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## 2017 CHICKEN SHARES NOW OPEN ~ [Click to Sign-up Online](#)

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**Preparing for the season.** With the warm weather we are anxiously preparing for spring. Farmer Chris is busy building a new “egg-mobile” for our 2nd flock of hens. These coops are built on top of a trailer frame and provide shelter where our hens can safely lay eggs and roost (sleep). We pull them to fresh pasture regularly so that our girls can free-range on grasses and insects. We are prepping now because we suspect the grazing season will come early this year, but we'd be fools to think we know what Mother Nature has in store.



**Heirloom Zea mays.** While corn rarely receives praise nowadays, we feel it is an important part of the grains our hens eat w/ their pasture-based diet. We are excited to share that we have found a local farm to source a GMO-free, heirloom corn called Wapsie Valley; an 1800's variety with lovely copper-red and dark-yellow kernals. This corn is good enough to make grits for the family. Our hen's feed is now 100%

local, GMO & Soy-free. This will mean a slight increase in our egg prices this year. We hope you understand the value of this product and will continue to support us and our commitment to producing food in a sustainable way.

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### Calendar of Events – March

- **River Market Coop's CSA Fair** at Maple Island Brewery, 225 Main St N, Stillwater. Sat, Mar 11, 1-4 pm
- **Northeast Winter Farmers Market** at Solar Arts by Chowgirls, 711 15th Ave. NE. Wed, Mar 15, 4-7 pm
- **Neighborhood Roots Winter Market** at Bachman's Garden Center, 6010 Lyndale Ave S. Sat, Mar 25, 9:00 am -1:30 pm

**ONLY 2 WINTER MARKETS LEFT- [CLICK FOR MARKET ORDER FORM](#)**

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## The Loin – Tenderloin, Top Loin Roasts, & Pork Chops

Cuts from the loin are tender, lean, and best cooked using a dry rub heat. The loin is the long strip of meat found between the leg and shoulder on the back of a pig. Hence the phrase “high on the hog” referring to the superior cuts of pork from these back and upper leg portions. These cuts are mild in flavor, and go well with a wide variety of seasonings & sauces. Below are our recommend cooking methods for 3 different loin cuts. These basic cooking methods can be adapted to a grill by using similar heat & cooking times.

### **Tenderloin** 0.75-1 lbs, trimmed

1. Pre-heat oven to 400 F. Prepare a rimmed baking sheet.
2. Warm a skillet (cast-iron if available) on medium-high with a couple tsp of oil. Brown seasoned tenderloin in skillet, 3 min. Rotate tenderloin ¼ turn, 1-2 min. more per side.
3. Transfer tenderloin to baking sheet and roast in oven about 10 minutes, or until inside reaches 145 F. Rest 10 minutes, tented with tin-foil. Cut cross-wise into ½" thick slices and serve (preferably with a sauce).

### **Loin Roast** Bone-in, ~2.5-3 lbs

1. Dissolve ¼ cup salt & brown sugar in 2 quarts of cold water. Place pork in brine, cover, and refrigerate 1-2 hours. Remove, dry, and season.
2. Pre-heat oven to 325 F. Prepare a roasting pan with rack, or wire-rack in a rimmed baking sheet.
3. Warm a skillet (cast-iron if available) on medium-high with a couple tsp of oil. Starting fat-side down, brown on all sides, 8-10 min.
4. Continue cooking roast in the oven for about 50 or until inside reaches 145F. Rest 10 minutes, then carve and serve.

### **Pork Chops** bone-in, 1" thick, ~0.4-0.5 lbs each

1. Warm a skillet (cast-iron if available) on medium-high with a tablespoon of butter or oil until melted or shimmering (respectively).
2. Place seasoned pork chops in pan (it should sizzle) and cook 3-4 minutes per side. Pork chops should be browned on both sides.
3. Remove from heat and serve immediately.

**Recipe ideas:** *Glazed pork tenderloin, Pork chops w/ herb butter, Stuffed tenderloin or loin roast, Herb-crust pork loin, Pork tenderloin medallions, Breaded pork cutlets, Skillet Pork Chops w/ Apples and Maple-Sage Butter (see Sept '16 newsletter archived at [JohnsonFamilyPastures.org](http://JohnsonFamilyPastures.org))*

