

SEPTEMBER 18-19, 2019

# BAYFIELD FOODS CSA

Community Supported Agriculture



## COMMENTS? QUESTIONS?

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## DOG DRAMA, POLITICAL INTRIGUE MARK THE DAYS AT YOMAN FARM

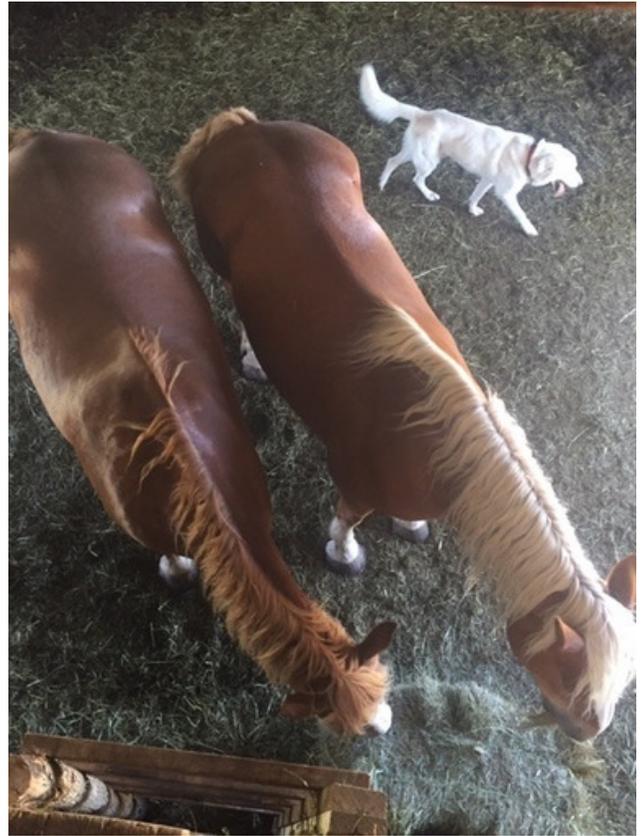
Your potatoes grew well this year, thanks to the rain and lighter soil I found on top of a hill on my farm. The heavy rain last fall and this spring delayed some field work so the field was weedier than I hoped but most of the crop matured before the weeds came on hard. The rest of the crops are mostly on auto-pilot now as the weeds are slower and all the seeds I want to sprout have come up. The last of the radishes and turnips are now growing and survived the most recent 3-inch deluge. The gully-washer's silver lining was that the rain revealed a concrete pad out front of my barn that had been covered in silt since I moved in. I took this as evidence my cover crop is keeping soil uphill where it belongs and not washed out in front of the barn.

As for farm drama this summer it mostly centered around the dog and his over-reactions to every nuance in his environment. Since he is obsessed with following my every move, my drama is his drama and we have a very unhealthy co-dependent relationship. To move a horse, I click my tongue and Dauber dog goes into a full-throat bark and snaps at the horse's face and rear hooves until something happens....usually bad. But he is just doing the job he created, and takes way too seriously. The rest of his job goes like this: 1) Launch off the porch at anytime of the day or night to do chores with me 2) Clear pigeons from the barn 3) Sample the horse water 4) Chase horses while I am trying to feed them 5) Dig food scraps out of the manure pile 6) Retrieve over-grown zucchinis and other rotten fruit I am trying to discard 7) Attack the tractor 8) Sample steamed manure.

To get a dog break, I went out to Washington DC with Farmers Union last week to lobby and see if there was any support for limiting the supply of milk so that not all our small dairies disappear. Legislators were putting some faith in the farm bill passed late last year to help, but our organization is not that optimistic.  
*(continued on next page)*

Canada limits their supply to keep their dairies small, but the attitude with many of our business-bent legislators is, "let em fall." One thing that would help is what Sen. Wellstone proposed in 1999, an ag merger moratorium that Sen. Cory Booker and Rep. Mark Pocan (WI) have reintroduced more recently. I hope we hear about this during the presidential election into next year.

A highlight of the DC trip for me was hearing a favorite author, Michael Lansing, speak at a Farmers Union fundraiser (photo below). He teaches at Augsburg University in Minneapolis and has written on the history of North Dakota's farm organizers and is writing a book on the grain millers and food processors in Minneapolis coming to control our politics and diets. Farm organizing gets the focus this week in Wisconsin when Farm Aid arrives for a concert at Alpine Valley west of Milwaukee. Dave Matthews, Neil Young, Willie Nelson and John Mellencamp will be there raising money for farmers and putting on a big show outside for probably a huge crowd.



*The loft with a view*



And in Wisconsin, large farm siting is getting another look with a new governor who supports local control of zoning for very large farms. I spoke in favor of local control at a DNR hearing in Spooner recently as did most everyone there, but not much has changed in the tone from our legislators so I am not thinking we will get those rights soon, but one election at a time.

Happy Fall!  
John Adams, Yoman Farm

## Caramelized Baked Chicken Legs/Wings

2 ½ lbs. chicken legs/wings  
1 2/3 tbsp olive oil  
½ cup soy sauce  
1 2/3 tbsp ketchup  
¾ cup honey  
2-3 garlic cloves, minced  
Salt and pepper

Preheat oven to 350 degrees. Place chicken in a 9x13 inch baking dish. Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper. Pour over the chicken. Bake in preheated oven for one hour, or until sauce is caramelized.

# Weekly Featured Items

## From Bayfield Foods CSA Special Order

### Farmer's Choice 8# Meat Variety Box

\$45

A diverse mix of meats picked from our farmers! Each box will contain 8# of a variety of pork, beef, lamb, and chicken. That's less than \$6 per pound! Quality Product from Local Family Farms! Hormone Free and Pasture Raised!



Place Your Order at: [www.bayfieldfoods.org/shop-special-order](http://www.bayfieldfoods.org/shop-special-order)

### Savor the Harvest with Bulk Veggies!



10# Organic Cabbage for \$8  
10# Organic Carrots for \$12.50  
10# Organic Tomatoes for \$25



*Shop for more veggies at bulk pricing on the Special Order page!*

Place Your Order at: [www.bayfieldfoods.org/shop-special-order](http://www.bayfieldfoods.org/shop-special-order)

### Simple Summer Corn Soup

*Simple summer chowder with corn and potatoes. Blend for a creamier soup, or leave as is for a brothy soup with more texture.*

- 2-3 Tbsp olive oil
- 1/2 large onion (chopped // 1/2 onion yields ~1 cup)
- 2 cloves garlic (minced)
- 4 small potatoes (quartered // peeling, optional)
- Sea salt and ground black pepper
- 3 ears corn (kernels sliced off)
- 2 cups low sodium veggie broth (DIY or store-bought)
- 2 cups unsweetened plain almond milk (or regular milk if not vegan)
- 2-3 stalks green onions (for garnish // chopped)
- 1-2 Tbsp nutritional yeast for a cheesy flavor (optional)

To a large saucepan over medium heat, add olive oil, onion, and garlic and sauté for 3-4 minutes. Add potato, season with a little salt and pepper, and cover to steam for 4-5 minutes. Add most of the corn, reserving a little for garnish, and stir. NOTE: If you plan to blend the soup, add half broth, half milk for a creamier texture. But if you intend to leave it unblended, forgo the milk and do all vegetable broth (4 cups) for best texture/flavor. Add broth and almond milk (if using), cover, and bring to a low boil. Reduce heat to low. Cook until the potatoes are soft and slide off of a knife when pierced - about 5 minutes. If blending, add 3/4 of the soup to a blender and blend until creamy and smooth. If using nutritional yeast, add now. Transfer soup back to the saucepan and bring back to a simmer. Taste and adjust seasonings as needed. Cook for at least 10 minutes to let thicken. The longer it simmers, the more flavorful it will be. To serve, top with chopped green onion, remaining fresh (or lightly sautéed) corn, and black pepper. Add a sprinkle of paprika for color.

# What's In Your Box?

## Family Veggie Box

### Great Oak Farm

*Sweet Corn, Sweet Snacking Pepper OR Cauliflower (Northcroft Farm), Carrots*

### Yoman Farm

*Potatoes, Pepper*

### Twisting Twig Farm

*Garlic, Roma Tomatoes*

### Northcroft Farm

*Head Lettuce*

## Small Veggie Box

### Great Oak Farm

*Sweet Corn*

### Yoman Farm

*Potatoes*

### Twisting Twig Farm

*Garlic, Roma Tomatoes*

### Northcroft Farm

*Head Lettuce*

## Family Meat Box

### Heritage Acres

*Chicken*

### Griggs Cattle Company

*Beef Hot Dogs, Beef Patties, Beef Summer Sausage*

### Bodin Fisheries

*Superior Lake Trout*

### Heritage Acres, Griggs Cattle Co., Bayfield Apple Co.

*Pork Brats*

## Small Meat Box

### Heritage Acres

*Chicken*

### Griggs Cattle Company

*Beef Hot Dogs, Beef Patties, Beef Summer Sausage*

### Heritage Acres, Griggs Cattle Co., Bayfield Apple Co.

*Pork Brats*

## Plus Item

### Heritage Acres

*Honey*

## Family Bakery Box

### Starlit Kitchen

*Gaia Multigrain Bread, Organic Apple Coffee Cake, Bayfield Organic Apple Trail Mix with Toasted Nuts, Bruschetta-sized Herb Crostini*

## Small Bakery Box

### Starlit Kitchen

*Gaia Multigrain Bread, Organic Apple Coffee Cake*

# Warm Lentil and Potato Salad

*From SmittenKitchen.com*

## INGREDIENTS

2 large shallots, 1 halved, 1 finely diced

4 sprigs of thyme

1 small bay leaf

1 cup dry small green lentils

Salt and pepper

1 pound potatoes

2 tablespoons red wine vinegar

1 to 2 garlic cloves, minced

1 tablespoon smooth Dijon mustard

1/4 cup olive oil

2 tablespoons pickles, chopped

1 to 2 scallions, thinly sliced

1/2 cup chopped parsley

## INSTRUCTIONS

Cook lentils: Pick over and rinse lentils. Place them in a small/medium saucepan with the shallot, thyme, bay leaf, some salt and 4 cups of water. Simmer the lentils over medium heat for 25 to 30 minutes, until firm-tender. Drain (discarding shallot, thyme and bay leaf) and keep warm. Meanwhile, cook potatoes: In a separate saucepan, cover potatoes with 1 to 2 inches cold water. Set timer for 15 minutes, then bring potatoes to a simmer. When the timer rings, they should be easily pierced with a toothpick or knife. Drain and keep warm. Make the dressing: Place the chopped shallot and red wine vinegar in the bottom of a small bowl and let sit for 5 minutes. Whisk in garlic, dijon, a pinch of salt, a few grinds of black pepper and olive oil. Stir in chopped pickles and scallions. Assemble salad: Slice potatoes into 1/2-inch segments and place in serving bowl. Add lentils, dressing and all but 1 tablespoon parsley and combine. Adjust seasoning with additional salt and pepper if needed. Scatter salad with remaining parsley. Serve alone, with a soft-cooked egg on top, or as a side - reheat as needed.

## Fruit Box

### Bayfield Apple Company

*Zestar Apples - great eating apple, related to HoneyCrisp  
Hume Apples - an Heirloom apple dating back to Thomas Jefferson who had them at his place. Also a good eating apple and makes superb pies.*