

Hello From Your Farmer

July 10-11, 2019

Greetings from Heritage Acres



We are enjoying the summer on the farm, and we hope that yours has been pleasant as well. So far this summer we have raised and processed approximately 400 broiler chickens. These have been recently distributed in the CSA share boxes this past month, as whole birds, breasts, and drumsticks and wings. We hope you enjoyed. Our chickens enjoy fresh pasture daily via moveable pens often times call “chicken tractors.”

Chicken tractors provide shelter from the elements and predators, while allowing the birds to graze on grass and eat insects. We try to raise our birds prior to the hot weather, and will have another batch arriving during late August.

On our farm, we are always expanding and welcoming new young animals. The birthing process is always exciting, and typically requires little to no human interventions. Over the past few months we have welcomed 15 lambs, 64 piglets, and 40 calves. In June we were blessed with our greatest addition to the homestead, our first child, Tucker. Mom and son are doing well and both are healthy. Everyday he makes the rounds on the farm, seeing the chickens, pigs, sheep, and cattle. We cannot wait to teach him all about the farming lifestyle, and enjoy watching him grow. But for now we will soak up the baby snuggles.

Right: Travis, Cassy and Tucker Pydo of Heritage Acres Farm soak up the baby snuggles



Special Order Features of the Week



Farmer's Choice Meat Box

**LIMITED QUANTITIES
STILL AVAILABLE!**

Each meat box contains approximately 8 lbs of "farmer's choice" which will be a random selection of beef cuts or ground beef, lamb, or chicken. All of our South Shore Meats are 100% grass-fed/pastured. Again, we only have a limited supply available at this special price. Visit the Special Order section of our Bayfield Foods website to order. Approximately 8 lbs. \$45

Adventure Fuel/Picnic Pack

4 for \$20

Special Summer Price!

Just in time for summer picnics and other on-the-go activities, its grab and go meat sticks from Maple Hill Farm!!

2 packs of Honey Ham sticks and 2 packs of Honey BBQ in the Adventure Fuel/Picnic Pack under the special order section of the website.



Summer Salad Kit

Our resident foodie, Karra, created this special summer arrangement of salad just for you. There are mixed greens from Northcroft farm, local strawberries, and local sheep chevre serves 4-6. \$25

Delish as is or with a vinagrette and grilled chicken

**Lamb from Heritage Acres:
Check out the cuts on the special order section of our website**



Excerpt from The Gift of Strawberries

From the book, Braiding Sweetgrass, by Robin Wall Kimmerer

Published by milkweed editions, 2013

You could smell ripe strawberries before you saw them, the fragrance mingling with the smell of sun on damp ground. It was the smell of June, the last day of school, when we were set free, and the Strawberry Moon, ode'mini-giizis. I'd lie on my stomach in my favorite patches, watching the berries grow sweeter and bigger under the leaves. Each tiny wild berry was scarcely bigger than a raindrop., dimpled with seeds under the cap of leaves. From that vantage point I could pick only the reddest of the red, leaving the pink ones for tomorrow.



Tips and Tricks

CSA Hacks 101

- Please remember to return your veggie and meat boxes to your pick-up location on each week.
- Our pick-up location hosts (what we call drop-sites) are key to making Community Supported Agriculture (CSA) work. Please help us in keeping them happy by arriving during the pick-up me and, of course, rewarding them with smiles and thank yous.
- Have a party or event coming up where you'd like to feature local foods, or just need something extra
- Be sure to check out our Special Order program at: www.bayfieldfoods.org/special-order. Order what you'd like and we'll bring it to your next pick up.
- If you have a vacation coming up and will be missing a pick up, be sure to login into your account (the same one you created when you signed up) and place a vacation on hold.

Meal Delivery

Did you know we can ship?

Oh yeah! We have several meal boxes available for shipping. Each box contains enough for several meals. There are lots of choices. ***This is a great gift for folks with limited time, folks recovering from an injury or surgery, and new families.*** It is a popular way to help people in your church group who might benefit from foods delivered to their door. This service is available to addresses in Wisconsin and Minnesota only. Check it out on the website under the Meal Delivery tab.

Whats in the Box?

Family Veggie Box

Great Oak Farm- broccoli, strawberries

Yoman Farm- zucchini OR basil, head lettuce, cilantro

Twisted Twig Gardens- garlic scapes

Small Veggie Box

Great Oak Farm- broccoli, strawberries

Yoman Farm- head lettuce, zucchini

Twisted Twig Gardens- garlic scapes

Small Meat Box

Heritage Acres- cut-up chicken

Maple hill Farm- ground pork

Family Meat Box

Maple Hill Farm- pork chorizo

Griggs Cattle Company- meatloaf

Heritage Acres- cut-up chicken



Plus item

Spirit Creek Farm- dilly beans

Happy Hollow Creamery- Sheep Cheese

Bakery Share

Starlit Kitchen- blue horizon wheat bread, strawberry rhubarb coffee cake and Family shares the additions of summer berry scones and 8 roll assortment



Recipes

Skillet Zucchini and Sausage

2 tablespoons oil or butter

1/2 pound fully cooked smoked sausage, cut into 1/2-inch diagonal slices

1 cup chopped onion

1 cup sliced celery

1/2 cup chopped green pepper

1 garlic clove, minced

1/2 teaspoon dried oregano

1/2 teaspoon pepper

4 to 5 medium zucchini, sliced or "zoodled"

4 to 5 medium tomatoes, coarsely chopped

Herb seasoning blend to taste

Heat oil in a large skillet, lightly brown sausage. Add onion, celery, green pepper, garlic, oregano and pepper. Cook and stir until vegetables are almost tender. Add zucchini and tomatoes; cook and stir until zucchini is just tender. Sprinkle with seasoning blend.



Garlic Scape Paste

(jeanetteshealthyliving.com/2014/07/garlic-scape-paste.html)

1 bunch garlic scapes, tips trimmed, cut into one-inch lengths

1/4 cup extra virgin olive oil

Place garlic scapes in food processor and process, pouring olive oil through the feed tube. Store in refrigerator for up to 2 weeks.

You can also portion out the Garlic Scape Paste and freeze it (use an ice cube tray or just portion out spoonfuls onto a piece of plastic wrap, roll up, and place in a ziploc bag.

