

Middleton Farm's Newsletter

February 2012

What you can expect in this weeks share

...nothing yet but...

The 2012 crop list has been posted on the website! Go to www.middletonfarmcsa.com and visit the Harvest Share Info page to see the full list!

Have you considered..

...pheasant?

This year, the farm has decided to try its hand at raising pheasants! If you have partaken of this bird before you know the taste is very similar to chicken. Some say it's a lighter taste of chicken and that the farm grown variety has little gamey taste with hints of apple.

Pheasants are coming in May and should be ready in October or November.

If you would like to try something new, consider purchasing our newest offering. Currently, the prices are set at \$20 for females and \$25 for males! All you need to do is send an email to Matt Middleton!

Attention returning members!

New pick up areas are being scheduled for this year!

Midland pick ups will be on Friday nights at the Tridge parking lot. **Saginaw** pick up will still be at the VA Hospital on Tuesdays from 10a – 12p. Lastly, **Mt. Pleasant** pick up will be on Wednesday evenings, however the place hasn't been solidified yet. So keep an eye on the website for further updates!

We're everywhere you want to be!

Middleton Farm will be at four farmers' markets in the tri-city area. So be sure to stop by and pick up some meat from us!

The Midland Farmers Market is held on Wednesday and Saturday mornings at the Tridge. You will see us there at both times. The Auburn Farmers Market is where you can find us on Friday mornings. And the Bay City Farmers Market is held on Thursdays at the corner of Washington Avenue and Sixth Street.

Chèvre !

The more common name is actually goat cheese.

One of our newest offerings is the Goat Cheese Add-on! For an extra \$28 dollars, you will receive a total of five - 5oz. containers of goat cheese during the harvest season. Cheese is delivered every other week

If you have problems when eating regular cheese, consider this option. Often goat cheese is found to be more gentle on the digestive system and is the preferred cheese for the lactose intolerant, young children and the elderly.

There are also health benefits of goat cheese as it is also lower in fat, cholesterol and calories!



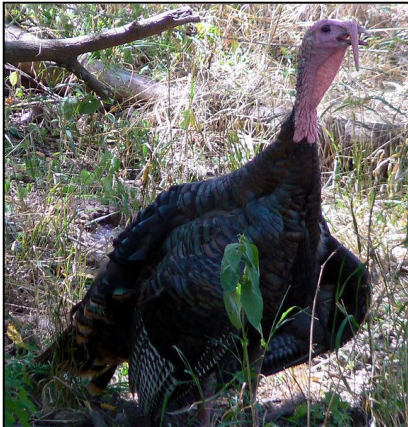
Have You Checked Your Calendar?

In the last newsletter, you learned of the major interest in roasting pigs for parties such as graduation, Fourth of July and other summer cookouts.

We are recommending members to consider their year's schedule and sign up now for a Graduation Roasting Pig and/or your Thanksgiving Turkey. (We are aiming at 10-20 lb. turkeys this year instead of last year's 40 lb turkeys!)

So when you have looked at your calendar and know what you want, send us a message and we will ensure you have the best meat for your get together!

Deposits are being accepted at the Middleton Farm Website's store!



"Forget about us turkeys. What you really want are those new pheasants!"

The Facts about Pheasants

At first consideration, pheasant seems like an unlikely meat for the dinner table. However, you can find that with similar chicken preparation techniques, this can quickly become a household favorite!

Farm raised pheasant has more fat content than wild which enhances the delicate flavor of the bird. "Hanging" a pheasant is a practice also done to ensure that the fat get distributed through the bird before it is cooked. The bird is hung for approx. three days which allows the oil in the feathers to travel to the meat to add flavor.

There are three techniques you can use with pheasants: larding, grilling and smoking.

Larding is mainly used for wild birds and consists of wrapping the bird in bacon or other lardoons. The bird is then roasted in the same manner as a turkey or chicken.

Grilling, or rather, using a rotisserie is one of the better ways of preparing pheasant. This is mainly due to the delicate flavors being brought out by the process.

Two or three hours are all that is needed when smoking a pheasant. The size of the bird is very small and so this process is fast but be sure to watch the temperature!

Hot smoking is preferred to cold smoking because, as with turkey, bacteria can be a factor in preparation. So while the range of meat is acceptable between 130° - 150°, consider a more well-done bird.

Pheasant in Orange Sauce

1 Pheasant (skinned and split in half)
Paprika
2-3 Tbsp butter
1 C water
1 tsp chicken bullion
½ C orange marmalade
¼ C orange juice
¼ tsp pumpkin pie spice

Wash pheasant and pat dry. Sprinkle both sides with paprika. Heat butter in a skillet and add pheasant. Cook until pheasant is browned adding more butter as needed.

Mix the water with the bullion then add to the skillet. Cover and lower heat to simmer for 30 minutes or until meat is tender. Add water as needed and turn meat over several times during this process.

Combine the marmalade, juice and pie spice and set aside until pheasant is tender and water has boiled away.

Pour orange mixture over the meat and simmer uncovered. Baste the meat with the orange sauce for the next 10 min.

Serve with rice and enjoy!

Recipe from Monica in PA.

Middleton Farm CSA

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