

Farm Connection

Your Meat CSA

Country Haven Farm

2010 Winter Issue 9

Marr's Valley View Farm

A new year is always welcomed at Country Haven as it's a white canvas waiting to be painted with all life on the farm has to offer!

Lois's family enjoyed our Cornish Hens for their Christmas dinner. Here's how they were served and the recipe she used...looks yummy!

Here's a recipe that's uses a couple of your Meat CSA products to make a meal fit for an occasion....we served this to extended family for our Christmas dinner. Lois, Marr's Valley View Farm



Rice-Stuffed Cornish Hens

- 5 1/2 cups water, divided*
- 2 teaspoons chicken bouillon granules*
- 1 1/2 teaspoons salt*
- 3/4 cup uncooked wild rice*
- 1 1/2 cups uncooked long grain white rice*
- 1 pound Marr's Valley View Farms bulk pork sausage*
- 1 1/2 cups chopped celery*
- 3/4 cup chopped onion*
- 6 Country Haven Farm Cornish hens*
- 1 jar (12 ounces) apricot preserves*

In a large saucepan, bring 5 cups water, bouillon and salt to a boil. Add wild rice. Reduce heat; cover and simmer 20 minutes. Add long grain white rice, cover and simmer 25-30 minutes longer or until rice is tender and water is absorbed.

Meanwhile, in a large skillet, cook the sausage, celery and onion over medium heat until meat is no longer pink and vegetables are tender; drain if needed. Stir in rice mixture. Spoon about 3/4 cup stuffing into each hen. Place remaining stuffing in a greased 2 qt. baking dish; cover and set aside. Place hens breast side up on a rack in a shallow baking pan; tie drumsticks together. Bake uncovered, at 350 degrees for 45 minutes.

In a small saucepan, bring preserves and remaining water to a boil. Pour over hens. Bake 35-40 minutes longer, basting occasionally, until a meat thermometer reads 180 degrees for hens and 160 degrees for stuffing. Place baking dish of stuffing in the oven for the last 35-40 minutes of hens' baking time. Yield: 6 servings

Fish being offered in February & March

In case you're a Friday Fish Fry lover, your meat CSA is going to offer a "yellow perch add-on" in February and March. We will be offering a package containing 8 – yellow perch butterflied fillets from Coolwater Farms for \$15. The perch will be delivered with your February and/or March CSA shares. I've attached a brochure that will tell you more about Coolwater Farms and their yellow perch.

To add fish to your next delivery, simply email me at acminc@verizon.net and let me know how many packages you would like delivered and when. You may send a check for payment or we can charge it to your Mastercard or VISA.

Chocolate from End of the Trail Candy Shoppe available for Valentine's

Want some excellent chocolate to celebrate Valentine's Day? We'll deliver with your February CSA share a 1# box of assorted chocolates from End of the Trail Candy Shoppe in Waupun for \$15. An assortment of their choice milk chocolate and dark chocolate candies! This will be a box of their finest blend of creams, toffee, caramels, turtles and other favorites. The one pound box has approximately 30 pieces of candy. To order candy to be delivered with your CSA share on February 11th, simply email or call.

Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, January 14th. 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.

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 New Year!