

Hello from CSA Manager, Evan!

"There is a moment of suspense when the quiet can be felt, when it presses down on everything and to speak seems a sacrilege. Suddenly the air is white with drifting flakes and the tension is gone. Down they come, settling on the leaves, into crevices in bark, on the lichen-covered rocks, disintegrating immediately into more and more wetness. Then almost magically the ground is no longer brown but speckled with white. Now there is an infinitesimal rustling as the flakes drift into the leaves and duff. Swiftly the whiteness spreads, then the earth is sealed and autumn is gone."

– Sigurd F. Olson in *The Singing Wilderness*



I could not help but be reminded of these words from Sigurd Olson as I took my first proper hike through the snowy woods this weekend. As we left our cars and started down the path of Frog Bay Tribal National Park in Red Cliff, we were filled with laughter and energy. But as we carried ourselves just a little further down the path we quickly halted our movement to quiet ourselves and listen. Without any winds whispering through the trees in that moment, the world felt utterly silent. I previously wrote in a newsletter during autumn about the sounds of fallen leaves, how their rustling over the pavement stopped me in my tracks. It is such a special moment when the world can stop you in your tracks, stop you in both your actions and thoughts. In this recent case it was not a matter of being stopped by a sound that marked the turning of a season, it was the lack of any sound that caught my attention and signaled this turning.

The CSA season carries on though! We are already busy hopping into the planning stages of next season. As Chris Duke of Great Oak Farm noted in our last newsletter, we are looking for your input in a couple of ways during this planning process. First, we are going to be working on more recipe development and coordination between our various box types this winter – this will bring us even closer to not only providing you with healthy local foods, but also a better weekly game-plan for how you and your family can actually use that food! Please email me any of your favorite recipes that include products from the CSA. Second, I will be preparing our end-of-the-summer surveys this week. If you received a summer box we would greatly appreciate your honest feedback on that survey. Finally, if you are a CSA member in the Twin Ports and know any organizations and businesses that might be a good host for a drop site, please let me know!

As the winter season carries on, please feel free to reach out to me with any questions or concerns related to the CSA. Thank you all for your continued support—I am excited to see what we can do together this season!



Yours in community,

Evan



In time, even the lake will be frozen still!

RECIPE CHALLENGE!



For those of you who receive the full-sized meat box, what is your favorite recipe for using the whole chickens from Heritage Acres? Share with others on the Lake Superior CSA Recipe group page.

FRIENDLY REMINDERS!

- Please return your boxes after each delivery, we will reuse them as long as they're sturdy—and it saves use a lot on supply costs!
- When you return your boxes to your pick-up location, please be courteous and break them down. There are many sites where boxes stack up quickly and take up a lot of space. Thank you!

WHAT'S IN THE BOX

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Acorn + Delicata Squash

~ Yoman Farm ~

Potatoes, Turnips

~ Northcroft Farm ~

Salad Mix

~ Twisting Twig Gardens ~

Garlic

MINI VEGGIE

~ Great Oak Farm ~

Acorn + Delicata Squash

~ North Croft Farm ~

Salad Mix

~ Yoman Farm ~

Potatoes

~ Twisting Twig Gardens ~

Garlic

MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Heritage Acres ~

Whole Chicken

MINI MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

PLUS ITEM

~ Happy Hollow Creamery ~

Cheese

~ White Winter Winery ~

Spritz

November 14th + 15th, 2018

How To Store Your Produce

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

Cabbage: Cabbage will store well for a long while in your refrigerator. Peel back outer leaves if they begin to wilt or yellow and use what's left.

Head Lettuce: Store for up to a week in your vegetable crisper drawer if the head is wrapped in a plastic bag.

Onions: 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.

Salad Mix: Keep in plastic bag with a dry paper towel, place package in crisper drawer of fridge.

Squash: Winter squash will last up to a month in a cool (50 to 55 degrees F) dark cellar or storage area, but only about two weeks in the refrigerator. Ideally, only cut or cooked butternut squash should be refrigerated.

Turnips: Cut off greens and use within a couple days. The bulbs of the turnips will last about a week refrigerated in a bag. Soak in some water if they become a little shriveled.

Recipe on the next page!

SNEAK PEEK at
December 5th, 2018

VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Acorn + Delicata Squash, Onions

~ **River Road Farm** ~

Salad Mix

~ **Yoman Farm** ~

Potatoes, Leeks

~ **Bayfield Apple Co** ~

Frozen Pie

~ **Twisting Twig Gardens** ~

Garlic

MINI VEGGIE

~ **Great Oak Farm** ~

Acorn + Delicata Squash, Carrots, Onions

~ **River Road Farm** ~

Garlic

~ **Yoman Farm** ~

Potatoes

MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Heritage Acres** ~

Whole Chicken

~ **Bodin Fisheries** ~

Whitefish + Lake Trout

MINI MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Bodin Fisheries** ~

Whitefish

PLUS ITEM

~ **Happy Hollow Creamery** ~

Cheese

Warm Roasted Butternut Squash Salad

Ingredients: 1 medium-sized Butternut Squash, Olive Oil, Salt + Pepper, Pecans, Brown Sugar, Spinach, Dried Cranberries, Balsamic Vinegar

You could try substituting a different winter squash with the butternut in this recipe. If you do, I would love to hear how you tweaked it! Otherwise, this is a simple salad that utilizes many of the veggie box contents. If you would like, however, you could definitely make more additions to the recipe from your box than what the recipe suggests.

Step 1: Preheat oven to 400 degrees. Peel and cube the butternut into small pieces and toss with 1.5 tbsps of olive oil and salt and pepper. Roast for 15-20 minutes, or until tender. Don't let it get too mushy for this recipe!

Step 2: Chop pecans and roast in a skillet over medium heat. Heat only until pecans are toasty and fragrant—be careful not to burn. Remove from skillet.

Step 3: Using the same warmed skillet, add another tbsp olive oil and t tbsp brown sugar and stir to combine. Then add the pecans back to the skillet. Toss for a minute or two, adding a pinch of salt. Remove and spread out on a cool plate.

Step 4: Mix spinach with any other desired greens and then toss in a salad bowl with the pecans, cranberries and butternut once it's all ready. Finish by adding olive oil and balsamic vinegar together as a dressing. Enjoy!