

## **Always an Adventure at Moonlight Meadows!**

One of the really fun things about operating a small scale farm is the opportunity to try different types of animals just for the sake of having a typical “funny farm”. Our farm is primarily made up of Devon and Angus beef animals but our farm is also home to three Pygmy goats, one dairy goat, 20 chickens, one duck, an English Shepard guard dog and five dairy cows. Our children enjoy the various types of animals as 4-H projects to bring to the local county fair in mid August. This past year was one of the most enjoyable years with animals as the animals led very well with minimal challenges getting them use to a halter and walking them. Our children brought seven large animals, the three Pygmy goats, the duck and four chickens. It really was a highlight of the summer.



Our dairy animals are also a very fun adventure to our family farm. We currently milk one cow every day and she gives enough milk to supply our family with all our milk needs as well as two orphan beef calves. Due to Wisconsin laws we are unable to sell the raw milk but that does not keep us from enjoying fresh milk daily. As I write this, I have about four gallons of milk cream that I will be using to make butter. We also enjoy fresh ice cream whenever our hearts desire. The old recipes my wife uses from her grandma’s cookbook really satisfies the tastebuds and the stomach when fresh milk, fresh butter and fresh eggs are part of the ingredients. Nothing like grandma’s cooking with the proper ingredients!

As for our beef herd, we had some animal losses during a mid April blizzard and the fly’s were the worst I have ever seen. On the bright side, the rest of the animals are looking real good and the pastures are probably the best I have ever seen and still going strong. We continue to enjoy the benefits of all 23 of our various conservation practices with a large CRP contract recently acquired and we are now officially are connected to solar power on our house roof. Thanks again to all who support local family farming and who are willing to search for, consume and advocate the abundant food resources we have in our local area.



**Moonlight Meadows, LLC**

**Tim Mika Family Farm -**

**4 generation Family Farm**



Happy heard out grazing at  
Moonlight Meadows!

---

## **RECIPE CHALLENGE!**



Got a favorite type of winter squash? How about a favorite recipe for that squash? Share 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 is just around the corner!** Contact Evan if you are interested ([csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org)).

## WHAT'S IN THE BOX

### VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Red Cabbage, Delicata Squash, Onions

~ River Road Farm ~

Kale OR Cauliflower, Spinach, Head Lettuce

~ Yoman Farm ~

Potatoes, Leeks

~ Twisting Twig Gardens ~

Parsley

~ Maple Hill Farm ~

Slicer Tomatoes

### MINI VEGGIE

~ Great Oak Farm ~

Delicata Squash

~ River Road Farm ~

Spinach

~ Yoman Farm ~

Potatoes, Leeks

### 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 ~

Whitefish

### PLUS ITEM

~ Heritage Acres ~

Maple Syrup

~ Maple Hill Farm ~

Pancake Mix

### FRUIT BOXES

Honey Crisp Apples

October 3rd, 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.

**Cabbage:** Cabbage has a great storing capacity! Just place in your refrigerator, preferably crisper bin. If outer leaves start to yellow, simply peel back one or two layers. Once chopped, wrap in plastic.

**Cauliflower:** Cauliflower does not keep super well. Wrap in plastic and store in fridge—try to use within a week (it will be sweetest then!).

**Kale:** Kale easily stores upwards of a week. Simply bag and store in refrigerator.

**Leeks:** Loosely wrap unwashed leek in a plastic bag and store them in the crisper drawer of your refrigerator where they will keep for 2 weeks.

**Lettuce:** Store lettuce in the crisper drawer in your fridge—use within a week.

**Onions:** Choose a cool, dark place to store your onions. The space should have a temperature maintained between 40 to 50°F.

**Parsley:** Similar to other fresh herbs in the CSA, For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with plastic bag and refrigerate for up to 2 weeks.

**Potatoes:** Colder temperatures lower than 50 degrees such as a lower level pantry.

**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.

**Tomatoes:** Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

## SNEAK PEEK AT NEXT WEEK

October 10th, 2018

### VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Onions, Acorn Squash, Collards

~ River Road Farm ~

Spinach, Kale OR Cauliflower, Head Lettuce

~ Yoman Farm ~

Potatoes, Leeks

~ Maple Hill Farm ~

Slicer Tomatoes

~ Twisting Twig Gardens ~

Parsley

### MINI VEGGIE

~ Great Oak Farm ~

Carrots,

~ Maple Hill Farm ~

Slicer Tomatoes

~ River Road Farm ~

Spinach, Head Lettuce

### 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

### PLUS ITEM

~ Heritage Acres ~

Maple Syrup

~ Maple Hill Farm ~

Pancake Mix

### FRUIT BOXES

Apples

## Roasted Delicata Squash

*Ingredients: Squash, Olive Oil, Salt, Pepper (add Garlic and Onions for additional veggies and flavor)*

It's that time of year again... winter squash is here! As we get further into fall, I find that my taste buds start to change with the season. Delicata is one of my favorite tastes of fall, and this simple recipe always warms my home and stomach.

**Step 1:** Preheat oven to 425 degrees. Cut Delicata in half lengthwise and spoon out the inside seeds.

**Step 2:** Now cut squash widthwise into quarter inch-thick half moon pieces. Spread over a shallow roasting pan.

**Step 3:** Cut several Garlic cloves in half and slice Shallots (or Onions) into thin strips. Spread over pan with squash.

**Step 4:** Drizzle 2 tablespoons olive oil over veggies and add salt and pepper to preference.

**Step 5:** Place pan in oven. Stir after 10 minutes and then roast for additional 10-15 minutes.



Check out what Mary is cookin' up in the **Cookery Maven** blog for more recipes including other fruits, veggies and meats!