

This week we hear from David Nortunen of Hidden-Vue Farm! David breaks down some specific changes happening with our Meat Boxes this season. Even if you don't receive one of our various Meat Boxes through the CSA, David's letter can offer some insight into some of the logistics behind the magic of CSA. Every week, every season has several intricate pieces that fit together to ensure that we're getting you a box of local foods that you're truly pleased with. Aside from our seasonal surveys, you can always reach out to our CSA Manager Evan with questions or concerns behind the specific items in each box. Your thoughts and insights keep us growing!



Hello from Hidden-Vue Farm!

Every year we send out surveys to our CSA customers asking for their input on our products. This last year we noticed more of you stated that you received too much ground beef. In an effort to address this concern, the beef producers have worked hard with a different processing company to come up with new and creative ways to provide you with our beef. Our goals were twofold. First to provide you with more healthy options and secondly to provide you with products that were easier and faster for you to cook and prepare.



We wanted more variety for you and that's what you will start to see. This summer instead of just ground beef, you will receive hot dogs, meat balls, meatloaf, and summer sausage just to name a few new products. Adding new products is not easy. We had to work out recipes and taste test them before submitting the ingredient list to the Dept. of Agriculture and Consumer Protection (DATCP). DATCP usually takes 3 to 4 months to approve new labels. We first started working on this late last fall and early winter. Additionally, we wanted to offer new products that had as clean a label as we could make.

While not every label is perfect, we did work very hard to replace conventional ingredients with natural products wherever possible.

We didn't clean up these labels just for you. My family, friends and my children eat our products and I want everyone, including our "CSA Family" to have as healthy an eating option as possible.



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I learned a lot about conventional products and their natural replacements. I will try to have more detail in a later newsletter, but in general we used the following natural replacements wherever possible: Carrot Powder for Sodium Phosphate, Dried Vinegar for Sodium Acetate, Cherry Powder for Sodium Erythorbate, Celery Powder for Sodium Nitrite and Dried Milk Powder and Potato Starch for Hydrolyzed Gelatin. Our goal was to have a cleaner label, but also to provide you with a great tasting product as well. We feel that we have accomplished both goals with these new products.

It is our hope that you will enjoy these new products and that they will help simplify some of your meal preparation. As always, we would welcome feedback from you at the end of the season.

Sincerely,

David Nortunen

**What's your favorite spring salad?!
Share with others for the this week's
challenge in the Lake Superior
Recipe Facebook group!**



And don't forget to find food from our producers at these other great locations supporting local food and local farmers!

In the Twin Ports:

Duluth Grill
Chester Creek Café
Lake Avenue Café
Whole Foods Co-op

In the Chequamegon Bay:

Freehands Farm
Chequamegon Food Co-op
Deepwater Bar and Grill
Café Seiche
Farmhouse

WHAT'S IN THE BOX?

VEGGIE BOXES

~ **Great Oak Farm** ~

Salad Turnips, Beets

~ **River Road Farm** ~

Salad Mix, Kale, Head Lettuce

~ **Yoman Farm** ~

Tomato Plants

~ **Twisting Twig Gardens** ~

Green Garlic

MINI VEGGIE

~ **River Road Farm** ~

Spinach, Kale, Head Lettuce

~ **Great Oak Farm** ~

Salad Turnips, Beets

MEAT BOXES

~ **Griggs Cattle Co.** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

MINI MEAT BOXES

~ **Griggs Cattle Co.** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

PLUS ITEM

~ **Happy Hollow Creamery** ~

Cheese

June 13th, 2018

How To Store Your Veggies

Salad Mix: Keep in plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.

Lettuce: store unwashed lettuce in a plastic bag in the refrigerator.

Spinach: Ensure that the moisture is removed by patting the spinach dry with a paper towel. Leave a paper towel in the bag with the spinach to absorb excess moisture.

Turnips/Radishes: Remove green tops if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week.

Chard: Should be completely dry before storing in refrigerator. Place in plastic and remove all air. Should last at least 2 to 3 weeks if properly stored.

Kale: Place kale unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last over a week.

Scallions/ Green Garlic: Scallions should be stored unwashed and wrapped loosely in a plastic bag. Put them in the refrigerator where they will keep for a week.

Beets: cut greens attached, leaving an inch of stem on the root. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots unwashed in a plastic bag in the crisper bin of your refrigerator—they will keep for several weeks.

Recipe on the next page!

SNEAK PEEK AT NEXT WEEK

June 20th 2018

VEGGIE BOXES

~ **Great Oak Farm** ~

Beets, Collard Greens, Scallions

~ **River Road Farm** ~

Spinach, Salad Mix, Kale

~ **Twisting Twig Gardens** ~

Head Lettuce, Green Garlic

~ **Yoman Farm** ~

Tomato Plants

MINI VEGGIE

~ **Great Oak Farm** ~

Beets, Collard Greens, Scallions

~ **River Road Farm** ~

Salad Mix

~ **Twisting Twig Gardens** ~

Green Garlic

MEAT BOXES

~ **Hidden Vue Farm** ~

Ground Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Heritage Acres** ~

Chicken

~ **Bodin's Fishery** ~

Lake Trout, Whitefish

MINI MEAT BOXES

~ **Hidden Vue Farm** ~

Ground Beef, Beef Roast

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fishery** ~

Lake Trout

PLUS ITEM

~ **Starlit Kitchen** ~

Bakery

~ **Maple Hill Farm** ~

Pancake Mix

Laura Smith's

Baked Chard Medley

Ingredients: Chard, Mushrooms, Onions, Garlic, Olive Oil

Our recipe this week comes from an entry from our Lake Superior CSA Recipe group on Facebook! Make sure to check out the group to get fun ideas from your fellow CSA comrades. Send us a message if you would like to receive an invite to the group!

Step 1: Pre-heat oven to 350 degrees.

Step 2: Chop the stems of the chard into bite-sized pieces and mix with chopped mushrooms, onions and garlic. Toss with olive oil and salt & pepper. Spread in a baking pan and bake at 350 for about 15-20 min stirring after 10 min.

Step 3: While that is baking, chop or tear the chard leaves in about bite-size or a bit larger pieces. Toss them with a tablespoon of balsamic vinegar and salt & pepper.

Step 4: When stems/onion mixture is tender, pile the leaves on top. Sprinkle with a few pine nuts, dried fruit (cranberries/apricots or your favorite) and a sprinkle of feta. Return to oven and bake for another 15 min or so until leaves are starting to crisp around the edges.

Step 5: Serve and enjoy!



For the meaty recipe of the week, check out Mary Dougherty's **PORCHETTA PORK CHOPS** post in the recipe group!