

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Winter Issue 19

Marr's Valley View Farm

Hello Winter!

Okay, no snow yet, but tomorrow's delivery, Thursday, November 11th, is the first share for the winter season. We're excited to welcome many new shareholders! What should you expect from your winter CSA? A great variety of meats that will be part of warming, comfort meals this winter. Thanks for being part and know that we're always open to promote your favorite winter recipes. Just email them my way!



What's Happening at the Farm

At Country Haven, Chuck is busy building a chicken coop for the laying hens. They've been spending their winters in the lambing barn but with more sheep this year there just isn't enough "comfortable" room for everyone. The new coop will be the "cat's meow" or at least the "hen's cluck" with new roosts, more nest boxes and even electricity! Even in the winter the hens like to peek outside so they'll have their own entrance and a run. Hopefully it will get finished before snow flies!

Easy Holiday Meals

We're getting into that time of year when there are lots of family gatherings, parties and special events. While these get-togethers are fun and enjoyable, they can also bring on stress when you're the one preparing the meal. Things to keep in mind to keep mealtime stress at bay:

- C – Cook ahead – Use recipes that you can prepare the night before. The ingredients get a chance to blend and you get a chance to enjoy your company.
- A – Always keep your pantry stocked – You have that favorite recipe – keep the ingredients on hand so if you get unexpected guests, you're ready to cook without an interrupting trip to the grocery store.
- L – Leave it simmer – Use your slow cooker; roast your meat all day. Some cuts are best when cooked at lower temperatures for a longer period of time. The preps done upfront and then you can relax.
- M – Make it a one-pan meal – Cook your meat and vegetables together. Savor the flavor the meat can give and receive from those carrots and potatoes. Fewer pots and pans; delicious meals!

You want a New Way to Fix Your Bird

There's a number of websites that can show you how to brine it, glaze it, roast it or fry it! You name it and they do it with turkey.

One of my favorites is www.allrecipes.com ...just click on Thanksgiving on the top menu bar and you'll be treated not only to turkey recipes but all the fixin's as well.

If you have some dietary restrictions to contend with, I'd try simplyrecipes.com Just type in turkey recipes and they'll give you options for gluten-free, low-carb and seasonal favorites.

The National Turkey Federation's website www.eatturkey.com gives it to you straight from the bird and has lots of ideas of how to use those leftovers after the big day.

No matter how you decide to fix your bird this year...we wish you and your family a most Happy Thanksgiving!

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, November 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.

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

River Hills Pick-up – Lindsay Gardner, 7953 N Rangeline Road, River Hills, WI
Phone: 414-540-4848/414-477-6121

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
Thanksgiving!*

