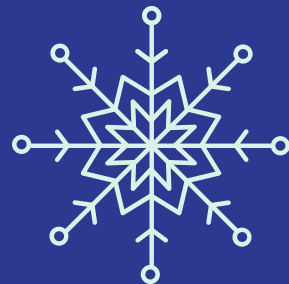


Our colorful wool dryer balls and handmade soap, both available through the Bayfield Foods CSA.



Our house after a big snowfall in 2019.

# Pork Tenderloin with Honey Sauce



## INGREDIENTS:

## INSTRUCTIONS:

- 2 - 1 lb. pork tenderloins
- 1.5 T. hazelnut oil
- 3 garlic cloves, minced

### Pork Rub:

- 1/2 t. garlic powder
- 1/2 t. paprika
- 1/2 t. salt
- 1/2 t. black pepper

### Honey Sauce:

- 3 T. apple cider vinegar
- 1 1/2 T. soy sauce
- 1/2 c. honey (or maple syrup)

1. Preheat oven to 350 F.
2. Mix Sauce ingredients together.
3. Mix Rub ingredients then sprinkle over the pork.
4. Heat oil in a large oven proof skillet over high heat. Add pork and sear until golden all over.
5. When pork is almost seared, push to the side, add garlic and cook until golden.
6. Pour sauce in. Turn pork once, then immediately transfer to the oven.
7. Roast 15 - 18 minutes or until the internal temperature is 155 F.
8. Remove pork onto plate, cover loosely with foil and rest 5 minutes.
9. Place skillet with sauce on stove over medium high heat, simmer rapidly for 3 minutes until liquid reduces down to thin syrup.
10. Remove from stove, put pork in and turn to coat in sauce.
11. Cut pork into thick slices and serve with sauce.

