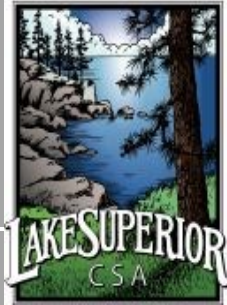


*Lake Superior CSA*



**October 19th ,2016**

In The Boxes This Week

**Veggie Boxes:**

Carrots, Onions, Delicata  
Squash, Broccoli // **Great Oak  
Farm**

Daikon Radishes, Roma Tomatoes/  
**Twisting Twig Garden**

Spinach, Radishes, Salad Mix, Kale  
// **River Road Farm**

Dill, Broccoli // **Yoman Farm**

**Veggie Basics :**

Broccoli, Onions, Carrots  
// **Great Oak Farm**

Spinach // **River Road Farm**

Potatoes // **Yoman Farm**

**Meat Boxes:**

Ground Beef + Beef Stew//  
**Griggs Cattle Co + Hidden  
Vue**

Lake Superior Trout // **Bod-  
in's Fisheries**

**Meat Basics :**

Ground Beef + Beef  
Roast// **Hidden Vue**

Lake Trout// **Bodins Fisheries**

**PLUS ITEM:**

Pesto// **Spirit Creek Farm**

**Fruit:**

Honey Crisp // **Bayfield Apple  
Co.**

Greetings from River Road Farm!

Autumn bliss is upon us. Hundreds of Sandhill cranes are gathering for the long journey to Texas for the winter. Bluebirds and robins are also on the move to the south on a daily basis. The biggest challenge for us these days is keeping the leaves out of the baby lettuce beds, they just blend right in. Each fall we make a habit of stopping whatever we are doing for a moment and breathe in the spectacular colors and fragrant Fall air. Fall is one of the best times to grow vegetables. Warm days and cool nights make for crisp lettuce, juicy turnips, and humongous broccoli. And, there's no bugs! We hope you all have been enjoying the regular supply of broccoli to your boxes this year cause it sure has been a good year for it. The next few weeks will be filled with the hustle to get the last of the root crops out of the ground, mulching the strawberry crop, and getting the garlic crop into the ground before freeze up. Then, all that is left to do is tuck in the greenhouse crops with frost blankets and get on to cutting firewood for the winter. This growing season has come with it's fair share of challenges at River Road Farm, but now we can celebrate a bountiful Fall harvest and start planning for next year.

~ River Road Farm

## Overnight Daikon Radish Pickles

### INGREDIENTS

1 1/2 cups chopped daikon

3/4 teaspoon salt

1 tablespoon rice vinegar

1/4 teaspoon ground black pepper

1/4 teaspoon sesame oil (optional)

### DIRECTIONS

In a mixing bowl, toss daikon with salt. Cover, and refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes.

Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl. Stir in rice vinegar, black pepper and, if desired, sesame oil. Cover, and refrigerate at least 8 hours.



## No Noodle Pad Thai

### Ingredients

- 1 daikon radish, peeled or zucchini
- 4 carrots, peeled
- 4 cups mung bean sprouts
- 4 scallions, thinly sliced
- 12 oz organic, GMO-free firm tofu, cut in quarters
- 1 small handful cilantro leaves, chopped, plus extra for serving
- 2 tablespoons black sesame seeds, plus extra for serving
- 4 slices of lime, to serve

### Directions

Use a julienne peeler, mandoline or spiralizer (or even a potato peeler) to create noodles from the daikon and carrots. Place in a bowl and add the mung bean sprouts and onions. Add the tofu, coriander and sesame seeds to the noodles and mix. Stir together all the sauce ingredients in a separate bowl, add more water if needed. Taste and adjust the seasoning. Pour over the vegetables and toss to combine using your hands. Make sure that every single strand is covered in dressing. Serve with a slice of lime, chopped coriander and sesame seeds on top.

### Peanut sauce

- 1/2 cup peanut butter (adjust to allergies by choosing a different seed or nut butter)
- 4 tablespoons lime juice
- 2 tablespoons clear honey, preferably unheated
- 2 tablespoons organic, GMO-free tamari or soy sauce
- 1 pinch ground cayenne pepper or more to taste
- 2 teaspoons grated fresh ginger
- About 3 tablespoons water, to thin



## Bayfield Foods Cooperative

Here is a Sneak Peek  
at Next Week 10.26\*

\* Please note these are subject to change

### VEGGIE BOXES:

Carrots, Onions, Acorn Squash,  
Broccoli // **Great Oak Farm**

Turnips, Kale, Spinach, Salad  
Mix // **River Road Farm**

Potatoes/ **Yoman Farm**

### VEGGIE Basics :

Broccoli, salad mix, carrots, gar-  
lic, potatoes

### MEAT BOXES:

Assorted Pork // **Maple Hill  
Farm**

Ground Beef + Stew // **Hidden  
Vue + Griggs**

Whitefish // **Bodin's**

### Meat Basics

Ground Beef + Pork+ Beef  
Roast

### PLUS ITEMS:

Honey // **Heritage Farm**

### Fruit:

Honey Crisp // Bayfield Ap-  
ple Co.

### Summer Shares End Soon!

Group A (May 25th Start) End October 26th

Group B (June 1st Start) End October 19th

If you have a summer veggie, fruit, or meat share, these are  
the dates your share ends.

Winter veggie and winter meat shares are available to order  
and start November 2nd.

Visit our website to order!

Winter Pick-up dates are as follows:

November 2nd

November 16th

December 7th

January 4th

February 1st

March 1st

If you have a whole diet share, you will continue on with the  
winter schedule as listed above.

End of the summer surveys will be sent out soon and we re-  
ally appreciate your feedback. For those of you who are  
done this week, thank you for joining us this summer!