

## Chicken—Cast Iron Style

### Ingredients:

Whole chicken (purchased at the Safeway trip)

Smoked paprika, onion powder, minced garlic, salt and pepper

Farm-raised rosemary

Farm-produced applesauce

Heat cast iron pans in the oven to 450 degrees.

Cut chicken. In a bowl mix smoked paprika, onion powder, minced garlic, salt and pepper. Put each chicken piece into the bowl and cover with mixture. Make additional mixture if needed.

Place chicken onto hot cast iron pan, skin down. Place rosemary on meat. Cook for 15 minutes and turn chicken. Cook for an additional 15 minutes. Temperature of chicken must be at 175 F to ensure adequate cooking.

Remove chicken and serve with applesauce.

*Applesauce: We collect, wash, trim and grind the apples. Brown sugar can be added if need be, along with cinnamon.*

*To freeze the applesauce, we pour it into gallon sized plastic bags and lay the bags flat in the freezer. Doing so allows you to pile several packages on top of each other. Defrosting is done easily by putting the bag into a large bowl with warm water.*





## Hamburger — One More Time

### Ingredients:

Hamburger and buns, continued

Red onion, Sundried tomatoes

Greek seasoning, cumin, minced garlic, salt, pepper

Butter

Farm-produced applesauce

Condiments: ketchup and Dijon mustard

We decided to use up the red onion and opted to put it into the hamburger, along with Sundried tomatoes, Greek seasoning, cumin and minced garlic. Again, butter was inserted into the middle of the burger.

We barbequed at 425 degrees and served with applesauce and condiments of ketchup and Dijon mustard.



*We are blessed to enjoy our Daniel Boone, Green Mountain Grills pellet barbeque.*



The flavor was great but we preferred the chives over red onion.

## Barbecue Short Ribs

### Ingredients:

Farm-raised beef short ribs (dated 2008)

Store bought barbecue sauce (we used Sweet Baby Ray's Ribs—with Honey)

Onion

Farm-raised potatoes from garden

Farm-raised chives from garden

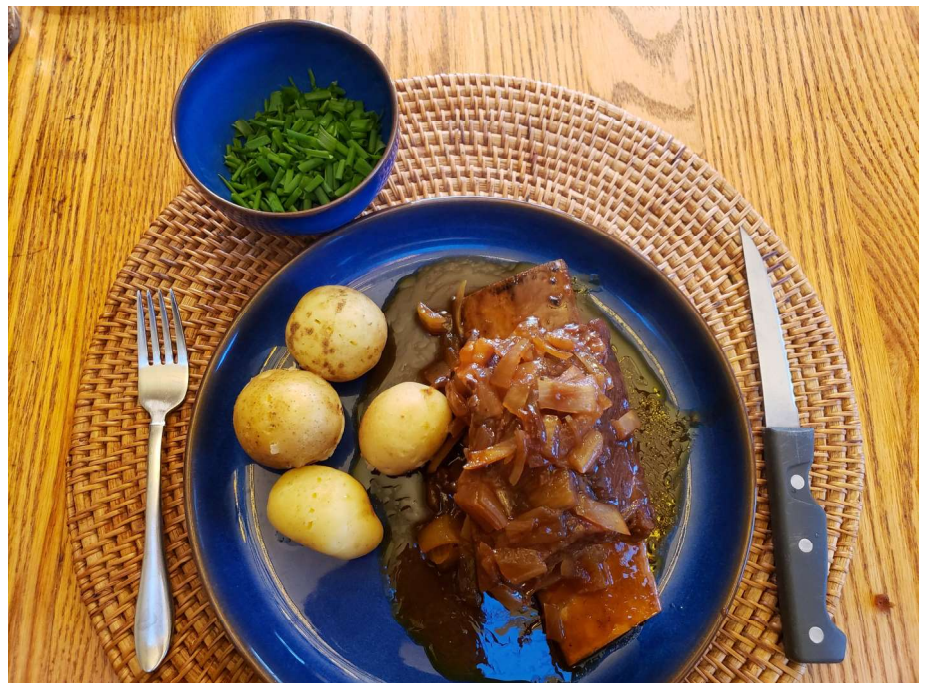
Diced onion, put in bottom of slow cooker.

Add short ribs. Cover with selected barbecue sauce.

Cook for several hours until meat falls away from bone.

When barbecued short ribs are done, steam potatoes and serve with chives.

Simple dinner when you are out working on the farm all day. Start in the morning and dinner will be ready by dusk.





## Tales of Growing Up On a Farm — The Rooster

Jake Fitzpatrick, 1992

This story starts when a Rooster just comes up the driveway. We locked it in a cage and left it to eat.

One day my mom got this (to her) a really brilliant idea. And that idea was to let the Rooster out of its cage.

I hated it. I say this because when I went out of the house the next day, the Rooster came chasing after me. And the next day. And the next. And so forth. Finally, about one week later, I refused to go outside.

The Rooster put dropping on my brand new wheelchair. It got so mad in fact that we had to put a tarp on top of the wheelchair. That did not do anything at all to the Rooster.

One night when we all came home late and Ken picked the bird up and brought it over to me so we could be friends. I was so scared that it would peck my eyes out and I would not be able to see ever again. That would be horrible, wouldn't it?

One day, when I got my courage up, I went outside and the Rooster attacked me. It jumped on my head and started pecking at me. I immediately backed my wheelchair up and the Rooster fell off the back. I ran over it. I know that even you wanted that Rooster to die at that minute. But only one leg was shaved as it ran off.

Everyone was mad at the Rooster and about three days later, it went to Rooster Heaven. Then we ate it.



*Ken who killed the Rooster*



## Farm-Raised Lamb Shanks

### Ingredients:

Farm-raised lamb shanks (dated 2017)

2-3 TBSP Olive oil

White onion (1) diced

Petite carrots (10) diced

Garlic-10 cloves minced

Flour (1/4 c)

Beef stock (1.5 c)

Red wine (2 c) Pinot Noir

Tomato sauce (we pureed whole tomatoes frozen 2004)

Tomato paste (4 T)

Farm-raised fresh rosemary (2 T)

Farm-raised fresh parsley (3 T)

Bay leaves (3)

To serve, one may garnish with parsley and serve with mashed potatoes, rice or pasta.



Preheat oven to 350 degrees F.

Sear shanks in olive oil, brown on all sides.

Remove shanks and add to the pot diced onions and carrots. When softened, add minced garlic. Cook for another few minutes.

Return shanks to the pot. Add salt and pepper if needed. Sprinkle with flour, toss well and cook for 4-5 minutes to brown the flour.

Add beef stock, wine, tomato sauce, tomato paste and herbs. Bring to simmer on the stove.

Transfer to oven and cook for 2.5 hours or until the meat will fall apart.

Remove shanks and finalize the sauce. Discard the bay leaves. If needed, to thicken sauce, boil it over medium heat. If the sauce is too thick, add additional beef stock.





## Swiss Chard in Savoy Cabbage with Tomato Sauce

This is one of our favorite recipes. The Swiss chard has been growing in our greenhouse all winter. As spring comes, the plant is motivated to flower. So the Swiss chard is “going to seed.”



*Left, the growth on top is the seed stalk. Our goal is to prune the plant to prevent seeding and fostering continued growth of the plant for food. We are entering the final stages of productive life for some of our veggies. And when the veggies go to seed, we do extensive pruning and end up with a lot of vegetables — which then require recipes that need many plants. This is our favorite when the Swiss chard “goes to seed.” The photo above shows the Swiss chard after extensive pruning.*

### Ingredients:

Savoy cabbage  
Swiss chard (and tons of it)  
Ricotta cheese  
Parmesan or Romano cheese  
Two farm raised eggs  
Tomato sauce (separate recipe)

Separate leaves on the Savoy cabbage. Blanche leaves. When leaves are supple and flexible, remove from boiling water and drain in ice/cold water.

Dry leaves with paper towels and place into a casserole dish.

Clean Swiss chard. Add 1/2 c. water to pot and boil Swiss chard. We like our vegetables barely cooked, so approximately 3-5 minutes. Cool Swiss chard in ice/cold water. When cool, hand-squeeze liquid from the Swiss chard. Chop finely.

In a separate bowl, beat 2 eggs. Add Ricotta cheese (1.5 cups) and Parmesan cheese (4 T). Mix together and add to finely chopped Swiss chard.

Place Ricotta cheese mixture at base of Savoy cabbage leaf on thick stem side. Wrap sides of leaves and roll up.

Add tomato sauce.

Bake at 350 degrees F for 30-45 minutes.



### Tomato Sauce

Canned tomatoes (we used the 2004 frozen whole tomatoes and heat for 10 hours on low heat and made a puree)

Sugar or honey

Garlic cloves

Olive oil

Fresh basil leaves

Add ingredients and cook on low heat for 30-45 minutes. Add sugar/honey if needed.



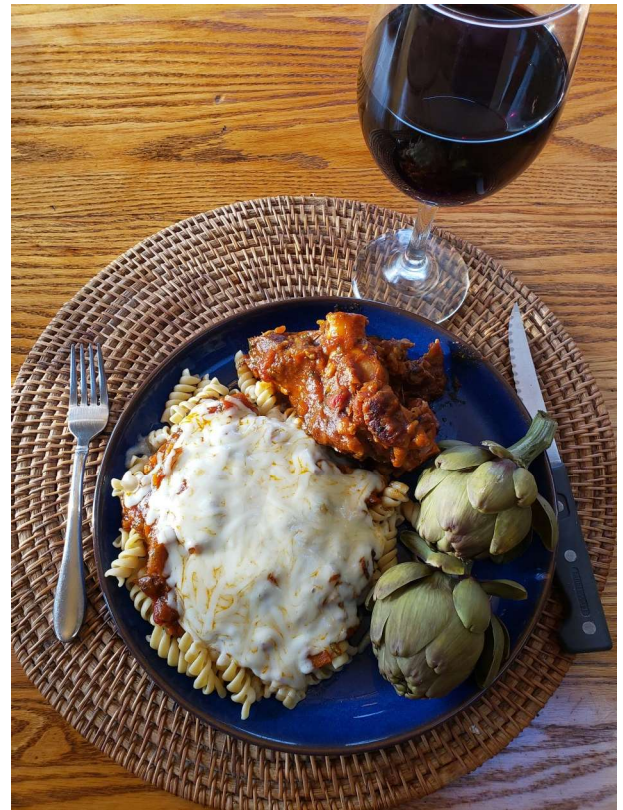


## Leftovers

Best in cooking are the left overs.....



Pork loin tenderloin served on a bun with barbecue sauce left over from the short ribs. Finished with home-made applesauce. Yummy!



Lamb shanks with vegetable sauce served over Rigatoni spaghetti with Mozzarella cheese on top. Finished with farm-raised artichokes. Salute!

We had a guest for dinner one evening. We had some left over hamburger which we served using olive bread as the bun (which made the meal incredibly messy and delicious). We offered onion and tomato to put onto the burger, and served with sliced apples. When the meal was over, we had unused onion, tomato and sliced apples but because of eating together and handling the food, we felt we should toss, freeze or cook the veggies/fruit. We bundled the food in air-tight packaging and cooked for breakfast.

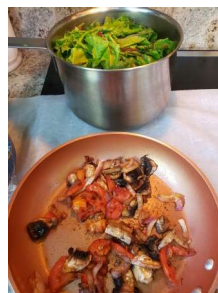
### Left overs for Breakfast:



Fried the sliced apples in a bit of olive oil and cinnamon.



Fried up the onion, tomato and added mushrooms. When the vegetables were cooked, we added left over ricotta mixture from the Swiss chard meal, and added two farm-raised eggs into omelets.



We steamed beet greens, and fried up a few oysters, and voila!



Breakfast from left overs.



## Curried Chicken

### Ingredients:

1 whole chicken

2 onions

Curry, Ginger, Greek Seasoning, Farm-raised and dehydrated parsley, Honey

White wine

Olive oil/butter

Wild rice, brown rice

Greenhouse raised cauliflower

Condiments: Farm raised applesauce; farm raised pear chutney



A cauliflower from a plant that went through the winter and blessed us with this amazing treat!



We steamed 1/2 of the cauliflower. Served with applesauce and pear chutney made here at the farm.

Cut chicken. Place over onions in casserole dish. Mix curry, ginger and parsley, add honey and create sauce with wine. Pour over chicken; sprinkle with Greek seasoning.

For 4 cups of rice, add one cup of wild rice and one cup of brown rice to 2 cups of boiling water. Simmer. Do not stir rice.

You can make the dish hotter by adding hotter curry spice. You can adapt recipe by using other spices and herbs of your choice.





## Tales of Growing Up On a Farm — Farming! And It's Great Adventures For Those Who Are Wondering What Life on a Farm is Like

Jake Fitzpatrick, 1992

Have you been on a farm? Do you know what a JOB it is? No, of course you do not know what JOB it is. What is a JOB? A job is worming sheep, horses, etc. A job is helping the sheep and other animals have their young. A job is going out to the barn every hour to see if the sheep has had any babies yet. A job is feeding time in the morning. So read on. And you will get the feel of farming.

### Chapter 1. Fencing, Gates, And Holding Livestock

Do you know exactly how hard it is to hang gates, put up fence and hold livestock? If you do, that's great. You will just learn again. You know how hard regular work is if you are always being told to do something by your boss. But, if you think farming is different, try again. My mom usually calls home to ask someone to feed the animals. They say yes, but they don't.

Here is the first issue, keeping the livestock in. If you do not have a sturdy pen, the animals will get out. For sure.

Rule 1: ALWAYS LEAVE THE GATES AS YOU FIND THEM. But, let's say that you are leaving your farm and you know that there is not one there, and you see a gate open. The animals might get out. (You were just told the first rule.) So, let's say that you just drive by. And, if they get out, they might go to the main road.

Beware! This might happen to you. Like us:

Once, on a foggy day, we all had to go to the main road and set up cones, flares, and I had to make a sign that said "STOP" on one side, and "OKAY TO GO...BUT SLOW" on the other. It was below freezing and it took us 3 1/2 hours to get all the sheep rounded up. By this time, it was 12:00 noon. Wow! That was hard.

Speaking of leaving gates open, do you know how to put up gates? If yes, that's great. Read on. Getting stupid sheep rounded up is a major job. So is putting up gates. Gates are the aluminum things you can buy at the hardware store. Gates are the things that keep animals from getting in or out of a field. Gates are important.

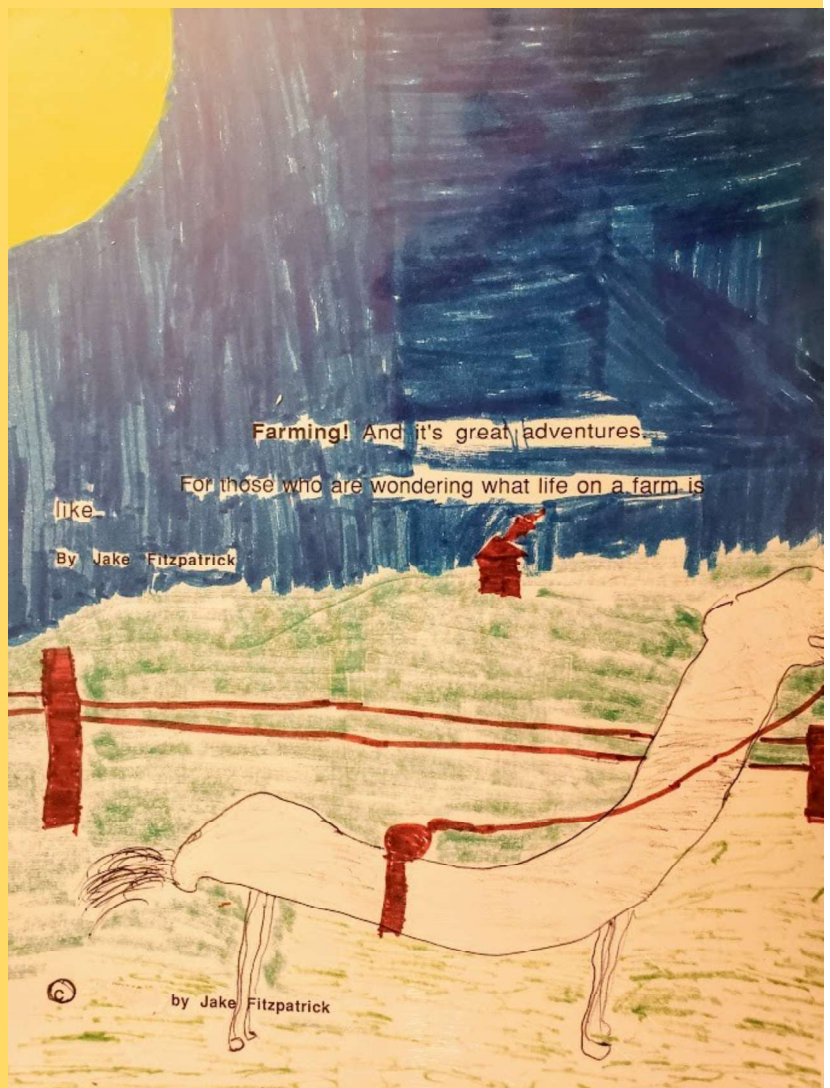
So, are you now wondering how you raise crops and how to sell them? Well it is a whole other chapter. But we can slip it into this chapter.

How do you raise crops? Well it is kind of easy. (If you are up to it.) The first thing you have to do, in raising a crop, is you have to buy the crop seed (corn, wheat, grass, etc.) Then you put those/that bag somewhere DRY. While it is staying is a safe place, you then have to plow (turn the soil over to kill all the old weeds and /or crops) the field. Yes, plow it. Ten, you take a special machine and poor the seeds into it. This machine will then let the seeds fall to the ground when you push the special lever. After you are done with the field, you can relax. But if you read the instructions, and if it said "Plant in early summer" you really have a big job on your hands.

*Above edited from Jake's book:*

*Farming! And its great adventures for those who are wondering what life on a farm is like"*

*Chapters: Holding Livestock, Fencing;  
How Much Farms in US;  
Crops, Best Selling;  
Water, Irrigation;  
Buying a Farm;  
Intermission;  
Book Update;  
Information About Our Farm*





## Farm-Raised Beef Brisket

### Ingredients:

Beef brisket, approximately 4 lb. (dated 2008)

3— large onions, thinly sliced

6 gloves of garlic minced

2 c. beef broth (which we made and have defrosted from the freezer)

Tomato puree, 1/2 c. (made from frozen tomatoes dated 2004)

Brown sugar as needed

Tomato paste if needed to thicken gravy

1# red potatoes cut into 2" pieces

1# carrots cut into 1" pieces

Herbs/Spices: 1 t smoked paprika, 1 t ground black pepper, 1 t thyme, 1 t oregano, salt as needed

Olive oil

Red wine, 1/2 c.

Use a slow cooker. Place the brisket into the slow cooker.

In a frying pan with olive oil, add onions and cook until softened; add garlic and cook for several minutes. Add herbs and spices and cook just a bit but allow flavors to meld. Cover the brisket with the onion/garlic mixture. Return the frying pan to the stove and add beef broth, tomato puree and brown sugar and/or tomato paste as needed. Pour over the brisket. Add potatoes and carrots and cook in the slow cooker for 6-8 hours on low. Meat is done when it easily shreds but it should not be falling apart. To garnish, add farm-raised chives on top. We served with Swiss chard from the greenhouse.



## Lying in the back of the freezer — Beef Tongue

### Ingredients:

Beef tongue (ours dated from 2008)

Herbs & spices: 2 bay leaves, whole peppercorns, allspice

Beef broth

### Sauce:

Butter

2 medium onions, chopped

8 oz sliced mushrooms (we had to use canned)

2 cups of beef broth (that we made and froze)

cornstarch as needed

### Tongue:

Rinse tongue and place in slow cooker. Add beef broth. Bring to high heat, skim off foam on top and simmer with bay leaves, peppercorn and allspice for several hours, until tender. Turn tongue to ensure it is heated on all sides. Remove tongue to cutting board and cool. Remove skin, slice and serve with or without sauce.



### Sauce:

Add butter and fry onions until caramelized. Add mushrooms. When onions and mushrooms are cooked, add beef broth and salt and pepper if needed. Bring to a boil. If sauce needs thickening, add cornstarch mixed in a bit of cold water and then to the gravy. Add sliced tongue to the sauce and simmer for an additional 30 min.





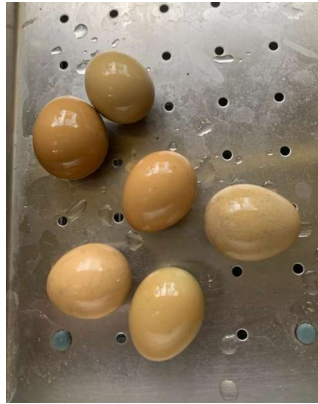
## Pheasant Omelet

Ingredients:

9 pheasant eggs

Lots of greens

Jack cheese



*For the past 20 years we have been stocking Ring-necked pheasants on the property. Regrettably, they seem to wander off and we catch a glimpse of them several miles away. Alas. Now with the established wetland, we hope they will find this farm a lasting home.*

*So as we always do, Kathy visits Gervais Game Bird Farm and brings back 20 hens and a few roosters. Sharon shares with us a bucket of pheasant eggs, which Ken heartily enjoys!*



*We are delighted with a bouquet of orchids which Sharon raises!*

