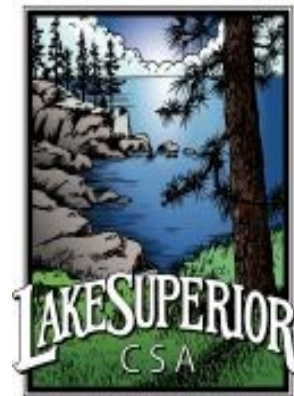




"... the way we eat represents our most profound engagement with the natural world. Daily, our eating turns nature into culture, transforming the body of the world into our bodies and minds."

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



When I was approached by the Lake Superior CSA folks about a year-long collaboration a few weeks ago, I immediately said, 'heck yeah' because I wholeheartedly believe in the power of creating community around a table heavy with good food and good people. Local food has become the rallying cry in response to an increasingly industrialized food system for a variety of reasons but for me, it can boiled to one simple statement: **all food comes from somePLACE and that place is someone's HOME.**

Buying locally or sustainably raised meats or vegetables isn't important because they taste better (although they do). It's important because all food comes with consequences, good or bad, for the community where it's grown. The old adage, 'you are what you eat' should be expanded to 'HOW what you eat is RAISED matters' because community and food are intertwined. These questions about our food system (local and industrial) are complex and our answers need to be as diverse as the food on our tables and the people sitting around them.

And that's why I'm excited to partner with the Lake Superior CSA and Bayfield Regional Food Producers Cooperative -- in the next year or so, we'll share recipes, ideas, and stories because we support agriculture that not only feeds us but sustains a healthy community as well. I'll send out a weekly blog post every Friday starting June 1 through October 31 and then monthly every Wednesday November through March. I'll develop recipes that will utilize what's in your CSA box, as well as additional links to recipes I discovered on some of my favorite websites. That way, if you aren't a fan of gazpacho or corned beef, you'll have plenty of choices for making good meals from good food! I'll also try to include gluten-free and vegan recipes -- please send your suggestions my way -- this is meant to a conversation, not a lecture!



Photos from Mary's home kitchen.

You can find the recipes on my website, The Cookery Maven, the Lake Superior CSA website, as well as the Lake Superior CSA Recipe Page on Facebook. I imagine our conversation will change as we move forward and get to know each other and I can't wait to see where this takes us.

Our personal approach to food doesn't have to be a precious manifesto. It just has to be authentic, to be real enough to admit every day isn't about homemade puff pastry or roasted heirloom tomatoes but that there are moments of wonder, gratitude, and connection that live amidst and within us. Let's build a community of eaters and farmers who are working in concert with each other -- one CSA box, one table, one gathering at a time.

Cheers!

Mary Dougherty



Sea caves along the south shore of Lake Superior.



John Adams of Yoeman Farm planting potatoes.

WHAT'S IN THE BOX?

VEGGIE BOXES

~ **Great Oak Farm** ~

Radishes, Chard, Scallions, Spinach

~ **River Road Farm** ~

Salad Mix, Kale, Spinach

MINI VEGGIE

~ **Great Oak Farm** ~

Radishes, Chard

~ **River Road Farm** ~

Spinach, Salad Mix

MEAT BOXES

~ **Griggs Cattle Co.** ~

Ground Beef, Beef Roast, Beef Steak

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Whitefish, Lake Trout

~ **Heritage Acres** ~

Whole Chicken

MINI MEAT

~ **Griggs Cattle Co.** ~

Ground Beef, Beef Roast

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin's Fisheries** ~

Whitefish

PLUS ITEM

~ **Starlit Kitchen** ~

Bakery Treats

May 30th, 2018

How To Store Your Veggies

Salad Mix: Keep in plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.

Spinach: Ensure that the moisture is removed by patting the spinach dry with a paper towel. Leave a paper towel in the bag with the spinach to absorb excess moisture.

Radishes: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week.

Chard: Should be completely dry before storing in refrigerator. Place in plastic and remove all air. Should last at least 2 to 3 weeks if properly stored.

Kale: Place kale unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last over a week.

Scallions: Scallions should be stored unwashed and wrapped loosely in a plastic bag. Put them in the refrigerator where they will keep for a week.



Recipes on the next page!

SNEAK PEEK AT NEXT WEEK
June 6th 2018

VEGGIE BOXES

~ **Great Oak Farm** ~
Scallions, Radishes, Chard
~ **River Road Farm** ~
Spinach, Salad Mix, Kale
~ **Wild Hollow Farm** ~
Carrots

MINI VEGGIE

~ **Great Oak Farm** ~
Scallions
~ **River Road Farm** ~
Spinach, Salad Mix, Kale

MEAT BOXES

~ **Griggs Cattle Co.** ~
Ground Beef, Beef Roast
~ **Maple Hill Farm** ~
Assorted Pork

MINI MEAT BOXES

~ **Griggs Cattle Co.** ~
Ground Beef, Beef Roast
~ **Bodin's Fisheries** ~
Lake Trout
~ **Maple Hill Farm** ~
Assorted Pork

PLUS ITEM

~ **Happy Hollow Creamery** ~
Cheese

Simple Spring Salad

Ingredients: Salad Mix, Chard, Radishes, Scallions, Yogurt, Oil, Lemon Juice, Garlic, Sriracha, Mint

Step 1: Whisk 1/2 cup yogurt, 2 Tbsp oil, 1 Tbsp lemon juice, minced garlic glove, 1/4 tsp Sriracha and 2 Tbsp mint in a small bowl to combine; season with salt and pepper and let dressing sit at least 1 hour to allow flavors to meld.

Step 2: Cut Chard leaves into long thin strips, radishes into thin coins and then dice the scallions.

Step 3: Just before serving, toss salad mix, scallions, radishes, and chard in a large bowl to combine; season with salt and pepper. Divide evenly among plates and drizzle with dressing. Top sparsely with minced mint.



Simple Baked Whitefish

Ingredients: Whitefish Fillet, Garlic, Rosemary, Salt, Oil, Lemon

Step 1: Preheat oven to 450 F and place a heavy baking sheet in oven to preheat as well.

Step 2: Combine 2 cloves of minced garlic, 1 teaspoon of rosemary, 1/2 teaspoon of salt and pepper, and a tablespoon of Olive Oil together into a mixing bowl.

Step 3: Place fillet on a piece of tin foil and drizzle the mixture evenly over fish, scatter lemon slices on top and then fold the foil over the fillet, making sure to crimp the edges to keep the oily mixture in.

Step 4: Place fish in baking sheet and bake for roughly 13-15 minutes, or until fish is cooked through.