

Greetings to all!

I can't believe thanksgiving is upon us! It seems it was just last week the boats and jet ski's were racing across the water. Another sign of the time of year was the beginning of our fall/winter cooking classes. Our first cooking class of the season was a great success. Not only did we cook and eat locally pastured meats, we also had the pleasure of meeting one of the farmers who raises the meat. I think having the person who actually raises the meat is so important. They lend a whole other dimension to the cooking and learning process. It's really putting a face and a place to your food. It is something everyone around the country is looking to do. It really amazed me with all the varied questions people had. Many of the questions I would not have been able to answer. Knowing who grows it, how it is grown and where your food is grown. I think lends it self to being a more satisfying eating experience. I think that fits right in with Thanksgiving. Being thankful to the gifts at hand or the bounty of the season. With out our farmers, what would we be eating?

Probably the biggest hit of the evening was scrambled eggs. They were simply scrambled with a touch of butter and salt. The big difference was that they were from pastured chickens. It's hard to believe people could get excited about scrambled eggs, but there is such a difference. Not only the color, but the taste and texture are completely different. A much creamier texture and richer flavor. When looking for eggs you must make sure the chickens actually roam on grass. Cage free is not the same. The funny thing about free-range eggs is they not only taste great, but they have tremendous health benefits. It's kind of like having your cake and eating it too.

Happy eating!

Jack

Below is another one of the farmers whom we buy our meat from. We use the ground highland in burgers and feature others cuts such a short ribs, chuck roast, liver and flat iron steak.

Fountain Prairie Farm  
John and Dorothy Priske

We're proud of our grass-fed, grain-finished beef, raised without hormones or antibiotic food additives; our signature 21-day dry-aging results in meat both tender and intensely flavored. Fountain Prairie Inn and Farms offers a comfortable, welcoming retreat nestled within a working farm. Come stay in one of the five elegant bedrooms in our restored Victorian Inn, with views of Wisconsin's largest herd of Highland cattle grazing alongside restored wetlands and tallgrass prairie.

Fountain Prairie Farm isn't just a cattle operation. A large portion of our farm is actually restored tallgrass prairie and wetlands, which provides a haven for all sorts of birds and other wildlife that had been driven away by industrial agriculture. We have brought back dozens of species of native grasses and other plants, and recreated the original wetlands that once supported the flocks of migrant waterfowl that are now returning. It's a beautiful landscape, one that had been all around here not all that long ago.