

Food for Thought

People · Products · Purpose

December 2022

"When the joy goes out of eating, nutrition suffers." — Dietitian Ellyn Satter

"This curious world which we inhabit is more wonderful than it is convenient; more beautiful than it is useful; it is more to be admired and enjoyed than used." — Henry David Thoreau

'Tis the season for a reason

Every purchase is a chance to make a difference

Ranch Foods Direct turkey supplier Greg Gunthorp shares some of his thoughts on why it's important to buy from food producers you know.

If anything positive comes out of Covid in terms of the food supply, it should be that as a nation we pursue a food supply that is more sane and reasonable and more resilient. Concentration and consolidation have gone too far. Support a local farmer directly. It's better for the animals. It's better for the environment. It's better for your health. It's better for rural communities. And it's a more resilient and secure agriculture.

On our farm we used to do pastured chickens. We'd have 20,000 to 30,000 of them at any one time, and process 3,000 a week, which made up half of our farm revenue. Giving that up was the most difficult business decision I've ever made. But our birds cost twice as much as regular commodity chicken.

I'm extremely worried turkeys will end up going the same way as the chickens have.

When you shop with a local business for the holidays, that money circulates in the local community an average of seven times before leaving the community. When you spend your money with a big box store, that money all leaves.

Shopping with small businesses is the great equalizer for wealth distribution and economic opportunity, second only to public education. Spending your money with small businesses is a huge driver of economic development and opportunity. Now more than ever, small businesses have proven to be the resilient ones. The ones that we need more of! Small businesses are counting on you.

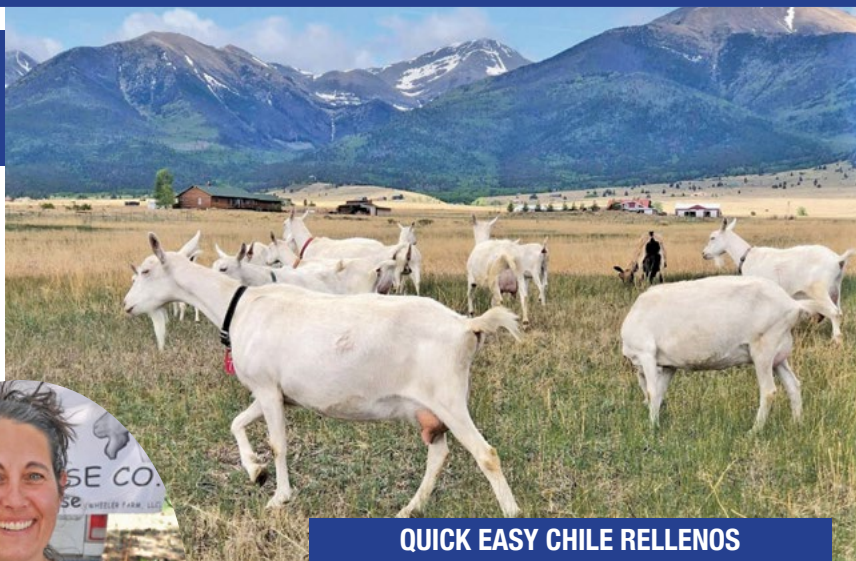


CENTERPIECE MEATS including hams, turkeys and prime rib are available now in a wide range of sizes and prices. For hard-to-buy-for friends and family, consider giving the gift of Wagyu. Beautiful, memorable, entirely clutter free!



New in store

Ann Wheeler is a long-time regular at farmers markets in the Colorado Springs area. After running a market garden near Penrose for many years, her family moved to a bigger property in Westcliffe and turned their focus to raising Saanen dairy goats. In 2020, they constructed an on-farm creamery. Their softly spreadable tub-style goat cheeses are available in multiple flavors (including cheery cranberry) along with marinated feta in glass jars. These artisanal quality Westcliffe Cheese Co products are now in the dairy section at Ranch Foods Direct!



QUICK EASY CHILE RELLENOS

Experiment with different cheeses to evoke Italian or Mexican flavors

- 1 pack frozen Anaheim chiles from Milberger Farms of Pueblo, allowed to thaw (in store now)
- 1 onion, diced
- 1 clove garlic
- 3 medium tomatoes, cored
- 1 pound ground pork
- 1 tbsp bread crumbs
- 1 tbsp dried oregano
- salt and pepper to taste
- 1 block of cheese
- 7 eggs
- 1 tsp baking powder
- 1/4 c. flour

Peel the skin off the peppers and remove seeds either by hand or by running them under water (keep in mind water does wash away some of the pepper oils that give them so much flavor.) Place cleaned peppers in casserole dish. Cube the cheese and place it in the peppers. Prepare a salsa by quartering the tomatoes and placing them in the blender. Add oregano, garlic, white onion, and salt. Blend until smooth, about 10 seconds. Pour most of the salsa over the peppers, being sure to get some on the bottom of the dish. Make pork meatballs by mixing one of the eggs and the breadcrumbs with the pork (can substitute crushed pretzels or skip crumbs altogether.) Roll into balls. Make an egg batter by beating the remaining eggs and adding flour and baking powder. Pour egg batter over everything in the dish and top with remaining salsa. Bake at 350 degrees for 45 minutes or until bubbly and browned on top and egg is cooked through.

Handmade soap makes great stocking stuffers

Locally made soaps featuring Callicrate Beef tallow now come with the option of a handy build-your-own gift box (Mike shows it off at right) making these all-natural bars even more gift-ready!

Ranch Foods Direct carries digital meat thermometers, which make a great add-in with a meat box gift. Highly stocking stuffable too!

New from James Original: healthy probiotic juices, handmade dips and yogurts in a variety of flavors. James is a health fanatic who uses A-2 milk from Sawatch Foods.

The daily hot soup and broth bar is back for the winter season! Find a rotating selection of soups, plus grab some bread from the Sourdough Boulangerie for a quick meal. More soup options to choose from in the cooler and freezer sections.



Butter on board

Last year elaborate charcuterie platters were all the rage for holidays ranging from Thanksgiving (complete with pumpkin pie dip) to Valentine's Day (emphasis on hearts and chocolate.) The charcuterie phenomenon is still going strong but according to multiple news outlets, it is evolving in some surprising directions. The latest craze? The "butter board." Jennifer Gomez, CEO of Ranch Foods Direct butter supplier Sawatch Artisan Foods, confirms that adding butters to holiday platters is a huge trend. "We love using our salted grass-fed butter; not only does it taste amazing, but it has great color too!" she notes.



Jennifer's automatic go-to for every holiday party is a cheese tray. She reminds everyone to feature local products from locally owned businesses whenever possible: "During this time, it's so important to support our local businesses and bakeries, such as one of my favorites Sourdough Boulangerie. With rising prices, we all need to do our part to ensure they can weather the storm and be around for future generations to enjoy."

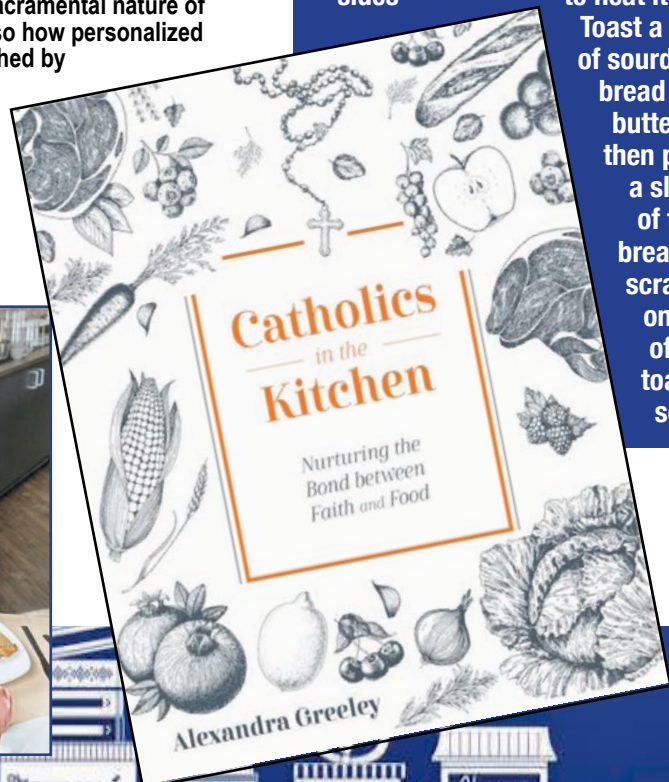


Food is sacramental

Ranch Foods Direct owner Mike Callicrate joins other farmers, ranchers, chefs, cooks, authors, professors and priests who've come together to share their personal reflections for the newly published book, *Catholics in the Kitchen: Nurturing the Bond Between*



Food and Faith by Alexandra Greeley. Each chapter features a different life story followed by a recipe or two. While Mike talks about being shaped by his childhood on a small acreage near Evergreen, Colorado, and provides steps for how to cook the perfect steak, other submissions range across cultural backgrounds that span Creole, Irish, Latino and Polish. The book emphasizes the universal "sacramental nature of eating" but also how personalized it can be. Published by TAN Books; listed retail price \$29.95; available online and from many major booksellers.



HOW TO MAKE GERMAN-IRISH BREAKFAST SCRAPPLE

adapted from Catholics in the Kitchen

1 lb. mild pork sausage, crumbled (add 1 to 2 tsp ground sage)
1 quart broth
1 1/4 c. steel cut oats
1 small onion, diced, sauted
1 bay leaf
salt and pepper to taste

Crumble the sausage and cook it lightly, adding sage, then squeeze out grease by rolling it in a paper towel if desired. After mixing the oats with broth or water, add it to the sausage along with an onion and bay leaf and cook in a Dutch oven on the stovetop. Cook on low with the lid cracked for about an hour, then place the cooked mixture into a loaf pan. Place in fridge for several hours or overnight until it becomes a solid loaf. To serve, take the loaf from the pan and slice it like a thick cut of butter. Sear it in a frying pan on both sides to heat it up.

Toast a slice of sourdough bread and butter it, then place a slice of the breakfast scrapple on top of the toast to serve.





SOCO VIRTUAL FARMERS MARKET • 100% LOCAL

HOLIDAY STORE



DECEMBER

STORE
OPEN

PICKUP
DAY



12/4 12pm - 12/8 12pm → 12/10 9am - 5pm

12/11 12pm - 12/15 12pm → 12/17 9am - 5pm



PICKUP AT RANCH FOODS DIRECT WAREHOUSE
4635 TOWN CENTER DR, COLORADO SPRINGS, CO 80916

Ho-ho-ho, it's time to shop SOCO! The online store is back for the holidays: SOCOVirtualFarmersMarket.com

FOOD FOR THOUGHT is printed and distributed by:



Natural Meat Market

Two retail locations in Colorado Springs!

Flagship store: 1228 E. Fillmore, 719-623-2980

Food hub: 4635 Town Center Drive, 719-559-0873

Retail hours at both locations:

Mon - Fri 8 a.m. - 6 p.m. Sat 8 a.m. - 5 p.m.

CLOSED on Christmas and New Year's Day

Online at www.ranchfoodsdirect.com