

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Summer Issue 13

Marr's Valley View Farm

Welcome New Families!

With the Summer share season, we have a lot of new families joining the CSA program so wanted to start out by saying "Welcome!" Please, don't be afraid to ask questions. We're just an email or phone call away.

Cooking Lamb

One of the most frequently asked questions is, "How do we prepare lamb?" Since many of our families haven't eaten a lot of lamb it's an obvious question. This month I've gotten some new recipe brochures from the American Lamb Board. Those of you who will be cooking lamb this month will receive one in your share.

We also invite and encourage all of you to share any of your favorite recipes. Here's one vouched for by Heidi & Paul:

Greek Meatball and Zucchini Soup

1 ½ Tablespoons olive oil or salad oil
1 large onion, finely chopped
½ teaspoon dried oregano
2 cans (13 ¾ oz each or 3 ½ to 4 cups homemade regular-strength chicken broth)
2 tablespoons long-grain rice
2 medium zucchini (about ¾ lb) thinly sliced
Salt (optional)
Lemon wedges

Lamb Meatballs

1 egg
1 teaspoon salt
1 clove garlic, minced or pressed
Dash pepper
¼ cup soft bread crumbs
1 pound ground lamb

Beat Egg, mix in salt, garlic, pepper and breadcrumbs. Lightly mix in lamb. Shape into ¾-inch meatballs.

1. In a 4- to 6-quart Dutch oven, heat oil and brown meatballs on all sides. Add onion, oregano, broth, and rice. Bring to a boil, cover, reduce heat and simmer until rice is tender (about 25 minutes).
2. Add zucchini and cook, uncovered, until just tender (4 to 6 minutes). Salt to taste, and serve with lemon wedges. Serves 4.

New Drop Off Sites Added

This month we're adding a Pewaukee and Franklin drop off. We thank the Erdmann family for becoming hosts in Franklin and for the time being the Pewaukee drop off will be at the Park'n Ride at the Intersection of I94 and Hwy G. If any of you would like to switch your pick up location for future deliveries, please just let us know.

Thanks to Everyone who Visited us During Open Farm!



It was a rainy and blustery day, but we still had about 7 families that visited us for our Open Farm in April. There were plenty of lambs and chickens for everyone to see plus the new puppy was pretty excited to see everyone! Johnny and Pride, our horses, also enjoyed some extra attention. We're planning on having a pasture walk sometime over the summer so watch for announcements and details.

New puppy, Cooper, checks out some of the sheep at the Open Farm.

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, May 13th. Please pick up your share at your designated location between 3pm and 6pm that day. Pewaukee location between 4:30pm and 6pm.

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.

Franklin Pick-up – Deb Erdmann, 8520 S Golden Lake Way, Franklin, WI 53132
Phone: 414-529-3904/414-241-6787

Pewaukee Pick-up – Anna Maenner, Pewaukee Park'n Ride, Cell Phone: 920-988-4313

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**.