

THIS WEEK'S SHARES:

★★★★★

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

Sirloin Steaks: Harned Ranch Beef-New Haven, KY

Mixed Meat

2 lbs Ground Beef & 1 lb Stew Meat: Harned Ranch Beef-New Haven, KY

Breakfast

Bacon & Sage Sausage: Stonecross Farms-Taylorsville, KY & Marksbury Farm Foods-Lancaster, KY

Rotational Item

Kentuckyaki & Soy Sauce: Bourbon Barrel Foods-Louisville, KY

Pasture Raised Eggs

Duncan Farms-Boston, KY

Cheese

Double Gloucester & Bellemoral: Cloverdale Creamery-Taylorsville, KY

Bread

Reg Baguette: Blue Dog Bakery-Louisville, KY

MILK BOTTLES!

JD Country Milk needs their glass bottles returned in order to keep providing us with that amazing non-homogenized, low pasteurized milk. Please bring your bottle back to your CSA pick up location and let us know if they are from the Winter CSA or the extension season.

Who's Your Farmer?

The best part of working at Grasshoppers is visiting our producers. This past weekend I combined work and pleasure, taking my family to visit Mike and Leane's annual Maple Syrup Festival in Salem, IN, just 45 minutes from Louisville.

Not only do they have locally made syrup, but the maple cotton candy and maple popcorn are out of this world. There are fun activities for the kids from candle-making to axe throwing.

Like all our farmers, Leane and Mike live at the mercy of the weather, hoping each year that their trees' sap

production will sustain them through another year.

They have an old saying on a sign hanging up in the sugarhouse regarding the maple syrup season, "Glad to see it come, glad to see it go." Several hundred years ago when this saying originated, the sugar harvest was part of life on the farm and not everyone liked the rugged conditions of making maple syrup. But Leane and Mike have embraced this life and we are appreciative that they've kept this tradition in our area.

After listening to Mike play the banjo with some friends, I walked through the sugarhouse, as he proudly showed off all their products. He told me how much our business means to their family, and asked me to pass on his deep gratitude to you all for supporting his family's farm through Grasshoppers.

THANK YOU!



What to Expect!

Not only can we predict the weather (or noaa can), but also our weekly shares, hopefully with a bit more accuracy (sorry meteorologists). Here is a future forecast to help you plan meals for the next few weeks.

Beef Shares

Roasts
Ground Beef & Stew Meat
Short Ribs
Ranch Steaks

Breakfast Shares

Bacon
Piggies
Bulk Sausages

Chicken

Chicken and more chicken

Mixed Meat

Pork Chops
Corned Beef in honor of St. Patrick!
All Beef Hotdogs, Chicken Wings & Drumsticks-March Madness Party

Rotating Items

Drinkable yogurt
Maple Syrup
Flour
Cornmeal
Honey

Weekly Weather Forecast

Getting excited about the approaching spring? Waiting patiently to get outside and work up the soil for your garden? Here is the outlook through Saturday.

Wednesday, March 9th: 90% chance of showers and a high of 61 degrees Fahrenheit.

Thursday, March 10th: 30% Chance of rain or snow. Highs only in the low 40's.

Friday, March 11th: Mostly Sunny with a High near 54 degrees Fahrenheit.

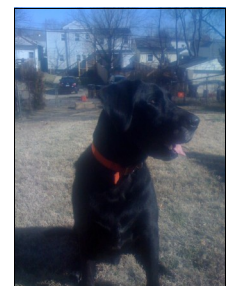
Saturday, March 12th: Mostly sunny, temperatures reaching into the upper 50's-perfect for the Maple Syrup Open House (read more on the back).



Featured on the Add-On:

A Treat for Fido!

Get the whole family eating locally, including the furry four legged kind. Order a giant smoked bone from Harned Ranch Beef of New Haven, KY as a special treat for your pooch. Big or small, your dog will be on their best behavior to sink their teeth into one of these oversized beef bones. I brought one home to my dog Gus and it had him tap dancing through the kitchen.



Gus sitting pretty for his treat



Weekly Recipes

Prize Winning Meat Loaf

This recipe is from my mom, and I love it. The real secret to meat loaf is eating it the next day as a grilled sandwich.

- ★ 1 1/2 lb. Ground Beef
- ★ 3/4 cup oats
- ★ 1/4 cup onion, chopped
- ★ 1/4 cup green pepper, chopped
- ★ 1 1/2 tsp. salt
- ★ 1/4 tsp. pepper
- ★ Tomato juice (perhaps Eco Garden Tomato Juice?)
- ★ 1 egg, beaten

Sauce

- ★ 1/3 cup ketchup
- ★ 2 Tbsp. brown sugar
- ★ 1 tsp. prepared mustard

Preheat oven to 350 degrees. Cover baking tray with greased foil, helps with clean up. Combine all ingredients, but tomato juice in large bowl. Add tomato juice until you reach the right consistency. You don't want it to be too wet so that it falls apart, usually 6-8 oz. Mix thoroughly and firmly pack into loaf on tray. Bake 1 hour and 15 minutes. After 30 minutes combine ingredients for sauce and spread over meat loaf. Let stand for 5 minutes before slicing.

★ The day after, butter one side of two pieces of bread. Heat skillet of frying pan. Cut a slice of meat loaf and place between the two slices of bread, you may need to break up the slice to fit the entire piece of bread. Grill to perfection.

I had a similar recipe a few weeks ago when I was visiting friends in New York. Besides being delicious, the copious amount of cloves really helped me get over a cold that I had been ailing from.

Chicken and Garlic Stew

Serves 2-4.

- ★ 6 chicken thighs or 1 whole chicken, divided.
- (Make sure your knife is sharp)
- ★ 3/4 tsp. salt
- ★ 3/4 tsp. white pepper
- ★ 20 cloves garlic
- ★ 3 cups of water
- ★ 2 Tbsp. Olive oil
- ★ 1/2 cup fresh parsley, chopped
- ★ 1/8 tsp. Thyme
- ★ 1 cup dry white wine

Preheat oven to 375 degrees. Season chicken with 1/4 tsp. salt and 1/4 tsp. pepper. Separate cloves of garlic and put them (unpeeled) into boiling water for 1 minute. Drain and rinse under cold water, then peel. Coat the bottom of a shallow casserole dish with oil, and add garlic, parsley, 1/2 tsp. salt, 1/2 tsp. pepper, and thyme. Add wine and stir. Add chicken, skin side down, and baste. Cover tightly and bake for 35 minutes. Turn the chicken, baste, and bake for another 40 minutes. Serve with a side of greens and toasty French bread to spread the roasted garlic across.

How to Grill the Perfect Steak

Getting that perfect Steak House Char

Stack approximately 35 pieces of charcoal in the center of a grill. Let fire burn for 15 to 25 minutes, or until the coals are halfway white. Then spread the coals out to one side, leaving a cool spot on the other. Cover the grill with top vent open for 3 to 5 minutes. Doing this gets the grill seriously hot, enough to sear the outside of the steak quickly and form a crust.

Prepare the steaks by taking them out of the refrigerator about 30 to 40 minutes prior to cooking. Cover loosely with plastic wrap to allow steaks to come to room temperature.

Melt 2 sticks of unsalted butter over medium-high heat and skim off milk solids from surface. Set aside to cool. Once cool, mix 1/2 cup clarified butter and 1/2 cup corn oil on a large serving plate. Put the steaks in the oil/butter mixture and coat each side. Lift steaks to allow excess oil to drip off, too much will cause flare ups. Coat each side with 1 tsp. of salt and pepper, or try a rub listed below.

Place steaks on the hottest part of the grill. If at any time there are flare ups, move the steaks to the outside edge, returning them to the center when the flames die down. Do not slide across the grill, gently pick them up with tongs. The key is to not flip them around. You want to cook each side twice for approximately 3 minutes (total cooking time 12 minutes) to get a rare steak with adequate char.

You can check whether the steak is done by cutting a small slit in the steak to see the color of the meat. Professionals press the meat and compare the firmness to various parts of their hands. The fleshy base of the thumb means the meat is rare. Firmer like the palm of the hand compares more to a well-done steak. An instant read thermometer is most accurate, just insert into the center of the steak, but err on the low side, since the steaks will continue to cook when removed from the grill. Let the meat rest for 3 to 4 minutes before serving.

Chili Rub

- 1 Tbsp. ancho-chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. garlic powder
- 1 tsp. cayenne pepper
- 1 Tbsp. kosher salt

Herb Rub

- 1 Tbsp. dried thyme
- 1 Tbsp. dried oregano
- 1 Tbsp. ground fennel seeds
- 1 Tbsp. kosher salt
- 2 tsp. mustard powder
- 1 tsp. onion powder
- 2 tsp. Spanish paprika

Mix ingredients in a bowl. Oil steaks as instructed above. Coat with 1 tsp. of the rub on each side. Grill as directed. Do not use fresh ground peppers or fresh garlic in the chili rub, they will burn and taste bitter. Also, steaks with the chili rub should be set farther from the hot center of the grill, because ancho-chili powder has a tendency to burn.

2011 Maple Syrup Open House

This Sat and Sun, March 12-13, Leane and Michael's Sugarbush will open their farm in Salem, Indiana to the public for an open house from 9am-5pm each day. Those who attend will enjoy a relaxed, family friendly environment and the beauty of the farm in early spring. The open house is free admission. and will include the following:

-2011 Maple Syrup made by Leane and Michael's Sugarbush, as well as many other maple related items for sale in the store

-The Children's Activity Center, straw maze and game area

-A limited food menu – Pancakes, waffles, pulled pork BBQ sandwiches, chips, and drinks will be served on Saturday. Pulled pork BBQ sandwiches, chips and drinks ONLY will be served on Sunday (while it lasts) - NO chicken dinners or pork chop dinners served either day

-Craft Vendors - many that were at festival are returning

-The Coffee Shop featuring our Maple Cinnamon Cappuccino - very popular the last two weekends

-Tours of the Sugarbush **Syrup production is over for the year but tours will still be available -

the evaporator will NOT be in operation since we won't have any sap

-Live Music - hoping to have music on front porch of music building since forecast is for great weather

For more information, please visit www.LMSugarbush.com

