

JULY 31-AUGUST 1, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

Contact Chris Duke at
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MEET TOM COGGER - MAPLE HILL FARM

Make hay while the sun shines! That phrase dominates Maple Hill Farm in July. When making hay, my eye is always on the weather. Timing is everything. Generally, three days are needed to get a hay crop safely baled up. First day: after the dew burns off the hay is cut. A couple hours later I “ted the hay” (fluff it up using a special implement) then let it dry in the sun. Second day: let the hay dry a full day after cutting. Third day: rake the hay and then bale it.

A small portion of the hay is baled into 50 pound square bales which ends up feeding a neighbor’s horses through the winter. The rest is round baled into bales that are 6 feet across and 5 feet tall and weigh in excess of 1,500 pounds. We have more hay than we need, so we sell a portion of it to other farmers. This year the hay will go to Griggs Cattle Company. You may recognize the name since they have been supplying much of the beef in your CSA boxes.

On Maple Hill Farm, we also grow a number of grains which we mill into flour on the farm. We our flour is on the CSA Special Order site, as well as many other locations in our area. We grow spring
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wheat, rye, oats and starting this year, buckwheat. Wheat and Rye Flour are available on the Special Order site, as well as our Pancake Mix which many of you have already received in your CSA box as a Plus Item. We will be offering Oat Flour soon, and are finalizing the label design. Look for it on the Special Order site in a month or two. If all goes well, and we are able to harvest the buckwheat crop we hope to have it available this fall.

The straw that results from harvesting these small grains ends up being baled into square bales. Much of the straw gets sold to customers for straw bale gardens or used as bedding for animals. We use some of the straw as growing medium for Wine Cap Mushrooms. In early June I planted a large bed of fermented straw with Wine Cap spawn. If all goes as planned, I hope to be able to offer these incredibly attractive and tasty mushrooms on the Special Order Site.

We have been enjoying the many sunny days on the farm this summer. In our case, the more sun the better as we get about 90% of our electrical power from the sun. One goal we have is to reduce our carbon foot print as much as possible. Many farms use a lot of electric power to run the many motors used to move feed and grain as well as coolers and freezers. Since we need all this electrically powered equipment we feel good doing what we can minimizing the environmental impact.

We want to thank our community of Bayfield Foods customers for enabling us to provide you with high quality, responsibly produced foods. You buying good food for your family helps keep us in business. A resilient local economy must have the ability to feed itself from locally produced foods. You are helping to achieve that goal.

Enjoy the summer!
Tom Cogger
Maple Hill Farm

**Look for Tom's Summer Grill Box
and Flours in this week's Featured
Items on page 3!**

We're Here For You



Melissa Fischbach
Newsletter Editor
Owner, Wild Hollow Farm

Melissa is a farmer-florist, meaning she grows her own flowers and does arranging too. She's been with Bayfield Foods from the beginning (she was our very first CSA Manager back in 2011). Please let her know if you have comments, suggestions, or questions about the newsletter: wildhollowfarm@gmail.com



Chris Duke
CSA Manager
Owner, Great Oak Farm

Chris is a vegetable producer and is a founding member of Bayfield Foods. He's also a really nice guy. For the rest of this season he will be managing the CSA and will be your primary point of contact. If you need help with something please let him know at: csamanager@bayfieldfoodproducers.org

Weekly Featured Items

From Bayfield Foods CSA Special Order

Bayfield Blues From Bayfield Foods

Ordering is now open for our popular 10# box of fresh Bayfield blueberries grown by the Dale family at Highland Valley Farm. Eat them fresh, make a pie, freeze them. You can't go wrong. As in past years we'll let you know when the blueberries will be delivered to your pick-up location. At this point, we're thinking it will be mid-August. Supplies are limited so act fast.

\$45



Place Your Order at: www.bayfieldfoods.org/shop-special-order

Maple Hill Farm Summer Grill Box

Summer is here and that means grilling season! Enjoy an assortment of Maple Hill Farm pastured pork cuts that are ideal for grilling. This box includes 2pk Ham Steaks (1.5# each), 2pk Pork Steak (1-1.5# each), 2 pk Regular Brats (.8# each), 2pk Italian Brats (.8# each), and 2pk Ribs (1.5# each).

\$106



Place Your Order at: www.bayfieldfoods.org/shop-special-order

Fresh Ground Whole Wheat or Rye Flour

This is the flour the pros use. The best bakeries in our region use Maple Hill Flour and now so can you. Fresh whole grains ground into flour. That's it. So simple and so good. Available in 3 lb bags. I can smell the bread in your kitchen from here!

\$9/3lb



Place Your Order at: www.bayfieldfoods.org/shop-special-order

Beef and Summer Veggie Skillet

Quantities are on a sliding scale in this recipe, feel free to adjust!

- 1-2 pounds ground beef
- 1 pint cherry tomatoes
- 1-2 summer squash or zucchini, sliced
- 1-2 bell peppers chopped
- 1 onion chopped
- 3 tablespoons fresh parsley
- 1 teaspoon Kosher Salt
- 1/4 teaspoon pepper

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What's In Your Box?

Family Veggie Box

Great Oak Farm

Head Lettuce, Cucumbers, Broccoli, Dill, Tomatoes

Yoman Farm

Zucchini OR Summer Squash, Basil

Twisting Twig Farm

Garlic, Parsley

Northcroft Farm

Beans

Small Veggie Box

Great Oak Farm

Lettuce, Tomatoes, Cucumbers, Dill, Broccoli

Northcroft Farm

Beans

Family Meat Box

Maple Hill Farm

Pork Ribs, Pork Steak

Hidden Vue Farm

Ground Beef

Bodin's Fishery

Superior Lake Trout

Small Meat Box

Maple Hill Farm

Pork Ribs, Pork Steak

Hidden Vue Farm

Ground Beef

Plus Item

Bayfield Apple Company

Fresh Raspberry Jelly

Beef and Summer Veggie Skillet, cont.

Place tomatoes on foil lined baking sheet and put in over under broiler for five to eight minutes, while you get the ground beef going. In large skillet over medium high heat, place ground beef and onion. Chop and stir with wooden spoon until beef is fully browned and onion is tender and translucent, about ten minutes. Remove tomatoes from oven while ground beef is cooking and set aside to cool slightly. Add tomatoes to ground beef and onions in skillet and continue cooking over medium high heat while you stir and chop them up, being careful not to squirt hot juice on yourself. Add salt, parsley, black pepper. Stir well and cook for about ten minutes. Add in squash and bell pepper and stir well. Cook until squash is lightly translucent and bell pepper is just tender, about ten more minutes.

Serve over hot cooked macaroni noodles or rice.

Green Beans With Almond Pesto

2 pounds green beans

1 cup almonds, toasted and cooled

1 1/4 ounces (about 1/3 cup grated) parmesan or aged pecorino cheese

1 small garlic clove, peeled and crushed

Leaves from a sprig or two of thyme

Pinches of red pepper flakes, to taste

1/4 teaspoon coarse sea or kosher salt

2 to 3 teaspoons white wine vinegar

1/3 cup olive oil, plus extra for drizzling

Bring a large pot of salted water to boil. Trim green beans and cook beans in boiling water until crisp tender, about 3 to 4 minutes. Plunge in an ice water bath to fully cool. Drain and pat dry.

In food processor, grind almonds, cheese, garlic, thyme, pepper and salt to a coarse paste. Add vinegar, and pulse again. Stir in oil and adjust seasonings to taste.

Toss cooled green beans with almond pesto. Drizzle with extra olive oil.

From Smitten Kitchen (smittenkitchen.com)

