

# Farm Connection

## Your Meat CSA

Country Haven Farm

Issue 1

Marr's Valley View Farm

Welcome to the *Farm Connection* CSA! That's what we've decided to call the CSA formed by Country Haven Farm and Marr's Valley View Farm. We want to think of the CSA as the connection between your family and our farms.

This month I'm going to introduce you to Country Haven Farm and next month you'll learn more about Marr's Valley View Farm.

Country Haven Farm is located in Waterloo, Wisconsin, which is where Dane, Jefferson and Dodge Counties meet. We're a 72 acre pastured farm. Our sheep are raised solely on forage...grass from our farm when the seasons allow and hay from neighboring farms when the winter snow has covered the pastures. The Mauneha River runs through our property, dividing us into East and West sections of the farm.

The woodlands along the river provide habitat for a variety of wildlife. It is not uncommon for us to see deer and turkeys in our backyard along with the occasional fox, wood chuck and raccoon. Geese, ducks and cranes enjoy the river and the plant life it supports.

Country Haven Farm will be providing the lamb and the poultry that you receive in your monthly CSA delivery. More about the farm in upcoming newsletters...now onto cooking!

This month I'm going to cover lamb since that is the meat that most people are the least familiar with cooking.



*Our ewes and their lambs in the pasture after the June flooding last summer.*

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### **Enjoying Lamb**

#### **Lamb is Lean and Nutrient Rich**

On average, a 3-ounce serving of lamb has only 175 calories and meets the Food and Drug Administration's (FDA) definition for lean. According to FDA guidelines, lean meat has less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams (or 3.5 ounces).

Because lamb naturally contains many essential nutrients, it is an easy fit for healthy diets. On average, lamb is an excellent source of protein, vitamin B12, niacin, zinc and selenium, and a good source of iron and riboflavin. All of this within an average of 175 calories per 3-ounce serving makes lamb naturally nutrient-rich.

**Storage:** All the meat that you receive in your monthly CSA will be frozen. The meat will have been processed and frozen at a federally or state inspected processing facility in southern Wisconsin.

**There are three ways to safely thaw frozen lamb:**

**In the refrigerator**—once frozen lamb has thawed in the refrigerator, lamb roasts and chops should be used within 3-5 days; ground lamb or stew meat should be used within 1-2 days. If you do not use the lamb within this time period, you may refreeze lamb without cooking it first.

**In cold water**—leave frozen lamb in its packaging, making sure it is airtight. If not, transfer it to a leakproof bag. Keep the lamb submerged in cold water, changing the water every 30 minutes to continue thawing. Cook lamb immediately after thawing. It should not be refrozen unless cooked first.

**In the microwave**—as with the cold water method, when frozen lamb is thawed in the microwave, it must be cooked immediately. It should not be refrozen unless cooked first.

**Is It Done Yet?**

For those that don't have a lot of experience cooking lamb, determining when it is done is the biggest challenge. DO NOT cut into a roast or chop to check doneness. Use an instant read thermometer to give you a quick, accurate reading.

Lamb always benefits from rest before serving—the rest allows the meat's juices to settle. Give thin cuts like chops 5 minutes before serving and allow 20 minutes before carving roasts. Keep in mind that the meat's internal temperature typically rises 5-10 degrees as it rests. Remove lamb from cooking heat when the thermometer reads 5-10 degrees less than your desired temperature.

To ensure lamb remains safe throughout cooking, the USDA recommends cooking ground lamb to a safe minimum internal temperature of 160°F as measured on a food thermometer. Other cuts, including roasts and chops, should be cooked to 145°F for medium-rare, 160°F for medium and 170°F for well-done. For approximate cooking times for use in meal planning, see the chart below.

CUT OF LAMB	SIZE	COOKING METHOD	COOKING TIME	INTERNAL TEMPERATURE
LAMB LEG, BONE IN	5-7 lbs.	Roast 325°F	20-25 min/lb 25-30 min/lb 30-35 min/lb	Medium-Rare 145°F Medium 160°F Well-Done 170°F
LAMB LEG, BONE IN	7-9 lbs.	Roast 325°F	15-20 min/lb 20-25 min/lb 25-30 min/lb	Medium-Rare 145°F Medium 160°F Well-Done 170°F
LAMB LEG, BONELESS, ROLLED	4-7 lbs.	Roast 325°F	25-30 min/lb 30-35 min/lb 35-40 min/lb	Medium-Rare 145°F Medium 160°F Well-Done 170°F
SHOULDER ROAST OR SHANK LEG, HALF	3-4 lbs.	Roast 325°F	30-35 min/lb 40-45 min/lb 45-50 min/lb	Medium-Rare 145°F Medium 160°F Well-Done 170°F

CUBES, FOR KEBOBS	1"-1.5"	Broil/Grill	8-12 minutes	Medium 160°F
GROUND LAMB PATTIES	2" thick	Broil/Grill	7-11 minutes 15-19 minutes	Medium 160°F
CHOPS, RIB OR LOIN	1"-1.5" thick	Broil/Grill	7-11 minutes 15-19 minutes	Medium-Rare 145°F
LEG STEAKS	.5" thick	Broil/Grill 4" from heat	14-18 minutes	Medium-Rare 145°F
STEW MEAT, PIECES	1"-1.5"	Cover with liquid; simmer	1.5-2 hours	Medium-Rare 145°F Medium 160°F
SHANKS	.5-1 lb.	Cover with liquid; simmer	1.5-2 hours	Medium 160°F

This information was gleaned from the American Lamb website at [www.americanlamb.com](http://www.americanlamb.com) it's a wonderful site with lots of information on lamb you may want to check out.

### **Walnut Glazed Lamb Chops**

4 Lamb Chops or Steaks

- ¼ cup Honey
- 1 Tbs Lemon Juice
- ¼ cup Walnuts, finely chopped
- 2 Tbs Parsley

Broil chops in oven about 3 inches from heat for 5 – 6 minutes. Sprinkle with Salt and pepper. Turn, broil 5-6 minutes more.

Meanwhile, in a small bowl blend honey and lemon juice; stir in walnuts and parsley. Spoon walnut-honey mixture over chops, broil 1 minute longer. Makes 4 servings. Enjoy!

### **What Lamb Cuts will I be receiving?**

Not all shareholders will receive the same cuts of lamb each month because of availability but over the six months of your share all shareholders will receive the various cuts we have available. We will include some recipes here; but we will also stick a recipe card in your share for whichever cut you receive.

### **Pick Up Schedule**

**Your meat will be delivered frozen to the host families on Thursday, May 14<sup>th</sup>. Please pick up your share at your designated location between 3pm and 6pm that day.**

**If you will be delayed, please contact your host so they can protect your product. Here are their addresses and contact information.**

**Shorewood Pick-up** – Martha Davis Kipcak, 4043 N. Downer Ave., Shorewood, WI 53211  
Cell Phone: 414-628-3456

**West Milwaukee Pick-up** – Jennifer Girtler, 2845 S. 70<sup>th</sup> St, Milwaukee, WI 53219  
Cell Phone: 414-364-4775

Any questions – call us at **920-253-8515**.