



Our parents aren't farmers. We grew up city kids. Many people ask, "Why farming? It's really hard work", and I often think, "It's the best kind of work!" A lot of happiness comes from being physical, putting your hands in the dirt, and caring for livestock. Another deeply satisfying aspect is providing your family with delicious, wholesome food.

Next week marks a turning point in our season - the first group of chickens is to be harvested. This means it is time for farmer Chris to pull out the grill and spatchcock a chicken for dinner. Asking yourself spatch –WHAT? Check out our recipe or this [video](#).

### **5 Reasons our Red Ranger Chicken is so Rad!**

1. A heritage breed commonly raised in western-Europe, Red Rangers are non-existent on American grocery shelves.
2. Bountiful portions of dark meat and normal-sized (not franken) breast meat.
3. Pasture-raised following animal welfare approved standards. Happy chickens eating healthy food.
4. Golden skin and yellow fat containing good for you Vit. A, CLA, and a balance of Omega 6 & 3 fatty acids.
5. *Know you Farmer, Know your Food!* By buying your chicken directly from Johnson Family Pastures you are supporting our family and the sustainable farming practices that we use.

### **So where can you get this chicken?**

- Join our [Chicken CSA](#) – 8 spots left!
- [Nokomis Farmers Market](#), Now-Sept.
- [Baker Orchard](#), Labor Day-Oct.
- [On the Farm](#) by appointment

*Don't forget to talk to family and friends about buying meat and eggs from Johnson Family Pastures. Word of mouth is our best form of advertisement. We look forward to seeing you soon!*



## **Grilled Spatchcock Chicken**

A truly fantastic roast chicken in under an hour without having to turn on the oven!

### **Ingredients:**

- 3-4 lb Whole pasture-raised Red Ranger chicken
- 1-2 Tbl Olive oil
- Salt & pepper, or
- Optional: favorite seasoning mix i.e. Herbs de Provence, BBQ Dry rub, Tajin, Curry

### **Equipment:**

- Kitchen shears (sharp)
- Grill (Charcoal or gas)
- Paper towel

### **Instructions:**

1. Place your thawed whole chicken in front of you with the breast meat down and the drumsticks towards you. Cut along either side of the backbone with your shears removing it – the backbone can be saved to make stock later.
2. Turn the chicken over and press down to flatten it. Use a good amount of force to press the chicken flat.
3. Pat the chicken dry on both sides with paper towel. Rub the chicken with olive oil, and a generous amount of salt and pepper. You could also optionally use a favorite seasoning in place of, or in addition to the S&P.
4. Grill the chicken on a hot grill (400° F) for 15-20 minutes per side.
5. Let chicken rest for 5-10 minutes. Carve, serve, and enjoy!

