

HEN HOUSE

MARKET



Community Supported Agriculture

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Contributing writer, Diana Endicott, founder and director of Good Natured Family



Chigger Creek Wood– Leon and Sarah Turner from Syracuse, MO

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. "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 placed in a "shaker" to remove dirt, 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.

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. 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. **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. 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.

Hen House Teammates– Lee's Summit and Deer Creek Hen Houses



Mitch Rice has been the grocery manager at the Lee's Summit Hen House for the past 4 years. Mitch has been a lifelong resident of Lee's Summit, and has a great following from our customers. Mitch says, "Our Buy Fresh Buy Local program is a great benefit for both our customers and local farmers. The handwritten note in each carton of Range Free eggs from Stanberry Farms shows the care and concern they have for providing our customers the very best."

Tony Dilks is the grocery manager at the Deer Creek Hen House. He has been in the grocery business for 21 years and with Balls Foods for 13 years. Tony understands the importance of the CSA because his parents and grandparents grew up on farms in Missouri. Tony's uncle was also a Dairy farmer in Missouri. Tony's favorite local items are the tomatoes from 4 Star Hydroponics from St. Johns, Kansas. Tony's favorite hobby is bass fishing.



Our labor of love is taking local farm fresh foods from the small family farm to the mainstream supermarket. Today the GNFF alliance is comprised of over 75 family farms in Kansas and Missouri. Reach us at www.goodnatured.net



Our mission: To encourage local and global understanding of our interconnectedness and to develop this understanding through community education and action. For more information go to www.bridgingthegap.com

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Are you a new CSA member? Do not miss all the great information about the CSA products and growers. Look for past CSA newsletters at www.henhouse.com under Grower's Alliance

In the Bag Next Week:

- GNFF Ground Round, about 2 lbs. from All Natural Beef CO-OP in Sabetha, KS
- FTM Grains Galore Bread, 1 loaf from Farm to Market Bread in Kansas City, MO
- Swiss Chard, 1 bunch from Twin County Family Farms in Rich Hill, MO
- Jade Seeded Watermelon, 1 melon from Twin County Family Farms in Rich Hill, MO
- Green Beans, 1/4 peck from Twin County Family Farms in Rich Hill, MO
- GNFF Certified Organic Tofu, 16 oz from Central Soy in Lawrence, KS
- Eggplant, 1 from Twin County Family Farms in Rich Hill, MO
- New Potatoes, 1/4 peck from Twin County Family Farms in Rich Hill, MO
- Kirby Cucumbers, 1/4 peck from Twin County Family Farms in Rich Hill, MO

Items subject to change depending on availability and Mother Nature



Thank You for supporting Hen House and our local farmers and producers!



CSA Trading Table:

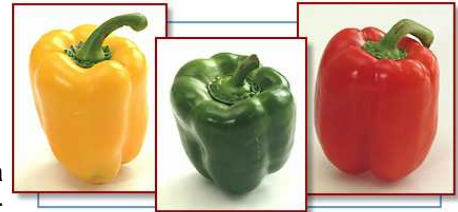
We hope to expose you to new items through our CSA, but if you would like to trade an item in your CSA bag this week, due to a diet restriction, just look for the trading table. Each week you can exchange items for tofu, chicken or others items from this weeks bag.

Next weeks items are valued as follows- Ground Round:3, Grains Galore Bread and Watermelon: 2 and all other

Food Facts

BOOST IMMUNITY WITH BELL PEPPERS!

For a ½ cup, chopped serving you get:
 Green Bell Pepper = Vitamin C 60%
 Red Bell Pepper = Vitamin C 240%
 Yellow Bell Pepper = Vitamin C 230%



Did you know that a red bell pepper is simply a matured green bell pepper? Bell peppers become sweeter and milder the more they ripen.

Red bell peppers also contain 11 times more beta carotene than a green bell pepper.

www.fruitsandveggiesmatter.gov

ONIONS come in three colors, red, yellow and white. Red onions are good for grilling and char-broiling, yellow onions with their robust flavor can be used in anything and white onions are used in classic Mexican dishes. They are golden and sweet when sautéed.

ANTIDOTES FOR ONION BREATH:

- Use a mouth rinse of half lemon juice and half water,
- Eat an apple or more than one sprig of parsley, or munch on roasted coffee beans,
- Chew a citrus peeler an anise or dill seed, or
- Suck on a piece of cinnamon or a whole clove

Recipe: BURGER AND VEGGIE PACKETS

- 1- ½ cups baby carrots
- 4 GNFF ground chuck patties (any flavor)
- 1 onion, chopped
- 2 summer squash, sliced
- 2 medium potatoes, thinly sliced
- 1 pint cherry tomatoes
- 1 green bell pepper, chopped
- ¼ tsp. seasoned salt
- 1/8 tsp. pepper
- steak sauce or barbeque sauce



PREPARATION:

Prepare and heat grill. Spray nonstick cooking spray on half of one side of four 18x12" sheets of heavy duty aluminum foil. Bring a small pot of water to a boil, and cook carrots for 3 minutes.

Place potatoes on prepared side of foil sheets. Top with beef patty, drained carrots, summer squash slices, onion, tomatoes and green bell pepper. Sprinkle with ¼ tsp. seasoned salt and 1/8 tsp. pepper. Fold foil over food so edges meet and fold to seal, making ½" fold; then fold again. Make sure to allow space on sides for expansion; don't fold the foil tightly around the food. Grill packets 6" from medium coals for about 20-25 minutes, rearranging and turning often, or until potatoes are tender and beef is thoroughly cooked. Serve with barbeque or steak sauce if desired. You can also bake the packets in a preheated 450 °F oven for 20-25 minutes until done.

Yields 4 servings (<http://busycooks.com>)

Member to Member: If you would like to share your knowledge, favorite recipes or post a question or comment about local foods, gardening, organics other local news please visit our CSA link and discussion forum at

www.henhouse.com