

GOOD NATURED FAMILY FARMS

Feel Good About Your Food



Issue 15

Hen House Markets CSA Newsletter

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Pam Mitchell
Store Director

This week I would like to introduce Kendra Maxwell, one of our cashiers. She feels her primary task is taking care of our customers. She does a terrific job because she cares. And she cares about the local foods we have. "When I buy fresh, local foods, I feel like I'm helping the local farmers of America. And I think our customers feel that way, too," Ken-



Kendra Maxwell
Teammate

dra said. "I've heard a lot of our customers talk about how important it is to them to buy the local products. We all like the flavor of local foods, but I think equally important is feeling that we're supporting our local producers and our local economy. My favorite products are the Farm to Market Breads and the fresh, local apples."

Local Food Recipe

Local Farm Meatloaf

- 1 lb. Good Natured Family Farms Ground Round
- ½ lb. Good Natured Family Farms Country Sausage
- 1 Good Natured Family Farms Brown Egg, beaten
- 2 Tbs. Green Pepper and ½ Cup Fresh Onion, Chopped Fine
- ½ Cup Tomato Juice, Red Wine or Beef Broth
- 1 Tbs. Milk
- 1 Tsp. Sugar
- 15 Saline Cracker Squares

½ Cup Good Natured Family Farms Cheddar Cheese, grated

Place all of the ingredients, except the cheese in a large bowl. Mix well. Place in meat loaf pan or form into a loaf and place on roasting pan. Bake at 350° for 1 hour and 15 minutes. Sprinkle with cheese and bake another 10-15 minutes. Allow to stand approximately 10 minutes before slicing.

Tofu Bites

- ¼ Cup Nutritional Yeast
- 1 Block Firm Tofu (cut in ¼-inch slices)

Place nutritional yeast in a large shallow dish. Heat 2 teaspoons oil in an electric frypan or large frypan to about 350°. Blot tofu on a paper towel, then bread tofu in yeast and place in hot oil. Fry each side about 1 minute. Drain. Serve immediately with tamari, soy sauce or the dipping sauce below. May also be served with stir-fried vegetables.

Dipping Sauce

Combine ¼ cup low sodium soy sauce, 2 cloves minced garlic, 2 tablespoons red wine vinegar, 2 teaspoons brown sugar and 1 teaspoon sesame oil.

Ooops How Embarrassing!

Last week's issue contained an article about Chigger Creek Wood and named the owners Leon and Sarah Russell. Their names are Leon and Sarah Turner. My apologies to two very nice people who were very understanding.

Gloria



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

Welpman Spring Water

Randy and Sandy Welpman
Stover, Missouri



Back Row: Randy, Bryan, Daniel Welpman
Front Row: Avis and Sandy Welpman

For four generations the Welpmans have cared for, consumed and worked with the water that pours from their spring. This artesian well has a flow rate of up to 1,000 gallons per minute. Randy's grandfather, H.K. Welpman and Fajen discovered the

spring in 1929. Because of the popularity of gold fish during that period, they decided to build ponds to raise gold fish. The fish hatchery flourished and they shipped gold fish around the country. Today the Welpman Family still pumps water to hundreds of ponds to raise golden shiners for bait. The Welpmans were first in the United States to domesticate and breed golden shiners. "I think one of the primary reasons our water is so pure," Randy said, "is the fact that our land has never been farmed. There's never been any runoff from crop or animal production." The Welpmans' spring water is tested regularly. Kenya Mester of Premium Waters explained that the water is analyzed regularly, but there has never been a problem. "Welpman Spring Water tastes so good because it has a superb mix of minerals which gives the water a very clean taste."

Several years ago, the well was tapped and the Welpmans shipped their water around the Ozarks. Today a small building houses the pump which fills tanker trucks with the pure spring water. Three tanker trucks haul only Welpman spring water to the bottling plant everyday.

Feed Your Mind

Storage Tips

Bean Sprouts: When purchasing bean sprouts, look for plumper ones that are not stringy or discolored. If not using them immediately, place in a plastic bag with a few drops of water, seal and keep in the refrigerator for one or two days. If you need to keep them longer, you can try covering them with cold water and storing in a sealed jar in the refrigerator. If the water is changed every two days, they should last for up to a week.

Chives: When looking for chives, get fresh, uniform sized and evenly green leaves with no signs of wilting, drying or yellowing. Store them in the refrigerator in a plastic bag for up to a week. Do wash them until you are ready to use the chives. The extra moisture will cause decay.

Squash: Do not wash or brush before storing. Squash will last for up to a week in the refrigerator.

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.

Next Week: November 4, 2006 It's In The Bag

Good Natured Family Farms Rump Roast

All Natural Beef Co-op
Sabetha, Kansas

Good Natured Family Farms 2% Milk

(Includes \$1.50 Deposit)
Newhouse Dairy
Wellsville, Kansas

Good Natured Family Farms Bison Franks

New Grass Bison
Auburn, Kansas

Farm to Market Ciabatta Bread

Farm to Market Bread Company
Kansas City, Missouri

Good Natured Family Farms Bees' Wax & Honey Lip Balm

Anthony's Honey
Lawrence, Kansas

Fresh Sage

Crooked River Farms
Hamilton, Missouri

Turnips

Moyer Farms
Richmond, Missouri

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

Food Facts



Tofu and other soybean products, is also a very nutritious product. It is high in protein, B Vitamins and iron. It is low in saturated fat and sodium and has no cholesterol. Generally the softer the tofu the lower the fat content. Tofu also contains soy isoflavones and omega 3 fatty acids which are apart of a heart healthy diet.

Chives are fat free and high in Vitamin A and C, potassium and calcium. However, since the serving size is so small you are unlikely to see health benefits from eating herbs. You can make a difference by using herbs and spices to replace salt while cooking, which is linked to more health risks.

Hen House bottled water is not just water in a bottle but is crystal clear spring water from Welpman Springs in the Ozark Mountains. Since the human body is made up of 50-75% water (about 10-12 gallons) it is vital that you replenish your body's water supply. You should drink at least 8 cups (64 oz) a day. If you exercise, you should drink more. Keep bottled water in your purse or bag, at your desk and in your car. If you get tired of plain water, try the new single serve drink powders or vitamin supplements.

Bean Sprouts are not only high in protein, vitamin C and Folacin, but they are a dieter's dream, one cup of bean sprouts contains about twenty-six calories.

FYI

Tofu can be cooked, sautéed, grilled or fried. It will soak up the flavors that are added to the dish. Crumble it into chili or meatloaf, blend with melted chocolate and sweetener to make a cream pie filling, cube firm tofu and add to casseroles, stews and soups, flavor pureed tofu and substitute for sandwich spreads or dips, add cubed tofu to stir fry's or replace all or part of the cream in creamed soups with silken tofu.

The texture and taste of bean sprouts—crunchy with a soft hint of sweetness—enhances a number of popular Chinese dishes, from Egg Rolls to stir-fries and salads. Bean sprouts are used both raw and cooked. They are used in stews and soups, take the place of onions or mushrooms in fried or roasted dishes, or are eaten raw in a salad or on top of a sandwich. If cooking sprouts, do not cook longer than about 30 seconds to maintain the crisp texture.

Thank you for participating in the CSA program at Hen House. I hope you enjoy this weeks' selection of locally grown fresh foods and have a chance to try something new.

Jennifer Egeland

Registered Dietician • Hen House Markets

