

Food for Thought

People · Products · Purpose

November 2023

“Even as we see what is hard, we have to also know what we love, what delights us, and how to get renewed.”

— Krista Tippet, host of On Being

Bold marinades, sweet drizzles

Earlier this summer Priscilla Koch, owner of the Urban Farmhouse Co., introduced infused vinegars and Colorado hot honey to the store's inventory of locally made products. On her packaging, she offers creative uses galore. Her number one best seller is the Chimichurri vinegar shrub, which replicates the flavors of Argentina's favorite meat condiment, made by macerating fresh parsley, shallots, oregano, garlic and chile pepper flakes for two weeks. Another favorite especially well-suited to meat marinades is the Farmhouse Fire Cider, which mimics a flavor made famous by herbalist Rosemary Gladstar. “I don't add any sugar to mine but I do add serrano peppers. It has 11 ingredients total, including horseradish and ginger, and takes five weeks to make. But I just love the way all of the flavors meld together.”

NEW SEASONAL FLAVORS IN STORE NOW: Apple Spice (made from Colorado-grown galas), Plum-Lem-Gin, Pear and Pumpkin Spice.

WHERE DO YOU SOURCE YOUR HONEY? Our honey comes from Greeley, Colorado. The company is Local Hive. They collect and combine honey from beekeepers across the state of Colorado. The reason we purchase from them is because we are supporting a number of local beekeepers instead of just one. Beekeeping is a hard job; I think it might be harder than making infused vinegars!

WHAT DISHES DO YOU MOST LOOK FORWARD TO MAKING AT THE HOLIDAYS?

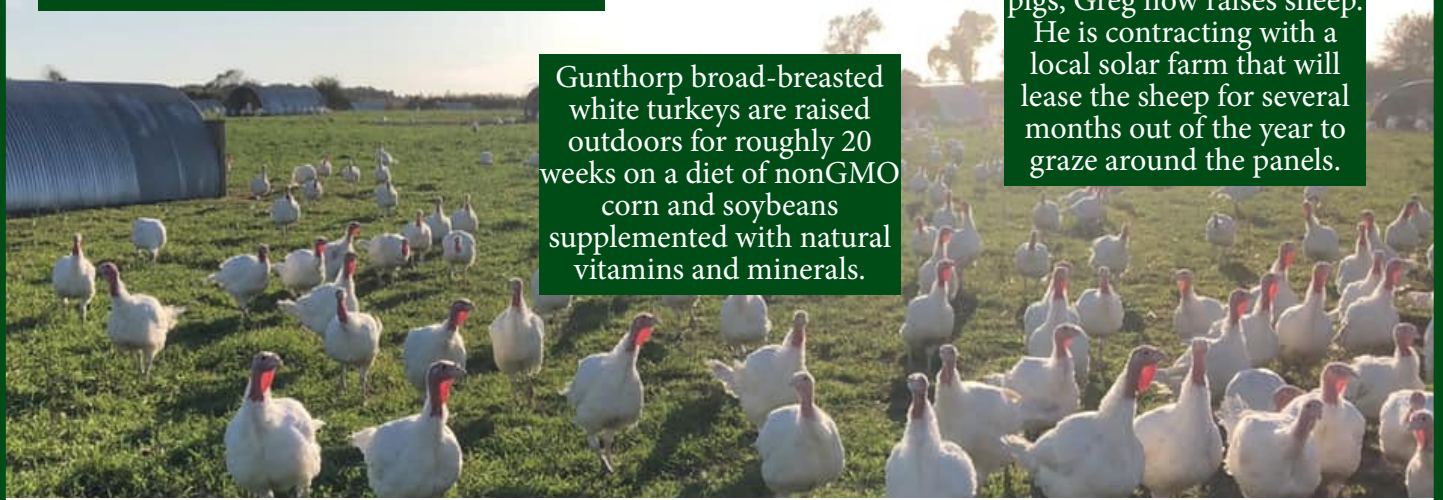
Wild rice salad with pomegranate seeds and toasted pistachios in a dressing made with the pomegranate shrub; a baked brie or feta with hot honey drizzled over the top, along with a little bit of olive oil and chopped black walnuts, which have a higher oil content and softer texture than regular walnuts; and cranberry rosemary cocktails, made by combining one part cranberry rosemary shrub with three parts of either whiskey, bourbon or vodka, dressed up with a little cinnamon stick and fresh rosemary. It makes a beautiful drink! To make a mocktail version, combine your choice of shrub with sparkling water or ginger ale. Another way I like to do it is to use peach marmalade or apple butter as a flavoring. Place a teaspoon in the bottom of a glass, mix it with a little sparkling water, then pour in the shrub.

WHAT'S THE MOST AMBITIOUS HOLIDAY MEAL YOU'VE EVER MADE?

Last year my husband and I made Beef Wellington. That was a treat, but also a true labor of love. It takes some time to do it. You have to follow the directions step-by-step. It's a process. But we absolutely enjoyed it. Why couldn't you do the same thing with some pork or with smaller pieces of steak wrapped in phyllo dough? I want to try that.



Here come the turkeys



Gunthorp broad-breasted white turkeys are raised outdoors for roughly 20 weeks on a diet of nonGMO corn and soybeans supplemented with natural vitamins and minerals.

In addition to turkeys and pigs, Greg now raises sheep. He is contracting with a local solar farm that will lease the sheep for several months out of the year to graze around the panels.

Turkey pre-orders will be taken in store from November 1-16. Sign-up at the register.



Greg Gunthorp and wife Lei supply Ranch Foods Direct with pastured turkeys. This fall Greg received the Spirit of Farm Aid Award for his tireless advocacy on behalf of family farms.

GREG, WHAT'S YOUR PREFERRED METHOD FOR COOKING YOUR THANKSGIVING TURKEY? I'll be cooking three turkeys this year. I'll do two in the Big Green Egg with some type of marinade and either a black pepper cure or a sugar cure, which is the same as what we inject our hams with. Then I always roast one in the oven, because I feel like you have to do a turkey without smoke for the gravy. I'm always hopeful that we'll have leftovers. Our leftover turkey meat tastes so much better than regular commodity turkey!

OTHER FUN PREPARATION METHODS? Turducken is where you semi-bone out a turkey and a duck and fully bone out a chicken, then put the chicken inside the duck that in turn goes inside the turkey. That was really trendy a few years ago but I think there's some people out there who are still doing it. Another thing you could do if you want to be adventurous is to bone it out and use the pieces to make skin-on rolls, which is kind of like a turkey loaf.

WHAT MAKES RAISING TURKEYS FUN? It's just cool to see a whole group of turkeys running around in a field. Turkeys are neat. When they start out, they aren't the most intelligent animal but by the time they get big, they have such cool personalities.

WHAT DO YOU WISH CONSUMERS KNEW ABOUT WHAT YOU DO? The thing I wish was better understood was how complex it is to operate an integrated farm processing plant and do all the marketing and distribution. There's an awful lot of blades you have to spin. I love what we're doing, but it puts a lot on a person's shoulders. I grew up with production, but not with processing and marketing. So it's really like we're running three businesses from the farm and you have to be good at all three of them to be successful. It's hard, but we make it work by working way too many hours. As we try to rebuild the local and regional food system, I don't think most people are thinking about that.

Holiday tabling?



Cortney Smith and David Cook own and operate Gather Food Studio at 2011 W. Colorado Avenue. Find their customized spice blends and creative recipe concoctions at Ranch Foods Direct.

Q: WHAT WILL BE ON YOUR THANKSGIVING TABLE THIS YEAR? WILL IT BE TRADITIONAL? UNCONVENTIONAL? OR A MIX OF BOTH?

A: Last year, it was leftovers out of the Gather Studio fridge!

Thanksgiving week is crazy for us, with cooking classes early in the week and switching over to our retail hats for Friday and Small Business Saturday (November 25.) We teach Thanksgiving classes for most of November, so by the time Thanksgiving actually rolls around we don't feel like cooking a traditional dinner. If we cook at all it's usually something easy.

For those of us who own small businesses, where the holiday sales are critical, we sometimes have to skip our holidays so everyone else can enjoy theirs. So just a gentle reminder to be kind and patient with retailers and staff this holiday season.

Learning and growing



The Peak to Plains Food Hub hosted Pikes Peak Permaculture's fall fundraiser featuring more than 50 local donors and sponsors and the support of more than 50 volunteers. Food to Power partnered with the event to eliminate any waste, with almost nothing going to the landfill and no single-use plastics or styrofoam. "Everyone had a great time," says organizer Becky Elder. "Ranch Foods Direct even brought out a grill and fed us! Pikes Peak Permaculture deeply appreciates the community support of our educational programs, and we thank RFD for their support in hosting the event." Local permaculture club members help design and maintain the food hub's landscaping and native plantings, creating a walking trail and gazebo space for all employees and customers to enjoy.

Come by Peak to Plains every Friday for Ahavah Farms farm stand starting around 2:30 p.m. and get a buy-four-get-one-free offer on GROUND BEEF packs.

Sample new products on Saturday, Nov. 11, during the Second Saturday meat-and-greet!

Crockpot Carbonnade

2-3 lb. Callicrate chuck roast
2 to 3 tbsp Gather Green
Dream seasoning (in store now)
2 onions, diced
2 carrots, sliced
5 cloves garlic, smashed
1 can Belgian style ale
2 cups beef bone broth
1 broth bomb
3 tbsp molasses
3 tbsp apple cider vinegar
5 sprigs of thyme
3 sprigs flat leaf parsley
2 bay leaves
Salt and pepper to taste

Combine in crockpot and cook
on high for 3 to 4 hours or on
low for 5 to 6 hours.



You can make a big impact by choosing to SHOP SMALL this holiday season.

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:
Monday through Saturday 8 a.m. - 6 p.m.

Shop online. Shipping available.

www.ranchfoodsdirect.com

