



ROBINETTE Farms

MARTELL • NEBRASKA



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The first of our pastured chickens are ready for pickup today!

Our birds spend their time on our pastures, fertilizing and tending ground that will grow great veggies next year.

PASTURED POULTRY SHARE STARTS TODAY!

Today is our first delivery of whole broiler chickens for our new Chicken Share! After my car crash in 2014, we cut way back on livestock and we're beginning to explore ways to integrate animals back into our vegetable farm. For now, broilers will only be available to those who purchased a Chicken Share, but in early July we will begin offering chickens for sale at pickup as well.

This year we welcomed back Steve Rinn, who worked for us in 2013 and 2015. During 2014 Steve worked for a good friend of ours on Martha's Vineyard who has a farm doing pastured poultry and on-farm processing of those birds. Chloe and I

wanted to increase the number of birds on the farm to help us manage the fertility of vegetable ground, along with pests and weeds, and Steve was looking for an opportunity to move beyond an Apprentice position.

So this year, along with doing vegetable work, Steve is managing our pastured poultry operation including on-farm processing of our broiler chickens. Day-old chicks arrive from Central Hatchery in Madison, NE, and the birds then spend the rest of their lives on our pastures before being slaughtered on the farm.

We're excited about this pro-

June 8th, 2016

Farm News

Main Share

Garlic Scapes

Carrots

Kale

Salad Mix

Dill or Basil

Peas

Mini B Share

Braising Mix

Carrots

Green Garlic

Head Lettuce

Pea Shoots

Peas

Chicken Share

Pickup day for our first ever Chicken Share! Fresh, whole broiler chickens that we raised and slaughtered on the farm will be ready for pickup!

Missed Pickup?

If you miss pickup, contact us at 402.794.4025 or farmers@robinettefarms.com to arrange a time to pickup at the farm. If we haven't heard from you by Friday, your share will be donated to charity.

Cooking Ideas and Recipes

ject for a variety of reasons. First, we feel strongly that if we choose to raise animals for meat, we should do everything in our power to provide them with as good a life as possible. Living on fresh pasture everyday and minimizing the time they spend being transported to slaughter address two major stressors in confined animal agriculture. There are more improvements we'd like to make in the future, but it's a good start.

Second, the birds are roaming pastures that will grow vegetables next year. They have access to fresh pasture and while they roam they spread manure, eat insect pests and control weeds — all jobs we need done around here! We feel that the more animal and vegetable agriculture can be linked in complementary ways, the more sustainable our farm will become.

Finally, we're also very excited about having Steve back because his management of this project is a real step towards his own farm business. The pastured poultry operation is one that complements everything we do at Robi-nette, and is something that perhaps Steve can spin off on his own in the future. We love the idea of growing more farmers and this seems like a promising opportunity!

- [Video: The Best Way to Carve Poultry](#)
- [Garlic Scapes? Garlic Scapes!](#)
- [5 Ways to Grill a Whole Chicken](#)
- [Carrots on the Grill](#)
- [Grilled Kale Salad](#)
- [Simple Braised Greens](#)
- [A Great Meat Cookbook](#)
- [Pea Shoots Recipes](#)
- [Green Garlic Spaghetti](#)

Fried Greens Meatlessballs

From food52.com

This recipe is a godsend to anyone who belongs to a CSA or tends a prolific garden. Any greens—beet, turnip, kale, chard, mustard, etc.—can be used here. I've even made these with a mix of the green tops from my CSA carrots and onions. — *Thanks Cathy for sharing this with us!*

- 1 bunch greens, about 10 cups loosely packed, about 8 oz
- 3 tablespoons olive oil or grapeseed oil
- 1 small yellow onion, diced
- salt, to taste
- 2 cloves garlic, chopped
- 1/2 cup cilantro
- 1 tablespoon cumin seeds
- 1 cup fresh breadcrumbs
- 1/4 cup crumbled feta
- 1 or 2 eggs
- oil for frying

What is that vegetable?!

Our website has information about every vegetable you'll find in our shares. Just check out the [Cooking and Storage Tips](#) page and learn how to handle anything we throw at you!

1. Pulse greens in a food processor or finely chop with a knife—they should be small but not puréed or mushy. Set aside.
2. Heat a large skillet over medium-low heat and add the oil, onion, and salt. Cook, stirring occasionally, until soft and lightly browned, about 10 minutes. Add the garlic, cilantro, and cumin seeds. Stir for 30 seconds.
3. Add greens to pan and sauté for a minute or two, until they have wilted. Turn the mixture into a large bowl.
4. Let cool for five minutes, then add the breadcrumbs and feta. Mix well, then taste for seasoning. Add more salt if necessary—this is your chance to get the seasoning right while the mixture is egg-free. Crack one egg into the bowl and mix with your hands to incorporate. Squeeze a small ball of the mixture. If it holds together, begin portioning out the remaining mixture into small balls. If it doesn't hold together, add another egg. I usually find one egg to be enough.
5. Heat oil in a skillet over medium-high heat. Add balls to pan—they should sizzle when they hit the oil—then turn heat down to medium or medium-low. Cook until golden, about 2 minutes. Use a fork to flip the balls to the other side and cook for another 2 minutes or so. Serve immediately or at room temperature.