



Monthly Musings

JULY 2008

Eggs in the news

Okay, they're not really in the big-time news, but for those who got eggs from Step-n-Tyme, purchased through us, this is news. We have (hopefully) already notified the members about this who have been ordering eggs.

After carrying on Carmen's egg deliveries for our members since we took over managing the herd share program from her in January, we have decided it is time to focus on the thing that is hardest to find anywhere else

these days, and you know what we're talking about. If you would like to connect with Carmen directly about getting eggs from her, you can contact her by phone at (269) 626-0105 or via email at scbartholomew@sbcglobal.net.

For other local egg sources, you can join the Eat Local SW Michigan yahoo group to view their database: <http://groups.yahoo.com/group/EatLocalSWMich>

Notices

- **July monthly fees** are now due. We will continue with the number of shares you had for June, unless we have heard from you otherwise.
- **Going on vacation this summer?** Plan ahead for your milk delivery. You can request fewer shares for the month, you can arrange for someone else to pick up your milk, or you can pick up extra gallons before your trip and take your milk with you on vacation! Just be sure to let us know at least two days before your scheduled delivery.

Recipe: Failproof Feta

This recipe is from Shawna Hubbard of Weed Dance Farm in Gobles. Kristi made this with our cows' milk and it turned out wonderfully the first time!

Feta cheese like this is really easy. I make it a lot because it always seems to work out and I love goat feta on just about anything. I tend to get cranky when a recipe starts to take up more than one side of a recipe card, so much of my recipes are abbreviated, just ask questions if you have any :) Also, no way did I make this recipe up, I might have adapted it from somewhere, but I cannot remember from where, been using this one for years, so sorry for not giving credit to whoever created this recipe!

Warm one gallon fresh raw milk to 86 degrees. Add 1/4 cup buttermilk or other cultured milk. Stir well. Let milk rest. Stir together 1/2 teaspoon rennet to 1/4 teas cool water and stir into milk, stir for under a minute. Let rest for like, oh, an hour or so.

Take a big knife and cut the curd into cubes. Just do the best you can, don't get too freaky about it. Let it sit a minute. Then warm GENTLY and SLOWLY over low heat, stirring gently and keeping at 86 degrees.

Then slide the curds into a cheesecloth lined colander, tie it up and let the bag hang for 6 hours or until firm. Take it out of bag, slice it in half. Sprinkle 5 Tbsp canning salt or sea salt over the two halves and rub the salt gently all over the half globes. Set the globes in a bowl and cover with a plate.

Now let that sit 24-48 hours, gently salt it again and let it sit for another day or so, then put it into the fridge. Whey will pool at the bottom of the bowl, pour that off. I think you are supposed to let it age a week or so, a lot of times I don't wait that long. You can brine it or submerge it in oil, or just eat it plain. Yum!!

Shawna is a local herbalist and homesteader living in Gobles, Michigan with her husband and two sons. She leads classes and workshops on various topics including herbs, fermentation, homestead animals, soap making, etc. She will also be hosting a women's retreat, the 2nd Annual Weed Dance Weekend, in August. Over the course of the weekend we will be eating local and wild foods and participating in events that include drumming with Dunuya's Carolyn Koebel, yoga and bellydance classes, a barter fair, herbal classes, a moon lodge, and much more. Check out Shawna's website at www.weeddancefarm.com to find out more about her and her farm or Weed Dance Weekend, or to read her wonderfully insightful blog page (where she posted this and many other yummy recipes).