

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Winter Issue 12

Marr's Valley View Farm

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

You're all invited to come "down on the farm" on Saturday, April 24th. It's your opportunity to visit and learn more about the animals we raise. You'll be able to see our flock of Scottish Blackface sheep. Lambing has begun and there will be lots of lambs to watch. Our laying hens will be wandering the farm and there will be chicks of different ages to see and handle. Our new Great Pyrenees puppy, Cooper will greet you. He will be about 12 weeks old at that time. Our horses Johnny and Pride will be near by and in the afternoon our Horse Coach, Edie Brogan, will visit to demonstrate some natural horsemanship techniques. We're planning on having some learning activities for all and some other demonstration areas.



Come dressed for the farm...no open toed shoes (chickens like bare toes) and long pants are recommended.

It should be a fun day for all – we hope to see you!



Being a Sustainable Farm

What does it mean to us to be "sustainable?" The word sustainable is thrown about a lot today and used in many different ways. For us, sustainable is defined in the word respect. We respect the land and the animals that are in our care. We strive to improve the land and care for the animals so in turn they can sustain us and future generations both physically and economically. As one of our shareholders, you are a critical part of our farm's sustainability. Thank you!

Summer Share begins in May

This will be the last delivery of the winter share. Summer share begins the second Thursday in May. We'll be adding a couple of additional host sites to serve a broader group of shareholders. We'll keep you posted on the details.

What's Cooking?

Eggs! With Easter just past and five grandchildren who enjoyed coloring eggs we have a few hard-boiled ones to use. The American Egg Board recommends eating hard-boiled eggs within a week's time, so here's ways that our family uses these colored gems:

EGG SALAD

Makes: Enough for 4 sandwiches

8 hard-boiled eggs, peeled

9 tablespoons mayonnaise

3 teaspoons sugar

3 teaspoons apple cider vinegar or white balsamic vinegar

1 1/2 teaspoons dry mustard
1 1/2 teaspoons onion powder or granulated onion
1/2 teaspoon celery seed (or celery salt)
Salt and pepper

Coarsely chop eggs. In a separate bowl, mix all the other ingredients. Add wet mixture to eggs a little at a time until desired consistency is reached. Add salt and pepper to taste.

DEVILED EGGS

Makes: 12 deviled eggs
6 hard-boiled eggs, peeled
1/4 cup mayonnaise
1 tablespoon chopped sweet pickle
1 teaspoon prepared mustard
1/4 teaspoon salt

Cut boiled eggs in half lengthwise. Remove yolks and mash; combine yolks with mayo, pickle, mustard and salt. Refill the egg whites, sprinkle with paprika if desired.

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, April 8th. 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.