

JUNE 2-3, 2021

BAYFIELD FOODS CSA

Community Supported Agriculture



The First Week of Summer CSA

FRED FAYE - HAPPY HOLLOW CREAMERY

Hello Summer CSA customers!

We're so happy to send all of you another box full of vegetables, meat, cheese, flowers, bakery items and other goodies again this summer! For all of us at Happy Hollow Creamery, and for many of the other member-producers of the Lake Superior CSA, June marks the peak of our busy season.

Our production season here begins when the first lambs are born in early March. Our lambs nurse their mother's milk for the first six to eight weeks of life. In early May we wean the lambs and start filling our cheese vat with the rich sheep milk. By the third week in May there is enough grass to start moving our livestock on the pasture. By the first of June the entire farm is covered with lush, fast-growing, cold-season grasses, clover, trefoil and dandelion greens. This is the moment when forage for grazing animals is the most abundant and of the highest quality. On all of this lush feed our 53 milking ewes produced 1770 lbs of milk last week, which we turned into 300 lbs of cheese (3 different batches)! Even the beef cows' udders are swollen, and the calves grow sleek and shiny on their mothers milk.

Through the summer at Happy Hollow Creamery we rotate three groups of livestock on pasture. The first group and main event is the milking ewes. They are responsible for the biggest chunk of our farm income, so they get the best pasture, closest to the barn. After all, they have to walk to the barn twice a day for milking. The second group consists of 100 or so lambs and a few sheep that don't need to be milked. Lambs are growing and also need high-quality pasture. However, they

do not need to come back to the barn daily so we move them slowly south. They move around the bottom of the farm furthest from the barn on the best parts of pasture there. Finally we have the beef cows, the clean-up crew. We have just over 20 Red Angus (mostly) cows now along with their calves, a bull and a few yearlings. We move them around the entire farm, wherever we need them to lop the grass short. Sheep are very selective grazers. They need more protein and prefer the clover, trefoil and dandelion greens. They avoid all but the most tender grasses if they have a choice. The cows, who have a digestive tract many times larger than that of a ewe or lamb, can eat the taller, more fibrous grasses. After the beef cows have cut down the tall grass it grows back tender and nutritious for the sheep.

On a side note, when I was a kid, my parents grazed the dairy cows in our wooded pasture on the east side of the farm next to the County Forest. Nowadays the wolves make it too dangerous. Although the guard dogs roam around the farm and "check on the cows" once a day, they mostly stay near the sheep. Slowly what used to be the wooded pasture is turning into a mature stand of hardwoods. This makes for good mushroom hunting!

For the first time this spring one of our old beef cows gave birth to a set of twin white-faced bull calves. The mother dutifully cared for one, but didn't have time for the second so we brought him into the barn. For the first couple of weeks we bottle fed him sheep milk, but have since switched to powdered milk--sheep milk is valuable! Anyway, now our orphan beef calf runs out to pasture with the milking ewes each day. When they come in for milking, he comes with to get his bucket of milk.

I hope this message finds you all healthy. I hope you are all able to enjoy plenty of our friends' fresh greens this summer, along with an occasional burger on the grill, and an after-dinner cheese plate now and again.

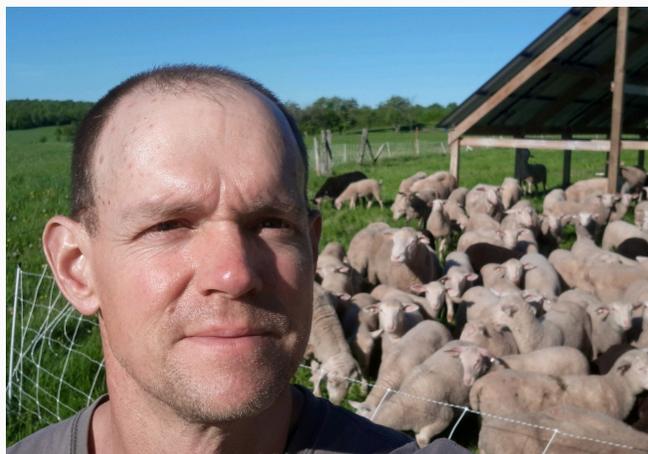
Best wishes,
Fred



Lambs clean up around the yard before moving south.



Settlement Stash just out of the hoops.



Cantonese Sauteed Asparagus

- 1 lb. asparagus
- 4 cloves garlic
- 2 T. vegetable oil
- 3 t. light soy sauce
- 1/4 t. dark soy sauce
- 1 t. sugar
- 1 t. salt
- 1/4 t. white pepper
- 1 t. sesame oil
- 1 T. water

1. Blanch asparagus for one minute.
2. Combine all the ingredients except the oil, garlic and asparagus in a small bowl.
3. Coarsely chop the garlic cloves and saute with oil in a pan for 2 minutes.
4. Add the asparagus and stir fry for one minute.
5. Add the sauce and stir fry for another minute or until asparagus is done to your satisfaction.

