

July 22 - 23, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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ROB HARTMAN OF TWISTING TWIG GARDENS

Harvesting Garlic in July

Greetings from Twisting Twig Gardens!

Happy summer! Wow, has it been hot and humid! After a few sweaty days of flirting with heat exhaustion while working in the gardens, I realized that I needed to do less during this heat wave. I let go of what I wanted to get accomplished and focused only on what really needed to happen. Sure, the weeds are getting taller and the fence needs fixing, but it is hard to care about that when canoeing with my family or feeling the cold water of Lake Superior on my skin.

This week we are beginning the garlic harvest. We grow hardneck garlic. Softneck garlic is what you typically find in grocery stores. It has a long shelf-life, lots of small cloves, and relatively mild flavor. Hardneck garlic tends to have more robust and complex flavors, is much easier to peel, and has fewer, but larger cloves. Thus far, it appears that there will be a very good garlic crop with above average bulb size. Many of you will be receiving some of the first, freshly harvested bulbs. Fresh garlic, which has not yet been dried/cured, will have more moisture in the cloves and should be stored in the refrigerator until use. The majority of our garlic will be dried and stored to sell in the fall and winter. The process is quite labor intensive. After the garlic plants are pulled from the ground, we let them

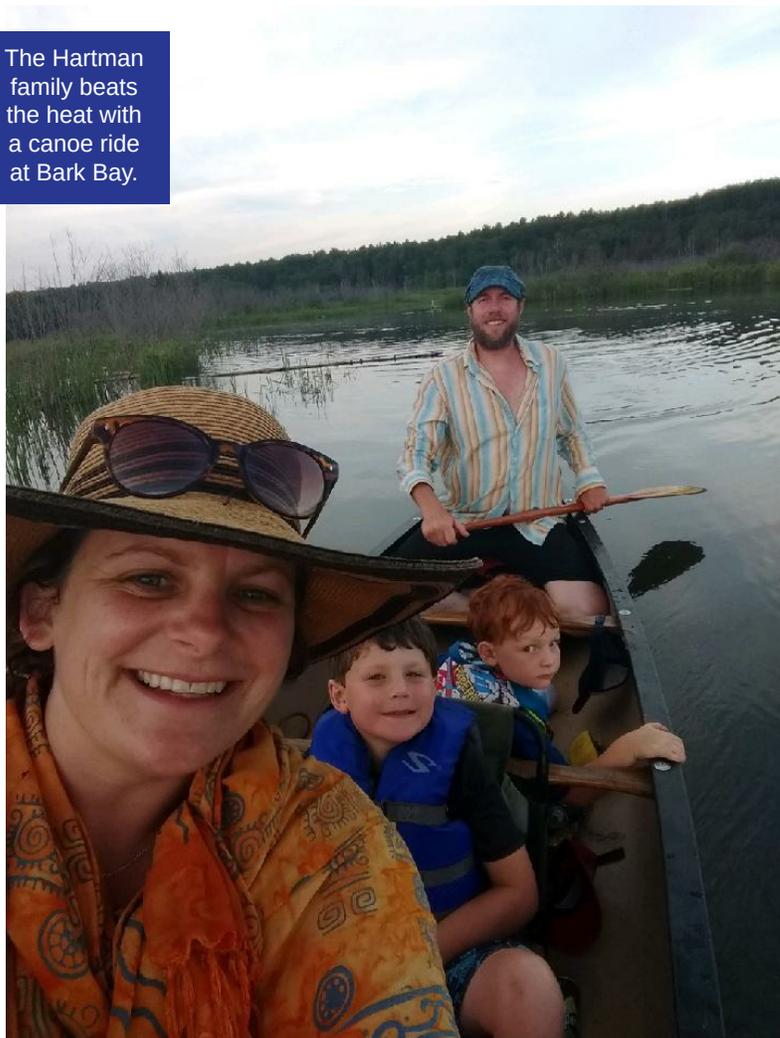


dry in the field for a few hours to a couple days depending on the weather. Next, the garlic gets sorted by size to determine which bulbs will be saved for planting (the largest 20% of bulbs get saved), and which bulbs will be sold for eating. Then, we make bunches of 10-15 plants and hang the bunches to dry. After weeks to months of hanging, the bulbs are cut from the plants and roots trimmed off. Finally, outer bulb wrappers are removed to clean up their appearance. Much work, but worth it! Not only is garlic a culinary essential, it is a nutritional/medicinal superstar. Let food be thy medicine!

Thank you for supporting our farm and all the farms and producers of the Bayfield Foods Cooperative. I hope that you have been enjoying your boxes filled with the summer delights of northern Wisconsin. There is much more still to come. Be well and stay cool!

Have a great week,
Rob

The Hartman family beats the heat with a canoe ride at Bark Bay.



Hardneck garlic at Twisting Twig Gardens.



Cucumber, Tomato & Feta Salad

- 6 c. coarsely chopped cucumbers
- 2.5 c. cherry tomatoes, sliced in half
- 1 bunch scallions, chopped
- 1 c. Kalamata olives, halved
- 7 oz. crumbled feta
- 1/2 c. coarsely chopped fresh mint
- 6 T. olive oil
- 1/2 c. fresh lemon juice
- salt & pepper to taste

1. Combine cucumbers, tomatoes, scallions, olives, half of the feta & mint in large bowl.
2. Whisk oil & lemon juice in small bowl, season with salt & pepper.
3. Pour dressing over salad, toss to coat. Add salt & pepper if necessary.
4. Sprinkle remaining feta on top of salad & serve.

PLUS ITEM THIS WEEK

Bayfield Apple Company
Pear Butter

