

Greetings from The Griggs Cattle Company!

This has been an overly wet year, at least from my experiences over the past 8 years of developing the Griggs Cattle Operation. As we begin to put the Summer Season “to bed” so to speak, we continue dealing with the challenges of water and wet soils, and heavy equipment travelling over them with the tendency of damaging the forage structure, in addition to getting the mud in your face and



elsewhere. Fortunately, we are not a “row cropping” operation so we don’t have the same challenges of running heavy tractors and rigs up and down rows and rows of growing plants whose successful nurturing and harvesting I would depend upon for my family’s nutrition and/or benefits. Our bovine critters do all that “dirty work” on a natural basis because they are born into it. Cows eat grass, spend 99% of their lives outdoors, in the hot sun of summer, in the freezing winds of winter. They only complain, and believe me they



Toby’s summer project.

do, when they don’t have the grass they love to eat in the quantities they expect. And at this time of the year I am scrambling to keep them in sufficient grass so I don’t have to listen to their wailing calls telling me “We need more grass, Toby!” While in the flush grass season from May through mid-July we have little to no problem doing this, by sectioning off an acre or two, using portable “braided poly-wire” within the paddocks (permanent-fenced areas within the pasture system). Every 3 or 4 hours of the day, (and over 8 hours at night) we check the cattle grazing and if the grass overall looks like it’s about down to 5 or 6 inches we move them to

another temporary paddock. Why do we do this? One reason is to spread the manure more evenly over the turf, so it doesn’t get over-dosed in one particular spot. Another is so to reduce the tendency cows have of staying in one small area because it’s especially yummy grass there and eating to the roots. And the third is we want to leave about half the grass that was there before they came into that space, so it shades the topsoil from the sun so the new grass sprouting will not burn up. Did you know that grass that is 5 to 6 inches results in 20 to 30 degrees cooler topsoil than when the grass is only 3 inches tall? I have actually measured and tested this with soil thermometers and it’s true.



No, Rosie, they’re not all gonna fit in one car.

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The benefit is that with mostly cool-season grasses here in Wisconsin when the summer sun is blazing they will pretty much shut down at those higher temperatures. And then die. Not good when the grass dies and you are dependent on it for your livelihood.

We Bayfield Foods - South Shore Meats farmers hope you are enjoying your boxes of our foods and keep coming back for more. Stay tuned, because as we are beginning to learn, and starting to develop a program, that not only will continue to bring you excellent, locally produced meats, but will introduce meal menus coordinated with the meats, and vegetables, you receive each delivery period. You're gonna like what you get, more. Thank you to all of you who subscribe to our shares. We hope you keep coming back.

Toby & Pam Griggs
The Griggs Cattle Co.



Some calves need help feeding.



RECIPE CHALLENGE!

What are some of your favorite recipes to use your fish fillets in? Share with others in the CSA Facebook recipe group!

FRIENDLY REMINDER!

- 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.

WHAT'S IN THE BOX

VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Green Beans, Cherry Tomatoes,
Cucumbers

~ **River Road Farm** ~

Slicer Tomatoes, Garlic, Peppers OR
Napa Cabbage, Broccoli

~ **Yoman Farm** ~

Potatoes, Dill, Zucchini

~ **Twisting Twig Gardens** ~

Roma Tomatoes

MINI VEGGIE

~ **River Road Farm** ~

Slicer Tomatoes, Peppers OR Napa Cabbage,
Broccoli, Garlic

~ **Yoman Farm** ~

Potatoes

MEAT BOXES

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

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

~ **Heritage Acres** ~

Chicken

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

~ **Heritage Acres** ~

Honey

FRUIT BOXES

Apples

September 12th + 13th, 2018

How To Store Your Produce

Cucumber: Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

Green Beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Broccoli: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

Dill: Trim bottom of the stem and put in a small cup of water and place in the refrigerator.

Peppers: Simply store in fridge as is. Peppers will easily last a week.

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

Zucchini: Store unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

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

Napa Cabbage: Store in plastic bag in the crisper drawer of fridge. Outer leaves may go bad if stored for too long, but can be peeled back.

Garlic: Garlic bulbs can be kept in a mesh or wire basket, a small bowl with ventilation holes or even a paper bag. Do not store fresh garlic bulbs in plastic bags or sealed containers. This can cause mold and sprouting.

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

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

SNEAK PEEK AT NEXT WEEK
September 19th, 2018

VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Cucumbers, Cabbage

~ River Road Farm ~

Slicer Tomatoes, Garlic, Peppers

~ Yoman Farm ~

Potatoes, Dill, Cilantro

~ Twisting Twig Gardens ~

Roma Tomatoes, Head Lettuce

MINI VEGGIE

~ Great Oak Farm ~

Cucumbers, Broccoli

~ Yoman Farm ~

Potatoes

~ River Road Farm ~

Garlic

~ Twisting Twig Gardens ~

Roma Tomatoes

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

~ Spirit Creek Farm ~

Kraut

~ Starlit Kitchen ~

Baked Goods

FRUIT BOXES

Apples, Pears

Potatoes with Dill

Ingredients: Potatoes, Fresh Dill, Butter, Cumin, Salt + Pepper

Here is a simple side dish to use some of the first potatoes of the year!

Step 1: Place 8 small potatoes (or about 1 pound) in a pot and cover with water. Add a 4 sprigs of fresh dill and salt to taste and then bring to a boil and let simmer for 15 minutes, or until you can easily pierce a potato with a fork.

Step 2: Drain potatoes and toss the sprigs of dill. Place potatoes in a saucepan on medium heat with a tablespoon of butter, a tablespoon of fresh chopped dill, 1/2 teaspoon of cumin and salt + pepper to taste. Stir for about 5 minutes and then serve.



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