

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Winter Issue 10

Marr's Valley View Farm

February is here....one step closer to spring!

We're keeping a close watch on the ewes as they're now in the last six weeks before lambs are born. We watch their weight to make sure they're eating enough...in November/December our ewes ate about 6 bales of hay a day...now with lambing closer at hand they're up to 8 bales of hay a day. We make sure they always have hay in their feeders to eat as well as a mineral block (they lick it as they need to) and plenty of fresh water (in addition to the snow outside).

We plan on having an open house in April when lambs have started to arrive, so watch for details next month.

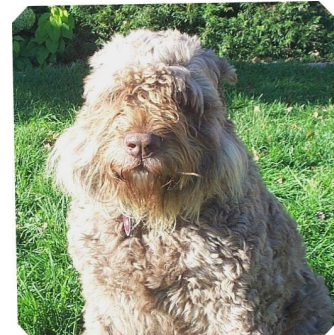
We've also gotten a new batch of chicks. We pick up our chicks at the hatchery when they're one day old and covered in yellow down. They're local chicks coming from Beaver Dam or Hubbleton (outside of Watertown). The new chicks are put in a "brooder." This is an area that is warmed with heat lamps as little chicks need to be kept at about 95° the first week and then you gradually reduce the temperature as they grow their new feathers.

You want to keep the chicks comfortable so you have to watch their behavior. If they huddle under the lamp, they're cold so you lower the lamp to give them more heat. If they gather outside of the lamp's glow, it means they're too hot and you need to hike the lamp up an inch or so. If the chicks are scattered about scratching, eating and drinking...they're just right. (Kind of reminds me of Goldilocks and the Three Bears). Currently the chicks are in our basement, but as the weather improves and their feathers come in they'll be moved to the barn.

The laying hens have been enjoying the nicer weather. As soon as the temperatures get in the 20's they take advantage of getting outside. They like to scratch in the yard and look for any seeds that might have been left from last fall.

Our farm cats have also been busy! In preparation for lambing we're doing some moving of hay bales and such in the barn and that kind of activity always uncovers a few mice in their hiding places. Cassie, our gray tiger striped cat, is the best mouser so she keeps close by our sides when we're in the barn!

I'd like to introduce you to other members of our farm family. This is Dutchess, our Bouvier des Flanders (stands for Belgium cow dog). She's not a great sheep dog but we love her anyway. And these are our



horses, Johnny, our 5-year old Morgan, is looking at us and Pride, our 21-year old Tennessee Walker is eating some hay behind him. (Pride was camera shy this day.)

We look forward to having you stop by the farm and meet our animals in person.

Fish being offered again in March

In case you're a Friday Fish Fry lover, your meat CSA is going to offer a "yellow perch add-on" again in March. We will be offering

a package containing 8 – yellow perch butterflied fillets from Coolwater Farms for \$15. The perch will be delivered with your March CSA shares. I've attached a safe handling brochure for those of you that ordered fish for delivery in February.

To add fish to your next delivery, simply email me at acminc@verizon.net and let me know how many packages you would like delivered and when. You may send a check for payment or we can charge it to your Mastercard or VISA.

Our Favorite Recipe this Month

This is an aromatic lamb dish that originates in Northern India. This made enough for 3.

Rogan Josh

2/3 cup sour cream
1 T. Flour
½ tsp. chili powder
1 tsp. ground coriander
½ tsp ground ginger
2 cubes chicken bouillon
1 (14.5 oz.) can diced tomatoes
1 cup water
Ground nutmeg, salt & pepper to taste
1 T. cornstarch
¼ c. water
1 large onion, cut into wedges
3 lamb steaks or 4-6 lamb chops
1 # carrots
1 # potatoes
½ # button mushrooms quartered

1. Stir the sour cream and flour together in a small bowl until smooth and set aside. In a separate small bowl, mix together the cornstarch and water to make a paste.
2. Combine the chili powder, coriander, ginger, bouillon cubes, tomatoes, water, nutmeg, salt & pepper in a medium saucepan; bring to a boil over high heat. Slowly add the cornstarch paste to the tomato mixture, stirring constantly; simmer for 2 minutes. Remove the saucepan from the heat and slowly stir in the sour cream and flour mixture.
3. Arrange the onions across the bottom of your slow cooker, lay the meat on top of the onions and pour the prepared tomato mixture over the meat. Place the carrots, potatoes and mushrooms on top of the sauce.
4. Cover and cook in the slow cooker on high for 8 hours. (We turned it down to low after about 6 hours.)

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, February 11th. Please pick up your share at your designated location between 3pm and 6pm that day.

Farm pickups will be available in coolers on the porch after 5pm.

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. 70th St, Milwaukee, WI 53219
Cell Phone: 414-364-4775

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

Happy Valentine's Day!

