

MARCH 2 - 3, 2022

BAYFIELD FOODS CSA

Community Supported Agriculture



The Season for Kraut Making

THE SAUTER-SARGENT FAMILY - SPIRIT CREEK FARM

Greetings from Spirit Creek Farm! It is midwinter and we are in the home stretch of the kraut making season. We have around 6 weeks left of kraut making but actually mostly jarring it up. Almost all the fermented veggies we make take around 8 weeks to ferment, so it is a bit of a juggling act figuring out the schedule at the end of the season since we usually fill the work week with jarring and making. We have stealthily crafted the schedule so we can take off spring break with our kids since the last of the barrels are fermenting and there is nothing else to do in that span of time. And we hope our employees enjoy the late-winter break too.

When we are at this point in the season I can always feel, but not see, spring hiding around the corner, even after the two plus feet of snow that fell here last week. The light

lingers a little later and I feel like we have made it out of the time of endless bitter cold days. The cross country skiing is awesome and I can even get out on a walk after work with light in the sky. I am not saying that winter is close to over, that would be a great folly of someone who has lived her entire life in Wisconsin and the last 20 years on the majestic shores of Lake Superior. I simply enjoy noticing the little hints spring is giving us.



Our family embarking on a backpacking trip in Wyoming, in June of 2020. This was our celebration trip after we finished jarring all of the kraut for the season.

As today winds down and I write this, I thought I would share our dinner plan since it might entice you. We are having meatballs made with South Shore Meats grass-fed beef paired with fettuccine noodles and topped with a quick pesto marinara. To make the marinara, I take a large can of crushed or fire roasted tomatoes and a half pint of Spirit Creek Farm garlic scape pesto - just combine and warm. The meatball recipe is simple and quick. I went with a recipe I found online, but I never follow recipes exactly so you can find it on the following page, with my tweaks!



Jennifer, Willa and Ivy jarring Green Sauerkraut.

I can't leave you without sharing one of my favorite ways to eat our fermented veggies, on top of toast! Now I know you may think that it sounds crazy...but give it a try and you may be amazed.

-Jennifer Sauter-Sargent

SPIRIT CREEK FARM KIM CHI TOAST

Make a piece of toast, top with your favorite nut butter and then top with Spirit Creek Farm Daikon Kim Chi (my favorite) or our regular Kim Chi. You can also add a nice handful of Great Oak Farm Micro Greens on top to get more veggies in your meal or snack. Then enjoy the flavor magic! It is comparable to a Thai peanut dish on a piece of toast.



A great twist on our original Kim Chi recipe, this fermented creation features crunchy Daikon Radishes.

Meatballs topped with Pesto Marinara

INGREDIENTS:

MEATBALLS

- 1 pound South Shore Meats grass fed ground beef
- 1 large egg (beaten)
- 1/4 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1/4 cup finely chopped onion
- 2 teaspoons minced garlic
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 Tablespoons Italian seasoning (no salt)

PESTO MARINARA

- 8 oz. container Spirit Creek Farm pesto
- 28 oz. can fire roasted or crushed tomatoes

INSTRUCTIONS:

MEATBALLS

- Preheat the oven to 400°F. Line a baking sheet with parchment paper. Combine the meat, egg, breadcrumbs, cheese, salt, garlic, onion, black pepper and Italian herbs in a bowl. Stir just until combined, do not over mix.
- Use a Tablespoon to scoop the meat. Then form into 1 1/2" balls and place on the pan.
- Bake uncovered for 17-20 minutes, or until no longer pink in the middle. Turn halfway through, so the bottoms don't brown.

PESTO MARINARA

- Combine ingredients and heat.
- Serve meatballs and sauce on top of your favorite pasta or the spaghetti squash you may have forgotten :)

