

OCTOBER 9-10, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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FALL FLOWER FAVORITES FROM WILD HOLLOW FARM

Happy Fall from Wild Hollow Farm! With the cooler temperatures and rain over the past few weeks, the leaves have really started to turn and we are solidly in fall mode around the farm! So far we are frost-free and savoring what is left of the flowers in the field. Cleaning up from a busy season and getting flower beds ready for next year is in full swing. While the majority of our flowers decline with the onset of fall, there are a special few that step into the spotlight with the decreasing daylength and temperature. We rely heavily on these to power our fresh flower season well into October. Depending on the space situation in your home garden, you may consider adding a few of these to your landscape!

Flowering Kale – these become a focal point of many of our bouquets and arrangements in the fall. Large sturdy blooms in shades of pink, purple, green, and white offer striking color and texture. As the temperatures drop, their color intensifies and transforms! I double seed them and then transplant to a tight spacing, around 6", to ensure tall straight growth. Stripping the lower leaves a few times during the summer also encourages taller growth.



Eucalyptus – we grow eucalyptus as an annual in our northern climate and patiently watch it's sloooooow growth all summer long. The leaves toughen up in

September when we can finally start cutting. We use most of it in fresh bouquets, and dry the rest for use in dried flower wreaths. The plants can handle temperatures down to about 20 degrees, so we can rely on using it sometimes into November.

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'Sweet Autumn' Clematis – I can't get enough of this incredibly beautiful and productive perennial vine! Tiny white flowers typically bloom around the end of September and have a very long vase life. I try to use it in as many situations as possible, from wedding bouquets to large scale arrangements.

Strawflower – strawflower is one of the first flowers we plant in the spring, as it can tolerate light spring frost with ease. We enjoy a gorgeous crop in June, and then it gifts us with another flush of blooms in September/October. We dry most strawflower for use in dried flower wreaths, but also use it fresh in bouquets and arrangements.



Chrysanthemums – perhaps the most popular fall flower, mums are seen everywhere in their mounded pots. The varieties I grow look much different, with a taller growth habit and larger flower heads. Shorter day length brings out a rainbow of colors and textures. I cut them back several times during the growing season to encourage them to branch out and produce multiple stems.

Our basement is BRIMMING with dried flowers and soon we will begin making dried flower wreaths for local sales and holiday markets. This year, I hope to offer wreaths through Bayfield Foods for the November 6 and December 4 deliveries, so stay tuned for more details!

Melissa, Wild Hollow Farm



Gingered Beet & Apple Salad

- 1 pound beets, peeled
- 1 apple (about 1/2 pound)
- 1/4 pound carrots, peeled
- 1/2 cup fresh parsley, minced
- 2 tablespoon apple cider
- 2 tablespoon apple cider vinegar
- 1 tablespoon fresh ginger, minced
- 2 tablespoon olive oil
- Salt and pepper to taste

Using the shredding blade of a food processor or a grater, shred the beets, apple, and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

Apple Cake

- 4-5 cups apples, sliced
- 3 eggs
- 1 cup oil
- 1 t vanilla
- 2 t cinnamon
- 1 cup sugar
- 2 cups flour
- 1 t baking soda
- 1/2 t salt
- 1 cup walnuts

● Place sliced apples in a 9"x13" greased baking dish. In a bowl, combine eggs, oil, vanilla, cinnamon and sugar. Beat well, then stir in flour, baking soda, salt and walnuts. Pour over sliced apples. Bake at 350 for about 1 hour. If desired, drizzle on frosting when cake is cool (1/4 cup butter, 2 cups powdered sugar, 1/2 t vanilla, and enough milk to make it drizzle).

Weekly Featured Items

From Bayfield Foods CSA Special Order

Just a few of the amazing products available from Special Order!



Fresh Leeks from
Yoman Farm
5# for \$16.00



Ground Lamb
from Heritage
Acres
\$12.50/lb.



Bayfield Apple
Company Apple Cider
\$3.75/quart



Pancake Mix from
Maple Hill Farm
\$9.00/2-lb bag

Place Your Order at: www.bayfieldfoods.org/shop-special-order



Porketta Roast by Tom & Connie Cogger of Maple Hill Farm

Place roast in roasting pan and cover with cut onions. Place in 350-degree oven for about 45 minutes, uncovered, until the internal temperature of the meat registers 185 degrees on a meat thermometer.

Broccoli Salad

Mix together:

- 1 bunch broccoli, chopped
- 1 onion, cut fine (use amount of onion to your family's taste)
- ¼ to 1/2 cup sunflower seeds
- ¼ to 1/2 cup raisins
- ½ pound or more bacon, browned, crumbled

Mix together and pour over broccoli mix:

- 1 cup mayonnaise
- ¾ cup sugar
- 3 Tbsp white vinegar

Vegetables - Meat - Bakery

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What's In Your Box?

Family Veggie Box

Great Oak Farm

Carrots, Broccoli OR Beets, Spinach, Delicata Squash, Collards

Yoman Farm

Potatoes, Leeks

Twisting Twig Farm

Parsley

Northcroft Farm

Head Lettuce OR Salad Mix

Small Veggie Box

Great Oak Farm

Carrots, Broccoli OR Beets, Spinach, Collards

Yoman Farm

Potatoes

Northcroft Farm

Head Lettuce OR Salad Mix

Family Meat Box

Griggs Cattle Company

Ground Beef, Beef Meatballs

Maple Hill Farm

Porketta

Hidden Vue Farm

Beef Steak

Small Meat Box

Griggs Cattle Company

Beef Meatballs

Maple Hill Farm

Porketta

Bodin's Fisheries

Superior Whitefish

Plus Items

Heritage Acres

Maple Syrup

Maple Hill Farm

Pancake Mix

Family Bakery Box

Starlit Kitchen

Gaia Multigrain Bread, Bayfield Apple Fest Granola, Pumpernickel Braid Loaf, Organic Potato Knots

Small Bakery Box

Starlit Kitchen

Gaia Multigrain Bread, Bayfield Apple Fest Granola

Shredded Collard Green Salad with Roasted Sweet Potatoes & Cashews

2 lb. sweet potatoes, peeled and cut into 1/2-inch-thick slices

1/4 cup plus 2 tbsp. vegetable oil

1 tbsp. cumin seeds

1 tbsp. thyme leaves

2 cloves garlic

Kosher salt and freshly ground black pepper

2 tbsp. fresh lime juice

1 tsp. minced ginger

1 lb. collard greens, stems removed, leaves thinly shredded (6 cups)

2 oz. goat cheese, crumbled

1/4 cup roasted, unsalted cashews, roughly chopped

Heat the oven to 400°. On a rimmed baking sheet, toss the sweet potato slices with 2 tablespoons of oil, cumin, thyme, and garlic. Season with salt and pepper and roast the sweet potatoes, flipping once halfway through cooking, until golden brown, about 40 minutes. Transfer the potatoes to a rack and let cool. Meanwhile, in a small bowl, combine the lime juice and ginger and let stand for 10 minutes to soften. Whisk in the remaining 1/4 cup oil until emulsified and then season the vinaigrette with salt and pepper. To serve, place the collard greens in a large bowl and toss with 1 tablespoon of the dressing, massaging it into the greens for about 5 minutes. Transfer the greens to a serving platter, top with the sweet potatoes, and sprinkle with the goat cheese and cashews. Serve with the remaining dressing on the side.

Garlic Butter Steak Bites

4 cloves garlic, minced

1/2 tsp freshly ground black pepper

2 pounds grass-fed stea, cut into 1-inch cubes

1/2 tsp kosher salt

1 stick butter

1/4 cup chopped fresh parsley leaves for garnish

Place minced garlic into a bowl and add black pepper. Season cut steak with salt. Melt 1 stick butter in a large skillet over medium heat. Add the steak cubes and sear until browned, flipping them halfway through, 6-8 minutes total. Add the garlic and pepper and cook for 1-minute more. Remove from heat and garnish with parsley.