

GOOD NATURED FAMILY FARMS

Feel Good About Your Food



Issue 14

Hen House Markets CSA Newsletter

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Pam Mitchell
Store Director

Please take a few minutes to meet Shauna Brand our Office and Closing Manager. Shauna was skeptical of the CSA at first, so she decided to join and learn about it first hand. "I was unsure if it would be worth the money, but it is so worth every penny. And if it can teach someone to eat better for their health then it is definitely worth it," Shauna said. "I've had several people tell me how much they enjoy the fact that we



Shauna Brand
Office Manager

support our local farmers and how fresh those products are. One of the best features for me is that I receive foods that I wouldn't normally or haven't previously purchased. I also enjoy the cookbooks that feature different items weekly." Asked about her favorites, Shauna said, "My favorite products are the Good Natured Family Farms' Honey, acorn squash, and the pickling cucumbers. I never have just one."

Local Food Recipe

Cooking with Local Woods

by John Ross

Different woods are used for different types of foods, just like spices. Here are a few examples:

HICKORY: The old classic that most everyone has experienced. Hickory gives a full, rich and distinct flavor to any meat. Excellent on ribs, burgers and pork steaks.

APPLE/HICKORY BLEND: Chigger Creek's own secret Ozark blend, combining just the right amount of each to highlight their best elements without overpowering the other wood.

NUTTY PECAN: From the banks of the Missouri River comes this mellow wood which imparts a hint of a nutty flavor. A perfect wood to bring out the best of any meat. Excellent with a hearty cut of beef. Recently profiled nationally as "the next great smoking wood."

WILD CHERRY: A sweet, aromatic smoking wood. Try a lemon seasoning on poultry or fish for a special treat. Fast becoming a favorite for ribs.

OZARK APPLE: Chigger Creek's top-selling wood. Milder and sweeter than hickory, and very aromatic. Wonderful with all meats, especially poultry and pork chops.

You'll want to use wood chips in gas grills, and for flavoring smaller cuts on charcoal fires. For the bigger cuts, or on smokers, you'll want to use wood chunks. The best way to use chips is to make a package out of heavy duty aluminum foil. Fill with a handful of wood chips that have soaked in water for a minimum of ½ hour. Poke a half dozen holes in the pouch with a pencil, and place the package on the coals, or on the surface beneath the grates in a gas grill.



John Ross, a former, pre-PC Computer Network Engineer, is a long time member of the Kansas City Barbecue Society, the California Barbecue Association and The National Barbecue Association. He has a BS, MS and PhD from the Greasehouse University.



Diana Endicott
Publisher

The CSA Newsletter is produced by Good Natured Family Farms for Hen House Markets Growers' Alliance Community Supported Agriculture. For further information regarding Good Natured Family Farms, please visit www.goodnatured.net. For more information on Hen House Markets, please go to www.henhouse.com.

Gloria Cunningham, Editor

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Meet the Grower

Chigger Creek Wood

Leon and Sarah Turner

Syracuse, Missouri



Leon & Sarah Turner

Leon Turner spent twenty years of his working life in quality control. One day his wife, Sarah, turned to him and said, "Your job is going to kill you." And they went looking for some other way to make a living. Seven years ago, the

Turners purchased the Sweet

'N Smokey wood products company, and they've been creating local, high quality wood chips, wood chunks and charcoal for barbecuing ever since. Along with Daren Williams and his brother, Brent and Brent's wife, Christin, they procure, cut, dry and bag several different kinds of Ozark wood (see *Cooking with Local Woods* article). "We do everything by hand," Leon explained. "I spend 2-3 days per week cutting wood from old orchards and river banks." The trees are cut and the logs stacked in an old barn to protect the wood until it is ready to be cut. "We store all of our wood in a warehouse to keep it dry and prevent decay and mold." The logs are brought to a log splitter and then the smaller pieces are cut by hand. "This allows us to inspect each log for any problems." After being dried, the small pieces and the chips are place in a "shaker" to remove dirt and dust and to sort by size." Popular with prize-winning barbecue chefs, Chigger Wood products are shipped across the U.S. and internationally. "You can taste the difference when you cook with our wood," Leon said.



Leon, Sarah, Christin & Brent Williams and Daren Williams

