

Greetings to all!

November 10th will be our first cooking class of the 2007-2008 fall and winter classes. We are trying something a little different, and I'm really looking forward to it. We will do several side by side tasting and cooking of locally pastured raised eggs, chicken, and beef. Sue and Will Halser who raise these items will be on hand to answer questions about pastured raised animals. We will not only taste these items, we will try the best ways to cook them and what to look for when buying local pastured meats. Below is an excerpt about their farm.

Prairie Hill Farms, Palmyra WI

Prairie Hill Farms, a small, family-owned operation dedicated to clean food and sustainable agriculture. We feature 100% grass-fed beef, pastured chickens, eggs, turkeys and lamb that is delicious and healthy. Our farm features Murray Grey cattle that are known for their ability to finish on grass and excel in both marbling and tenderness. At Prairie Hill Farms we take pride in the quality of what we grow and work hard to do what is best for the environment, the cattle and the consumer. The last ten years we adopted rotational grazing as our preferred way of farming. Our animals are healthier and we like the environmental benefits. We chose Murray Grey cattle because they produce exceptional meat on a diet of pasture and hay with NO GRAIN. We have two farms that total 220 acres with over 180 acres for haying and grazing. The remaining land is farmsteads and wild life habitat. The intensive rotational grazing system guarantees our animals are eating from lush, tender pastures. We believe that you will find our meat to be a pure, fresh and flavorful product.

<http://www.prairiehillfarms.info/index.htm>

Don't forget about Thanksgiving. For the past 4 years we have been ordering our thanksgiving turkeys from Dominion Valley Farm. I believe they are some of the best turkeys around. I have included a little information about the farm below. It talks about how they are raised and the difference between their regular broad-breasted bird and the Heritage. I hope you enjoy the reading and their pastured raised turkey. Don't forget to order your turkey for Thanksgiving.

Dominion Valley Farm Allenton, WI

We raise chickens, turkeys, ducks, pigs and beef cattle **naturally**, on pasture, where they eat what is good for them: Grass, clover, bugs and other favorites. **Fresh pasture** every day provides vitamin-rich greens in addition to the high-quality natural feed they receive. Our animals do not receive growth hormones or antibiotics, but they do get natural sunlight, clean bedding and fresh air every day.

The Pasture

The pasture is a prime example of something that sounds to be and actually is so simple, but the pasture turns out to be quite complex and very much to our advantage! The pastures here at Dominion Valley Farm have been prepared with different types of grasses, alfalfa, red and white clover, and YES, we even welcome the dandelions. Also, this "salad bar," so to speak, provides the natural vitamins and minerals the birds need and in turn provides what you need. The pasture also acts as bedding for the poultry. The chicken pens are moved once a day to provide fresh greens and bedding. Moving the pens daily provides an unbelievable amount of fertilizer for the pasture. Within 7-10 days the pasture rejuvenates to a lush green sward. In three weeks we have to cut it before it gets out of hand. This pen moving process also eliminates the terrible odor associated with poultry farms. The ground and plants are able to take up and assimilate droppings efficiently without burning. All this keeps us happy and our birds happy! This pasture provides the birds with bugs and grubs that add to their already protein-diverse feed ration.

Broad-Breasted White versus Heritage Breed Turkeys

There are a few main differences between the Broad-Breasted White turkeys and the Heritage Breed turkeys, of which we are currently raising the Bourbon Reds. The Whites have a double breast, so you are getting twice as much white meat. They have been bred to have this double breast and is a delicious, tender and juicy meat. The Heritage turkeys have had no special breeding; in other words, science has not altered anything in the breed - they are the same now as they were when the Pilgrims had them on their Thanksgiving tables. The Reds have a more intense "turkey" flavor. We've had customers tell us that once they've tasted a Heritage turkey with such robust flavor, the Whites now taste bland to them. It is an excellent turkey

<http://www.dominionvalleyfarm.com/index.html>

When better dessert than a warm apple pie with locally grown apples.

BROWN BAG APPLE PIE

Yield:

Oven:

Bake:

amt.	unit	Ingredients
1/2	cup	granulated sugar
1	9"	pie shell, unbaked
2	T	flour
1/2	cup	butter, melted
1	t	cinnamon
1/2	cup	granulated
6	med	baking apples (you can use several varieties) pared sliced
1/3	cup	flour

Mix ½ cup sugar, 2 Tbs. flour and the cinnamon together and toss with the apples. Heap into the pie shell

Combine butter, ½ cup sugar and ½ cup flour to make a thin paste

Spread paste over apples, coating evenly

Place pie in a brown paper bag and close securely with paper clips or staples

Place pie in center of the oven rack, taking care that the paper bag does not come in contact with any interior oven surface

Bake in pre-heated 400° oven for 1 hour

When pie is done, cut away the bag.

LARD CRUST

Yield:

Oven:

Bake:

amt.	unit	Ingredients
2	cups	flour
1/2	cup	lard-chilled & cut into small pieces
3/4	t	salt
1	stick	butter, chilled & cut in to small pieces
1/2	t	baking powder
6	t	ICE water

Sift dry ingredients into bowl.

With pastry blender, blend in lard and butter until pieces are small peasized

Add just enough ice water to hold dough together

turn onto floured surface and knead GENTLY 4 or 5 times
Divide into 2 equal parts and roll into 10" circle
Freezes well.