

June 3 - 4, 2020

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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CHRIS DUKE OF GREAT OAK FARM

“...the way we eat represents our most profound engagement with the natural world. Daily, our eating turns nature into culture, transforming the body of the world into our bodies and minds.”

-Michael Pollan, *The Omnivores Dilemma: A Natural History of Four Meals*

Eating. On the surface, it's such a simple concept, but in truth it is so much more than the act of putting food into our mouths. What we choose to eat, where it was grown and how it was produced, how we choose to prepare it, who we share it with - the answers to each of these questions impact our bodies, our lives and our communities in tiny ways every time we take a bite. Each bite may seem insignificant at first, but when multiplied by the countless times each of us eats, the aggregate response makes a lasting contribution to our world.

Our bites are like the steady...drip....drip...drip....of maple sap into a bucket in the spring time. It seems impossible that tiny actions like a drop of sap could amount to something meaningful. But after thousands of drips are distilled and evaporated (every 40 drops of sap boils down to only a single drop of syrup!) and we taste the sweet elixir on our pancakes or ice cream, we discover that indeed every tiny drop added up into something fantastic, something magical. Something far more than just a drop of sap.

In anticipation of this summer CSA season, we farmers have been busy putting out buckets to catch the drips. This spring, animals were born, orchards were pruned, seeds were planted,

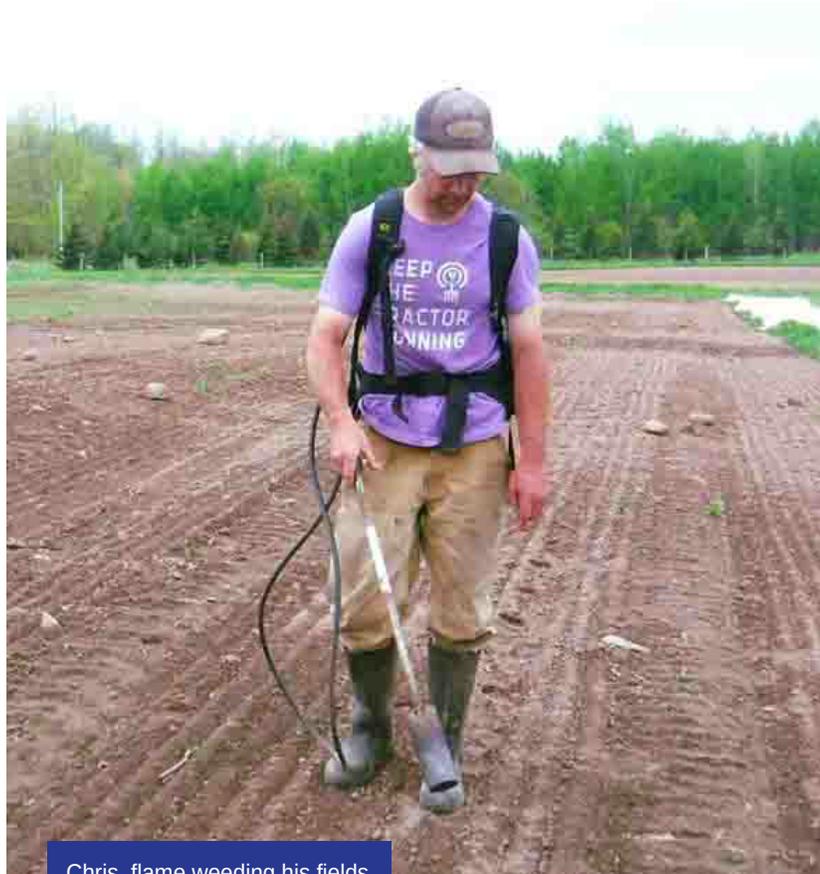


maple trees were tapped, and boats sailed the Lake. But the drips are just beginning to flow. There's a whole summer of drips and drops on the way, carefully tended and tucked into your boxes, each week's harvest a little different than the last as the seasons change here in the beautiful Northwoods. We can't wait to share them with you in the coming months. On behalf of all of the farmers and food producers in our Bayfield Foods Cooperative, welcome to the summer CSA season!

Yours in community, Chris Duke



A tidy tomato hoophouse at Great Oak Farm. Cherry toms should be ready by the 4th of July!



Chris, flame weeding his fields & "working on my farmer tan."

15-Minute Collards

1 large bunch of collards
 1-1/2 T. olive oil
 1/4 t. sea salt
 2 cloves of garlic, minced
 Pinch of red pepper flakes
 Juice from one lemon

1. Cut the rib out of each collard & slice leaves thinly.
2. Heat olive oil over medium-high heat in heavy skillet. Add collards and salt.
3. Stir until all greens are lightly coated in oil, then cook another 30 seconds without stirring. Cook for another 3-6 minutes, stirring in 30 second intervals, until greens are wilted & dark green.
4. Add garlic and red pepper flakes. Cook and stir until garlic is fragrant, about 30 seconds. Remove pan from heat.
5. Sprinkle with fresh lemon juice & serve immediately.



Rhubarb Sauce

Try it warm, over ice cream!

2 pounds rhubarb, chopped into 1 inch pieces
 1/2 c. water
 2/3 c. honey
 pinch of salt
 1 lemon juiced with rind finely grated
 1 vanilla bean

1. Toss the rhubarb, water, honey, salt, lemon juice and rind into a heavy saucepan. Add vanilla bean seeds.
2. Bring to a simmer over medium-high heat. Continue to simmer until rhubarb has lost its form.
3. Puree sauce with immersion blender until smooth & transfer to jars. Makes 2 quarts. Will last in fridge for 2 weeks, or frozen - up to 6 months.

