

GOOD NATURED FAMILY FARMS

Feel Good About Your Food

Issue 12

Hen House Markets CSA Newsletter

October 7, 2006



Pam Mitchell
Store Director

This week I would like to introduce you to Frank Schwartz. Frank joined our team 4 months ago. He brought 17 years worth of experience to our store, and we are delighted to have him working with us. Frank's goal is to run a produce department for one of the Ball's Food Stores. When we first established the CSA here, Frank worked with the team and brought a lot of great ideas to the table. "Having worked at other



Frank Schwartz
Teammate

grocery stores, I think this program is unique, and I have found that no one cares more for the local farmers than Hen House," Frank said. When asked about his favorite local product, Frank grinned, "I suppose most people would guess it's some kind of produce, but my favorite product are the Good Natured Family Farms Hot Dogs. They are great for tailgating."

Local Food Recipe

Thyme Vinegar

1 quart of white wine vinegar

8 long sprigs of Crooked River Fresh Thyme

Bring the vinegar to boil over high heat in a large saucepan (nonreactive metal). Add four Thyme sprigs. Turn off the heat and let the vinegar cool to room temperature. Remove the thyme.

Pour the vinegar into quart or pint jars or decorative decanter. Add the remaining Thyme springs.

Seal tightly. Leave the vinegar in a cool, dark place for at least one week before using.

Local Pannini Sandwich

(Ingredients listed are per sandwich)

2-slices Farm to Market Ciabatta Bread

1-2 slices Good Natured Family Farms Ham

4-Slices Good Natured Family Farms Marbled Colby Cheese

1-2 Slices 4-Star Hydroponic Tomato

Crooked River Farm's Thyme-leaves stripped from 2 stems

Olive Oil

Preheat double-sided grill or use a cast iron skillet with grilling ribs. Brush olive oil on one side of each slice of bread. Layer cheese, ham, tomato, sprinkle of thyme leaves and last of the cheese on the plain side of the bread. Top with the last slice of bread-oiled side up. Place on preheated grill or in skillet. Close the grill or place a weight on top of the sandwich in the skillet. Grill for 6-8 minutes (turning once in the skillet) or until the bread is golden and the cheese is melted.



Ken and Pam Sutton
Crooked River Farms

Meet the Grower

The Spice of Life

Crooked River Farms

Hamilton, Missouri

Ken and Pam Sutton grow basil, chives, thyme, mint, oregano, rosemary, sage, tarragon and cilantro in three large green houses. A neighbor who lives about a quarter mile south says he can smell the fragrance of the herbs when the Suttons are harvesting. Unlike

the large producers, Pam and Ken cut each stem with shears, package the herbs by hand and ship to Hen House within 24 hours of harvest. The day before harvest, they wash the plants and then cut them the next day when they are dry. This protects the delicate leaves and stems from excess moisture. "Most herbs in grocery stores are flown in from the coasts or Peru or South America," Ken said. "We know where ours comes from, and we feel the fresher, the better." Ken and Pam are inspirations. They came to herb farming 5 years ago with no experience. They bought the company from a classified ad. "I grew up on a farm, got a degree in Animal Science—it helps with our quarter horses—and learned most of what I know from the previous owner, and of course, a lot of trial and error." Pam grew up in the restaurant business and brings her knowledge of culinary arts to their efforts. In addition to Hen House Markets, the Suttons also market to up-scale restaurants. "We do all of our own delivering," Ken said. "We like to visit with our customers. It keeps us in touch with what people want. We consider those conversations the real spice in our life."



Diana Endicott
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Editor

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. For more information on Hen House Markets, please go to www.henhouse.com.

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Feed Your Mind

Storage Tips

Carnival squash: Carnival squash gets its name from the bright colors which adorn its hard, thick skin. These green and orange stripes belie the mellow meat which may remind you of sweet potatoes or butternut squash. You should look for a squash that is firm and free of blemishes. The hard skin allows it to be stored longer than summer squash. Store it in a cool dark well ventilated spot for up to a month. Wrap cut pieces in plastic and refrigerate up to five days.

Brown eggs: Fresh, uncooked eggs in their shell can be kept refrigerated in their carton for at least 4-5 weeks beyond the pack date or 2-3 weeks past the sell by date. Store with the pointed end facing down.

Fresh Eggplant: Eggplant should be stored uncut and unwashed in a plastic bag in the crisper of the refrigerator. It will keep for a few days up to a week. To freeze eggplant, cut into slices and sprinkle with salt. Allow to stand for 30 minutes. Drain off excess liquid and fry gently in margarine until tender. Cool and pack in plastic containers. Seal and label. Will keep for up to 3 months.

Tomatoes: Tomatoes will keep for 2-4 weeks in the refrigerator. They do tend to lose flavor after being stored for a long period of time. Try canning fresh tomatoes to use over the winter in soups and stews.

FYI

Carnival squash can be cooked whole or split lengthwise (remove the seeds) Pierce the whole squash in several places before cooking and bake halved squash hollow side up. Try pureed cooked squash topped with cinnamon or maple syrup. Steam cubed squash and dress with olive oil, tamari, ginger or other herbs. Add cubed squash to your favorite soup or stew. **Eggplant** belongs to the nightshade family of vegetables that include tomato, sweet peppers and potatoes. Eggplant can be baked, roasted in the oven or steamed. You can eat eggplant with or without the skin. If baking whole, pierce it several times and bake at 350 degrees for 15-25 minutes. Mix cubed roasted eggplant with grilled peppers, lentils, onions, garlic and topped with balsamic vinaigrette. Add cubed eggplant to Indian curry stir fry, your favorite soup, stew, or pasta sauce.

I hope you enjoy these fall favorites this week and maybe try a new recipe or add one of these vegetables to an old favorite dish to try something different.

Jennifer Egeland
Registered Dietician
Hen House Markets



Food Facts



Carnival squash is a good source of vitamins a& C, potassium and iron.

Eggplant One cup of cooked eggplant contains about 35 calories and is a good source of fiber. The USDA reports that eggplant has a high content of phenolic antioxidants, which may help reduce the risk of some cancers, such as liver and colon cancer.

Ham refers to the hind leg of a pig that has been cured by salting, drying or smoked. A 3 oz serving of cured lean ham provides about 140 calories, 48 mg of cholesterol and 6.5 g total fat. Ham is a good source of the essential B vitamins, B1, B12 and niacin and also provides iron, zinc and potassium.

Next Week: October 14, 2006

It's In The Bag

On October 14th, there will be an trading table set up for CSA customers. You can choose from a Red Warty Thing Squash or a 1/4-peck of mini-gourds and mini-pumpkins combined or 4-Acorn squash.

Our members have asked about a trading table, and we thought it was time to give this a try. I hope this works well for everyone. Thank you for participating in our CSA. We hope you will keep in touch with us, and let us know how you like the idea of the trading table.



2-Good Natured Family Farms Beef Sirloin Steaks

All Natural Beef Co-op
Sabetha, Kansas

Good Natured Family Farms 2% Milk (including \$1.50 deposit)

Newhouse Dairy
Wellsville, Kansas

Farm to Market Rye Bread

Farm to Market Bread Company
Kansas City, Missouri

Red Warty Thing Squash

Depot Market
Courtland, Kansas

Missouri Northern Pecans

Missouri Northern Pecans
Nevada, Missouri

Zucchini and Yellow Squash

Moyer Farms
Richmond, Missouri

Green Peppers

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.