

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Summer Issue 16

Marr's Valley View Farm

Summer Pasture Walk – Saturday, August 28th



Come visit the farm! On Saturday, August 28th, we will be having a Pasture Walk at the farm. You may ask, "What is a Pasture Walk?" Well, since many of our animals are out on pasture, it's an opportunity for our shareholders to come and walk the farm and see the animals in their summer homes.

The "big block" or the route we walk to check on the animals is about one mile in length. It will take you around the farm, over the river and through the woods. You may see other wildlife along the way. It's not uncommon for us to see deer, turkeys and ducks on our journeys. Oh...and mosquitoes too, so you'll need to come prepared with walking shoes, long

pants, sleeves, etc. Some bug spray wouldn't hurt. We'll take one walk at 10am and another at 2pm.

If you'd like to visit the farm but aren't up to the walk, you're welcome to come between 11:30am and 1:30pm as we'll be at the farm during that time.

Remember...all visitors to the farm should wear proper footwear. Chickens love painted toes!

Pork Recipes

Looking for some grilling recipes for those pork cuts? Here's a nice local place to try...the Wisconsin Pork Producers website. You can Google "Wisconsin Pork Producers" or go to <http://www.wppa.org> and then click on Consumer and recipes. It will give you lots of categories to choose from including "Grilling."

Here's a simple pork chop marinade that comes from the site:

Americas Favorite Pork Chops

4 pork chops, about 3/4-inch thick
3/4 cup Italian dressing *
1 teaspoon Worcestershire sauce

Cooking Directions

Place all ingredients in a self-sealing bag; seal bag and place in refrigerator for at least 20 minutes (or as long as overnight). Remove chops from bag, discarding marinade, and grill over a medium-hot fire, turning once, until just done, about 8 to 11 minutes total cooking time.

Serves 4.

* Or use a reduced-fat Italian dressing

Serving Suggestions

An easy way to marinate your pork chops. Serve with sliced tomatoes in vinegrette, broccoli spears and garlic mashed potatoes.

We're at the Fair

One of the organizations Chuck and I work with is the Wisconsin Apple Growers Association. Right now we're at the Wisconsin State Fair promoting apples. Our booth is in the Wisconsin Products Pavilion on the east end. We sell all sorts of baked goods, caramel apples and more. If you happen to be at the Fair, please stop in and say "hi." We're usually there until about 3:30pm each day. Hope to meet some of you that we haven't had the privilege to meet yet!

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, August 12th. Please pick up your share at your designated location between 3pm and 6pm that day. Pewaukee location between 4:30pm and 5:30pm. 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.