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# Rare Meat

Food · People · Recipes · Ideas

May 2011



“There is nothing as dear to me as the smell of silver sage after a rainstorm.” – Environmental writer Terry Tempest Williams

## A garden is a gift that keeps on giving; start small, reap big rewards

Donna Ross (shown at immediate left with retail manager Leona Espinoza) has gardened devotedly for the last 30 years. She started with a 12 ft-by-12 ft space that has since quadrupled in size. She also volunteers with the Care and Share Food Bank garden program and with Pikes Peak Urban Gardens, an organization that helps establish community gardens like the one in Old Colorado City, pictured below right.

“Their goal is to start a community garden in every neighborhood in town if they can get the land donated. Then the neighborhood will take it from there,” Donna explains.

It’s an important mission and one she embraces wholeheartedly.

“I’d like people to start thinking about how easy it is to grow your own food,” Donna says. “It doesn’t get more local than your own backyard.”

“It’s springtime, and what’s better than planting a garden?” Leona adds. “But a lot of people just don’t know where to start.” If that’s you, consider attending Ranch Foods Direct’s “Gardening 101” class to be held 1 p.m. Saturday, May 21.



Participants will have a chance to get their hands in the dirt, if they want.

“We’ll be talking about starting gardens in small spaces; how to prepare the bed, and how to choose and plant the seeds or seedlings. We’ve started a variety of seedlings in the greenhouse at Care and Share and will give out one or two to each of the attendees and plant the rest at the store,” Donna says.

She recommends letting your tastes in the kitchen help dictate what you plant. Herbs are a great way to get started. Many of them are perennials that will return year after year. Edible flowers are also a fun addition to small gardens.

“Nasturtiums are easy to grow, and you can add them to your meals,” she notes.

Cherry tomatoes are a good bet for beginners since they are hardy and tend to “fruit” early in the season.

Marcy Nameth, Ranch Foods Direct supplier and owner of Greenhorn Acres at Fowler, will assist the class.

“I’m always into helping someone else get started gardening; it’s so rewarding,” she says. “When you pull the first turnip of the season out of the ground or pick your first peas, it is the best feeling.”

**CLIP, SNIP AND ADD ZIP:** Herbs are fun to cook with and easy to grow. Learn how to get started gardening regardless of space (porches and patios are sufficient.) The Ranch Foods Direct “Gardening 101” class will be 1 p.m. Saturday, May 21 at the store. Cost is \$15, which includes a \$10 gift certificate to Ranch Foods Direct. Call the store to sign-up.

## Market Tips & Trivia

From Retail Manager Leona Espinoza



Oh, how I love spring! The smell of the earth, the beautiful sunsets, especially in Colorado. It just doesn't get much better. It's like we're all just waking up from a long nap and ready to get out there. The best part is seeing the new sprouts coming up from just-planted onions and spinach. I've been waiting all year to get some of that wonderful asparagus from Joe Mauro. Get it while it lasts (it's only available for a few short weeks!) We also have spinach from Javernick's

Family Farm. That inspires me to share our recipe for pesto!



CSA deliveries start in May

Shares of fresh seasonal produce from Greenhorn Acres at Fowler will begin arriving this month. Marcy Nameth (above) and her boys have set a target date for their first CSA delivery to Ranch Foods Direct of Wednesday, May 18.

"We'll be hopefully bringing asparagus, greens, lettuce, spinach and radishes, and either green garlic or green onions. We're doing a lot more onions this year," Marcy says. "I don't know if we'll have any cabbage or broccoli ready by then, but we'll also have some herbs, most likely sage and mint, and transplants for those who want them."

For the convenience of CSA members, **the store will remain open an hour later on Wednesdays, til 7 p.m., starting May 25**, a change retail manager Leona Espinoza introduced last summer. Wednesday is also delivery day for milk shares from Kurtis Ketchum (formerly Rose Isle Farms Dairy) now at Fountain.

CSA shares from Greenhorn Acres are available until they sell out, along with separate fruit shares. Included are wonderful weekly recipes and updates from the farm. Greenhorn Acres also provides pastured eggs for sale in the store.



### Champagne Mustard Vinaigrette

*Donna and Leona created this dressing with ingredients sold at the store. Try it over fresh spring greens or spinach.*

- 2 T Mady's Champagne Mustard
- 3 T white wine vinegar
- 1/4 c Penelope's Champagne Wine Sauce
- 1/4 tsp salt
- 1/2 c extra virgin olive oil

Whisk together all ingredients except oil. Continue whisking as you slowly stream in olive oil.

### Homemade Pesto

*You can use either basil or spinach. In a hurry? Ranch Foods Direct carries Dottie's Creamy Pestos, made locally at GottaLoveIt Kitchen.*

- 2 cups fresh basil or spinach leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano Cheese
- 1/2 cup extra virgin olive oil
- 1/2 cup pine nuts, or walnuts
- 3 medium size garlic cloves, minced
- Salt and freshly ground pepper, to taste

Pinch basil leaves off stems and pack to measure. Combine basil, nuts and garlic in food processor, pulse until ingredients are finely blended. Add olive oil in a small stream with food processor on low speed continuously. Stop and scrape down sides of food processor with a rubber spatula as necessary. Add cheese, salt and pepper, and pulse again until blended. Makes 1 cup.



Food as Art

Chef Bill Sherman, who operates Amuže at the Fine Arts Center where he turns Callicrate Beef into works of art, will host a Slow Food Colorado Springs dinner Mon., May 16 at 6:30 p.m. Using many local ingredients, the chef will create a five-course meal of "small plates" accompanied by Spanish wines. Call 597-4748 for reservations: it's \$70 for members; \$75 for non-members. Or make plans of your own for lunch, dinner or cocktails (477-4377) under Warhol paintings, Chihuly chandeliers.



# Just snip to add zip!

## Mayonnaise

*Homemade mayonnaise has a lighter flavor and texture than commercial varieties. Plan on making it when you need it as it will only keep a few days in the refrigerator.*

3 egg yolks  
2 T fresh lemon juice  
1 tsp salt  
1/4 tsp ground mustard  
1 T cider vinegar  
2 c canola oil

Place all ingredients in food processor, except oil. Process for 60 seconds. Scrape sides of bowl, then start the processor and begin adding oil slowly in a thin stream until mixture thickens. Refrigerate in a glass jar until ready to use. So good with artichokes or steamed asparagus! Try dipping the tips of the asparagus in the mayonnaise and roll in sesame seeds.

## Compound Butters

*Compound butters are a delicious accompaniment to grilled steaks or on fresh baked rolls or biscuits.*

1 lb butter  
3 T extra virgin olive oil  
2 T fresh chives  
1 T fresh thyme  
1 T fresh sage  
1 T fresh rosemary

Cut the butter into small chunks and bring to room temperature. Place the oil and chives in food processor and process until chopped finely. Add remaining herbs and process until herbs have colored the oil. In a medium bowl, beat butter until it is light and fluffy, about 5-7 minutes. Add the herb oil and beat another 2 minutes until oil is completely incorporated. Scrape butter onto parchment paper or plastic wrap. Roll tightly into a log about 2 inches around. Refrigerate until chilled. Cut into thin rounds and serve on a hot grilled steak, letting it melt in. Variations: Replace herbs with chopped olives, garlic and rosemary OR minced ginger and soy sauce OR sundried tomatoes and grated parmesan OR chipotle peppers in adobo sauce.

## Poached Salmon

*Here's a wonderful dish just perfect for Mother's Day!*

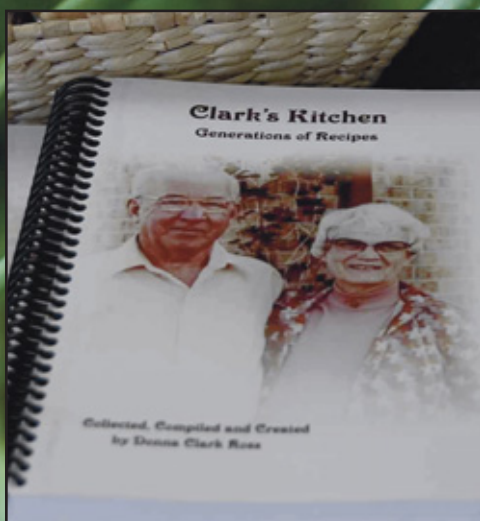
3 qts water  
1/4 c kosher salt  
2 T white vinegar  
8 whole black peppercorns  
2 large fresh thyme sprigs  
2 whole cloves  
1 large bay leaf  
1 1/2 tsp coriander seeds  
4 8 oz, 1 inch thick, skin-on salmon fillets

Combine all ingredients, except salmon, in a large pot. Bring to a boil over medium heat. Add salmon in one layer and remove pot from heat. Let salmon stand at room temperature in liquid 30-35 minutes. Liquid will cool and salmon will not overcook. Using a spatula, carefully remove fillets from liquid. Serve at room temperature with herb mayonnaise, hollandaise sauce or dill sauce.

## Dill and Lemon Sauce

2 T butter  
2 T flour  
3/4 tsp salt  
1/4 tsp dry mustard  
1 c milk  
2 egg yolks  
grated rind of 1 lemon  
1 T lemon juice  
1 T capers, drained  
1/4 c chopped flat leaf parsley  
1 tsp dried dill or 2 tsp fresh dill  
1 c sour cream

Melt butter in a small saucepan over low heat. Blend in flour, salt and dry mustard. Cook for 1 minute. Slowly add milk, whisking constantly, until thickened and smooth. Combine egg yolks with lemon rind, juice, capers, parsley and dill. Add 2 tablespoons of the hot milk mixture to the eggs and stir together. Return entire egg mixture to milk mixture in saucepan. Stirring constantly, bring to a gentle boil. Remove from heat and stir in sour cream. Keep sauce warm over a double boiler. This is also good with steamed asparagus.



*These recipes were provided by long-time gardener, avid cook and Ranch Foods*

*Direct sales associate Donna Ross. She has collected many more great recipes in her cookbook, Clark's Kitchen: Generations of Recipes, for sale at Ranch Foods Direct.*





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### Natural Meat Market

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Retail Hours: Mon-Fri 8 a.m.-6 p.m.  
Wednesdays til 7 p.m., starting May 25!  
Saturday 8 a.m.-5 p.m.  
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 Follow Owner Mike Callicrate  
on Facebook and Twitter:  
 @MikeCallicrate

## Mobile cafe serves up soups (and more) every Saturday

Liz Rosenbaum, the former history teacher who launched HerStory Cafe early this year and presented a delightful soup-making class for Ranch Foods Direct customers back in February, is now taking to the road and jumping on one of the hottest culinary trends: mobile food service. In many cities, food trucks are creating a sensation, inspiring cookbooks and guidebooks, summits and rallies.

She has long-term plans to go brick-and-mortar in another year or so but adds, "I love my truck. It is so cool."

The soup-and-sandwiches-on-wheels, serving both lunch and breakfast items, features ingredients purchased from Ranch Foods Direct, in addition to Colorado Coffee Merchants coffee and treats (handmade pretzels, whoopie pies, cupcakes and more) produced at the GottaLoveIt Gourmet Kitchen, where Liz also makes her soups. (You can pick them up frozen at Ranch Foods Direct.) One example from her menu is Sally Ride's BLASTT, a club sandwich variation with delicious Ranch Foods Direct bacon and smoked turkey plus chunky avocado. Her sauces and fruit dips are all made from scratch.

Liz has four weekly venues scheduled. "Alice," the food truck, will park Saturdays at Ranch Foods Direct from 9 a.m. to 3 p.m.

"I've been reading a book about Alice Paul, and I adore her," Liz says of how the truck got her name. "She was the main person behind getting the 19th Amendment passed, which gave women the right to vote. I like using my business to convey tidbits from history."

To scan the cafe's complete menu and peruse the weekly schedule of her four truck docking locations around town, visit her website: [www.herstorycafe.com](http://www.herstorycafe.com).



*New in store:  
Creamy smooth  
Everyday Gourmet  
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handmade with  
the highest quality  
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Heithyr Pletschl*

