

JULY 14-15, 2021

BAYFIELD FOODS CSA

Community Supported Agriculture



Greetings from Seasonally Sourced Foods

GIL SCHWARTZ - SEASONALLY SOURCED FOODS & NORTHWOODS BOTANICALS

Hello from Gil and Owen here at Seasonally Sourced Foods! We would like to take a moment to introduce ourselves, as one of the new supporting members to join Bayfield Foods Cooperative in 2021. We are a specialty crop farm based in Washburn, WI, offering a unique variety of perennial veggies and fruits, wild edibles, duck eggs, gourmet mushrooms, and hemp flowers. Our story goes back to 2015, when Seasonally Sourced Foods became established as a local producer.

We have been serving Chequamegon Bay Area's farmer's markets, restaurants, and stores ever since.

We're best known for our wild and unique produce offerings, and already this year some of those have made it into the Bayfield Foods CSA, like our cultivated sunchoke tubers and wild-harvested fiddlehead ferns and ramp leaves. Sustainability and care for the land is at the forefront of our farming and foraging. We farm on a very small, human-level scale and help to build the soil rather than deplete it. Our farm runs on solar, and we use all natural, regenerative and permaculture farming practices that rely on the vigor of perennials, deep



Gil holding freshly picked wine cap mushrooms.



Northwoods Botanicals hemp tinctures and topicals.

mulch, companion planting, fungal networks, compost teas, and beneficial insects. For the wild foods that we bring to market, we take into account a range of factors including the overall health of the ecosystem, the conservation status of the given species we harvest from, its population levels and reproduction strategies, and what portion of the organism we harvest from and when.

You may also know us from our hemp brand “Northwoods Botanicals”, which has been available in select, local stores over the past couple years and is now coming to Bayfield Foods! We have long known how hemp products can help people and animals, and shortly after the introduction of Wisconsin's hemp research pilot program, we became licensed to grow state-certified hemp flowers in spring of 2019. We also made the decision to go the extra mile to create our own local line of authentic, high-quality, and lab-tested products infused exclusively with our farm-grown hemp flowers and accessible for regular use by those in our greater community.

While some varieties of hemp are bred for fiber and grain, we grow special cultivars of hemp for their therapeutic cannabinoids and aromatic terpenes, found concentrated in the flowers. The plants we cultivate are brimming with desirable cannabinoids like CBD (cannabidiol) and CBG (cannabigerol), and are bred to be almost completely devoid of THC—allowing customers to experience the array of benefits cannabis has to offer without inebriation. Starting this month, you can conveniently order our line of full spectrum CBD & CBG tinctures,



Owen inspecting hemp flowers for ripeness.



Freshly harvested and cleaned sunchoke tubers.

body salve, and pet care products through Bayfield Foods—bringing the power of hemp into your lifestyle.

Looking forward to this fall and into 2022, we are excited to offer our gourmet and culinary mushrooms in the CSA, along with a couple other producer members. Trials of various species and methods on our farm over the past several years, have allowed us to dial in our natural mushroom cultivation efforts and achieve more consistent and larger harvests for our customers. One of the first varieties we will be offering in the CSA later this fall will be oyster mushrooms. Besides their incredible nutritional value, “oysters” have a delicious, mild flavor and meaty texture that is perfect in your favorite mushroom dishes!

We are thrilled to be a new supporting member of the Bayfield Foods Cooperative and hope you will enjoy the delicious specialty foods and effective hemp products we lovingly produce and offer.



Oyster mushrooms - grown, picked & ready for customers.

Grilled Steak Salad with Beets & Scallions

INGREDIENTS:

AIOLI

- ½ c. beef or chicken stock or low-sodium chicken broth
- 1 t. Dijon mustard
- ½ c. vegetable oil
- 2 t. fresh lemon juice
- 1 small garlic clove, finely grated
- Kosher salt and freshly ground black pepper

SALAD

- 1 pound New York strip or skirt steak
- 1 garlic clove, halved
- 4 T. olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 bunch scallions or ramps
- 1 bunch spicy greens
- 1 T. fresh lemon juice
- 3 beets, peeled, thinly sliced
- 1 T. balsamic vinegar

INSTRUCTIONS:

AIOLI

1. Bring stock to a simmer in a small saucepan over medium-low heat; cook until reduced by half, about 5 minutes.
2. Whisk mustard in a bowl. Whisking constantly, gradually add oil, drop by drop at first, until mixture is very thick. Whisk in lemon juice and garlic; season with salt and pepper. Stir in stock.

SALAD

1. Preheat oven to 200°. Prepare grill for medium-high heat (or heat a grill pan over medium-high). Rub steak with cut sides of garlic and 1 Tbsp. oil; season with salt and pepper. Grill, turning several times, until lightly charred and medium-rare (an instant-read thermometer should register 130°), 14–16 minutes. Transfer to a rack set inside a rimmed baking sheet.
2. Meanwhile, toss scallions on another baking sheet with 1 Tbsp. oil; season with salt and pepper. Grill, turning often, until tender, about 4 minutes. Transfer to rack with beef and keep warm in oven.
3. Arrange greens on a platter; season with salt and pepper. Drizzle with lemon juice and 1 Tbsp. oil. Toss beets in a bowl with vinegar and remaining 1 Tbsp. oil; season with salt and pepper. Arrange over greens. Slice steak ½" thick; top greens with scallions and meat. Pour any juices over; season with salt. Serve with aioli.

