|   | **To Your Table Fall 2014****Meal Instructions week 3** |
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| Meet Your Farmer: Yuppie Hill Poultry from Burlington, WILynn Lein left her career in the health care industry and began farming with her father in 1999—literally beginning with only twelve laying hens. Despite the small number, the hens were enough to provide eggs for her family, including her three children as well as her close friends and neighbors. When Lynn’s flock grew to two hundred birds, she became determined to provide her chickens with as comfortable living conditions as possible. Her attention to detail did not fall upon blind eyes. Neighbors would often stop by to check out her bird’s “high class” living quarters and began referring to them as “yuppies” because they had it so good. As her flock doubled and tripled in size, Lynn began direct marketing her eggs under the name, Yuppie Hill Poultry. She soon landed a few major retail and restaurant accounts in Milwaukee, as well as quickly becoming a staple at local farmers markets. Lynn moved to the new farm on Potter Road in 2004 and immediately began renovations on the barns and buildings throughout the property. The original main barn, which now houses a café, was once home to 2,500 hens. In the summer of 2008 a brand new barn was built on the north side of the property. The new barn is equipped with state of the art feeders and ventilation that allows Lynn to raise all of her birds in a cage free environment. There is no finer display of Lynn’s attention to detail than the rustic country style café which is now established in the farms original main barn. The café is open for breakfast on the weekends and will host seasonal tasting dinners throughout the year. In addition to her chores, Lynn maintains around fifty sales accounts. Yuppie Hill now raises laying hens, broilers, Turkeys, and a prized breed of Berkshire Hog. Lynn has partnered with regional chefs to design a line of artisan cured Berkshire products that are due to hit the market in 2010. yuppiehillpoultry.com |
|  | **COOKING INSTRUCTIONS (Cooking times may vary)** |
|  |  | Spinach & Artichoke Stuffed Amish ChickenKeep frozen. Preheat oven to 350 degrees, remove lid and place on a sheet tray. Bake for 40 minutes.  |
|  | Moroccan Lamb Tagine with Bulgur Wheat\*Keep frozen. Preheat oven to 350˚, remove plastic lid, place on a sheet tray and bake for 40 minutes until warm throughout. |
|  | Turkey Stroganoff Keep Frozen. Preheat oven to 350 degrees. Remove the lid of the Turkey, place on sheet tray and bake for 35 mins. at 350˚. Boil water, cook pasta for 1-2 mins., drain, and then add to Turkey.  |
|  | Pan Seared White Fish with Leek & Ginger Cream Keep Frozen. Preheat oven to 350°, place on a sheet tray and bake for 40 minutes. |
|  | Cajun Pot Pie Keep frozen. Preheat oven to 350˚, remove lid, place on a sheet tray and bake for 45 minutes until warm throughout. |
|  | French Lentil Stew with Caramelized Onions & Roasted Roots If kept Frozen, preheat oven to 350. Remove plastic lid and Bake stew for 35-40 mins. Stir occasionally. If Thawed, Bake for @ 20 mins.  |
|  | **SIDESVILLE** |
|  | Split Pea Soup Thaw. Heat soup in a pot. Add ½ cup of water. Simmer for 5 Min. Or open lid slightly and microwave for 8 mins. Stir and heat further if necessary. |
|  | Fresh Fruit Mick Klug Plums |
|  | Harvest Salad with Cranberry Vinaigrette |
|  | Broccoli Casserole Keep frozen. Preheat oven to 325°. Remove lid & place on a sheet tray; bake for 25 minutes. |
|  | Saffron Orzo Keep Frozen. Preheat oven to 350°, place on a sheet tray and bake for 35 minutes. |
|  | Yukon Roasted Potatoes Keep Frozen. Preheat oven to 375°; remove lid and place on a sheet tray. Bake for 20 minutes. Middle should be hot. Stir and serve. |
|  |  | Key Lime PieKeep Frozen. Sharing is caring. Thaw for approx. 15 mins before consuming.  |