



The Farm at Miller's Crossing

November 6th 2010
farmatmillerscrossing.com

FROM THE FARM.....

Welcome to the 2010 Miller's Crossing Winter Share.

After a bountiful season we are happy to be able to offer produce and beef into the winter months. We have been harvesting, washing, freezing and packing out produce all season, and now, for the most part, the follow through is all that's left.

I say for the most part, because there is one piece to the winter share puzzle that we have not totally figured out. That piece is the storage of all of the vegetables. Some of you may know that we purchased an insulated 18 wheeler body and hid it between some trees and our lower pole barn. It houses our winter squash and sweet potatoes that we will be distributing for the up and coming months. Since neither one of those crops needs to be refrigerated, we can keep it at the 50 degree mark with a few heaters and fans.



See if you can find me on the farm!!!!

The rest of the root crops are spread out throughout the county. We have carrots and cabbage in our cooler, potatoes at Angello's distribution's refrigerated warehouse, we have just looked into putting the remaining beets and rutabagas at Pete Chiarro's refrigerated apple facility, and our frozen produce and beef is at a freezer warehouse just down Route 9. Now we are happy that Columbia County has all of these facilities to offer, but it sure would be nice to not be confined by their hours, staffing, and the extra cost.

Chris keeps telling me that we need to turn part of our pole barn into a larger refrigerated space. My response to these large scale thoughts is usually a giggle and reminiscing about the days when a big harvest fit into the back of my mini-van...boy have things changed here in the past 15 years!!!

Enjoy the share, Katie

Beef Share Thoughts

Eating products that are grass raised promises to be a new experience for many, as these products are not typically found in many stores. Follow these four basic principals for cooking grass fed meats.

1. Put away your timer, get a good meat thermometer, and be prepared to use it.
2. Turn down the heat
3. Learn when to use dry-heat cooking methods and when to use moist heat methods
4. Ease up on the seasonings and sauces

Too big...Too small

As we offered single beef shares and we do not know if you are cooking one or a family of five from this share, the portions may not fit your exact needs from week to week.

The cut is too big. Unless you have a band saw, you are not going to successfully portion a frozen roast and thawing and refreezing may not bring out the best in your beef's texture or flavor...so we recommend cooking the entire roast and freezing the resulting slices or shreds with some of it's juices in portions that reflect your use.

The cut is too small. If one T-bone steak is just not going to cover all the bases, cut it into thin strips and use this very tender meat in a stir fry or for fajitas.

The meat can be enjoyed by all, throw the bone in with your soup the next day and get all that you can from that steak!

Don't hesitate to e-mail with any additional questions you have about the beef share.

