

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Winter Issue 11

Marr's Valley View Farm

Open House – Saturday, April 24th – 10am – 3pm – Country Haven Farm!

You're all invited to come "down on the farm" on Saturday, April 24th. We'll have lambs and chicks for everyone to see as well as the horses and cats. We're trying to get our shearer set up to be here that day as well to give you all a demonstration. It should be a fun day to learn about spring on the farm!

Time to Sign Up for Summer Share

Summer Share begins in May and runs through October. Those who sign up for the summer share will receive a turkey in October. Turkeys take a long time to raise (we'll get the chicks in mid-May), so we can only offer them to those who are signed up for the entire six months. To continue your share for the summer, simply email us back and let us know.

What's Corned Beef Anyway?

The term "corned" comes from putting meat in a large crock and covering it with large rock-salt kernels of salt that were referred to as "corns of salt." This preserved the meat. Today, brining – the use of salt water – has replaced the dry salt cure, but the name "corned beef" is still used.

In the late 1600's, corned beef was described as a specialty, a costly delicacy – expensive because of the salt - and made to be eaten at Easter and sometimes Halloween. When the Irish emigrated to America and Canada, where both salt and meat were cheaper, they treated beef the same way they would have treated a "bacon joint" at home in Ireland: they soaked it to draw off the excess salt, then braised or boiled it with cabbage, and served it in its own juices with only minimal spicing - may be a bay leaf or so, and some pepper.

Corned Beef and Cabbage

- 1 (5 1/2 pound) corned beef brisket
- 2 tablespoons pickling spice
- 1 large orange, sliced in rounds
- 2 stalks celery, sliced
- 1 large onion, sliced
- 1/2 cup cold water
- 6 tablespoons margarine, divided
- 1 large head cabbage, cored and sliced
- 1 cup Golden Delicious apples, cored and quartered with peel
- 1/4 cup cold water

Preheat the oven to 300 degrees F (150 degrees C). Line a 9x13 inch roasting pan with aluminum foil, leaving enough extra extending over the sides to cover and seal in the roast.

Rinse the brisket, and pat dry. Rub with pickling spice, and place in the prepared roasting pan. Arrange celery, orange and onion slices on and around the roast. Pour in 1/2 cup of water, and wrap aluminum foil up over the roast tightly, making sure the ends are sealed.

Bake for about 4 hours in the preheated oven, or until meat is tender.

About 45 minutes before the roasts time is up, heat 3 tablespoons of margarine and 1/4 cup of water in a large pot. Add cabbage and apples, cover, and simmer over low heat for about 30 minutes. Occasionally shake the pot so that nothing sticks to the bottom. Serve with remaining margarine and sliced corned beef.

Another Irish Favorite

The Irish really have a hold on March! We'd like to share with you our Irish Stew Recipe:

Irish Lamb Stew

1-1 1/2 lbs Lamb kabob or stew meat, 3/4? pieces
1 Tbs Olive oil
1 med. Onion, coarsely chopped
12 oz. Beer (or 3/4 cup water)
1 tsp Seasoned pepper
2 cans Beef broth
1 pkg Brown gravy mix
3 cups Potatoes, cubed
2 cups Carrots, thinly sliced
2 cups Cabbage, shredded
1/3 cup Parsley, fresh (optional)

Heat oil over medium-high heat in a large saucepan. Add lamb cubes and onion. Cook and stir until lamb is brown. Drain off fat. Stir in beer or water and seasoned pepper. Bring to boiling; reduce heat. Cover and simmer for 45 minutes.

Stir in beef broth and gravy mix. Add potatoes and carrots. Cover and simmer 15?20 minutes or until vegetables are tender. Stir in cabbage; cook just until cabbage turns bright green. Ladle into soup bowls. Sprinkle with parsley, if desired. Makes 8 servings.

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, March 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 St. Pat's Day!

