

JULY 28 - 29, 2021

BAYFIELD FOODS CSA

Community Supported Agriculture



Lake Superior Summer Bounty

BILL BODIN - BODIN FISHERIES

The pace at Bodin Fisheries this time of year is brisk. Whitefish fillets are going out the door as fast as the fish comes in the loading dock fresh off the boats. There has been a rapid and sharp increase in local tourism this year over previous years and the restaurants are adding more options featuring Whitefish to their menus. Whitefish Tacos, Whitefish BLT's, Smoked Whitefish Cakes, Eggs Benedict with Sugar Smoked Fish and of course, Whitefish Livers.

The smoker has been cranking out over 500# of finished product a day, up to 6 days a week in an effort to keep up with the demand. Featuring traditional chunks of Whitefish, Lake Trout, Herring and Wisconsin farm raised Atlantic Salmon, there is a taste available to satisfy everybody. Gaining in popularity has been the sugar cured fillets because they are so easy to eat and taste great. After filleting and removing the pin bones, there are no bones about it!

Bodin Fisheries has expanded the number of products available to you through the CSA boxes to include more of these smoked fish items, even our Smoked Whitefish Spread. Think about adding some to your next order and use it as an appetizer or create your own fish cakes with some of these tasty products.

Pictured on front page: The 2021 summer crew at Bodin's. In the words of crewleader Bill Bodin (pictured top center), "This crew is amazing. They have elevated processing standards and increased production levels to new heights. We are processing more smoked and fresh fish than we ever have and reduced the amount of time it takes to do so! Kudos!"



Sugar cured fish fillets.



Bounty from the Big Lake - Sugar Cured Smoked Salmon, Smoked Whitefish Spread and Lake Superior Herring Caviar.

Five Generations of Fishing Lake Superior

Nils Adolf Bodin immigrated from Sweden in the late 1800's. Upon arrival into the area, he resided in Ashland where he was a carpenter and a fisherman to make ends meet. Nils decided that being closer to Long Island, where much of the fishing took place, made better sense and moved into what was to become the Bodin Homestead in the Town of Bayview. Nils soon settled and married Elizabeth Johansson and had 6 children. To an extent all of them followed in their fathers shoes and when they were of age, began to fish themselves. Elmer Bodin, one of the 4 sons, decided to move from the homestead down the shoreline closer to Washburn, to what is now Bodin's Resort. Elmer purchased 40 acres and begin fishing on his own separate from his siblings. Elmer married Hazel Bergman, a local Washburn girl, and had two children, Roger and Richard Bodin. Both sons went on to continue the fishing legacy and were the true creators of Bodin Fisheries.

Much of the fishing was done off the outside of Long Island. So much so that many of the fisherman built little cabins out on the island in case they couldn't get home. This camp was called Sweedeville and there are still some remnants of the fish camps out on the island today. The fishermen originally used Mackinaw sail boats to come and go with their nets.

Elmer wanted to expand his market, so he purchased a location on Main St. in Ashland, WI. and created a retail fish market. Around that same time he started providing fish for the CCC (Civilian Conservation Core) camps around the area. There were many different fish distribution routes for Elmer, reaching down towards Park Falls, and East into the Upper Peninsula of Michigan. He also established a market in the resorts in the area, shipping fish by rail.

When WWII began, the fisheries suffered from loss of manpower to run the rigs. However, around this same time the Herring industry went into full swing. There was also a great market for fish to be sent to Fur Farms, such as mink and fox.

Fast forward to present day, Bodin Fisheries is still an incredibly active institution. They process fresh, wild-caught Lake Superior fish daily for restaurants, grocers and distributors all over the midwest and beyond.



Hazel & Elmer Bodin, showing off their catch!



Present day Bodin Fisheries in downtown Bayfield.

Smoked Trout & Summer Bean Salad

INGREDIENTS:

- 12 oz. (2-3/4 cups) green beans (or an assortment of string beans), string removed if tough, cut into 1/2-inch pieces
- 1/2 cup hazelnut oil
- 4 cups cooked cranberry or cannellini beans (fresh, dried, or canned)
- 2 small or 1 large cucumber, peeled if skin is tough, cut into 1/2-inch dice (about 3 cups)
- 1 cup black olives, pitted and halved
- 1/2 cup finely chopped red onion
- 1/2 cup toasted sunflower seeds
- 1/4 cup chopped fresh curly parsley, 1 tsp. reserved for garnish
- 1/4 cup chopped fresh dill, 1 tsp. reserved for garnish
- 3 Tbs. fresh lemon juice
- 3 Tbs. red wine vinegar
- 2 Tbs. fresh marjoram leaves, coarsely chopped, 1 tsp. reserved for garnish
- 1 Tbs. finely grated lemon zest
- 2 medium cloves garlic, finely chopped
- Kosher or sea salt and freshly ground black pepper
- 1 cup plain Greek yogurt
- 8 to 10 oz. skinless smoked trout fillet

INSTRUCTIONS:

1. In a 12-inch skillet, cook the green beans in the oil over medium heat until they begin to sizzle, 1 minute. Add 1 Tbs. water, cover, and steam until crisp-tender, about 4 minutes. Transfer to a large bowl and let cool to room temperature, about 15 minutes.
2. Add the cranberry beans, cucumber, olives, onion, sunflower seeds, parsley, dill, lemon juice, vinegar, marjoram, lemon zest, and garlic. Season to taste with salt and pepper and mix gently.
3. Arrange the salad on a large serving platter and top with dollops of yogurt. Crumble the trout into chunks and scatter over the top. Garnish with the reserved herbs and more black pepper and serve.

