

HEN HOUSE

M A R K E T



Community Supported Agriculture

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Ken and Pam Sutton— Crooked River Farms in Hamilton, Missouri

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



The Spice of Life— Crooked River Farms

Ken and Pam Sutton grow basil, chives, thyme, mint, oregano, rosemary, sage, tarragon and cilantro in three large green houses. A neighbor who lives about a quarter mile south says he can smell the fragrance of the herbs when the Suttons are harvesting. Unlike the large producers, Pam and Ken cut each stem with shears, package the herbs by hand and ship to Hen House within 24 hours of harvest. The day before harvest, they wash the plants and then cut them the next day when they are dry. This protects the delicate leaves and stems from excess moisture. "Most herbs in grocery stores are flown in from the coasts of Peru or South America," Ken said. "We know where ours comes from, and we feel the fresher, the better." Ken and Pam are inspirations.

They bought the company from a classified ad. "I grew up on a farm, got a degree in Animal Science-it helps with our quarter horses-and learned most of what I know from the previous owner, and a lot of trial and error." Pam grew up in the restaurant business and brings her knowledge of culinary arts to their efforts. In addition to Hen House Markets, the Suttons also market to up-scale restaurants. "We like to visit with our customers. It keeps us in touch with what people want. We consider those conversations the real spice in our life."

Hen House Teammate— Deer Creek Hen House



Pal has been our Bakery manager for 1 year, but he has been in the business for 10 years. He thinks the CSA is great because it helps our local farmers and BAKERS!! Pal's favorite local foods are the tomatoes and the Andy's Candy Corn™. He likes to cook his corn on the grill and uses the tomatoes to make Chicken Curry. Pal says that the Andy's Candy Corn™ is by far the best corn he has ever had!



Good Earth • Good Food • Good Life

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



Bridging The Gap®

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

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.



Jennifer Egeland, RD
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 Dietitian/Natural Foods Buyer
 Can be reached at
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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,

Food Facts

SALSA SALSA SALSA!!!

Another great way to incorporate veggies into your diet! Salsa can be a great addition to many foods – just watch the sodium levels. Two Tablespoons of salsa usually contains from 5-20 calories and can range from 75mg to 900mg of sodium, so be careful!

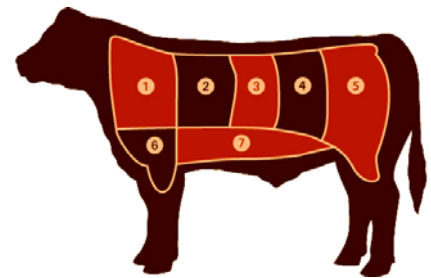
Ways to use Salsa:

- ~ top baked potatoes ~ top eggs or omelets ~ mix in sour cream for a dip or topping
- ~ add/top tacos, burritos, enchiladas ~ add to salads ~ top vegetable pizza ~ mix in cheese dip
- ~ add to corn ~ mix with cream cheese ~ use in wraps ~ mix in with cheesy hashbrowns
- ~ add to chili; soups ~ mix in pizza sauce ~ top or mix with meatloaf, burgers or sloppy joes
- ~ top nachos ~ add to taco meat ~ add to macaroni & cheese ~ mix in spaghetti sauce
- ~ top tuna fish patties or salmon patties ~ add to cooked pasta ~ serve with pork chops & rice
- ~ make beefy rice with salsa & cheese ~ add to red beans & rice
- ~ use on hot dogs in place of relish ~ stir in batter of corn meal for tex-mex muffins

www.associatedcontent.com

Do You Know Your Beef Cuts?

- 1.Chuck 2. Rib Roast 3. Short loin
4. Sirloin 5. Round 6. Shank & Brisket
7. Plate & Flank



www.heartlandsteaks.com/beef-chart.php

Recipe: MEXICAN STEAK SALAD

INGREDIENTS:

- 15 oz. can kidney beans, rinsed and drained
- 10 oz. pkg. mixed salad greens
- 1 avocado, peeled and chopped
- 5 plum tomatoes, chopped
- 2 cups shredded Cheddar cheese
- 1 cup salsa
- 1 lb. boneless sirloin steak
- 1 cup French salad dressing
- 2 cups crushed tortilla chips

PREPARATION:

In large bowl combine beans, salad greens, avocado, tomatoes, and cheese and toss. Add salsa and toss.

Brush steak with 2 Tbsp. French salad dressing and grill steak on two sided dual contact grill for 5-8 minutes until medium doneness.

Remove steak from grill, cover and let sit for 5 minutes. Slice against the grain into 1/4" thick slices and place on salad. Drizzle with French dressing and top with tortilla chips.

Serve immediately. 8 servings

<http://southernfood.about.com>



In the Bag Next Week:
 Trading Value in ()

- GNFF All Beef Hot Dogs, 16 oz from Rainbow Organic Farms in Bronson, KS (2)
- Fresh Mint, 1 bunch from Crooked River Farms in Hamilton, MO (1)
- Nature's Kiss All Natural Summer Melon Lo-tion, 2 oz from Anthony's Beehive in Lawrence, KS (1)
- Andy's Candy Corn, 8 pack from Daniel's Family Farm in Columbus, NB (1)
- Athena Melon, 1 melon from Bates County Farms in Rich Hill, MO (1)
- Heirloom Tomatoes, 1/4 peck from Stan-berry Farms in Stan-berry, MO (3)
- Mild Pepper Relish. 16 oz from Blackberry Hill Farms in Rich Hill, MO (2)
- Candy Onions, 1/4 peck from Twin County Family Farms in Rich Hill, MO (1)
- Eggplant, 1 from Twin County Family Farms in Rich Hill, MO (1)

Items subject to change depending on availability and Mother Nature

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

www.henhouse.com