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# Rare Meat

Food · People · Recipes · Ideas



January 2011

“The sunshine smiles upon the winter days of my heart, never doubting of its spring flowers.”— *Rabindranath Tagore*

## Arkansas Valley growers co-op continues to blossom

The seven founding members of the Arkansas Valley Organic Growers cooperative held an end-of-the-year gathering at the Jay Frost farm in December to celebrate the “never-ending season” of locally grown produce. An exceptionally long mild fall has meant continued supplies of local potatoes, onions and squash lasting late into the year and still available at Ranch Foods Direct.

“It’s been a good year,” says Marcy Nameth of Greenhorn Acres, one of the seven farms and coordinator for the co-op. “We’re double last year as far as volume of products sold.”

With strong underlying support from Ranch Foods Direct and Bon Appetit Management Co., which furnishes the meals for Colorado College, the AVOG group has continued to make strides.

“We started in 2007, and we did \$7,000 worth of business the first year,” Marcy says. This year sales have exceeded \$85,000. She’d like to see that figure double again next year.

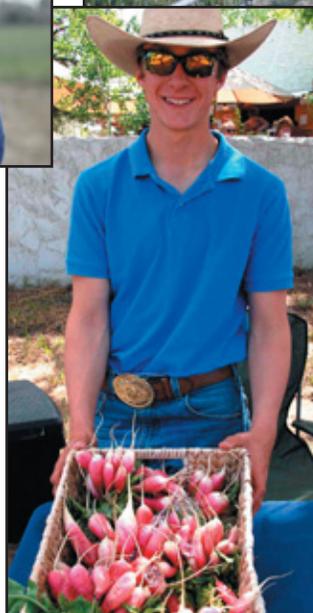
“We are working on identifying the gaps, where we didn’t have enough of something or we didn’t have it available long enough to satisfy the local market,” Marcy says.

“We want to plan for better availability during the season. We believe we can increase our sales just by having more consistent product offerings and selling

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Patrick Hamilton, above, at Venetucci Farm with grassfed heifers bred by Callicrate Cattle Co.; Country Roots Farm at Pueblo, right. Below, Jay Frost at his farm and son Sam selling radishes at the Colorado Farm & Art Market.



more to the same accounts.”

“Also, we did get a lot of inquiries this fall,” she adds.

AVOG hit several exciting milestones in 2010. In June, the group was officially incorporated as a cooperative, allowing them to apply for grant money from the U.S. Department of Agriculture’s Rural Development agency. The group was successful in winning a Rural Development grant of \$93,000 to be used towards training and technical assistance.

Part of that will likely be used

to put the co-op’s production standards in writing. “We need guidelines to share with other farmers in the area who can provide us with additional produce,” Marcy says.

“To this point, there’s nothing in writing to explain what our standards are.”

The co-op’s seven members include Venetucci Farm, Country Roots Farm, Javernick Family Farm, Hobbs Family Farm, Kim and Doug Wiley at Larga Vista Ranch as well as the Frost family and Marcy’s Greenhorn Acres. At certain times of the year, they buy additional produce from other area farmers including Glenn Austin, Adam Smith and Milberger Farm. The co-op is a member of the Peak to Plains Alliance.

# Citrus sweetens, brightens winter season

**B**roil slices of grapefruit, drizzle them with Austin Family Farm honey and sprinkle them with snipped rosemary or fresh basil.

Make a simple avocado and grapefruit salad and toss it with poppyseed dressing.

Marcy Nameth, shown here installing drip irrigation tape with her sons on their Arkansas Valley farm near Fowler, offers these and many other ideas for lightening, brightening and



sweetening winter meals with fresh U.S.-grown citrus.

“Now is the time to pull out any whole frozen fruits and use them in smoothies... try peach with fresh orange! Or how about apricots and

cantaloupe chunks?” she suggests.

Marcy provides wonderful tips and recipes like these throughout the growing season to help customers utilize the produce she supplies through her Greenhorn Acres CSA (Community Supported Agriculture.) It’s a great bonus that comes with your membership.

NOTE: While you can’t get locally grown citrus, you can make sure your winter fruit is U.S. grown and sourced as close to where it is consumed as possible.



## Orange Beef with Broccoli

4 tablespoons olive oil  
1 pound beef, sliced  
4 cloves garlic, minced  
2 shallots  
1/4 teaspoon red pepper flakes  
2 bunches broccoli florets, chopped about 6 cups  
2/3 cup freshly squeezed orange juice  
2 teaspoons balsamic vinegar  
1/2 teaspoon salt  
2 oranges zested  
1/2 teaspoon toasted sesame oil

In large pan sauté beef in olive oil. Add garlic, shallots and red pepper flakes, stir frequently for about 5 minutes, just until garlic and shallots are soft, being careful not to burn. Add the chopped broccoli to pan and sauté 1 minute. Add the orange juice, vinegar and salt.

Cover pan, and steam for 3-4 minutes just until broccoli is tender. Stir in orange zest and toasted sesame oil. Serve immediately.

## Pork Grapefruit Salad

*Citrus salads are a great way to use up leftover meat. Cook a roast beef, pork, chicken or turkey and use the meat in a salad for a second or third meal. Then cook up the bones for a rich, nourishing soup. —Marcy*

1/4 cup unsweetened grapefruit juice  
2 tablespoons red wine vinegar  
1 tablespoon olive oil  
2 teaspoons honey  
1 teaspoon prepared mustard  
1 teaspoon poppy seeds  
1/8 plus 1/4 teaspoon salt, divided  
1 pound pork tenderloin, julienned  
1 bunch leaf lettuce, torn  
2 medium grapefruit, peeled and sectioned

In a jar with a tight-fitting lid, combine the grapefruit juice, vinegar, oil, honey, mustard, poppy seeds and 1/8 teaspoon salt; shake well and set aside. In a large skillet stir-fry pork with remaining salt until no longer pink. Place lettuce on a platter; top with warm pork. Arrange grapefruit around pork. Shake dressing; drizzle over salad.

## Coriander Lamb With Orange Sauce

*Serve with roasted butternut squash*

2 racks of lamb (frenched, each should have 8 ribs)  
1/2 cup hoisin sauce  
2 oz coriander seeds, toasted and pounded

### Sauce

1 cup hoisin sauce  
1 1/2 cup ketchup  
1/4 cup red wine vinegar  
1 orange, zest & juice  
3 tsp hot red pepper flakes  
1 teaspoon garlic, minced  
1 teaspoon curry powder  
1 tablespoon honey

Marinate the lamb in the hoisin for an hour. Sear the meat on a hot skillet and roast in a preheated oven at 400 for 20 minutes. Remove from the oven and spread the hoisin on the lamb and crust with the coriander seeds. Set aside the lamb to rest. Mix all the sauce ingredients together in a bowl and whisk until the sauce is well mixed. Heat before serving. Slice the lamb, and top with sauce to taste.

CSA shares entitling you to part of the harvest at Greenhorn Acres are available at 2010 prices through Jan. 11 so consider signing up early for deliveries that typically start in mid-May. (Price for one veggie share will go from \$485 to \$511.

Half-shares and fruit shares are also available.) Ranch Foods Direct is a convenient pick-up point for weekly deliveries. CSA flyers are available at the store. Or call Marcy at (719) 263-4494.



### Halibut With Grapefruit Salsa

- 1/3 cup unsweetened grapefruit juice
- 1/2 teaspoon ground cumin
- 1 garlic clove, minced
- 1/4 teaspoon grated grapefruit peel
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Dash-1/8 teaspoon cayenne pepper
- 2 halibut fillets (6 ounces each)
- 1/2 cup canned black beans, rinsed and drained
- 1/3 cup chopped pink grapefruit sections
- 1/4 cup chopped red onion
- 1 tablespoon minced fresh cilantro
- 1 to 2 teaspoons chopped jalapeno pepper
- 2 teaspoons butter

For marinade, in a small bowl, combine the first seven ingredients. Set aside 1 tablespoon. Place fish in a large resealable plastic bag; add remaining marinade. Seal bag and turn to coat. Refrigerate for 1 hour. For the salsa, in a small bowl, combine the beans, grapefruit sections, onion, cilantro, jalapeno and reserved marinade. Cover and refrigerate until serving. Drain and discard marinade. In a small skillet over medium heat, cook fish in butter for 4-5 minutes on each side or until fish flakes easily with a fork. Serve with salsa.

## Market Tips & Trivia

From Retail Manager Leona Espinoza



**H**appy New Year! I hope everybody had a wonderful holiday season. I would like to take this opportunity to answer a few frequently asked questions I hear at the store.

### *Q: How much meat should I buy per person?*

The rule of thumb is one pound per person for bone-in cuts and half a pound per person for boneless cuts.

### *Q: How long can I keep my meat in the refrigerator before I freeze it?*

For ground beef and chicken, it's about nine days after the package date. (RFD labels list a "pack date" rather than an expiration date.) For steaks and roasts, it's 14 days after the pack date. We "wet-age" our meat, which means it ages in the vacuum packaging, enhancing tenderness and extending the product's shelf life. The longer the product is aged, the more tender it will be.

### *Q: Why does the beef look brown?*

Sometimes the beef looks brownish because it has just been packed and has not been exposed to air or light. As soon as you open the package, it will "bloom," which means it will turn red again. Often conventional grocery stores "gas" their meat products to give them a bright red color. As a result, an expired product can still look fresh! Our products are never artificially enhanced.

Thank you to everyone for making 2010 such a wonderful year! I encourage any suggestions you have for making 2011 even better.

### Orange Beef

- 1/4 cup vegetable oil
- 2 lbs round steaks, cut into thin strips on the diagonal
- 1/2 cup orange rind, cut into slivers
- 2 cloves minced garlic
- 1 teaspoon ginger
- 1/4 cup cornstarch
- 2 cups beef broth
- 1/2 cup soy sauce
- 1/2 cup sherry
- 1 teaspoon red pepper flakes

Heat oil over medium-high heat. Add beef strips and cook until browned. Set aside. Add orange peel, garlic and ginger to wok or skillet. Add the beef back in and stir-fry 1 minute. In medium bowl combine cornstarch, broth, soy sauce, sherry and red pepper. Pour into beef, stirring constantly. Cook for 1 minute. Serve hot over rice.

### Leona's Easy Orange Vinaigrette

Combine one-half can orange juice concentrate (available at Ranch Foods Direct) with 1/2 cup balsamic vinegar and 1/4 cup olive oil. It's great as a dressing or can be used as a marinade.

## January Specials

Stew meat, ground round (95/05), ground sirloin and 90/10 ground beef (various sizes) are all 10% off; top sirloin and chuck roasts, 10% off.

Mon-Tues-Wed, buy two packs of ground beef, get one free (85/15 and 80/20 only.) Marrow bones are \$2.50 per lb. Pet food \$1.50/pkg; \$1.25 in bulk (over 40 lbs.) **NOTE:** Be sure to sample Joe Mauro's new Habanero and fire roasted salsas!



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## New in 2011: Shop online, pick-up in store

The Kitchen Table Cooking School (right) part of the Landmark Stores in Denver's Greenwood Village and the Denver Urban Homesteading Farmers Market are two of the first locations offering a pick-up point for Ranch Foods Direct customers who want to place their order online. Customers can also shop online and pick up the assembled order at the Ranch Foods Direct retail store, 2901 N. El Paso, in Colorado Springs. Some of the benefits including saving time, shopping from the comfort and convenience of home, reducing carbon emissions with fewer car trips and taking advantage of online special offers.

Simply go to the online store at [ranchfoodsdirect.com](http://ranchfoodsdirect.com) and designate your pick-up preference at checkout. Updates of additional will-call locations will be posted on the site, along with daily, weekly and monthly specials.

**Congrats!** 2010 was a great year for triathlete and Olympic hopeful Amanda Stevens (right), who won her first Ironman competition. "Must be this freezer full of food that has been fueling me through some incredible training," she says. Ranch Foods Direct



"As an athlete, it's nice to know I'm putting healthy food in my tank that is hormone-, antibiotic- and preservative-free." — Amanda Stevens

is proud to sponsor her with a home service plan that features lots of Callicrate Beef, as she pursues qualifying for the 2012 London Summer Olympics.

"It's amazing how fast the sport is growing," she says. "Triathlons are the new marathons." Her grueling schedule next year includes competing at 10-15 events, some of which will last nearly 10 hours. While she's gone frequently for training and competing, she says, "I look forward to getting home, opening the freezer and eating good food." She loves the frozen meats and produce: two favorites include the New York strips and the pork chops. A med school grad, she has a passion for promoting fitness and health education for kids and adults. She looks forward to spending time at the store and meeting more Ranch Foods Direct customers in 2011.

**Upcoming events** The Peak to Prairie Landscape Symposium Feb. 4-5 at the Doubletree Hotel will include sessions by local farmers and food enthusiasts. To plan for spring, Pikes Peak Urban Gardens' Larry Stebbins hosts a gardening class 10 a.m. Sat., Jan. 15, at Horace Mann Middle School.