

GOOD NATURED FAMILY FARMS

Feel Good About Your Food



Issue 13

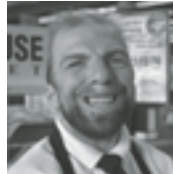
Hen House Markets CSA Newsletter

October 14, 2006



Pam Mitchell
Store Director

Please take a few minutes to meet Richard Mend, one of our long-term employees, and a great guy who keeps us all going with his good humor and friendly ways. Richard joined Hen House Markets almost 17 years ago. Richard is a courtesy clerk and sacker. He also heads out in any weather to retrieve carts. When asked what he liked best about the CSA, he said watching people pick up their



Richard Mend
Teammate

bags. "They like to see what's inside this week. Our CSA program gives people a better choice of local, farm-fresh products," Richard said. "My favorites are the Andy's Candy Corn and the Missouri apples. I've been here for a long time, and I think our Hen House Market is the best store around. A special part of that is our Buy Fresh, Buy Local program."

Local Food Recipe

Beef Fajitas

Local Foods Style

- 2- Good Natured Family Farms Sirloin Steaks
- 4 Cups of Sliced Vegetables: Mazelin Farms Green Peppers and Moyers Farms Yellow and Green Squash
- 8 oz.-Good Natured Family Farms Mild or Garden Salsa
- 2 tsp.-Olive Oil
- 1- Medium Onion (Chopped)

Slice the sirloin steaks across the grain into thin strips. Add 2 teaspoons of olive oil to a skillet and brown the meat along with chopped onion. When browned, add the Salsa and keep warm. In another non-stick skillet, stir fry the vegetables until cooked yet crisp. Serve the meat, onions and vegetables in warm flour tortillas. Pass around Good Natured Family Farms shredded Farmhouse Cheddar Cheese, jalapeno peppers, diced Four-Star Hydroponic tomatoes, and more Good Natured Family Farms Salsa. For an extra special treat, check out page 144 in your *Simply In Season Cookbook* for Cilantro Spice Paste or Barbecue Marinade.



Zucchini Bread

Our local bakery has created a special recipe using Moyer Farm's zucchini. The bread was developed and baked at our Olathe store and will be in your bags next week. We hope you enjoy it and will take some time to let us know what you think of this newest local item.



Diana Endicott
Publisher
Gloria Cunningham
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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Meet the Grower

All Natural Beef Co-op

Hemme Farm

Perry, Kansas

The Hemme Farm was founded in 1867 just west of Perry, Kansas. Since David Hemme's death last year, the farm has



Hemme Family in front of Hemme Farmhouse
Circa 1860s

been operated by his wife, Susan, and his two sons, Alex and Daniel. Susan still lives in the original stone house that was built with stones dug from the surrounding fields. The Hemmes are proud to raise beef for Good Natured Family Farms. In a video interview in 2004, David Hemme explained, "All

of our beef is locally processed and is not mass produced. When it's locally processed, you have better management of resources and can have better control of the final product. I think this is something customers should be concerned about." Good Natured Family Farms requires that cattle be given no growth hormones, and that they are raised without the use of sub therapeutic antibiotics. The All Natural Beef Co-op members must monitor their cattle from birth to processing in order to track the feed and the health of the cattle. Alex Hemme, who stepped up to manage the Hemme farm, was recently video taped by a film crew from New York City for a documentary



Hemme Barn

on local foods. "My Dad always said he never took enough risks," Alex said. "I think he'd be proud of me, because I've expanded our operation by buying the additional farm he'd always wanted ." We're all proud that Alex is following his father's path and keeping the Hemme farm in the family.

Feed Your Mind

Storage Tips

Beef Sirloin: Have you ever noticed red meat that turns a dull grayish brown color on the inside? You have probably seen it and unless you understand why it occurs, it may concern you. It is harmless and does not mean the meat is bad. The color of red meat is mostly due to a natural pigment called myoglobin. When the meat is exposed to air, the oxygen in the air combines with the myoglobin to form oxymyoglobin, which is bright red in color. The color change is a natural occurrence when red meat is exposed to oxygen.

Pecans: Pecans can be kept in the refrigerator for about 9 months in an airtight container. Pecans can also be stored in the freezer for up to 2 years in a sealed plastic bag. Pecans can be thawed and refrozen repeatedly without loss of flavor or texture. Do not store pecans in packages with apples or other fruit, in rubber like packages or in musty rooms. Pecans will absorb gases from the air and will change the flavor and stability. After pecans are removed from cold storage, they will stay good for about 2 months.

Squash: Handle carefully and do not wash before storing. Store in the refrigerator up to a week. Wash before using the squash.

Green Peppers: Green peppers will keep for a week in the refrigerator.

FYI

Pecans belong to the protein group of the USDA Food Pyramid, along with meat, poultry, fish, eggs and dried beans. Enjoy them everyday. Nuts can replace a meat serving in your diet and still supply you with the nutrients needed from the protein food group. Enjoy pecans on salads, in chicken salad, in brownies, cookies, breads and muffins, try on oatmeal, chop and mix with bread crumbs to encrust pork tenderloin or chicken, cover a cheese ball with chopped pecans, or try a homemade pecan praline sundae- top vanilla ice cream with toasted pecan pieces and caramel sauce. Do not forget the fall favorite-pecan pie!

I hope you will enjoy the wonderful food selections in this week's CSA bag. Supporting local farmers and the community benefits your family and the families of the community. The selection of beautiful squash, gourds and pumpkins will make it easy to see and feel the fall season in your home. This is my favorite time of the year and hope you can enjoy all that the season has to offer!



Jennifer Egeland
Registered Dietician
Hen House Markets

Food Facts



Beef Sirloin is considered a lean cut of beef. A serving of beef qualifies as lean if it has less than 10 gm total fat, 4.5 gm or less sat fat and less than 95 mg of cholesterol per 3.5 oz serving. Six of leanest cuts of beef—on average—have 1 more gram of saturated fat and 8 times more B12, 6 times more zinc and 3 times more iron than skinless chicken. One third of the saturated fat in beef is in the form of stearic acid, which has a neutral effect on blood cholesterol. One half of the fatty acids in beef are monounsaturated—the same type found in olive oil.

Pecans contain vitamin A & E, folic acid, calcium, magnesium, phosphorus, zinc and several B vitamins. They are naturally cholesterol free and sodium free and one serving provides about 10% of the Daily Value for zinc and fiber. Pecans also contain mostly unsaturated fats (90% of the fats in pecans are unsaturated) and can be included in a heart healthy diet.

Green Peppers can brighten fall meals by using bell pepper rings to top lettuce salads, hamburgers, kabobs, fajitas and deli sandwiches or try on a veggie tray with low fat dip. Bell peppers are a great source of fiber, Vitamin C and phytochemicals for only about 30 calories for a medium pepper.

Next Week: October 21, 2006 It's In The Bag

1 lb. Good Natured Family Farms Ground Bison

New Grass Bison • Auburn, Kansas

Good Natured Family Farms Sliced Cheese

Wiebe Dairy • Durham, Kansas

Good Natured Family Farms Ozark Wood Smoking Chips

Chigger Creek Wood Products • Syracuse, Missouri

Farm to Market Sourdough Bread

Farm to Market Bread Company • Kansas City, Missouri

Winter Melon

BJ Farms • Lawrence, Kansas

Hydroponic Tomatoes

Four Star Hydroponics • St. Johns, Kansas

Jonathan Apples

Peters Orchard • Waverly, Missouri

Zucchini Bread

Hen House Kitchens

Fresh Basil

Crooked River Farms • Hamilton, Missouri

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

