

Greetings from Spirit Creek Farm!



At Spirit Creek Farm this is actually our down season since we are waiting on the crops to grow for us to produce into tasty fermented vegetables. We do grow garlic on our farm for the food production business and a perk product of the garlic is the garlic scape which we make into garlic scape pesto. So at the moment that is the only thing going on in our production kitchen. Also this year on the farm we are growing early-season carrots since we are anticipating that we may run out of our ginger carrot earlier than we would like and most of the farmers we work with that grow vegetables for us do not have carrots available until the fall. So we planted roughly 200 feet of Yaya and Napoli varieties of early-season carrots. And we hope to be harvesting and processing them in August.



Because it is our down season at Spirit Creek Farm we do take advantage of our amazing summer. We are spending time on the water and at the beach and doing lots of hiking and eating tons and tons and tons of the amazing berries which are grown in Bayfield County.

We do remember, however, that we have to plan for the fast approaching production season which will begin in August. Even though our production is currently dormant in the kitchen we are still working on sales of our products at stores around the Midwest and also connecting with the farmers who grow vegetables for us. We work with a small array of fantastic vegetable growers in Minnesota and Wisconsin. Specifically farmers you may be familiar with such Great Oak Farm, North Croft Farm and Twisting Twig Gardens.



So enjoy the fresh produce. The people that are growing it are some A-class kind of folks. We are looking forward to our production season and visiting these farmers to load 1000 of pounds of cabbage and other vegetables on to our rig and bring it back to Cornucopia to make tasty fermented vegetables for you!

Thank you for being a part of local food,

Andrew and Jennifer and the rest of the Spirit Creek Farm Crew



Garlic Scape Pesto production in years past.

RECIPE CHALLENGE



It's the first week of broccoli for the season! Do you have a favorite way to eat it? Sautéed in a stir fry? Steamed with some salt and pepper? Share with other members on the Facebook recipe page!

OTHER REMINDERS

- We will reuse boxes if you return them to your pick-up location each week.
- You can buy a variety of products from our producers in bulk via the special orders store on our website.
- You can find food from our producers at many wholesale locations such as the Whole Foods Co-op, Chequamegon Food Co-op as well as restaurants such as Freehands Farm and Duluth Grill.

WHAT'S IN THE BOX?

VEGGIE BOXES

~ **Great Oak Farm** ~

Broccoli, Cucumbers OR Tomatoes

~ **River Road Farm** ~

Garlic Scapes

~ **Yoman Farm** ~

Zucchini, Mint

~ **Twisting Twig Gardens** ~

Head Lettuce

MINI VEGGIE

~ **Great Oak Farm** ~

Broccoli, Cucumbers OR Tomatoes

~ **Yoman Farm** ~

Zucchini

~ **Twisting Twig Gardens** ~

Head Lettuce

MEAT BOXES

~ **Heritage Acres** ~

Chicken

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fishery** ~

Whitefish, Lake Trout

MINI MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef, Beef Steak

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fishery** ~

Whitefish

PLUS ITEM

~ **Spirit Creek Farm** ~

Dilly Beans

~ **Happy Hollow Creamery** ~

Cheese

July 11th, 2018

How To Store Your Veggies

Garlic Scapes: Store unwashed in a loosely wrapped plastic bag in the refrigerator for up to 2 weeks.

Cucumber: Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

Broccoli: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

Tomatoes: Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. If your tomatoes smell fragrant and yield slightly when squeezed, they are ready to use. If not, store them for a few days at room temperature out of the sun until they are ripe. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

Mint: Gently wrap in a dampened paper towel. Do not wrap tightly; trapped moisture will cause the herbs to mold. Place the mint in a plastic bag, not sealing all the way so that air can circulate.

Head Lettuce: Place washed lettuce in a plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.

Zucchini: Store unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

Recipe on the next page!

SNEAK PEEK AT NEXT WEEK
July 18th 2018

VEGGIE BOXES

~ **Great Oak Farm** ~

Broccoli, Collard Greens, Cucumbers OR
Tomatoes

~ **River Road Farm** ~

Garlic Scapes

~ **Yoman Farm** ~

Zucchini, Mint, Head Lettuce

MINI VEGGIE

~ **Great Oak Farm** ~

Broccoli, Collard Greens,
Cucumbers OR Tomatoes

~ **Yoman Farm** ~

Head Lettuce

MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

MINI MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef, Beef Steak

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fishery** ~

Lake Trout

PLUS ITEM

~ **Bayfield Apple Co** ~

Jam

Julia's Radish Cucumber Salad

*Ingredients: Radish, Cucumber, Kale, Red Onion, Salad
(or White Wine) Vinegar, Olive Oil, Fresh-squeezed
Lemon Juice, Sugar, Fresh Dill, Salt and Pepper*

Check out the Lake Superior CSA Recipe Page on Facebook to find more tasty recipes such as this one from other members like you!

Step 1: Prepare the vinaigrette by mixing about 1/4 vinegar with 1/2 cup olive oil. Squeeze lemons and add about 2 tablespoons of fresh juice followed by 1 teaspoon sugar. Finish by adding fresh dill and salt and pepper to taste.

Step 2: Thinly slice radishes and cucumbers and dice the red onion, mixing it all together in a large mixing bowl. Pour the vinaigrette over the veggies and, if you have the time, let sit in the fridge overnight.

Step 3: Take out the veggies and let come them come to room temperature. Serve over chopped kale.



Looking for some meaty recipes? Check out the **Cookery Maven** blog on our website for more amazingly delicious recipes from Mary Dougherty!