

**The past month has been a busy one filling our freezers and yours.** Our final groups of meat chickens and hogs for 2016 have gone to the butcher. Many of you are anxiously awaiting your delicious pork products. We are too! We sold through the pork we received in early September at an unexpected and record rate thanks to the support of you all.

**Special October CSA Pick-up & Chicken Delivery  
Place Your Order Today!**

**Chicken CSA members** – no need to order just show up for a chicken or two.

**Non-members** - Use our [Google Form](https://goo.gl/forms/NFW6QxrGESUABcyz1) to pre-order chicken for our October Delivery to the Twin Cities <https://goo.gl/forms/NFW6QxrGESUABcyz1>



*Chris moving chickens on a brisk & foggy morning.*



*Our Red Ranger meat chickens are typically a golden-red color. Occasionally we get a white one which is really rare and cool!*



**Where You Can Find us this Fall/Winter**

- [Baker Orchard](#), Centuria WI  
Fri-Sun, 10-5 pm through October
- **October Delivery**, Richfield MN  
Wed., Oct. 19th, 4-7 pm
- [Neighborhood Roots Winter Market](#),  
at Bachman's 6010 Lyndale Ave S.  
Nov. 13th, Jan. 28rd, Feb 25<sup>th</sup>, March  
25th 9:00 am -1:30 pm
- Visit us [on the Farm](#) - by appointment

## 5 Steps to Spectacular & Easy Bone Broth

Adapted from Whole New Mom's article [5 Tips for Awesome Homemade Bone Broth and a Sure-Fire Chicken Broth Recipe](#). Visit the blog for a great in depth article on making bone broth with more than just chicken!

### Ingredients

- Pasture-raised chicken carcass
- Vegetables i.e. carrots, onions, celery
- Apple cider vinegar
- Water
- Optional: chicken backs, feet, giblets



### Steps

1. **Soak** – Place chicken parts in a kettle with cold water and vinegar and soak for 30-60 min. to pull the minerals from the bones
2. **Skim** – Bring to a boil and skim any foam from the top. Add in chopped vegetables
3. **Simmer** – Gently simmer for 4-24 hours
4. **Strain** - Let broth cool, then strain vegetables and chicken parts from the liquid.
5. **Store** – Place broth in food storage container and store in fridge for up to 7 days, or freezer for up to 6 months.

***Going beyond soup...use your broth to cook rice, beans, vegetables, as a base for a sauce, over pasta, or just drink it warm! Yummy.***

