

2014 Early November Update Bones Livers and Cooking Gails Meatball Recipe

**From:** Tom Barthel

**Sent:** Wednesday, November 5, 2014 8:39 PM

**To:** Tom Barthel <Snakeriverfarmer@gmail.com>

**Subject:** Early November Update, Bones, Livers and Cooking

**Dear Friends, Neighbors and Customers**

**Harvest Update.**

Fall is moving along on schedule, in every way.

Tomorrow, I will take the fourth of twelve loads of hogs in for processing.

Then we will break for a couple weeks so Quality Meats can process deer. That hunting season starts Saturday.

The DNR substantially reduced the number of deer tags this year. That means Quality will probably not receive as many deer as normal.

If that is the case, Nick and Bethany, Quality Meats owners, will ask me to resume bringing in hogs sooner than planned.

Nothing wrong with that.

In either case, the hog harvest will be completed by mid-December.

Beef and bison will be finished around December first.

Many of you have ground beef or ground bison on order. That will be around the December first also.

The Turkeys and the last of the chickens will be processed next week.

I will send a separate message to those of you who still have chickens, turkeys or rabbits on order.

By the way, I have three ducks available. Pasture and pond raised. No meds etc. They are dressed, frozen, plastic wrapped, and state inspected.

Let me know if you are interested. I can deliver to a metro drop-off point. \$5/pound.

**Bones, Livers and Other Parts**

I was in Quality Meats last week and a huge pile of broth and marrow bones were being cut and wrapped for you.

We started a campaign last year to help you use the bones from your animals.

Overall, that has worked well.

Nevertheless, Nancy tells me that there are plenty of great bones including ox-tails available.

You can get these bones for no additional charge except processing. Probably \$1 per pound.

These bones are nutrient rich. Wonderful for soups and other special dishes.

As far as I am concerned you do not need to be a beef or bison customer to get these unclaimed bones.

Nancy has the final word on allocation. Call her. Quality Meats phone # 320 968 7218

**The same is true for livers.** I know a lot of excellent liver from our animals goes unclaimed.

The latest edition of "Acres" magazine has a great article on the nutritional value of grass-fed liver.

I will send more information on liver in time. Maybe next year. I think we are wasting a lot of good food.

Some people think of the liver as toxic. That is true of GMO and feedlot fed animals.

It is not true of pasture raised animals including bovines, pork, lamb and poultry.

These livers are high in vitamins and other critical nutrients.

Our ancestors ate fresh livers all the time.

Look up grass-fed liver on the internet.

Find some recipes.

Do not cook it until it is shoe leather, like grandma did.

Ask Nancy. She can have liver for you.  
All you want.

### **Cooking grass-fed and pastured meat.**

I realize that I nag about this a lot but I just believe many of you could do better for yourselves.  
Eric, who has been a good customer for years wrote the following.

*"I had a steak last night and I think I am getting it figured out. The steak practically melted in my mouth. So tender I could cut it with a fork... It was DELICIOUS!!!!!! I made an extra to pack in my lunch today and it was just as tender and good....."*

My point is, keep working at it.

Remember that it is not just beef or bison that should be cooked less, but pork, lamb and poultry.  
Use a lower temperature and watch it closely until you get a good feel for the timing.  
Red meats should not pass medium rare. Poultry should be kept moist.  
Lots of cooking tips on Sarah's blog. Also including, ox-tails, broth bones, tallow and lard rendering.

**Sarah's Blog for all recipes, customer letters etc.**

[www.sandhillfarmsarah.wordpress.com](http://www.sandhillfarmsarah.wordpress.com)

Eric asked for a meat ball recipe.

I have attached a recipe that Gail uses. **Gail's Grass Fed Burger and Bacon, Cheddar Meatballs**  
I consider these desert meatballs, they are so tasty.

### **Delivery Help.**

I will continue weekly metro trips until Christmas as needed.

The three drop points of Albertville, Maple Grove and Andover are working out well.

Email me AFTER Nancy tells you your meat is ready.

### **Seasons.**

The hours of daylight are getting amazingly short.

In June the days are so long that I become sleep deprived.

Now, I can relax with an extra cup of coffee waiting for first light.

In the afternoon the dusk comes before I run out of energy.

I love that about Minnesota.

Enjoy this beautiful fall as it ages into winter.

Winter will be fun too.

Think about bobsledding.

Tom

p.s. The bison are in tall native grass. They will spend their winter there.

The hogs are still eating fresh green canola.

See them on Facebook.

Gail's Grass Fed Burger and Bacon, Cheddar Meatballs

**Ingredients**

One medium onion

One slice bacon (cured but uncooked) diced

Two pounds ground meat. Grass-fed beef or bison

Six ounce grated cheddar cheese

Half cup bread crumbs

Three eggs lightly beaten

Two teaspoon salt

- 1. Mix all ingredients thoroughly by hand.**
- 2. Roll the ingredients into 20 golf ball sized balls.**
- 3. Bake for 10 minutes at 350 degrees on a prepared dish in the oven or on a NuWave rack.**
- 4. They should be medium rare. Cook a bit longer if you wish.**  
**Leftovers will be tasty when reheated if they were not overcooked initially.**
- 5. I freeze the uncooked balls on a cookie sheet, and then pack them in zip lock bags for cooking later.**

**They are handy to have available when surprise guests arrive.**

**They cook quickly even when frozen.**

**Gail**