

## Hello from your CSA Manager!

Two weeks ago I spent an unintentionally long weekend in Michigan's Keeweenaw Peninsula. Heading out there with a close friend and a couple of dogs, we planned to stay with another friend and cross country ski all weekend. We rolled up Friday evening in time to catch some live music in Hancock before driving further up the peninsula to a friend's home, just north of Calumet. We knew there was a storm forecasted for the area that weekend, but as long as I wasn't driving any serious distances through it, I didn't mind.



Sticking to our plan, we got up and got out Saturday morning to some serene trails in Eagle Harbor. We skied with the dogs all morning, gliding quietly through single-track trails, surrounded by pines that felt almost like guardians, piles of dense snow giving girth and presence to the branches that felt comforting. The solace was palpable, and so was my gratitude as I began to feel the weight of the work-week lighten with each stride.



All snowed in!

The snow started falling that afternoon, after we got in from the trails, and didn't stop for over 24 hours. Truthfully, I have never seen snow fall like it did that weekend. Sure, I've been astonished by snow out west, traveling through some wild mountain passes. But when it comes to the Midwest, this storm takes the cake. Needless to say, we didn't get back out to the trails for anymore skiing, but sledding in the yard, skiing on the road and shoveling out around the house made for more fun and laughter than I could have imagined.

Watching the storm develop the rest of the weekend reminded me of a poem by the late poet, Mary Oliver. Her poem was about hurricanes, not blizzards, but her words still offer an opportunity for meditation.

*"It didn't behave/ like anything you had/ ever imagined.  
The wind/ tore at the trees, the rain/ fell for days slant and  
hard/ The back of the hand/ to everything. I watched/ the  
trees bow and their leaves fall/ and crawl back into the  
earth..."*

*But listen now to what happened/ to the actual trees/  
toward the end of that summer they/ pushed new leaves  
from their stubbed limbs/ It was the wrong season, yes/ but  
they couldn't stop. They/ looked like telephone poles and  
didn't/ care. And after the leaves came/ blossoms. For some  
things/ there are no wrong seasons/ Which is what I dream  
of for me."*



Skiing at Lake Gogebic on the way home.

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On that note, I can hardly believe we're already to this point of the season. The CSA season may have an end, but the work we do carries on. I would like to take these closing lines to express big, big gratitude and joy on behalf of all of us at Bayfield Foods. Thank you all so much for joining us for our 2018 – 2019 season. It has truly been an honor to feed you and your families – from our farms to your table! As you dig in to your final boxes, I hope you'll take some time to reflect on the past season and consider joining us for another. Orders for the 2019 – 2020 season are open and we've made a lot of exciting changes based off the feedback we got from you, including some different box sizes, better recipe resources, new pick-up locations and more!

May all of our branches bud, and our buds blossom,  
and our blossoms fruit, and our fruits feed!

In community,  
**Evan Flom**



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**This is the final delivery for the 2018—2019 CSA season!**

Deliveries of **Spring Tulips** will begin sometime later in April, however, and at that time we will reopen our **Special Order store** for all of you to receive those goodies during spring deliveries. In the meanwhile, don't forget to check out our options in the **Home Delivery store!**

**Orders for the  
2019—2020  
CSA season are open!**

Learn more at [BayfieldFoods.org](http://BayfieldFoods.org) or email [csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org).

## WHAT'S IN THE BOX

### VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Beets, Onion

~ **Yoman Farm** ~

Potatoes

~ **Bayfield Apple Co** ~

Frozen Minestrone Soup

~ **Northstar Farm** ~

Kale OR Boc Choi OR Lettuce

~ **Twisting Twig Gardens** ~

Shallots

### MINI VEGGIE

~ **Great Oak Farm** ~

Carrots, Beets

~ **Twisting Twig Gardens** ~

Shallots

~ **Yoman Farm** ~

Potatoes

~ **Northstar Farm** ~

Kale OR Boc Choi OR Lettuce

### MEAT BOXES

~ **Heritage Acres** ~

Whole Chicken

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Ground Beef, Beef Roast

~ **Maple Hill Farm** ~

Assorted Pork

~ **Great Oak Farm** ~

Lamb Kabob, Ground Lamb

~ **Bodin Fisheries** ~

Whitefish + Lake Trout

### MINI MEAT BOXES

**Hidden Vue Farm + Griggs Cattle Co** ~

Ground Beef, Beef Roast

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Lake Trout

### PLUS ITEM

~ **White Winter Winery** ~

Spritz

**March 6th + 7th, 2019**

## **How To Store Your Produce**

**Carrots:** Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator.

**Beets:** Store in the crisper drawer of your refrigerator. Beets may begin to slowly soften after a week or sitting but are still good to use.

**Garlic:** Garlic bulbs should be kept out of refrigeration anywhere with good ventilation (not in plastic bag or sealed container).

**Kale/ Boc Choi/ Lettuce:** Store in a sealed plastic bag in your refrigerator. Use within a week.

**Onions/Shallots:** Choose a cool, dark place to store your onions. The space should have a temperature maintained between 40 to 50°F.

**Potatoes:** Colder temperatures lower than 50 degrees such as a lower level pantry.



## Roasted Chicken with Winter Veggies

*Ingredients: whole chicken, 1-2 onions, 1lbs potatoes, 7 cloves garlic, 4 large carrots, 1-2 tbsp olive oil, salt + pepper, few sprigs of fresh thyme*

Last weekend we roasted a whole chicken with a bunch of veggies on Sunday night after making the decision to not drive home until the storm blew over on Monday. It's such a simple and classic combination for this time of the year, in my opinion. It's hearty, delicious and healthy! Prepare a tasty salad using the greens in your box to accompany the dinner!

**Step 1:** Preheat oven to 425 degrees F.

**Step 2:** In a large bowl toss sliced onions, potato wedges, chopped carrots, a few sprigs of thyme and 3 rough-chopped garlic cloves with 1 tablespoon olive oil and salt + pepper to taste.

**Step 3:** Remove chicken from bag and, if necessary, remove giblets and neck from chicken cavity; discard or, I recommend, reserve for another use. Rub chicken cavity with salt and pepper. Place remaining few more thyme sprigs and 4 smashed garlic cloves in cavity and tie legs together with kitchen string. Rub remaining 1 tablespoon oil on chicken and sprinkle with salt and pepper.

**Step 4:** Place chicken, breast side up, on onion slices in pan. Roast 45 minutes or until juices run clear when thickest part of thigh is pierced with tip of knife and temperature on meat thermometer inserted into thickest part of thigh reaches 175 degrees F. Let chicken stand on pan 10 minutes to set juices for easier carving. Transfer chicken and onion to serving platter with vegetables, tilting chicken slightly as you lift to allow any juices inside to run into pan. Skim and discard fat from juices in pan; pour into small bowl and serve with chicken. Garnish with additional thyme sprigs.

