

# Farm Connection

## Your Meat CSA

Country Haven Farm

2011 Winter Issue 24

Marr's Valley View Farm

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### Last Delivery for the Winter Share

This Thursday, April 14<sup>th</sup>, is the last delivery for the winter share. Thanks to all of you for supporting our farms over the winter. Literally, you fed our sheep, chickens and horses!

If you haven't yet, let me know if you will be signing up for the summer share – May thru October – so we can plan to meet your family's needs.

### Open Farm was Great!

I'm glad so many of you were able to make it to the Open Farm! For those that missed, we'll have more on-farm activities in the summer. Check out page 3 for some photos taken of the day by Lindsay Gardner.

### Marr's Valley View on Discover Wisconsin

Marr's Valley View Farms will be part of the *Discover Wisconsin* show called "Home Grown" - airing on April 23/24. The show will be on the following Milwaukee and Madison stations:

- Milwaukee | [WITI TV 6 \(FOX\)](#) | Sundays 9:00 a.m.
- Milwaukee | [City Channel 25](#) | Wednesdays - Randomly
- Madison | [WKOW TV 27 \(ABC\)](#) | Saturdays 6:30 p.m.
- Wisconsin (Statewide) | [FSN - Wisconsin](#) | Saturdays 10:00 a.m. Outdoor Bloc

To find the complete listing of day/time/stations see the DW TV station guide by using the link below and clicking on TV Station Guide. <http://www.discoverwisconsin.com/TVandRadio.aspx>

The following businesses in Southern Wisconsin will also be covered in the show: Bushel & Peck's Market-Beloit; WI Innovation Kitchen-Mineral Point; Simple Earth Hops-(Matt Sweeney)-Dodgeville; Sunrise Orchards-Gays Mills; Furthermore Beer-offices in Spring Green but brewed in Black River Falls; Lake Louie Brewing-Arena; New Glarus Brewing-New Glarus.

There will be another DW show in the near future called Wisconsin's Best Cheeseburgers featuring Brewery Creek, a brew pub and B & B in Mineral Point. We are equally excited about this show as they use our ground beef for their burgers.

In case you are unable to watch but would like to see the shows, you can view them for free after they have aired at [www.kididdel.com](http://www.kididdel.com).

### Chicken

Most of the chickens we raised last fall have made it to your homes, so we needed to get additional chickens for this month's delivery. Ezra Petersheim is an Amish Farmer from Cambria. His chickens are free-range with no antibiotics. He supplied us with chickens this month. His chickens were processed in a Minnesota-based, federally-inspected plant. Let me know how you like them.

This tasty recipe serves 2...just adjust the ingredients to make a larger amount.

### *Not Grandma's Chicken*

#### *Ingredients*

- 1 ½ pounds of chicken
- 1 tsp. salt, plus additional for seasoning
- ½ tsp. black pepper, plus additional for seasoning
- Extra-Virgin Olive Oil, as needed (be sure to use enough)
- 5 garlic cloves
- Freshly squeezed juice of 1 large lemon
- 2 tsps. Dried Oregano

Preheat the broiler. Rinse the chicken, pat dry with a paper towel, and place in a 9x13 inch pan. Season chicken with salt, pepper and drizzle with olive oil. Broil the chicken, turning once, until light golden brown, about 3 minutes per side.

While the chicken is broiling, make a garlic paste by either using a mortar and pestle to pound the garlic with 1 tsp. salt or mincing the garlic with a heavy knife, then using the flat side to smear and mash the garlic and salt into a past. Alternatively, you can make the paste in a blender, if your blender can handle such a small amount. Stir the lemon juice and the remaining ½ tsp pepper into the garlic paste.

Lower the oven temperature to 425° F. Using a pastry brush or spoon, slather the chicken on all sides with one-third of the garlic mixture, a sprinkling of the oregano, and a drizzle of oil. Bake for 25 to 30 minutes, slathering on more of the garlic mixture, oil and oregano in two more additions. (Approximately every 7 to 10 minutes). The chicken is done when it's golden brown and cooked through. Serve with the pan juices or the tasty sludge on the bottom of the pan.

### Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, April 14th. Please pick up your share at your designated location between 3 -3:30pm 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. 70<sup>th</sup> St, Milwaukee, WI 53219  
Cell Phone: 414-364-4775 (Extended Hours 3pm – 8pm)

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

Photos from Open Farm



Jacob, Owen & Cooper in the barn.



Cooper had more fun than any of the visitors.



A lamb relaxes on Mom's back.



Owen helped by collecting eggs in the coop.

*Thanks to Lindsay Gardner for the pictures.*