

HEN HOUSE

M A R K E T



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Good Natured Family Farms Organic Tofu

Handcrafted Tofu from Central Soyfoods in Lawrence, KS

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



Central Soyfoods joined the Good Natured Family Farm Alliance in April 2006. Central Soyfoods has been handcrafting their tofu from local, certified organic soy beans and delivering it weekly to their customers for almost 28 years. They know a lot about tofu. That knowledge translates into a firmer tofu which comes in four flavors: Hickory Smoke, Hot Fiesta, Garlic Herb and Firm.

Founder, Jim Cooley, started making tofu in 1978. In 2003, a group of local people purchased the company. Now 11 owners and employees, most of whom are dedicated organic gardeners, operate the company maintaining Jim's original dedication to producing a healthy, high-quality, local product.

Making tofu is an ancient art. Central Soyfoods adheres to strict guidelines to produce Good Natured Family Farms' tofu. First they start with 600 pounds of dried organic beans, then they soak them overnight then grind them and steam for 10 minutes. The remaining soymilk is combined with *nigari* (natural tofu solidifier derived from sea salt) which coagulates the mixture. This produces curds and whey. A percentage of the whey is removed and then a hydraulic press presses the curds into 18-pound blocks of tofu. These blocks are soaked in cold water and then drained and cut into one-pound blocks. The result is 1,000 pounds of firm, delicious, cholesterol and chemical free tofu.

Hen House Teammates– Fairway and Tremont




"It has been fantastic to be able to work with local farmers and to sell their product. We as a community need to support the local farmers however we can" states **Tom Wiseman**, Store Director of the Tremont Hen House Market. Tom has been around the business for 31 years, 16 with the Ball's family, coming to Chatham in 2006. A store director's life is very fast paced, so on his day off, Tom likes to slow things down a bit by heading off to the race track.

Farm to Market makes my job a little easier," states **Kelly Gochenour**, Bakery Manager at the Fairway Hen House, "because each week my customers get to try a different variety of quality bread they may not have chosen before." Kelly started with our company ten years ago and has managed the Fairway bakery for the last four. When Kelly was asked what her favorite thing to do on her day off was, she simply wrote down one word, sleep. That's easy to believe when you know that Kelly spends much of her time running. No not jogging, "running" to keep up with three kids, two in their teens and one close behind.




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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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,

Tofu Facts

Smoked Tofu can be used fresh, grilled, pan fried, or deep fried. Use light oil such as canola or olive oil.

Smoked tofu, cubed, is an extremely convenient, tasty and nutritious addition to any salad, pasta & bean salads. Deep fried or pan fried smoked tofu goes great with pasta and noodles. Make smoked tofu wraps. Smoked tofu complements any bean recipe.

Smoked Tofu Stir Fry

Smoked tofu is delicious in vegetable stir fries. Brown the tofu slightly at the end and add to your vegetables for a delicious stir fry. Don't cook the tofu too long as it may become dry and spoil the texture.

Smoked Tofu Appetizers

Deep fried tofu cubes until golden brown. They are very elegant and tasty. Serve on toothpicks. Thinly slice on crackers, top with cucumber, olive, and or pickles.

**In the Bag Next Week:
 Trading Value in ()**

- GNFF Chicken (4), 1 whole from Campo Lindo Farms in Lathrop, KS
- Farm to Market Sourdough bread (1), 1 loaf from Farm to Market in Kansas City, MO
- Fresh Rosemary (1), 1 bunch from Twin County Family Farms in Rich Hill, MO
- Andy's Candy Corn (1), 8 ears, from Daniel's Family Farm in Columbus, NB
- Athena Melon (1), 1 melon, from Bates County Farms in Rich Hill, MO
- Candy Onions (1), 1/4 peck from Twin County Family Farms in Rich Hill, MO
- Vine Ripe Tomatoes (2), 1/4 peck from Twin County Family Farms in Rich Hill, MO
- Green Bell Peppers (1), 1/4 peck from Twin County Family Farms in Rich Hill, MO

Items subject to change depending on availability and Mother Nature

Recipe: Stir-Fried Eggplant and Tofu

Yield: Makes 4 servings

Ingredients:

- 1 green onion
- 4 ounces ground round
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, finely chopped
- 1/2 teaspoon sesame oil
- 4 ounces firm tofu
- 1/2 teaspoon cornstarch
- 1/2 cup chicken broth
- 1 pound eggplants
- 2 tablespoons peanut oil
- 1 tablespoon soy sauce
- 1 teaspoon Chinese chili sauce
- 1/2 teaspoon sugar

Preparation:

1. Mince white part of green onion. Cut green part of onion diagonally into 1-1/2-inch lengths; reserve for garnish.
2. Combine ground round, chopped green onion, garlic, ginger and sesame oil in small bowl.
3. Drain tofu on paper towels. Cut into 1/2-inch cubes.
4. Combine cornstarch and chicken broth in small bowl; set aside.
5. To prepare eggplant, trim off cap and stem end; cut lengthwise in half, then into 1-inch-thick spears. Cut spears diagonally into 1-inch pieces.
6. Heat peanut oil in wok or large skillet over high heat. Add eggplant; stir-fry 5 to 6 minutes or until tender. Add tofu; stir-fry 1 minute. Remove eggplant and tofu from wok; set aside.
7. Add ground round mixture to wok; stir fry about 2 minutes or until browned. Add soy sauce, chili sauce and sugar; cook and stir until heated through.
8. Return eggplant and tofu to wok. Stir cornstarch mixture; add to wok. Cook and stir until sauce is clear and thickened.

(idea from Easy Home Cooking Magazine)



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

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 CSA.