

Hear this week from Jon Dale, co-owner and co-manager of Highland Valley Farm. Aside from planting and harvesting, there are about a thousand other projects that could be going on for any given farm at any given time. This week Jon highlights some new and exciting energy projects that the farm has been undertaking over the past year.



Highland Valley contributes blueberries to the Fruit Boxes through CSA and also has opportunities for 10# bulk orders through our special orders store. Preorders are now open for 10# flats of blueberries that should be ready for harvest in early August.

## Highland Valley Farm Goes Solar

Living in an age of global warming, reducing carbon emissions by utilizing renewable energy is a challenge many are pursuing. So many, that it seems we may be at the

cusp of a “solar revolution.” Advances in technology, consumer demand for components, and “net-metering” available from energy providers make establishment and use of private solar systems affordable and efficient.



At Highland Valley Farm, investing in solar power satisfies our commitment to protecting the environment. It's also a sound business decision. This 21.6 kilowatt system, designed to produce

the farm's entire energy need, was surprisingly affordable. Financing on a ten-year plan, our monthly payments are equivalent to last year's average electric bill. While energy costs continue to rise, our electricity expense is now locked in. And after final payment, that expense will be entirely erased from the farm's budget... well within the warranty on the entire system!

I learned about the opportunities of solar from Cheq Bay Renewables in Bayfield ([cheqbayrenewables.org](http://cheqbayrenewables.org).) This non-profit is a great resource for anyone interested in learning if solar can work for them. Also, we are very satisfied with the service, guidance and support that we received from our system provider, Next Energy Solutions in Shell Lake, WI ([nextenergysolution.com](http://nextenergysolution.com)).

**Continued on next page...**

Finally, we are so grateful for the net-metering policy provided by our electricity provider, Bayfield Electric Co-op. Having a meter that flows both ways means that excess kilowatts are pushed into the grid during high-production periods. Electricity is then drawn back from the grid when the sun goes down... so we are now 100% solar with no batteries required.

- Jon Dale



---

## RECIPE CHALLENGE!!

First week for some of you to receive cucumbers! So, for the challenge on the Lake Superior CSA Recipe Facebook page... WHAT'S YOUR FAVORITE WAY TO EAT CUCUMBERS?!



---

## TWO QUICK REMINDERS...

Don't forget about the **special orders** store through CSA! This is an opportunity to order additional foods such as:

- 10# flats of fresh Blueberries
  - 10# Steak Box
  - Flower Bouquets
  - Bulk Veggies
- And so much more!

Many have been asking, so I want to make sure to clear it up that we happily **reuse CSA boxes** week after week if you bring them back to us.

And as one member noticed last week, be careful of leaving the wax boxes in a hot place. The wax coating on them can begin to melt if left in a hot car.

## WHAT'S IN THE BOX?

### VEGGIE BOXES

~ **Great Oak Farm** ~

Collard Greens, Beets, Scallions OR  
Cucumbers

~ **River Road Farm** ~

Salad Mix, Kale

~ **Yoman Farm** ~

Tomato Plants

~ **Twisting Twig Gardens** ~

Green Garlic, Head Lettuce

### MINI VEGGIE

~ **River Road Farm** ~

Salad Mix

~ **Great Oak Farm** ~

Collard Greens, Beets, Scallions

~ **Twisting Twig Garden** ~

Green Garlic

### MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Heritage Acres** ~

Chicken

~ **Bodin's Fishery** ~

Lake Trout, Whitefish

### MINI MEAT BOXES

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fishery** ~

Lake Trout

### PLUS ITEM

~ **Starlit Kitchen** ~

Bakery

~ **Maple Hill Farm** ~

Pancake Mix

**June 20th, 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.

**Cucumbers:** Put cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week. Can be stored out of bag but won't last as long.

**Collard Greens:** Place collards unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last for 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 27th 2018

**VEGGIE BOXES**

~ **Great Oak Farm** ~

Chard, Scallions OR Cucumbers

~ **River Road Farm** ~

Spinach, Head Lettuce, Kale

~ **Raspotnik Farm** ~

Rhubarb

~ **Yoman Farm** ~

Cilantro, Radishes

**MINI VEGGIE**

~ **Great Oak Farm** ~

Scallions

~ **River Road Farm** ~

Kale, Head Lettuce

~ **Raspotnik Farm** ~

Rhubarb

~ **Yoman Farm** ~

Radishes

**MEAT BOXES**

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

**MINI MEAT BOXES**

~ **Hidden Vue Farm** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fishery** ~

Whitefish

**PLUS ITEM**

~ **Maple Hill Farm** ~

Pancake Mix

**Sweet + Tangy Collard Greens  
with Bacon**

*Ingredients: Collard Greens, Onion, Green Garlic, Red Pepper Flakes, Olive Oil, Chicken Broth (or water), Apple Cider Vinegar, Sugar, Bacon (if desired)*

**Step 1:** Heat 3 Tablespoons oil in a pot over medium heat. Add bacon that is cut into small pieces first, if using, and cook until some fat begins to collect, about 5 minutes.

**Step 2:** Add 1 diced onion and cook for about 5 minutes, or until onions start to soften and turn golden. Then add 1 finely chopped green garlic and a teaspoon of red pepper flakes.

**Step 3:** After about 30 seconds of garlic and pepper flakes being added, begin adding collard green leaves that have been removed from the middle stem and cut crosswise into roughly 1-inch-thick strips. You may need to add collards in batches as they cook down.

**Step 4:** Add 1/4 cup broth or water and bring to a simmer, stir often until collards are about half their original size. Reduce heat to medium-low, partially cover pot, and simmer gently, stirring occasionally, until greens are tender and liquid is almost completely evaporated. Stir in 1/4 cup apple cider vinegar and 2 teaspoons sugar and cook another minute to allow sugar to dissolve; season with salt and pepper.

For a delicious Chicken recipe for the week check out Mary's post on the Lake Superior CSA Recipe page on Facebook from June 1st—a **Chicken Board with Roasted Vegetables and Vinaigrette**.