

GOOD NATURED FAMILY FARMS

Feel Good About Your Food



Issue 16

Hen House Markets CSA Newsletter

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Pam Mitchell
Store Director

Meet our Customer Service Teammate, Jennie Martinez. Jennie likes both the Buy Fresh, Buy Local and the CSA programs at our store. "I like these programs because they support our community and local farmers, so we can continue to carry the freshest products possible," Jennie said. "These local products do not have to travel so far, so they stay a lot fresher and



Jennie Martinez
Teammate

this keeps our customers coming back for the best products in Kansas City. I think a lot of people feel good about supporting the local community. They know if we don't buy the fruits, vegetables, milk, eggs and meat from local producers that it will make it difficult for farmers around Kansas City. My favorite local food are the Athena melons."

Local Food Recipe

Simple Skillet Turnips and Apples

- 1 Tbs. Canola Oil
- 1/2 C Chopped Onion
- 1 Medium Apple, chopped (approx. 3/4 cup)
- 3 C Chopped Turnips (1/2-inch cubes)
- 1/2 C Fresh Apple Cider
- 1 Small Cinnamon Stick
- 1/4 Tsp. Salt

Heat oil in large skillet over medium heat. Add onion and saute for 3 to 5 minutes. Add apple and saute 2 more minutes. Add turnips, cider or juice, cinnamon stick, and salt. Cover and reduce heat to medium-low. Stir occasionally, and add more liquid if necessary to prevent sticking. Simmer until turnips are tender, approximately 20 minutes. Remove cinnamon stick before serving. Serves 4.

Nutrition Information per serving: 4 servings per recipe: Calories 84, Protein: 1g. Total fat: 3.3g (sat. fat: <1g). Carbohydrates: 13g. Cholesterol: 0mg. Sodium: 193mg. Vitamin A: 0% DV. Vitamin C: 27% DV.

Did you know you can eat turnips raw? Slice or sliver them in salads or on veggie platters. Try adding them to a stir-fry for a crunchy, perky flavor.

Bake them along with slices of carrots, onions and potatoes drizzled with olive oil. Season with salt and pepper, cover and bake at 350°F for approximately 45 minutes.

Thanks to Nancy O'Connor, author, nutrition educator and cooking instructor for her turnips tips and recipe. For a copy of her cookbook, Rolling Prairie Cookbook, call 785-841-7617.



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

Good Natured Family Farms Honey Straws & Lip Balm

The Schwager Family
Lawrence, Kansas



Anthony Schwager

The Schwager family, Terri, Tony, Anthony, Mariah, Brandon and Adam, owns and operates a small business from their apiary near Lawrence, Kansas. Their business started because of their son, Anthony. When Anthony was in the third grade, he watched a video about honey bees.

He was impressed and came home to announce that he wanted to be a beekeeper. He explained that there was plenty of room on the family's farm for his beehives. After a year, Anthony's parents finally gave in and their bee business got off the ground. Today Anthony has over 70 bee hives around Lawrence and plans to add more. While a bee business may not be special for a lot of people, it is for Anthony. He was born with developmental disabilities. His hard work, passion and family support have significantly broadened his career opportunities. Anthony was honored in New York City last year as NFTE's Young Entrepreneur of the Year. The Schwager family works together to manufacture the Good Natured Family Farms honey straws and lip balm. You may have met Anthony's dad and his sister, Mariah, at the Buy Fresh, Buy Local promotions this summer spinning honey and entertaining children with their beehive display. Today Anthony is 20 and has turned his bee fascination into a chance to support himself with dignity, despite his disability.



Tony Schwager with his daughter, Mariah

Feed Your Mind

Storage Tips

Turnips: If turnips came with tops (the leaves still on), and you plan on using the tops, cut off the leaves, bag them separately and refrigerate for use within a few days at the most. Refrigerate the roots unwashed in a plastic bag. They should keep for anywhere from 1 week to 2 weeks, depending on your refrigerator. If you are not going to use them right away- try freezing them. To freeze, peel, slice and place in pot of water that just covers them. Bring the water just to the boiling point, then drain water off the turnips, dump the turnips into a sink of very cold water, then drain again, pack in freezer bags, label and freeze.

Sage has narrow and oval shaped, gray-green leaves. When shopping for sage, pick leaves with fresh color and clean fresh aroma. Avoid yellow spots and wilted stems or leaves. Sage leaves should be washed and dried before using.

Beef: Fresh beef may be stored in the refrigerator at 40° F for 3 to 5 days or in the freezer at 0° F for 6 to 12 months. Keep beef in its packaging until ready to cook. You can also freeze the beef in the package if it will be used within 2 months. After that time, beef should be over wrapped in airtight heavy-duty aluminum foil, plastic wrap or freezer paper. Place this into a plastic bag.

FYI

The American Buffalo, or Bison is the state animal of Oklahoma.

Try sage in a herb spread- combine 3 TBSP of finely chopped sage with 1 cup of soft cheese (any variety) and salt and pepper to taste. Chill before serving. Try on sandwiches, toast, crackers or baked potatoes.

The rump roast and turnips, along with other vegetables (carrots, celery, onion, tomatoes and potatoes) would make a wonderful crock pot meal for a cool fall dinner. Cook on low for 6-8 hours along with beef broth, herbs, garlic and red wine.

I want to thank you again for participating in the Hen House CSA Fall program. I hope you have enjoyed the variety of fresh and locally grown products. Supporting our local farmers and their families are vital for the success of our community and agriculture. We hope you have tried some new items and enjoyed the old favorites. We look forward

to the continued relation we have created with farmers and CSA supporters. Don't forget to try the all natural bee's wax and honey lip balm!



Jennifer Egeland

Registered Dietician • Hen House Markets

Food Facts



Turnip: The turnip is a fleshy root vegetable related to broccoli, Brussels sprouts, cabbage and the mustards. Turnips are mostly white skinned except for the upper 1-3 centimeters which is purple, red or green. The interior is completely white and has a slightly sweet and peppery flavor with a crispy texture. 1 cup of Turnip root, cubed and boiled contains approximately 18 mg each of vitamin C and sodium, 8 grams of carbohydrate, 3.1 grams of fiber, .1 grams of fat, and about 33 calories. Turnips also contain a large amount of cancer fighting glucosinolates, which promote the body's own natural detoxification systems. Best cooked in enamel or stainless steel pots as the turnip may interact with aluminium or iron pots and go dark. Turnip is quite uninteresting on its own, but is very good combined with other vegetables such as parsnip, carrot and potato, either mashed with cream and cheese, or diced with butter.

Sage has a lemon flavor and a camphor aroma. Sage should be used sparingly since the musty taste can be overpowering. It is often used in stuffing and sausage but also works well with pork, game, cheese, apples, poultry, vegetable and bean dishes. It can be used as a natural salt substitute. Sage is thought to aid in digestion. 2 Tbsp. of Sage has 12 calories, 2 gm Dietary Fiber, 4% Vit. A, 2% Vit. C, 6% Iron.

2% Milk: 2% fat 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. Try to include 3-4 servings of dairy products a day into your diet.

Thanks for Participating

We want to take this opportunity to thank you for participating in our CSA. We hope that you have enjoyed the products you have received from local family farms. They have certainly enjoyed bringing them to you.

We plan to bring the CSA back in the Spring. In the meantime, we hope you will continue to consider local foods. We're proud to be the only locally owned and operated grocery store to bring you a full line of local products. From Good Natured Family Farms beef, chicken, eggs and milk to our local produce and our local specialty items, we strive to support our local farmers and bring you the best our rich farm lands around Kansas City have to offer.