

# HEN HOUSE

# MARKET



Community Supported Agriculture

Volume 2, Issue 14

Date: August 11, 2007



## Bridging the Gap and Buy Fresh Buy Local Program

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



Good Earth • Good Food • Good Life

To most people, Buy Fresh, Buy Local is a slogan. But in reality it is so much more. Buy Fresh, Buy Local was developed by Food Routes, a national organization dedicated to the expansion of local foods from local family farms. In order to participate in that program, several criteria must be met. The first is that the program must be administered by a nonprofit organization. In Kansas City, that organization is Bridging the Gap (BTG). Frequently considered "Kansas City's local environmental organization." Their primary goal is to explain and promote the understanding of the environmental connection between business, education, government and individuals. "One of the ways we are connected is through our needs, and one of our primary needs is food," said Otavio Silva, BTG Business Programs Coordinator. "Because Hen House Foods has been a local, family owned and operated grocery store chain since 1923, they were a natural for this program. Bridging the Gap oversees and administers the criteria for the Buy Fresh, Buy Local program." Otavio said. "There are ten specific criteria every participant must meet." Obviously localness is important, but so is quality, social and environmental responsibility and farm size. "We are delighted with the growing numbers of consumers concerned with where and how their food is grown." Local food production significantly reduces the petroleum used and pollution generated when transporting foods long distances. Local producers have a greater understanding of the local environment and grow varieties best suited to our climate and soil conditions. Selections are also based on taste not the ability of the food to travel. "When choosing which foods to sell, Hen House pays close attention to the Buy Fresh, Buy Local criteria," Matt Jonas, Vice President of Sales and Marketing said. "We also make sure that we offer our customers the best possible product available locally, and we stick by producers who have consistently delivered the highest quality locally grown foods available."

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](http://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](http://www.bridgingthegap.com)

## Hen House Teammate- Fairway Hen House



**Charles Gant** is our grocery manager at the Fairway Hen House; he has been in the grocery business for 13 years, 9 years with Balls Foods. He is a family man with a beautiful wife and a lovely two-year-old daughter; he works hard everyday to spend as much time as possible with them.

He believes the CSA program is a great way to introduce the customers to the products that are grown and harvested locally. "They are the freshest in the market straight from the field to our warehouse; some of the product is delivered to our stores within 36 hours of harvest!!" Charles' favorite local product is the Good Natured Family Farm sirloin steaks; they are always tender and juicy!!

**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](http://www.henhouse.com) under Grower's Alliance CSA.

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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,*

**Recipes: Mint Lemonade**

Mint and lemons make for a very refreshing summer-time drink. Mint lemonade is a must for picnics. This recipe uses lemonade concentrate, so it can be made up in a jiffy.

**INGREDIENTS:**

- 2/3 cup of mint leaves, fresh and chopped
- 6 cups water
- 1 can frozen lemonade concentrate

**PREPARATION:**

Heat the mint leaves in 2 cups of water until boiling. Reduce heat to a simmer and leave for 5 minutes. Let cool, then strain out mint leaves. Combine mint liquid with lemonade concentrate and the rest of the water (4 cups). Refrigerate and serve over ice. <http://coffeetea.about.com/od/lemonade/r/mintlemon.htm?terms=mint>

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

- GNFF 2% Milk, 1/2 gallon from Naturally Iowa in Clarinda, IA (1)
- GNFF Ground Round, 2 lbs. from All Natural Beef Co-op in Sabetha, KS (3)
- Farm to Market Sourdough Bread, 1 loaf from Farm to Market Bread in Kansas City, MO (1)
- Seedless Watermelon, 1 melon from Twin County Family Farms in Rich Hill, MO (2)
- Patty Pan Squash, 1/4 peck from Stanberry Farms in Stanberry, MO (2)
- Poblano Peppers, 1/4 peck from Stanberry Farms in Stanberry, MO (1)
- Alfalfa Sprouts, 8 oz from Chunco Foods in Kansas City, MO (1)
- GNFF Honey Bear, 12 oz from Hawley Honey in Iola, KS (1)

Items subject to change depending on availability and Mother Nature

**Ratatouille (rah tah too eee)**

The proper French name for ratatouille is “Ratatouille Niçoise”. It originated around Nice, France and was a poor farmer’s dish prepared with only “summer vegetables”. “Touiller” which is the basis of the name “ratatouille” means to toss food. There are numerous versions of ratatouille and original versions actually didn’t call for eggplant. Today, eggplant is a main ingredient in many ratatouille recipes. It really soaks up the flavor well.

[www.amb-cotedazur.com/Recipes%20Ratatouille.htm](http://www.amb-cotedazur.com/Recipes%20Ratatouille.htm)

**INGREDIENTS:**

- 2-3 Tablespoons of olive oil, plus extra for brushing the grill rack
- 2 large onions, cut in 1-inch slices
- 3 peppers (mixture of red, yellow or green)
- 5 tomatoes,
- 2 eggplants, sliced into 1-inch slices
- 4 small zucchini, sliced into 1-inch slices
- 1 4-5-inch sprig of thyme, leaves stripped off
- 2 Tablespoons red wine vinegar
- 3 garlic cloves, with germ removed and minced
- 20-25 basil leaves, cut into thin strips
- salt & pepper



**PREPARATION:**

1. Prepare the charcoal grill or preheat a gas grill. When the fire is ready, brush the grill with olive oil and place the eggplant, zucchini and onion slices on it. Leave the pepper and tomatoes whole and put them on the grill at the same time. After about 5-7 minutes, when the vegetables are lightly golden, remove all of them, except the bell peppers. Continue to cook the peppers until the skin is charred and blistered.
2. When the peppers are done, remove them from the grill, place in a plastic bag, close and allow them to steam for about 10 minutes. Remove them from the bag and peel off the skin. Remove the stems and seeds and cut into strips.
3. Cut the other vegetables into 1-inch dice. Keep the onions separate from the rest of vegetables. In a large pot, heat 2 to 3 tablespoons of the olive oil. Add the onions and cook for about 7 minutes. Add the eggplant, bell peppers, zucchini and tomatoes and cook uncovered, stirring occasionally, until all the vegetables are tender, 30-40 minutes.
4. Add the garlic, thyme leaves and vinegar and cook for an additional 5 minutes to blend the flavors. Season with the salt and pepper.
- ~5. Garnish with basil leaves. Serve as a side dish or as a main dish with rice or noodles.

<http://frenchfood.about.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](http://www.henhouse.com)