

# Farm Connection

## Your Meat CSA

Country Haven Farm

2010 Summer Issue 15

Marr's Valley View Farm

### Red Rangers are Coming

This delivery the chicken you receive will be our Red Rangers! The chickens we commonly raise are Cornish-Rocks which are a white feathered chicken. This spring we raised a more "back-to-nature" chicken called Red Rangers. Red Rangers because they are a rust/white/black feathered bird. They were to be better grazers than the Cornish-Rocks. We've eaten one and they are tasty. They were a rather aggressive breed though and strongly tried to dominate each other as well as us. So, for that reason, I don't know if we'll raise them again or not. You'll note that they are a more yellow skinned bird which is common for non-white chickens. You will also see at least one half chicken in your delivery. This is for ease of grilling since it is that time of year.

For chicken recipes, I would try these links:

<http://allrecipes.com//Recipes/meat-and-poultry/chicken/Main.aspx>

<http://www.momswhothink.com/chicken-recipes/chicken-recipes.html>

<http://welovechicken.com/>

<http://www.foodnetwork.com/topics/chicken/index.html>

In the summer, we roast our chicken and eat one meal but then we cut up the leftovers and use in salads, casseroles, etc. For the two of us, we can usually get 4 meals out of one chicken. Plus, once you get the chicken cubed it makes meal prep a cinch.



### Eggs

If you want to learn more about eggs, there are plenty of websites that will give you the facts. If you Google egg facts there will be several USDA sites that come up.

Here's some facts that I found helpful. According to the USDA, when eggs you purchase at the store are packed, the "sell-by" date can be no more than 45 days past the pack date. Then when your eggs get home you can keep them in your refrigerator for 3 to 5 weeks. Even if that takes the eggs past their "sell by" date the eggs are still good. As you can see, eggs keep for a very long time!

If you've had your eggs for a while and want to know if they are still good just put them in a bowl of water. If the egg sinks it's good; if the egg floats it's time to dispose of it. This is because eggs have air inside their shell. As the egg ages the white and yolk shrinks and creates a larger air bubble. When past their prime, the air bubble becomes large enough that the eggs will float. But, once you boil an egg, you've removed its protective coating and the eggs should be eaten within a few days.

The natural protective coating on an egg is called the "bloom." The bloom protects the egg while letting it be permeable. Because all eggs have the hope of being fertilized by a rooster; the shells need to be permeable to allow the growing chick inside to breathe. With your Country Haven eggs we use the dry-method of cleaning to preserve as much of the bloom as possible. We do not have a rooster with our laying hens, so the eggs are not fertilized. All eggs, from the farm or the store, have the possibility of

carrying salmonella inside and out so be sure you never eat raw eggs. (This from a person who loves chocolate chip cookie dough!)

### A History Lesson

Sometimes you hear that farmers can't make a living farming so they or a spouse need to work off the farm to make a go of it. That is a true statement but it's not any different now than how it was 100 years ago.

My grandfather came from Germany with his brothers. They spread out across Wisconsin and Minnesota establishing their dairy farms. My grandparents settled in Pickerel, a small farming/recreation community up north in Langlade County. But even way back then, running the farm was not all they did. My grandfather established the local grocery store just up the road (a city block away) from the farm. My grandmother spent most of her days raising my rowdy father and his siblings but she also took in sewing for other families.

My father never left his family's farm...as he came of age they began bottling their own milk and Dad delivered milk to neighbors and close communities. In the winter my Dad logged with a team of horses on our land and sometimes went away to logging camp leaving mom and my siblings behind. Dad also trapped, ginsenged, fished and hunted, did carpentry work and more.

Mom also did her part. She was a great cook and worked in supper clubs when I was younger and later became the cook at the local elementary school. (Every student got a birthday cake! Not as difficult as it sounds since the enrollment was usually less than 40.)

I guess my point is that farming, for our family, has mostly been a life decision not necessarily a career choice. Chuck and I have been blessed that our career choice, running non-profit organizations, has allowed us to make the life decision to farm. And...we're so happy that our life decision allows us to provide your families with wholesome foods!

Thanks for being our shareholders!

*Chuck & Anna Maenner, Country Haven Farm*

### Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, July 8th. 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. 70<sup>th</sup> St, Milwaukee, WI 53219  
Cell Phone: 414-364-4775

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