



Middleton Farm's Newsletter

November 2012

Missed the deadline?

October 31st was the last day to **guarantee** your spot for the 2013 Harvest Share Season. If you missed it, there is still hope. You can still sign up for next years harvest by letting Matt Middleton know that you are interested.

With the many changes happening and the moving of our cattle and pigs, our workers will be utilized differently until changes are done. This is why sign-ups had to be early; to correctly apportion the workers we have for next year.

However, we are making our land available to those who missed out on a harvest share. If you were looking to try your hand at farming, we will have the hand tools and garden space available for your use.

So consider your summer plans and come visit us at the farm to plant your garden! The pond should be filled with fish and we are hoping to have a picnic area available. Let us know!

Feedback Needed!

Now that the season has ended, we are looking to find ways we can improve for next year!

Feel free to let us know what things we did wrong and what things we did right! Some things are beyond our control due to weather and harvesting conditions but beyond that we would like to hear from you!

Did you get enough information in the **newsletters**? Were you able to **contact** us easily? Did your **farm visit** go well?

Most importantly, we would like to know how people felt about getting the **chickens**. Is this something you would like to see next year? We would like to continue doing this for our members if there is an interest.

So email us or contact us via the webpage and let us know your thoughts!

All suggestions are welcome!

Sign ups!

As mentioned in the previous article, you can still let us know if you are interested in a harvest share for 2013.

Winter egg share sign up is here! If you want farm fresh eggs during the winter months, go to the webpage and purchase your share.

Due to chickens producing less in the winter, availability is limited. The first day of egg drops will be **Nov. 7th**.

The drop-off location is at 810 E. Ashman in Midland on Tuesdays.

We will be there from 5 to 5:15pm. If you are unable to make it at that time, there will be a cooler on the porch and the eggs will be self-serve. The cooler will only be available for that evening.

In case of emergencies, you may contact Kim to make other arrangements for your eggs by emailing her at mkpalka@yahoo.com. (Emergencies only please.)

Exotic Cuts!

It has a fitting name to match its description. Offal is often used to refer to the organs or left over parts of a butchered animal.

Some items, such as foie gras and pâté, are considered delicacies. While other cultures see these as by-products and are often discarded by the general public.

Each country has their own version that is sometimes a signature dish of the people.

Australia is home of the meat pie, which feature kidney, liver, tongue or intestines (tripe) ground up.

African cultures embrace offal and has the most dishes associated with it. From sheep and goat intestines to chicken feet and gizzards, almost all parts of their animals are put to use.

Noodle shops in China are where you can find beef offal, pork intestines, and even lung. But even more interesting is the use of pancreas, liver and gall bladders in their medicine.

Brains are a delicacy more in South Asian countries such as Nepal, India and Pakistan. Primarily the brains are from goats or cows.

In this issue, we will go south of the border and use the tongue to make delicious tacos!



You're making what?

Beef Tongue Tacos

Hey, I don't know you, and this is crazy. But Matt Middleton made me do this, so call him maybe.

Ingredients:

1 Beef Tongue
1 Onion, ½ sliced ½ diced
5 Cloves of garlic, crushed
1 Bay leaf
Salt to taste
3 Tbsp Vegetable Oil
5 Roma tomatoes, diced
5 Serrano peppers, diced
20 Tortillas (flour or corn)
Shredded cheese
Shredded lettuce
Lime juice, optional

Alright, bear with me here because cooking tongue freaks me out. So we are in this together, alright?

First things first, this recipe takes at least 8 hours, so check the clock and see if we have enough time. We do? Nuts, alright, let's do this.

Ok, so here's what we are gonna do. We are going to take the entire cow tongue and put it in a slow cooker/crock pot. Then we have to cover it with water.

Next, we will add the sliced onion, garlic, and bay leaf to the crock pot. Then we are gonna take the salt, throw some over our left shoulder

for good luck and add some to the cooker and hope the good luck charm worked.

Now, we are setting the crock pot on low and leaving it for at least 8 hours.

After those eight hours have passed and we've called all our friends to update them on the crazy things we are doing, we will remove the tongue from the cooker and place it on a cutting board.

Here is where we separate the men from the boys. Skin the meat by removing the outer layer. What we are left with is the meat for the tacos.

Take the skin and chase your kids around the house with it before throwing it in the trash. Then go back to the kitchen and be glad that's all over.

In a skillet, heat the oil, and cook the tomatoes and peppers until softened. Add the diced onion and cook until they are translucent.

Now we will shred the meat, add lime juice to taste, and start heating up the tortillas.

Grabbing the cooked tortillas, we build the tacos and place them in front of the kids. (Tell them its roast beef!)

Anyone that makes this dish and sends pics of the process for our website will be rewarded with a couple of pounds of ground beef and a package of bacon for trying it out!*

*For details contact Matt Middleton

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