

June 10 - 11, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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BRIAN CLEMENTS OF NORTHCROFT FARM

Greetings from Northcroft Farm!

Spring has sprung and with the long days upon us, I am as busy as my bees. Days are spent transplanting, weeding, and harvesting. With each new year, there are opportunities to try new things. This year has many exciting changes in store.

I am trying several new vegetables to expand my offerings. One of the most exciting trials is a parthenocarpic zucchini. A parthenocarpic plant is one that only needs the female flower to produce a fruit (the fruit is seedless, however). The main advantage of parthenocarpic plants is they produce fruit earlier, as they only need female flowers. On zucchini, the male flowers typically appear about a week after the first female ones. I started my zucchini in the hoop house this year in mid-April and transplanted them April 25th. I am hoping to have zucchini ready as soon as mid-June this year. Another new vegetable I am trying out this year is an iceberg lettuce. The variety I am trying is not as dense as a store-bought variety but I am hoping it will have more flavor and the same great crunch. A few lucky people will be able to try the first iceberg lettuce this week.

In addition, four area farms including Great Oak Farm, Yoman Farm and Northcroft Farm are participating in a vegetable variety trial this year. We are looking at varieties of peppers, broccoli, spring carrots, and butternut squash. These are some of the most popular vegetables but selecting the right variety for yield, disease resistance, and flavor requires careful consideration.



Peppers and butternut squash are also more commonly grown in warmer southern climates, so finding a variety that thrives in our northern climate is a challenge. We expect to have results from the broccoli and carrot trial in late summer and the pepper and butternut trials in late fall.

A new season is not just the opportunity to try new plants, but an opportunity to try new tools and systems. My latest purchase is a vacuum seeder. This seeder works by pouring seeds over a metal plate with small holes in it. On the back side of the plate is an air chamber. When the vacuum is attached to the chamber, the seeds are suctioned in place. The excess seed is poured off and the seeder is then flipped over onto a seed tray filled with soil. When the vacuum is turned off the seeds are released and fall into the seed flat. With the system in full swing, I can seed a flat of 72 seeds in less than a minute!

Some of the other projects taking place this June include a 7 foot deer fence and an additional 30'x50' hoop house that will be my new seed starting house.

I hope you all enjoy the food we have to offer you this week and are getting out to enjoy the warm weather.

Brian Clements
Northcroft Farm

Northcroft Farm
hoophouse -
full of veggies!



Northcroft's new vacuum
seeder. It seeds a flat
of 72 seeds in less than
a minute!



Warm Spring Salad with Green Garlic Vinaigrette

Greens:

1 small bunch red kale, stemmed
1 small bunch broccolini, ends trimmed
16 asparagus spears, ends trimmed
1 lb. fava beans
1 stalk from green garlic, thinly sliced
Two handfuls of pea shoots
Shaved parmesan
Salt & pepper to taste

Vinaigrette:

4 T. extra virgin olive oil
1 T. champagne vinegar
3 cloves finely chopped green garlic
2 T. lemon juice
1 T. toasted pine nuts
Pinch of sugar
Salt & pepper to taste

1. Blend all vinaigrette ingredients in food processor until smooth.
2. Blanch fava beans for two minutes, then submerge into ice bath. Shuck beans & set aside.
3. Saute asparagus & broccolini 3-4 minutes, until tender-crisp. Add kale, green garlic, fava beans, S&P - and continue to stir until greens are just wilted.
4. Divide onto plates and top with pea shoots. Drizzle with dressing, shaved parmesan, S&P.