

March 17 - 18, 2021

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## ROB & ASHLEY HARTMAN OF TWISTING TWIG GARDENS

## Spring - the Season of Possibility & Hope

Greetings from Twisting Twig,

This time of year, my anticipation for springtime grows. I long for the taste of fresh greens, herbs, and asparagus. I think about flower buds breaking, birds chirping, and color returning. I dream about seed packets becoming bountiful gardens. Spring is the season of possibility and hope.

This week, Twisting Twig is selling our final shallots from last season's harvest. Shallots are alliums, in the same family as onions, leeks, and garlic. Raw shallots are strong and pungent, but when cooked, their flavors are deep and sweet. I have been growing shallots for many years now, and I have always enjoyed cooking with them. But recently, my appreciation for them has amplified. The reason - Shallot Jam! Think sweet, savory, concentrated shallot goodness. I love it smeared on good crackers or bread with Happy Hollow Ewe Rascal Ewe sheep milk cheese. Also great with steak, burgers, omelets, and with lots of cheeses. On the back side of this newsletter, find my simple Shallot Jam recipe that I adapted from several sources.

As we finish the Winter CSA Boxes this week, I want to thank all of you for supporting the farms and producers of the Bayfield Foods Cooperative. I hope that you have been enjoying the local veggies, meats



and more. If you have not already signed up, please consider continuing with us for our Summer CSA. We are continually working to find ways to serve you better and make it easy to obtain a diversity of high quality, local foods. Thanks again and be well everybody.

Happy Spring, Rob

## Rob's Shallot Jam

- 1# shallots
- 2 T. butter
- 3 T. sugar
- 3/4 t. salt
- 2 T. balsamic vinegar



1. Melt butter in a wide saucepan over med-low heat. Add shallots, sugar and salt. Mix well to coat shallots. Cook on low heat and stir occasionally until the shallots are soft, wilted and golden brown in color. (May take 60 minutes or more. You can speed up process by using higher heat, stirring more frequently and keeping a closer eye on things).

2. Increase to medium heat and add vinegar and black pepper. Stir frequently until all liquid has cooked off and the texture is as thick as you like.

3. Let cool, then jar and refrigerate for up to 2 weeks. Serve at room temperature. Enjoy!

\*\*This recipe can be halved, doubled, or quantity changed in any way you wish. For those of you who received shallots this week, 1 bag = 1/2#.



Enjoying the last days of winter at Twisting Twig Gardens! (top-bottom):  
 - The littlest (& super adorable) members of the Hartman crew - Arlo & Owen.  
 - Shallot Jam on crostini with Happy Hollow Ewe Rascal Ewe cheese and Great Oak Farm's pea shoot microgreens.

## FIRST DELIVERY OF SPRING BOXES ON MARCH 31ST!

A big THANK YOU to everyone for being with us for our winter CSA season. Spring boxes start with delivery on March 31st - just in time for the Easter holiday! These boxes will be available for pick-up at the Chequamegon Food Co-op, Trinity Lutheran Church in Duluth or can be delivered to your doorstep. Just like last year, these boxes will be a la carte and contain everything we have available. Boxes are available for order the afternoon of Friday, March 26th through Sunday, March 28th. With Farmstand, there is no weekly commitment - order whenever it suits you! Boxes start at \$89. For more information check out Farmstand on Harvie.



## Brian's "Totally-Not-Authentic" Whitefish Gumbo

- 1 large onion, chopped
- 2 stalks celery, sliced
- 1 red bell pepper, chopped
- 1 T. parsley, finely chopped
- 1 c. frozen corn
- 1 garlic clove, minced
- 1/4 c. butter
- 1 T. flour
- 1.5 t. chili powder
- 1.5 t. salt
- 1 t. paprika
- 2-5 t. Cajun seasoning\*\*
- 14.5 oz. can tomatoes, or 5 chopped tomatoes
- 1/2 c. water
- 1 pound Whitefish fillets, cut into 1.5" pieces
- 10 oz. pkg. frozen whole okra, thawed

1. In a soup pot over medium heat, cook onion, celery, red bell pepper, 1 tablespoon parsley, and garlic in butter until vegetables are tender but not brown, stirring occasionally.

2. In a bowl, combine flour, chili powder, salt, paprika, and Cajun seasoning; stir into vegetables. Add tomatoes, corn, and water; simmer 4 to 6 minutes. Add fish and okra; reduce heat, cover, and simmer for 10 minutes more, or until fish flakes easily with a fork and okra is tender.

\*\*Increase quantity for stronger flavor. For homemade Cajun seasoning, combine: 3 t. smoked paprika, 2 t. salt, 2 t. garlic powder, 1 t. black pepper, 1 t. white pepper, 1 t. onion powder, 1 t. oregano & 1 t. thyme