

# GOOD NATURED FAMILY FARMS

Feel Good About Your Food



Issue 11

Hen House Markets CSA Newsletter

September 30, 2006

## Local Food Recipe

## Meet the Grower

### Great Roast Chicken

*A perfectly roasted chicken is definitely one of life's culinary pleasures. Now you can impress your family with the same great chicken served in Kansas City's finest restaurants.*

1-3½ lb. Good Natured Family Farms Chicken

2- sprigs of rosemary

1-lemon quartered

2 Tbsp. room temperature butter (optional)

(If you prefer a celery/onion flavor, substitute the rosemary and lemon with 2 stalks of celery and 1 leek or mild onion) Rinse chicken inside and out and pat dry with paper towels. Preheat oven to 350° F. Rub the chicken all over with butter and season with salt and pepper. Place the chicken in a roasting pan, breast side down. This allows the juices to run down to the breast during cooking. Stuff the chicken cavity with the celery or leek or the lemon and rosemary. Roast the chicken about 30 to 45 minutes, then turn breast side up to finish roasting. Roast the chicken until done. The chicken is done when the thigh meat is 170° F or the juices run clear— about 1½ hours. Note: If you find you have any leftovers, check out page 189 in your *Simply In Season Cookbook* for a Chicken Vegetable Soup— perfect for these cooler days.

### Zucchini Patties

2-small zucchini 3 Tbsp. whole wheat flour

1-Good Natured Family Farms Egg—lightly beaten

Peel and core zucchini. Cut crosswise to make thin slices. Dip slices in egg and then in flour. Place in a single layer on a hot, lightly oiled skillet. Cook until tender and lightly brown on both sides.

### Zucchini and Apple Sauté

2-small zucchini

2 Medium size Missouri Jonathan Apples

1 Tbsp. Water 1 Tbsp. Butter Dash Salt

¼ C. Northern Missouri Pecans, toasted

Peel and core zucchini and apples. Cube zucchini and apples. Place the water and the butter in a shallow pan. Then add the zucchini and apples. Sauté until tender. Salt lightly to taste and top with toasted pecans.

### All Natural Chicken

#### Campo Lindo and Rainbow Organic Farms

There's more to local, all natural chicken than where they live. First, there's *how* they live. Chickens from Campo Lindo near Lathrop, Missouri and Rainbow Organic Farms near Bronson, Kansas both allow their chickens to roam outdoors during the day and, at night and during inclement weather, in large barns protected from predators. These chickens enjoy stretching their wings, taking dust baths, foraging for worms and insects, running,



and an all vegetarian diet of local grains. For that old-fashioned flavor, the chickens are allowed to grow at a natural pace with no growth promotants or hormones, no coccidiostats, or antibiotics. Secondly, there's how they are processed. Good Natured Family Farms' All Natural chickens are processed by



Diana Endicott, Carol Maddick and Jay Maddick inspect grain at Campo Lindo Farm

hand in small, family-owned processing plants. These small plants use tap water with no anti-microbials such as chlorine and trisodium phosphates (TSP). Unlike the large, industrial plants, the water is

never reused. Every step of the processing is done by hand and monitored by a USDA inspector. The packaged chickens are shipped directly to Hen House Markets. This is the freshest chicken available at a local grocery store in Kansas City. According to the Center for Integrated Agricultural Systems (CISA), 97% of the chicken consumed today is produced by fewer than 40 corporations with workers handling up to 91 carcasses per minute. This mass production magnifies potentially small food safety issues into significant health risks. Good Natured Family Farms producers raise their chickens naturally and process them humanely and safely. We feel this is an important distinction.



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The CSA Newsletter is produced by Good Natured Family Farms for Hen House Markets Growers' Alliance Community Support Agriculture. For further information regarding Good Natured Family Farms, please visit [www.good-natured.net](http://www.good-natured.net). For more information on Hen House Markets, please go to [www.henhouse.com](http://www.henhouse.com).

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# Feed Your Mind

## Food Tips

**Chicken:** To cut a whole raw chicken—place the chicken on a clean cutting surface with the breast side up. Pull one leg away from the body and cut through the skin between the body and both sides of the thigh. Bend the whole leg firmly away from the body and cut between the ball and socket to separate the leg. Repeat on the other leg. With the chicken on its back, remove the wing by cutting inside of the wing just over the joint. Pull the wing away from the body and cut down through the skin and joint. Repeat on the other wing. Cut through the cavity of the bird from the tail end and slice through the thin area around the shoulder joint. Cut parallel to the backbone and slice the bones of the rib cage. Repeat the other side of the backbone. Pull apart the breast and the back, Cut down through the shoulder bones to detach the breast. Cut the back into 2 pieces by cutting across the backbone.

**Rosemary:** Store fresh rosemary in a plastic bag or in a glass of water in the refrigerator. It should last 2-3 weeks. To dry your own, hang fresh sprigs in a warm dry place. Be sure strip the leaves before storing. You can put the sprig in a plastic bag and rub them off the stem. Store in an airtight container in a cool dry spot away from light and should last for up to 6 months.

**Zucchini:** Handle carefully and do not wash before storage. They will keep for about a week in the refrigerator.

## FYI

Rosemary is native to the Mediterranean area, where it grows wild. It is now cultivated in Europe and US. Rosemary's silver-green needlelike leaves are highly aromatic, and it's flavor may remind you of lemon and pine. It goes well with lamb and chicken, but can be used with fruit, salads, soups, vegetables, stuffings, fish and potatoes. It is more potent than most herbs and can overpower a dish. Crush or mince the leaves to bring out the fragrance and flavor.

Did you know where the expression *cool as a cucumber* came from? Cucumber's very high water content (over 95%) causes the inside to be 20° cooler than the outside temperature.

It takes about 36 apples to make one gallon of apple cider. In the U.S. the term "cider" almost exclusively refers to apple cider, a fresh, minimally processed variety of apple juice. In other parts of the world, cider, known in the U.S. as hard cider, is an alcoholic drink made from crushed and then fermented apples.



**Jennifer Egeland**  
Registered Dietician  
Hen House Markets

## Food Facts



**Corn:** One medium ear of corn has about 77 calories and is a good source of Vitamin C, thiamin and folate. The phytonutrient zeaxanthin gives corn the yellow color and helps maintain eye health and may help reduce the risk for some cancers, such as lung and breast cancer.

A cup **raw zucchini** contains only 18 calories, is an excellent source of Vitamin C and a good source of Vitamin B6.

One tablespoon of **fresh rosemary** has 2.2 calories, .24 grams of fiber and .05 grams of protein and .35 grams of carbohydrate.

**2% milk** contains 120 calories and 5 grams of fat and 296 mg of calcium per 8 oz. serving. (1 cup) Milk is a nutrient dense food. Each serving of milk provides 10% or more of the recommended daily intake for calcium, vitamin D (if fortified), protein, potassium, vitamin A & b12, riboflavin and phosphorus.

**Chicken** is high in protein and low in fat and cholesterol. A 3 oz serving of skinless chicken breast has about 120 calories. 1.5 g of total fat, .5 g of sat fat, 24 g of protein and 70 mg of cholesterol.

Here are some cooking tips: Cooking chicken with the skin on will make it juicier and a tender piece of meat. When roasting, cover with foil to prevent the meat from drying out. Uncover for the last 30 minutes to brown and let sit for 15 minutes to let juices distribute throughout the meat. Cutting across the grain will make the meat more tender.

## Next Week: October 7, 2006

### It's In The Bag

#### Good Natured Family Farms Half Ham

Ozark Mountain Pork Cooperative  
Mountain View, Missouri

#### Good Natured Family Farms Free Range Brown Eggs

Stanberry Community Farms  
Stanberry, Missouri

#### Good Natured Family Farms Certified Organic Smoked Tofu

Central Soy  
Lawrence, Kansas

#### Farm to Market Ciabatta Bread

Farm to Market Bread Company  
Kansas City, Missouri

#### Fresh Thyme

Crooked River Farms  
Hamilton, Missouri

#### Okra

Scot Farms  
Maiden, Missouri

#### Carnival Squash

Depot Market  
Courtland, Kansas

#### Eggplant

Mazelin Farms  
Rich Hill, Missouri

Please note: These items will be in next week's bag, but nature and the marketplace could change our mind.