

THIS WEEK'S SHARES:

★★★★★

All Produce, unless otherwise noted, is CHEMICAL-FREE

★★★★★

-Butternut Squash Ravioli; Grasshoppers-Louisville, KY (see Food Notes)

-Spinach; Eco Gardens-Scottsville, KY

-Turnips; Golden Rule Farm-Scottsville, KY

-Tomato Juice Cocktail-Eco Gardens-Scottsville, KY

-Pickled Okra; Eco Gardens-Scottsville, KY (use in a Gumbo recipe for Fat Tuesday)

★★★★★

All Animals & Animal by-products are raised on **PASTURE & are ASH FREE**

(anti-biotic, steroid, & hormone free)

★★★★★

Chicken

Whole Chicken; Barr Farms-Rhodelia, KY & JR's Homestead-Hardinsburg, KY

Beef

Ground Beef; Harned Ranch Beef-New Haven, KY

Mixed Meat

Freshwater Prawns; Dan Moreland-Butler, KY & Andouille Sausage; Stonecross Farms-Taylorsville, KY (read Food Notes and the back for recipes)

Breakfast

Bacon & Piggies; Fiedler Family Farm-Rome, IN & Stonecross Farms-Taylorsville, KY

Rotational Item

Honey; Harry Jones-Crestwood, KY or Pickles; Eco Gardens-Scottsville, KY

Pasture Raised Eggs

Duncan Farms-Boston, KY

Soup

V-Creamy Garlic O-Beans, Greens, & Sweet Potato; Grasshoppers-Louisville, KY

Cheese

Horseradish Cheddar & Colby; Kenny's Farmhouse Cheese-Austin, KY

Bread

Blue Dog Bakery-Louisville, KY

The Close of Another Great Season by Diana

I just can't believe that it is already March 2nd. We have made it through the bleakest part of the winter all while still being able to eat locally. Bravo Louisville, way to take on the eating local challenge all year round. You have helped area farmers through the hardest part of their season when very little grows. Together with Grasshoppers you have helped over 60 producers in 22 different counties in Kentucky and Southern Indiana. In the year 2010, \$350,000 went to local farmers and producers, \$100,000 of that during the winter months. I know many of our producers would love to thank you personally, but we will do it for them. THANK YOU!

But some of you are probably like "Hold the phone, this is the last week of the Winter CSA and how am I going to bridge the gap known as March and April until your spring season starts and I can again get locally grown food?" (I imagine there is some heavy breathing going on because you got that out all in one breath.) All I can say to you is put your head between your knees or breath into a brown paper bag because you can make it through the rest of the "winter" months with the Grasshoppers Extension Season. (And let's just all agree that April is not a winter month.)

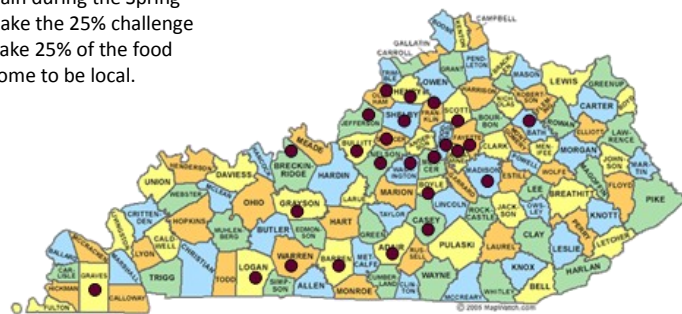
Sign up today and receive all of your favorite shares, with the exception of produce and soup, for the next month and a half starting March 7th and ending the week of April 18th. And if that is not enough to satisfy your need to eat local use that Add-on sales sheet to get your additional canned goods, leg of lamb, or dairy product. Together, these two options should provide you with enough local food until the beginning of May, when our Spring/Summer season starts, produce included.

Give yourself a pat on the back and here is another hearty Thank You! From the Grasshoppers team and all of our producers. You have provided a market for producers during a particularly hard time of the growing season. We greatly appreciate your help in supporting the local food economy and look forward to working with you again during the Spring and Summer. Take the 25% challenge and strive to make 25% of the food consumed at home to be local.

Produce Storage Tips

Ravioli-See Food Notes
Spinach-Keep dry and unwashed sealed in a plastic bag in your refrigerator. Tender greens, like spinach, should be eaten within one week.
Turnips-Already topped, keep in a loosely wrapped plastic bag in the refrigerator, use within a couple of days.
Canned Goods-Keep canned goods in a cool dark cabinet or cellar. Natural light will rob the product of its natural color and quality. Once opened keep refrigerated. ★ Always check the lid of your canned goods. In the rare event that the seal is broken, do not open it. Bring it back to Grasshoppers to make an exchange. ★

A map of Kentucky Producers



Food Notes

Butternut Squash Ravioli

This ravioli was specially made for Grasshoppers by Losta Pasta of Louisville, KY. Made with locally grown butternut squash and garlic, these little pockets of flavor are creamy and delicious. Keep frozen until you are ready to use them. When its time to eat, bring a sauce pan of water to a gentle boil and drop them in. Boil for 3 to 4 minutes or until raviolis are heated all the way through. Serve with a vodka herbed cream sauce and a side of greens for dinner for two. Or, prepare them as an appetizer with a dollop of Grasshoppers pesto on top.

Creamy Vodka & Herb Cream Sauce

- ★ 2 Tbsp butter
- ★ 1 onion, thinly sliced
- ★ 1 Tbsp chopped fresh thyme (1 tsp dried)
- ★ 1 Tbsp chopped fresh tarragon (1 tsp dried)
- ★ 1 Tbsp chopped fresh basil (1 tsp dried)
- ★ 1 cup whipping cream
- ★ 1/2 cup vodka
- ★ 3/4 cup grated Parmesan cheese

Melt butter in heavy large skillet over medium heat. Add sliced onion and sauté until very tender and beginning to color, about 10 minutes. Add herbs and sauté 1 minute more. Add whipping cream and vodka and simmer until sauce thickens slightly, about 8 minutes.

You can either add ravioli and cheese and toss until the sauce coats the pasta. Or, you can drizzle over the top of the ravioli and top with cheese. Season to taste with salt and pepper.

Mixed Meat Shares

We have come to the end of our winter CSA, read how you can bridge the gap between winter and spring above, and we have tested you with different kinds and cuts of meats. From pork chops, roasts, chickens, hams, and Boston butts, you have taken these choice products and made a meal from them. We are here to challenge you one more time with freshwater prawns. These prawns are mercury free and raised by Dan Moreland in Butler, KY. Along with your Andouille sausage you have the two main ingredients in Gumbo, see riverside for recipes as well as tips for shelling and deveining your prawns. Celebrate Fat Tuesday in true New Orleans style complete with beignets.

We realize that Mixed Meat is planned for 3+ lbs of meat each week. We thought you might be getting a bit overwhelmed with meats and we just couldn't pass up something as special as these prawns, which are a budget buster.



The GHOP Gazette

THE FAMILY FARM CONNECTION



Weekly Recipes

Get ready for Fat Tuesday with a big stock pot of Freshwater Prawn, Andouille sausage, and okra Gumbo.

Andouille Sausage, Prawns, and Okra Gumbo

- ★ 3 Tbsp butter
- ★ 3 Tbsp flour
- ★ 1 cup chopped onions
- ★ 1/2 cup chopped green bell peppers
- ★ 1/2 cup chopped celery
- ★ 1 Jar pickled okra, chopped (optional)
- ★ Salt
- ★ Cayenne pepper
- ★ 1 lb Andouille sausage, slice 1/4" thick
- ★ 1 lb medium prawns, peeled and deveined
- ★ 3 cups water
- ★ 1/4 cup chopped green onions

In a saute pan, over medium heat, melt the butter. Stir in the flour and cook for 4 to 6 minutes for medium brown roux. Add the onions, peppers, celery, and okra. Season with salt and cayenne. Continue cooking until the vegetables are tender, about 8 minutes. Add the sausage and continue to cook for another 2 minutes. Season the shrimp with salt and cayenne. Add the shrimp and stir in the water. Bring the liquid to a simmer and continue to cook for 8 to 10 minutes, until the mixture coats the back of a spoon. Remove from heat and stir in the green onions. Serve over rice or cheese grits.

Cheese Grits

Serves 4

- ★ 2 cups Weisenberger Mills grits
- ★ 2 cups chicken stock, more if necessary
- ★ 2 cups milk
- ★ 1 1/4 cup grated cheddar cheese (or try 1 cup cheddar cheese and 1/4 cup Parmesan)
- ★ Coarse salt and freshly ground pepper

Place grits in a large bowl; add 4 cups water; stir (light bran will rise to the top), and drain. Bring chicken stock and milk to a boil in a medium saucepan over medium-high heat. When liquid begins to boil, slowly whisk in grits; cook, whisking constantly, for 1 minute. Reduce heat to medium-low and cover. Cook, stirring occasionally, until thickened, about 20 minutes.

Stir in cheese until melted and well combined. If grits seem a little too thick, add more stock to loosen. Season with salt and pepper and serve.

Finish off your Fat Tuesday meal with a sweet treat.

French Quarter Beignets

Cook Time: 15 minutes Yield: 3 dozen

- ★ 1 1/2 cup lukewarm water
- ★ 1/2 cup granulated sugar
- ★ 1 envelope active dry yeast
- ★ 2 eggs, slightly beaten

- ★ 1 1/4 tsp salt
- ★ 1 cup cream (add a few Tbsp of sugar if you like a sweeter beignet. Buttermilk works too)
- ★ 7 cups bread flour
- ★ 1/4 cup butter, softened
- ★ Oil for frying
- ★ Confectioners' Sugar

Mix water, sugar, and yeast in a large bowl and let sit for 10 minutes.

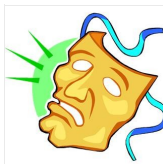
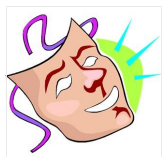
In another bowl beat the eggs, salt, and cream together. Mix egg mixture into the yeast mixture. In a separate bowl, measure out the bread flour. Add 3 cups of the flour to the yeast mixture and stir to combine. Add the butter and continue to stir while adding the remaining flour. Remove dough from the bowl, place on lightly floured surface and knead until smooth. Put the dough in a large greased bowl and cover with a towel. Set in a warm place and let rise for at least 2 hours.

Preheat oil in a deep-fryer, or stock pot to 350 degrees. You will need enough oil to just barley the beignets.

Roll the dough out to 1/4" thickness and cut into 1" squares. Fry, flipping constantly, until they become a golden brown. After beignets have fried, drain them for a few seconds on paper towels. Sprinkle confectioners' sugar over the tops and serve with chicory coffee.

A Little History on Mardi Gras

Mardi Gras refers to the celebrations beginning on or after Epiphany and ending the day before Ash Wednesday. French for "Fat Tuesday" it is the last night of eating rich, fatty foods before the ritual fasting of the Lenten season. The celebration arrived in North America as a French Catholic tradition with the Le Moyne brothers. In the 17th century, King Louis XIV sent the brothers, Pierre Le Moyne d'Iberville and Jean-Baptiste Le Moyne de Bienville, to defend the French claim on territory in North America that now includes the states of Alabama, Mississippi, and Louisiana. The expedition led the brothers up the mouth of the Mississippi River. On March 3rd, 1699 they made camp about 60 miles downriver from where New Orleans is today, d'Iberville named the spot Point du Mardi Gras in honor of the holiday. The traditions followed Bienville to the settlement of Mobile, Alabama, the first capital of French Louisiana. The customs followed colonists as they moved to other areas of the south such as Biloxi and New Orleans.



How to Peel and Devein Prawns

It might not be pretty job, but they sure are delicious. Here are some easy how to step when preparing your prawns for the barbee...or gumbo pot.

1. Peel the shell off. This can be done easily by grasping 1/2 of the legs attached to the shell at one time and pulling towards the side of the shrimp. This cracks the shell and if followed through, will take off quite a bit of the shell. Repeat if needed.
2. Tail on or off, it's your choice.
3. Examine the end where the head used to be. Near the top there should be a small flap. Pull this flap back towards the tail until it comes off.
4. Once the flap is removed you should see a "vein", a small black tube. This is actually the digestive tract of the prawn, stomach, colon, and all.
5. You can either pull the "vein" out with your hands, or put the shrimp in cold water and "wipe" the vein away, using the water to keep it from sticking to your hands.

