

JUNE 8 -9, 2022

BAYFIELD FOODS CSA

Community Supported Agriculture



'Till the Cows Come Home

TIM MIKA & FAMILY - MOONLIGHT MEADOWS

Bring on summer!! This pretty much sums up where my heart and mind are as we are now officially into June.

Ever since I was a very young boy growing up on our family dairy farm, there were numerous sights, sounds and smells connecting me to creation and surrounding farmland. April rains led to the rich smell of earth, a smell far different and distinctive from March earth smells. The warmer temperatures that led to the first cutting of hay is deeply imbedded in my mind. This smell of fresh cut and harvested hay meant the kickoff to hay making season. The cows were extra happy to eat this fresh hay as their milk production went up, but the smells associated with the distribution of waste (cow poop) was less than desirable if you were walking behind the cows when they decided to relieve themselves. This experience is one I will never forget!

Springtime planting led to opportunities for life to flourish and opportunities to learn to trust in Greater powers. No matter how hard I try, I cannot make the grass grow without relying on the sun and rain in appropriate amounts, at optimal times. This process is continually teaching me patience. Planting season is a time to reflect on the simplicity of growth as well as the complexity of all the elements it takes for a plant to grow. Through my years of farming, I have learned to appreciate the simplicity of creation and how it all fits and flows so perfectly. Growth and movement are constantly happening even if our eyes cannot see it. Day after day life finds a way to flourish and before I know it, we are preparing for harvest.

Going from a traditional dairy operation to a grazing-based beef operation has had various challenges as well as many opportunities. I used to love to smell a fresh load of hay bales waiting in line to be unloaded the next day. Now, I have learned to love to listen in the quiet pasture to the cows grazing. It is a sound you only appreciate if you learn to slow down. I used to love to stay up late working on the tractors until sometimes two or three in the morning to get the job done. Now I love to watch the methodical movements of the cow herd early in the morning as their morning starts. I often see the whole herd lying down as the wildlife stirs around them. Eventually the cows' eagerness seems to get the best of them and, just like us humans, the cattle are soon up searching for the best food before their fellow bovine beats them to it.

Some scenes on the farm at Moonlight Meadows...



The business of summer can consume many of us, even if it is supposed to be relaxing. Like other professions, there is always something to do on the farm and the chores don't do themselves. If I don't slow down to "smell the roses" or the other summertime smells, it is easy to forget the purpose of all that is around is present for us to encounter and appreciate. Remember to slow down this summer to see what is beautiful below your feet as you walk. Remember to take a deep breath and smell the fresh vegetables, flowers or even the beef you have from the Bayfield Foods farmers. Remember to listen to the wind blowing through the trees or that bird that is present at your window every morning. Creation makes itself known to us, no matter if we live in the country or the city. I hope you enjoy your purchase from Bayfield Foods! Thank you for supporting local foods and farmers who are working to better the land that they till and harvest.



The face behind your food: Tim checks on the herd with the newest of the Mika crew.

Beans with Beef & Bacon

INGREDIENTS:

- 1 15 oz. can light kidney beans, rinsed and drained
- 1 15 oz. can dark kidney beans, rinsed and drained
- 1 15 oz. can Great Northern beans, rinsed and drained
- 1 lb. Heritage Acres bacon
- 1 lb. South Shore Meats ground beef
- 1 c. brown sugar
- 1 c. of your favorite barbeque sauce

INSTRUCTIONS:

1. Brown ground beef. Drain any excess grease.
2. Cook bacon, let cool and crumble.
3. In large bowl, mix brown sugar and BBQ sauce. Add all other ingredients and mix well.
4. Place mixture in a 9"x13" pan and bake for 30 minutes at 350 degrees.

