

Farm Connection

Your Meat CSA

Country Haven Farm

Issue 2

Marr's Valley View Farm

Hello and welcome to the Farm Connection CSA from Marr's Valley View Farm! We are thrilled to have you as a part of our "local food family." This month we'll talk about the history of our family, the farm and our Black Angus Beef.

We are Mike Marr and Lois Federman, brother and sister, who grew up on the Marr family farm south of Mineral Point that we own and operate today. Our farm has been in the Marr family since 1874 — proudly celebrating 135 years in 2009! We are the fourth generation, second consecutive brother-sister team to own and operate the business. Our ancestors homesteaded the property which has been a livestock, crop and grass farm since the beginning. Located in LaFayette County in the southwestern corner of Wisconsin, the Pecatonica River flows through the picturesque valley below the cropland, thus the name Valley View Farms. In the early years, our father, Clem, and brothers Bob and Ray, worked as a team to keep several farms and a farm machinery dealership going between them. In our generation, there are 10 "Marr Cousins" who grew up more like siblings than cousins thanks to our paternal grandparents and parents. Our ancestors are now gone, but the cousins continue to work and play together as we did when we were kids.



Mike physically operates the farm of just under 600 acres including managing our cow-calf herd. He also oversees the planting and harvesting of our corn, hay, soybeans and oat crops. Lois manages product development, inventory/sales planning and marketing as well as helping out on the farm when she can which isn't often enough for her. During the weekdays you can find Lois at the Wisconsin Department of Agriculture, Trade and Consumer Protection in Madison, Wisconsin, helping other Wisconsin families learn how to direct market their products.

In 1999, we began marketing our flavorful, tender Black Angus Beef cuts directly to the consumer. All animals are born and raised on our farm, grass-fed and grain/corn-finished. We do not feed animal byproducts nor use growth hormones. Our state inspected processing is done by one of the most renowned processors in Wisconsin, Weber's of Cuba City, where our beef is aged at 34-36°F before packaging. The "aging process" promotes tenderness and allows the flavor to intensify to that mouthwatering Black Angus full-bodied taste. Our USDA-inspected processor is Lena Maid Meats in Lena, Illinois, allowing us to sell our family's products outside of the state of Wisconsin.

What you can expect in your monthly delivery? We offer a very wide variety of Black Angus Beef products including steaks, roasts and ground meats. As people with very busy lifestyles ourselves, we understand the value of the "convenience factor" so we also strive to bring you products that help you quickly put healthy, local foods on the table for you and your family. Watch for items such as brats, hot

dogs, ground beef patties, pre-made meatballs and meatloaf, sliced deli meats such as pre-cooked ham, roast beef and corned beef - ready for a quick flavorful sandwich sure to please.

Some months you will notice that there are more packages of beef than others in your delivery. The reason for this is that the value of the package varies by product type. Example - a package of 2 T-Bone steaks has a much greater value than a package of 3 hamburger patties. Rest assured that you are getting your full monies worth in each and every delivery. We also strive to mix it up so each month it's like Christmas - no extra charge for the cold! You will always receive ground beef each month but after that it's up for grabs - what fun! :o)

Lastly, you will notice that the look of our packaging and labeling may vary slightly. Just as we are all individuals, so are the 3 processing facilities that we use for our products. As a result the packaging and labeling will vary slightly from each facility.

As a family, we have a direct connection to the Milwaukee area as this is where our Mother grew up. We have several family members and friends in Milwaukee and the surrounding area. Lois also lived in Milwaukee, working in Whitefish Bay. Being able to bring our family's lean, delicious products to an area that we have been connected to throughout our lives is quite gratifying.

Thank you for your support and enjoy your June Meat CSA products!

Next month...more from Country Haven Farm.



Enjoying Beef

Frequently we will include educational literature and recipes that will help you achieve maximum satisfaction out of your products. One word of caution when it comes to our beef - it is naturally very lean - be careful to not overcook it - keep your "Confident Cooking with Beef" brochure from the May delivery close at hand. If I could provide only one piece of literature to you this would be it! The National Beef Council did an incredible job putting this educational brochure together - it is really all you need for successful cooking of our beef.

For a complete library of great beef recipes and more go to - <http://www.beeftips.com/>.

Poultry Recipes Shareholders enjoyed last month

The deliveries of "big" chickens will continue for the next two months, we're currently raising Cornish Hens so you'll be receiving a smaller variety in the future. In the meantime, here's what a few of you did with your chickens last month:

The chicken was HUGE! We roasted in the oven the first night, stuffed with green olives, rubbed with olive oil and herbs and surrounded by root vegetables. With the leftovers a few nights later, I made a chicken/vegetable stew topped with biscuits. Finally my husband made chicken salad which was also really good.

I found the chicken the tastiest I have ever had.

I brined the chicken while it was still partially frozen. A couple of days in salty water in the fridge. Then rinsed and air dried it in the fridge over night. Fresh lemon juice with the squeezed lemons tucked inside, a little olive oil and salt and pepper, and one deee-lish roasted chicken.

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, June 11th. Please pick up your share at your designated location between 3pm and 6pm that day.

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**.

Enjoy!