

HEN HOUSE

M A R K E T



Community Supported Agriculture

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**Rice Family—
Dan and wife
Brenda with
children Emily,
Ben and Sam.**

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



Meet the Obbink, Rice, Kyser, Goosen, and Eickhoff families. Good Natured Family Farms newest alliance members are five farm families who together own and operate a dairy in Firth, Nebraska, about 170 miles from Kansas City. Dan and Barbara Rice were milking about 80 cows on their small dairy farm located in southeast Pennsylvania, when they were offered the opportunity to move to Firth, Nebraska in 1998 and join the Obbink Family Dairy. The partnership worked so well they purchased the property across the road and built a new dairy. Today, the Obbink, Rice, Kyser, Goosen, and Eickhoff families pool their resources, talents, and cows together and produce the best quality milk nature has to offer.

These are farm families who joined together in order to continue to do the work they love – dairy farming. They stay true to their farming heritage; respecting the land, the environment, and the well being of the animals. Dan explained that they do not use any hormones or sub-therapeutic antibiotics. We don't dock our cows' tails and we let them roam free in our open style dairy barns. Dan said, "we treat every cow as if it were our only cow. The health and well-being of our cows is our top priority."

Good Natured Family Farms milk comes from 180 selected cows. The milk from this select group of cows is transported in a tanker truck to Naturally Iowa dairy processing plant in Clarinda, Iowa, about an hour away. This small state of the art dairy processing plant is the vision of Bill Horner and Steve Williamson. Bill explained, "we start with the highest quality milk and we use a special cold separation process that does not destroy the milk body. We pasteurize our milk at a lower temperature and this helps protect the flavor. We also have an in-house laboratory that monitors the Good Natured Family Farm milk quality all the way through the process." What Bill is most excited about is the new earth friendly milk bottle. They make their own biodegradable milk bottles at the processing plant. A corn resin is blow-molded into a biodegradable bottle. While plastic milk bottles can take hundreds of years to decompose, the corn bottle is compostable in 100 days. The Good Natured Family Farm milk bottles are lighter and more efficient to transport than the old glass ones. Also the opaque color protects the milk from light which can cause the breakdown of vital nutrients and alter the milk flavor.

Hen House Teammate— Lee's Summit Hen House



Bob Scott, has been a dedicated teammate of Balls Foods for 25 years and is currently the Store Director of the Lee's Summit Hen House Market. Bob believes the best thing about his job is people, both customers and teammates. He remarks, "Offering the CSA program at our store has allowed me to get to know more of our customers first hand!" Especially with the season we have just been through; one of Bob's hobbies, storm chasing, also gives him first hand experience of the blessings or devastation nature can place upon our local farmers and the crops they depend on. For a milder hobby, but at times just as loud, Bob pursues his passion for music which includes playing the drums.



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
 Hen House Registered
 Dietitian/Natural Foods Buyer
 Can be reached at
www.henhouse.com



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

The **Poblano** is a mild [chile pepper](#), just slightly spicier than a [bell pepper](#). One of the most popular peppers grown in [Mexico](#), is multi-stemmed, and can reach 25 inches in height. The pod itself is about three to six inches long, and about two to three inches wide. An immature poblano is dark purplish green in color, but eventually turns a red so dark as to be nearly black. It can be prepared a number of ways, including: dried, breaded and fried, stuffed, or in sauces. After being roasted and peeled (which improves the texture by removing the waxy skin), it can be preserved by either canning or freezing. Storing Poblanos in airtight containers will also suffice for several months. When dried, this pepper becomes a broad, flat, heart-shaped pod called an Ancho chile, often ground into a powder used for flavoring recipes.



Pattypan Squash: This small saucer-shaped squash features skin that can either be pale green or golden yellow in color. Its cream-colored flesh is more dense and slightly sweeter than that of zucchini. When purchasing summer squash, look for ones that are heavy for their size and have shiny, unblemished rinds. Additionally, the rinds should not be very hard since this indicates that the squash are overmature and will have hard seeds and stringy flesh. Purchase summer squash that are of average size since those that are overly large may be fibrous, while those that are overly small may be inferior in flavor. Summer squash is very fragile and should be handled with care as small punctures will lead to decay. It should be stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days. While it can be frozen, this will make the flesh much softer. To do so, blanch slices of summer squash for two minutes before freezing. Summer squash is an excellent source of manganese and vitamin C. It is also a very good source of magnesium, vitamin A, dietary fiber, potassium, copper, folate, and phosphorous. In addition, summer squash is a good source of omega-3 fatty acids, vitamin B1, vitamin B2, vitamin B6, calcium, zinc, niacin, and protein.

www.whfoods.com



Recipe: Tricolor Summer Squash on the Grill

Ingredients:

- | | | |
|-------------------|-----------------------------------|------------------------------|
| 3 Zucchini | 3 yellow squash | 3 patty pan squash |
| 1/2 cup olive oil | 1/2 teaspoon garlic powder | 2 teaspoon Italian seasoning |
| Salt and pepper | grated parmesan cheese (optional) | Horseradish sauce (optional) |

Preparation:

Slice the squash lengthwise into slabs 1/2 to 3/4 inches thick.
 Mix olive oil with seasonings. Toss with squash slabs and let sit at least 10 minutes and up to several hours, refrigerated
 Drain and reserve the marinade.
 Grill in batches over medium-high heat.
 Cook 3-5 minutes per side, brushing reserved marinade onto the top before turning. You want them to brown quickly without becoming mushy but you don't want them to scorch.
 Salt and pepper to taste.
 Pass grated parmesan and/or horseradish sauce (1 tsp to 1 tbs horseradish blended into 1/2 cup sour cream), at the table.

<http://www.recipezaar.com/222171>

In the Bag Next Week:
 Trading Value in ()

- Good Natured Family Farms Tofu, 16 oz from Central Soy in Lawrence, KS (1)
- Good Natured Family Farms Free Range Chicken, 1 whole from Campo Lindo Farms in Lathrop, MO (4)
- Fresh Rosemary, 1 bunch from Crooked River Farms in Hamilton, MO (1)
- Andy's Candy Corn™, 8 ears from Daniels Family Farm in Columbus, NB (1)
- Okra, 1/4 peck from Genova Farms in Nortonville, KS (3)
- Anaheim Peppers, 1/4 peck from Twin County Family Farms in Rich Hill, MO (1)
- Mardi Gras Variety Seeded Watermelon, 1 whole from Twin County Family Farms in Rich Hill, MO (2)

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, organics other local news please visit our CSA link and discussion forum at www.henhouse.com