

JUNE 15 - 16, 2022

BAYFIELD FOODS CSA

Community Supported Agriculture



Joys & Challenges of Calving

DAVID & JENNIFER NORTUNEN - HIDDEN-VUE FARM

It's June and it seems like we finally are having consistently warm weather. This year was another late spring for us. It almost seems wrong to write that as these late springs have pretty much been the new normal for us these past 8 years or so. Either way I don't like it. I would rather have a nice early start on grazing and this year was one of our latest starts to grazing ever. The grass was not mature and there was no energy in it until almost the first of June. Unless the animals were supplied free choice dry hay they would lose weight on this type of grass. But everyone is doing well now. There are lots of baby calves running around the fields with their buddies and annoying their moms that are trying to keep an eye on them. This year we set records in the number of calves we had in the shortest amount of time. We ended up having 71 calves in the first 21 days which meant that many days we had 5 or more calves in a day and I was hopping! We ended up

with a total of 100 calves in 48 days. Not all calves are born with no problems and I had to bring quite a few calves into the maternity pen to help them drink from their moms. At one point I think I had 5 calves that had to wait their turn to go into the maternity pen to nurse. I was pretty happy to kick the last calf out onto the grass with his mom.

While I had more calves needing help drinking, I never had to pull a single calf this year. That was great compared to last year where it seemed like many years of good fortune piled on against me and I had 3 breech born calves in addition to pulling 7 heifers because my heifer bull was giving me way bigger calves than he was supposed to. So last year it seemed like all I did was pull calves and this year nurse them! I always look forward to calving each year but I also am happy when it's done.

Every year seems to have some new challenge and this year was a calf that became paralyzed in his hind legs while out in the field with the cowherd. In talking with the vet the only explanation was that maybe he was stepped on. While it is very hard to deal with challenges like this emotionally there always seems to be somewhat of a silver lining in all things and in this case it was a wonderful first time mom who understood her calves special needs and would stand directly over him so that he could nurse each day. Whenever I moved the cows I would lift him up onto the ATV with me and bring him to the next pasture. He was so heavy it was all I



Cows at Hidden-Vue are enjoying the springtime grass.



A growing calf nurses.



Lilacs that were cut from David's great-grandma's 100 year old tree.

could do to lift him so I never got a picture of him but after the first trip he was really relaxed and just watched as we drove along. I was hoping the paralysis would be temporary but it's now been several weeks and he hasn't improved so I don't think there is going to be a happy ending to the story. That unfortunately sums up farming some days. The good usually outweighs the bad so along those notes we did see elk for the very first time on Hidden-Vue Farm this spring so that is something that will definitely be exciting to watch in the future.



The face behind the beef: David shows off a package of South Shore Meats ground beef.

Cheesy Garlic Burgers with Lemon Butter Zucchini Noodles

INGREDIENTS:

- 1 lb. grass-fed ground beef
- 5 garlic cloves, minced
- 1/2 cup chopped fresh parsley, divided
- 1 t. crumbled beef bouillon cube
- Crushed red chili pepper flakes, optional
- 1 T steak seasoning
- 4 medium zucchini, spiralized or julienned
- 4 cheese slices
- 2+2 T butter
- 1 T hot sauce
- Salt and fresh ground pepper
- 1 t Italian seasoning
- Juice of 1/2 lemon + lemon slices, for garnish

INSTRUCTIONS:

1. Add ground beef to a medium bowl, breaking it up. Sprinkle with steak seasoning, red chili pepper flakes, fresh cracked black pepper, half of the minced garlic, bouillon cube, and parsley. Mix with a fork or by hand until the ingredients are just combined.
2. Divide the seasoned ground beef into 8 even portions and form into round patties. Top half of beef patties with a slice of cheese and arrange another beef puck on top to make the "sandwich".
3. Melt 2 T butter in a large skillet over medium-high heat. Cook the beef patties 5 to 6 minutes on each side, depending on the desired doneness. While cooking, baste the beef with the mix of butter and juices. Remove to a clean plate, set aside.
4. In the same skillet melt 2 tablespoons butter; then add remaining garlic, lemon juice, hot sauce, Italian seasoning, and red pepper flakes.
5. Stir in the fresh parsley, then add the zucchini noodles and toss for two to three minutes to cook it up. Allow the cooking juices to reduce for one minute if the zucchini renders too much water. Push zucchini on one side of the skillet and add the beef patties back to the pan and reheat for a minute or two. Serve the cheesy garlic burgers with lemon butter zucchini noodles immediately with a lemon slice on the side.

(Adapted from eatwell101.com)