

NOVEMBER 6-7, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

Contact Chris Duke at
csamanager@bayfieldfoodproducers.org
(218) 409-6406



DAVID NORTUNEN OF HIDDEN-VUE FARM

Hello from Hidden-Vue Farm!

Hidden-Vue Farm is your primary beef producer. We have put a lot of time and money into our genetics over the years and we hope that you have enjoyed our beef this year. This is the time of year that we are trying to get all the last minute things done before winter and snow comes along. First on our list is to run all the cattle through the corral to get vaccinations. Just like your kids they are not big fans of this process and it is usually a long and tiring day. Later on we will run all of the females through the corral and check them for pregnancy.

Next up on our list is to drain all of our water lines and water tanks. We have well over a mile of above ground water lines and 10 large water tanks to drain. If we don't get all of the water out of the lines we are rewarded with beautiful fountains of spraying water in the spring, which are not fun to fix. From this time of year on, we will switch over to freeze proof water tanks fed with below ground water lines and hydrants.

We had a really dry stretch this summer followed by an abundance of rain this fall. Rainy weather in the fall or spring when the sunlight hours are reduced creates challenges for grass-fed beef producers. The grass appears beautiful but it is usually very high in protein, and very low in energy (due to lack of sunlight, which produces sugars and starches). This makes it difficult for the animal to eat enough grass to meet their energy demands. Protein is good for the animal but too much





of it is a bad thing. The animals have to convert and eliminate it and this takes energy.

Growing animals need protein to grow muscle and bone. But finishing animals (those older animals that we are trying to fatten) don't need protein. They already have as much bone and muscle as they need. Now they need candy bars to put on fat. The problem with wet rainy weather is there are no candy bars in the pasture, just too much protein. We have several ways that we try to fix this problem. We

start with feeding them free choice dry hay which helps offset the wet grass. Even a couple pounds of dry hay a day per animal can make a big difference.

Next we pray for sunshine or freezing nights. When most plants freeze they produce more sugars. Some plants are better at this than others and we try to grow more of them. Now that we have had some freezing nights our animals are gaining weight faster.

Hidden Vue Farm's Old-Time Beef Stew

2 lb. beef stew meat, cut into 1 1/2" cubes
2 T butter
1 t Worcestershire sauce
1 clove garlic
1 medium onion, sliced
1 or 2 bay leaves
2 t salt
1 t sugar
1/2 t paprika
1/4 t pepper
Dash ground allspice
1/4 t cloves
6 carrots, peeled & quartered
4 potatoes, peeled & quartered
1 lb small white onions

In Dutch oven, thoroughly brown meat in butter, turning often. Add 2 cups hot water and next 9 ingredients. Cover; simmer for 1.5 hours, stirring occasionally to keep from sticking. Remove bay leaves and garlic. Add vegetables. Cook and cover 30-45 minutes, or until vegetables are tender.

Check your Harvie emails for more news, recipes, and information!

With the switch to Harvie we can provide you with more recipes and information. As such, going forward the printed newsletters will be a bit shorter.

Roasted Butternut Squash & Wild Rice Salad

Recipe suggestion by a Bayfield Foods customer from www.recipegirl.com

2 1/2 cups water
1 1/2 cups wild rice
5 cups butternut squash (about 1 medium squash), peeled, seeded, and cut into 1-inch cubes
1 1/2 tablespoons olive oil
3/4 cup raw pecans
1 large apple, cut into 1/2-inch pieces
1/2 cup dried cranberries
1/4 cup finely chopped shallot (or red onion)
fresh rosemary, for garnish, if desired
DRESSING:
1/4 cup extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon honey
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper

Place water and rice in a medium saucepan and bring to a boil. Cover, reduce heat to a low simmer, and cook for 40 to 45 minutes until water is absorbed. Remove from heat and let stand for 10 minutes with the lid still on. Fluff with a fork. Meanwhile, preheat oven to 425 degrees F. Place butternut squash on a rimmed baking sheet and toss with the 1 1/2 tablespoons of olive oil. Roast in the preheated oven for 35 to 40 minutes, turning once halfway through, until tender. Toast the pecans by placing them in a small skillet over medium heat until fragrant. Watch them closely as they can go from toasted to burnt quickly. In a large bowl, combine the cooked rice, roasted squash, toasted pecans, apple pieces, dried cranberries, and shallot. In a small bowl, whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad can be served warm, at room temperature, or chilled. Garnish with fresh rosemary, if desired.