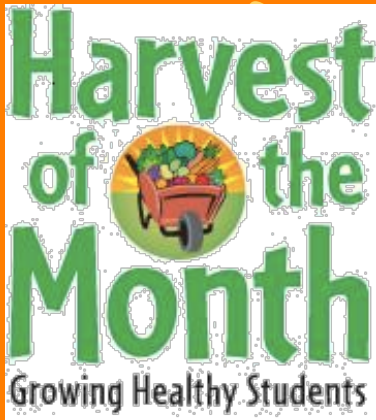


CHEQUAMEGON BAY



May/June



Did you know...?

Spinach/ Otaagibing-aniibiishan

- ✓ Spinach was the first frozen vegetable to be sold for commercial use.
- ✓ When Popeye made his debut on January 17, 1929, spinach became the third most popular children's food after turkey and ice cream. Today, more than 94% of Americans associate spinach with Popeye.
- ✓ The first spinach was cultivated in Persia 2000 years ago and became popular in Italian and French cooking in the Middle Ages.
- ✓ Spinach is a very hardy crop and can withstand temperatures as low as 20°F.

How to Select and Store Spinach

When you bring your fresh spinach home:

- Keep it cold (refrigerate promptly)
- Store it dry
- Wash with cold, clean water before eating
- Use it fast - generally within 3-5 days

Typically, you can keep and use spinach until it shows signs of spoilage, at which point it should be thrown out. Signs of spoilage include wilting, off-odors, yellowing, and watery leaves.

Nutrition Benefits of Spinach

Spinach provides a low calorie, nutrient dense option to add to many different recipes, or to use in a simple salad. Spinach is a good to excellent source of vitamins A, C, and folate, as well as minerals such as manganese, magnesium, calcium, zinc, and iron. It is also a good source of fiber and even contributes a small amount of protein to the diet. Spinach also contains many lesser known antioxidant compounds such as flavonoids. Antioxidants are crucial to our body's natural defenses, helping reduce the risk of cancer. Not enough? Spinach may play a role in the slowdown of the aging process, and help to maintain brain function. These potential health benefits, along with the proven nutritional benefits of spinach make it a must-have in your diet.



****BUY LOCAL****

Want a steady supply of local produce, but don't have the time or space to garden? **Join a local CSA!**

Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Interested consumers can purchase a share from a CSA farmer and in return receive a box of seasonal produce each week throughout the growing season. This arrangement creates several rewards for both the farmer and the consumer.

-**Farmers** get to spend time marketing the food early in the year, before their long days in the field begin, receive payment early in the season, which helps with the farm's cash flow, and get to know the people who eat the food they grow.

-**Consumers** get to eat ultra-fresh food, with all the flavor and vitamin benefits, are exposed to new vegetables and new ways of cooking, can develop a relationship with the farmer who grows their food and learn more about how food is grown.

Chequamegon CSA

Ann Rosenquist, manager (715) 779-3254

<http://www.localharvest.org/chequamegon-csa-M55949>

"Weekly deliveries of fresh produce, fruit, herbs, and flowers straight from our farms. Deliveries usually begin in early to mid June and continue weekly through the fall. Optional fall boxes and bread and jam share." Pick-up sites in Ashland, Bayfield, Washburn, Cornucopia, Herbster, Iron River, Brule, LaPointe, Port Wing, and Superior.

Elsewhere Farm CSA

Clare Hintz (715) 774-3153

<http://www.elsewherefarm.com/>

"We run a 20-week summer CSA from June through October. Each week will feature six to ten different crops plus occasional cheese from Sassy Nanny and eggs from Elsewhere on a biweekly basis. We also run a winter CSA featuring fresh greens and storage crops, plus treats like apple butter and apple cider." Pick-up sites in Herbster, Washburn, Bayfield, Ashland and Iron River.

Hermit Creek Farm CSA

Landis and Steven Spickerman (715) 492-5969

<http://hermitcreekfarm.com/>

"We offer several share options for spring, summer, fall, and winter. Shares include a mix of what's in season and typically include 8 to 12 items." Pick-up sites in Highbridge, Ashland, Washburn, Bayfield, Mason, Minocqua, Superior, and Duluth.

Lake Superior CSA

Stefanie - CSA Manager, at 218-409-6406

<http://www.lakesuperiorcsa.com/>

"Cheese, fruit, meat, bread, and more. The Lake Superior CSA promotes Whole Diet local eating." Pick-up sites in Ashland, Iron River, Superior, and Duluth.

Cooking Corner



* * *

Spinach and Strawberry Salad

Ingredients

- ½ pound strawberries
- ¼ cup vinegar
- ¼ cup olive oil
- ¼ cup honey
- 1 Tbsp poppy seeds
- ½ tsp paprika
- 1 Tbsp minced red onion
- 5 cups baby spinach
- ½ cup cooked crumbled bacon
- ¼ cup sunflower seeds
- 2 oz. feta cheese, crumbled

- 1 Wash** strawberries, remove stems, and slice.
- 2 Whisk** vinegar, olive oil, honey, poppy seeds, paprika, and onion in small bowl, blender, or food processor.
- 3 Toss** spinach, strawberries, bacon, sunflower seeds, feta and half of the poppy seed dressing. Add more dressing if you need to, otherwise save the rest for the next time you make the salad.