

Farm to Table Recipes-Walking Bird Farm CSA

Hi there, I'm Sarah. I've worked on the farm crew here at Walking Bird for two years. These recipes are for you and are meant to be a general guide, not a step-by-step "how to". I have purposely left most of the measurements out of these recipes so that you can decide for yourself, based on your or your family's preferences. I want to encourage you to be creative. To use up whatever you have lingering in your fridge. Make additions and substitutions as you see fit.

Feel free to share any pictures or comments regarding how it turns out on [facebook page](#), or chat with us in shop. The big thing is that you enjoy doing this. This approach takes away the constraints of a typical recipe, and hopefully, will help you to become more confident in your cooking, while also enjoying the delicious veggies you pick up every week from Walking Bird Farm, in some new and interesting ways.

Chicken Drumstick and Farm Veg Dinner

Directions:

Preheat oven to 400°F. Coat the kohlrabi and carrot greens, mushrooms, garlic scapes, and scallions in your choice of fat, and season with salt, pepper, garlic powder, smoked paprika, and cinnamon to your preference. Line the bottom of your baking dish with your veggies. Season the drumsticks with the same seasonings used on the veggies, and place on top of the bed of veggies. Cook at 400°F for 40-50 minutes.

Option: Coat the drumsticks in your fat choice too. This step isn't necessary, as the drumsticks will cook just fine on their own, but I had some leftover pork fat from another dish I made, so I opted to use that.

Need:

- Glass baking dish (or any other baking dish/pan. Preferably glass, stainless steel, or cast iron)
- 2 (or 3 or 4) packs of chicken drumsticks (I used Cooks Venture's pasture-raised heirloom chicken from Misfits Market, but any drumsticks with the skin on will do)
- Kohlrabi greens
- Carrot greens
- Garlic scapes
- Scallions
- Mushrooms ([Faith Flower](#) mushrooms available in farm shop)
- Pork fat, or any other kind of animal fat. Butter or olive oil would work too, but the animal fat really gives it a better flavor. Some of the fat will render out of the drumsticks as they cook, as it's a fattier cut of the chicken
- Salt
- Pepper
- Garlic powder
- Smoked paprika
- Cinnamon

Substitutions: Pasture 13 pork chops, chicken thighs (preferably skin on and bone-in), chicken breast, etc. Note: subbing a different meat option will affect the cooking time, and possibly the method. For example, if you chose to use Pasture 13's pork chops instead of the drumsticks, it would do them well to be cooked in a cast iron pan on medium-high heat, for 4-5 minutes on either side.

Additions: Veggies, seasonings, fruit, go crazy. Kohlrabi and carrots can be thrown in too. I just had the leaves lying around and didn't want them to go to waste.

Milk and Butter Bread and Berry Dessert

Directions:

Cut yourself a piece of Hammerbacher's Milk and Butter bread. Spread on some, or lots, of butter and raw honey. Top with Walking Bird strawberries, blueberries, and raspberries, and cacao nibs.

Need:

- [Hammerbacher's](#) Milk and Butter bread
- Strawberries
- Blueberries
- Raspberries
- Butter (preferably grass-fed)
- Raw honey (or any one you have lying around)
- Cacao nibs

Substitutions/Additions:

- [Misty Meadow's](#) plain yogurt
- Pepper's Jam: Blueberry Lime, Strawberry, or Tart Cherry (All available in farm shop).
- Peaches
- Cinnamon

