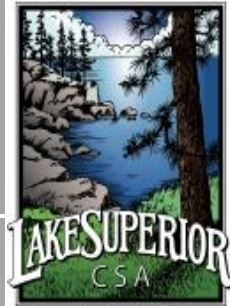


## Lake Superior CSA



**August 24th , 2016**

In The Boxes This Week

### Veggie Boxes:

Cherry Tomatoes, Green Beans,  
Broccoli OR Carrots, Cucum-  
bers // **Great Oak Farm**

Sweet Corn, Zucchini OR Rad-  
ishes, Basil // **Yoman Farm**

Peppers, Tomatoes, Garlic // **River  
Road Farm**

### Veggie Basics :

Green Beans, Broccoli OR Car-  
rots // **Great Oak Farm**

Tomato, Peppers // **River Road  
Farm**

### Meat Boxes:

Ground Beef + Beef Steak //  
**Hidden Vue + Griggs Cattle  
Co.**

Pork Breakfast Patties + Ham  
Roast // **Maple Hill Farm**

### Meat Basics :

Whitefish // **Bodin's**

Ground Beef + Beef Steak //  
**Hidden Vue + Griggs Cat-  
tle**

Brats // **Maple Hill Farm**

### PLUS ITEM:

Pint of Maple Syrup // **Herit-  
age Farm**

### Fruit:

**Blueberries + Jam**

Summer survey results are coming in at near record numbers, and I want to give a giant thank you to the 62 members who have responded. We truly appreciate your feedback, and want to let you know we take the time to read each and every comment. If you haven't filled one out yet, we'd love to hear from you! Let us know what we are doing well, and how we could improve. Now, on with the results!

Overall, we are on the right track, but there is room for improvement. 70% of you were very satisfied, and 29% were somewhat satisfied with shares this year. Pickups are going well (91% very satisfied.) There was a request for earlier times and one for later times, but unfortunately we just can't make that work. However, we will do a better job of making sure boxes are ready for you at the start of pickup time, so you can pick up quickly and get on with your day. For logistics, our CSA manager Stef gets a gold star for keeping track of everything and communicating effectively with all of you (98% very satisfied!)

As far as vegetables go, it was great to get some feedback from you! For least favorite veggies, fennel and kohlrabi led the pack, with 9 and 10 comments each, respectively. While a few die-hards were excited about the fennel and kohlrabi, most of you could have done without them, so we'll be scaling way back on those in the future and growing more of what you like instead. Next in line for least favorite (with only 2 mentions each) were herbs and chard. Several of you mentioned needing more recipe support to help use veggies/herbs you were less familiar with. In addition to the newsletters, be sure to check out the LSCSA recipe Facebook page for suggestions, and post your favorite recipes there for others to see (Stef can help you find it if you need assistance.) Also, if you have a favorite veggie recipe you'd be willing to share, send it in to Stef and she can feature it in a newsletter!

**Continued on the next page!**

## Survey Results Continued

Continued From Page 1

For the person who was looking for basil suggestions, our family absolutely loves diced fresh tomatoes, finely chopped basil, and either fresh mozzarella or grated parmesan cheese on bow tie pasta drizzled with a little olive oil and salt and pepper. And there's always margarita pizza, too. For favorite veggies, there were fewer trends, but carrots led the pack with 6 comments, and tomatoes were next in line with 3 comments. For the person who said carrots aren't your thing, try trading with someone else at your pickup for something else – I bet you'd find a willing trader!

Some of you were looking for veggies in bulk – we're starting those this week, so keep your eye out for special order opportunities. One person mentioned less flavor this year in the veggies, which could be attributed to the higher than average amounts of rainfall this season. Personally, the carrots don't taste as good to me this year (and we grow most of them here!), but I am not sure why. Over-sized cukes and zukes got a mention, as did a bug here or there, so we'll double down our efforts to keep up with picking/culling better and keeping quality high. If you are curious as to what the boxes will likely be ahead of time, remember to check the back page of your newsletter – we've got that listed for you! Newsletters get emailed to you ahead of time, as well as posted on the LSCSA Facebook page (usually on Monday), so be sure to check there for the details of what is going out in the boxes this week and next. Eight of you mentioned hoping for more quantity and value. Be sure to let us know in the next survey what veggies specifically you'd like to see more of, and how much more – we don't want to overwhelm you with too much or the wrong kind of veggies! That way we can continue to work on improving and refining our growing practices so we can get more of what you want in your boxes each week. Thanks again for the thoughtful feedback and kind words everyone, and for going the extra mile to eat fresh, local foods!

In community – Chris Duke, Great Oak Farm, CSA Committee Chairperson

It looks like the majority of you are happy with your drop site experience AND your communications with me. I am so happy to hear this as I work very hard to ensure customers are happy and have all the information they need to have a successful CSA Season. I am always open to your feedback about where I can improve on providing you with that information.

There were a couple comments about folks wanting to know ahead of time what is being sent or they aren't getting newsletters. I send an email out every Monday prior to delivery with the newsletter that lists everything in the boxes. If you are not receiving this, please email me and I will double check your email address and make sure it's on the list.

It looks like more tips and recipes are needed for a lot of people. I will be spending a little extra time every week posting recipes/tips on the Lake Superior CSA Recipe Page as well as adding these findings to our website every Monday in an effort to help folks with suggestions.

Thanks to those who participated in the survey, we really appreciate it!

- Stefanie Jaeger, CSA Manager

## Survey Results Continued

My observations on the survey results focused on the Meat Shares.

Out of 22 meat shares sold I counted 12 responses.

The list of favorites included Ribeye's, Pork Roasts, Ham Steaks, and Fish Filets.

The list of least liked items included Steaks, Fish ("Just not a hot item at our house."), Beef Sticks, and "Grass-fed Meats".

Overwhelmingly the meat shares have been received and enjoyed by an 81% margin of approval and only the 4 items mentioned above were indicated in an unfavorable opinion. While we know "you can't please ALL the People ALL the time" we were especially concerned by the one respondent who listed grass-fed meats in an unfavorable fashion. I would like to find out more why the grass-fed Meats weren't favorable to this customer. My experience with "first-time" grass-fed consumers is that they try to cook the meat in the same manner as they would a piece of beef bought at the Super One store. The conventional beef industry finishes their animals in a feedlot of hundreds, and sometimes thousands, of beef cattle. They are fed numerous types of feeds which tend to over-fatten the animals with high starch/high sugar content. This diet in turn results in beef cuts with large layers of fatty tissue. When cooking these products the buying public has become accustomed to cooking at very high temperatures which tends to "burn off" some of the excess fat and it's this fat that gives those cuts their flavor, or not. The grass-fed animals never consume those fatty products given in feedlots and are therefore very low-fat finished. Even the color of their meat is different as in a very dark red instead of light red or even close to pink as is common for feedlot raised and corn-fed beef. The grass-fed meat is much lower in fat and calories and higher in omega-3 fatty acids and CLA (conjugated linoleic acid) which are beneficial to our cardiovascular system performance. However, from a culinary viewpoint the lower fat contents of grass-fed means that if you cook it at high temperatures like you did the other beef it's going to be tougher to chew because the muscle cells walls harden without the fat nodules in there to keep "lubricated", as it were. Therefore it is better to cook grass-fed beef products at lower temperature settings. For example I recommend grilling at very low setting on your gas grill for about 6 minutes a side for steaks which are 3/4 inch thick. If the meat flares up (burns) you got it too high. In the oven cook a grass-fed roast (1 1/2 inch to 2 inches thick) at 280 degrees and for about 50% longer time and/or use a meat thermometer to tell you it's done at 145 degrees F.

I hope you found this information enlightening and that you will find it useful in roasting and grilling your South Shore Meats grass-fed beef and other products in our meat boxes. And to our "unhappy with grass-fed beef products" customer I would like to hear for certain why he/she is not happy with the products. For me an unhappy customer is another chance to make someone happy,....and a long-term customer. Please email Stef so we can chat with you further.

- Toby Griggs, South Shore Meats Chairperson

## Bayfield Foods Cooperative

Here is a Sneak Peek  
at Next Week 8.31\*

\* Please note these are subject to change

### VEGGIE BOXES:

Carrots, Green Beans, Cherry  
Tomatoes, Cucumbers // **Great  
Oak Farm**

Sweet Corn, Potatoes, Dill, Zuc-  
chini // **Yoman Farm**

Peppers, Slicer Tomatoes //  
**River Road Farm**

Paste Tomatoes // **Twisting  
Twig Garden**

### VEGGIE Basics :

Carrots, Sweet Corn, Green  
Beans, Tomatoes

### MEAT BOXES:

Ground Beef + Roast/**Hidden-  
Vue Farms + Griggs Cattle  
Co.**

Assorted Pork // **Maple Hill  
Farm**

Lake Trout // **Bodin's**

### Meat Basics

Trout, Ground Beef, Pork

### PLUS ITEMS:

Dill Beans // **Spirit Creek  
Farm**

Fruit:  
Blueberries

Hello to all of our fruit share customers!

Thank you for taking the time to fill out the LSCSA survey, it helps us so much to know the fruits you have been enjoying the most, as well as any items that you would like less of! Based on the responses we have received, it looks like a lot of the favorite fruit items have been the sweet cherries and blueberries, followed by the strawberries and raspberries. We have been glad to be able to send such a large variety of fruits this year, as it is a great season for fruit up here in Bayfield. It is an especially abundant year for blueberries and cherries, so our fruit share customers who like these items are in luck!

Although it seems our customers loved receiving raspberries, our most common fruit complaint has also been regarding the perishability of the raspberries. Because our raspberries are picked from the field as they ripen, by the time they get to you, they have been picked for just as long as it takes us to pack them up and drive them to Duluth. In most cases, the raspberries have been just a day and a half off of the berry bush! So when you eat one of these berries, they really taste fresh. The downside to this is that they will not stay fresh for very long, they are just so delicate! We will continue to do all that we can to ensure that you receive the best quality berries that we can offer.

One of the exciting parts of farming is that you never really know which items will be abundant any given year. You always put your best into your plants and trees, but ultimately, mother nature decides which fruits will yield the greatest harvest each year (or yield nothing at all)! As a fruit share customer, we hope to include you in the exciting ups and downs of farming! Every time you open your box, you get to see (and taste) the foods that are abundant that week!

Thank you for your feedback and we hope you continue to enjoy your Bayfield Fruit Share!

- Missy Morin, Bayfield Apple Company