



What you can expect in this weeks share

...a lot of cold weather!

This year the weather has been fluctuating. We can tolerate a hot summer much better than a cold one, so keep your fingers crossed!

Have you considered..

...lamb?

First it was beef, then it was pork, then eggs, and now we are considering sheep!

Currently, the success of the meat offerings has allowed us to branch out to turkeys and pheasant. But we are wondering if there are any people who would be interested if we offered a lamb or mutton offering.

If you have tried lamb and would like to include it more in your diet, let us know. If there is enough interest, we may consider purchasing a few.

Please contact Matt Middleton via email or phone!

Egg-ceptional Eggs!

Middleton Farm has been offering eggs for almost a year and many of you have partaken.

If you have considered this option but haven't fully committed, try a dozen and see what you think!

All eggs are fresh and have been on the 'shelf' for a shorter time than a grocery store. Grocer eggs are considered fresh if they are less than 45 days old and refrigerated!

The chickens are of differing variety so shell colors may vary. However, because they all get fed the same, the nutrition content will be identical!

Email or phone Matt Middleton or check out the website for more info!



New at the farm...

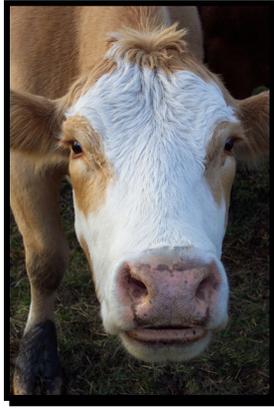
In this past month, there has been a lot going on at the farm! Seeds have been ordered and are awaiting good weather to be planted. Feeder cattle have come in and are making themselves at home quite nicely. Lastly, pheasants are coming expected to arrive in May!

Luckily, the tornadoes have missed us, but have hit a few neighboring farms. While their damage was on the light side, we are still grateful it didn't hit us!

We hope your spring cleaning is going well! If you have any questions regarding your personal garden, we are willing to help out with any answers you may need! Feel free to ask us!

The Facts About “Pink Slime”

- Lean finely textured meat, or “pink slime”, is a filler used in ground beef and ground beef products made with various parts of cattle.
- Parts of cattle may include tendons, ligaments, and other connective tissue.
- Other areas may include contaminated areas where E. coli are present.
- The ‘meat’ is then subjected to heat and centrifuged to remove the fat content.
- The result, lean textured meat, is then exposed to ammonia gas or ammonia hydroxide (though some plants use citric acid) to eliminate bacteria.
- Lean textured meat is then finely ground and pressed together.
- “Pink slime” is not legal as a food additive in the United Kingdom and Canada.
- More and more grocery stores are switching to “Pink Slime Free” meat..



- Some estimates predict that 1.5 million more head of cattle will be needed to make up for the gap created by “Pink Slime”.
- Considering most cattle is raised inhumanely by Concentrated Animal Feeding Operations, the ethical dilemma continues.
- To ensure your beef is free of “Pink Slime” and that the cattle is raised humanely, consider purchasing from a local farm.
- Middleton Farm is willing to answer any questions you have regarding the cattle upkeep as well as its butchering processes!

What's New?

Want to know what's hip and happenin'? Want the skinny on the low down?

You can get the latest Information about what is going on at the farm as well as our newest products by visiting our website!

www.middletonfarmcsa.com

Fried Dandelions

Ingredients:

1 C All purpose flour
1 Tbsp salt
1/2 Tbsp black pepper
2 eggs (beaten)
About 40 dandelion blossoms (cleaned)
1/4 C butter

When picking dandelion heads make sure you remove the majority of green leaves while keeping the blossom intact. If your dandelions have a full stalk these are not the dandelions we are looking for. Use only tubular stalk dandelions.

To clean, submerge them in room temp water with about 1 Tbsp of salt for 10 min. This will remove any insects hiding in the petals! Rinse in cool water and use a salad spinner to remove excess moisture.

Combine flour, salt, and pepper together and set aside.

Melt butter in skillet over medium heat.

Dip cleaned blossoms into egg mixture then toss into flour. Remove excess flour and place flower into skillet.

Cook dandelions in melted butter until golden brown and drain on paper towels.



Middleton Farm CSA

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