

Hello from Yoman Farm in Washburn, WI!

I am winding down the potato harvest here and it was a decent year for spuds. It was a bit of a trick getting them to grow during the wet drenching we got just after seeding but spuds have some great defenses for keeping healthy underground in rough conditions. One reason they were growing in Ireland? They were an easy crop to grow even with soldiers tromping through your fields, the spuds would still be safe. Not even my horses destroyed my crop one year when they ran rampant through the patch, stepping over every potato hill like they were mindful of my handiwork. So our five-inch down pour rotted the low-lying plants but most came through fine.



We had a successful organizing year season by getting a chapter rolling for the Farmers Union in Bayfield and Ashland counties. We had gatherings in spring, summer and fall that brought a lot of farmers and supporters together for meals and getting a chapter together. Wisconsin has a strong chapter working to build up rural communities with small farms through politics and organizing. We had a great writeup in [Growler](#) magazine for one of our harvest meals you can read on.



Dauber the herdsman.

Some Bayfield Foods farmers attended a local foods gathering at Northland College this last week to talk about the next steps for the region. UW Extension listed the success we've had in the last 10 years or so and we could be proud for those for sure! The support from customers and extension is key to keeping small farms around and bringing in new farmers. What are the next steps? Our brains are still storming those answers but we built a good list of possibilities to debate over the winter.

Finally it was a good year for companionship. I got a dog from the Chequamegon Humane Association in Ashland, a yellow lab-ish, dog – Dauber. He lives life on the edge, like a monster puppy, chomping down way too many raw potatoes and attacking my tractor tires – while I'm driving. But he loves chores and dodging horse kicks, so he's mostly fun, and partly terrifying to raise. My Dad came over and hunted down one of the pigeons messing up the barn – it was good to see Dauber more interested in chasing game than fearing a .410 blast.



A self-styled burdock unicorn look.

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So far he chases deer, mice and pigeons - all good – chasing horses though is a more dicey game. He's been stomped on by a 2000 pound Belgian front hoof, just glancing off his spine, and just ducked under a kick from a rear hoof, grazing off his forehead. Slow learner, but he's loving farm life.

Thanks for your CSA support!

John Adams, Yoman Farm



Veggie growers working through next season's CSA schedule

RECIPE CHALLENGE!



What is your favorite type of squash? Delicata? Acorn? Butternut? Share some fun and tasty recipes with others in the Lake Superior CSA recipe Facebook group!

FRIENDLY REMINDERS!

- Please return your boxes each week! We will reuse them as long as they remain in good condition.
- 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.
- **WINTER CSA DEADLINE IS ALMOST HERE!** Contact Evan if you are interested (csamanager@bayfieldfoodproducers.org).

WHAT'S IN THE BOX

VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Onions, Butternut Squash,
Organic Apples

~ **River Road Farm** ~

Fingerling Potatoes, Salad Mix

~ **Yoman Farm** ~

Potatoes, Radishes, Cilantro

~ **Twisting Twig Gardens** ~

Garlic

MINI VEGGIE

~ **Great Oak Farm** ~

Acorn Squash, Onions

~ **River Road Farm** ~

Salad Mix

~ **Yoman Farm** ~

Potatoes

MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Heritage Acres** ~

Chickens

MINI MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

PLUS ITEM

~ **Heritage Acres** ~

Maple Syrup

~ **Maple Hill Farm** ~

Pancake Mix

FRUIT BOXES

Haralson + Organic Sweet Sixteen Apples

October 17th, 2018

How To Store Your Produce

Apples: Store your apples in the refrigerator in the packaging it is delivered in.

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

Garlic: Garlic bulbs should be kept out of refrigeration anywhere with good ventilation (not in plastic bag or sealed container).

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.

Radishes: Remove tops and store separately in a plastic bag—use ASAP. Radish bulbs will keep well in a plastic bag in your fridge for a week or more.

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

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.

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.



Recipe on the next page!

SNEAK PEEK AT NEXT WEEK

October 24th, 2018

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Beets, Butternut Squash

~ River Road Farm ~

Spinach, Salad Mix

~ Yoman Farm ~

Potatoes, Radishes

MINI VEGGIE

~ Great Oak Farm ~

Carrots

~ Yoman Farm ~

Potatoes

~ River Road Farm ~

Salad Mix, Spinach

MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

MINI MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin Fisheries ~

Lake Trout

PLUS ITEM

~ Happy Hollow Creamery ~

Cheese

FRUIT BOXES

Apples

Apple, Cheddar + Chicken Melts

Ingredients: Bread (my favorite is Sourdough!), Chicken, Cheddar, Apples, Butter, Honey Mustard, Cabbage, Lemon Juice, Salt + Pepper

Here is a tasty recipe that includes some products from the different CSA box types. Great use of any leftover chicken that you might have from you meat box!

Step 1: Place a baking sheet on a middle rack in your oven and preheat to 450.

Step 2: Shred chicken using a knife and fork. Then after slicing your bread of choice, spread butter on each side and evenly distribute chicken. Drizzle honey mustard to taste over the chicken.

Step 3: With oven mitts, remove the hot baking sheet from the oven and place bread slices butter-side down on the sheet. Place a slice of cheddar cheese over the bread without chicken on it. Bake open-faced until cheese is melted, 10 minutes or less.

Step 4: While that's in the oven, start making the slaw with your cabbage. Slice apples into short narrow strips, shred cabbage and combine in a mixing bowl with a tablespoon of lemon juice. Season to taste with salt and pepper.

Step 5: Remove baking sheet from the oven and transfer bread over to a cutting board. Evenly distribute the slaw over the chicken and close each sandwich with a slice with melted cheddar. Enjoy!