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# December 4, 2015

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Greetings Everyone,

November ended with a wet finale filling the 1200 gallon water collection tank to overflowing. We are still drying out around here, but are thankful for the rain on the pastures. Slowed a bit by the rain, winter preparations continue.

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## Spatchcock Chicken Recipe



The term spatchcock probably originated in Ireland in the 18<sup>th</sup> century and means “to butterfly”. To spatchcock, you cut out the backbone of the chicken and press it flat. The two main advantages are greater amount of evenly crispy skin and reduction of cooking time.

(The recipe below is borrowed from a blog called [chindeep.com](http://chindeep.com). I will pin all recipes to [bonnieviewkc's](https://www.pinterest.com/bonnieviewkc/) pinterest board.)

### To Spatchcock a Chicken:

Using a sharp cooking shears, remove the backbone of the chicken. (save this [for making poultry stock](#).) Flip the chicken over and press down on the breastbone until the chicken cracks and lays flat.

Place bird in a large ziplock bag. Squeeze citrus juice all over bird. A combination of orange, lemon and lime is amazing. Add olive oil, salt, pepper, and freshly pressed garlic. Seal bag and allow to marinate for 3-24 hours.

Place chicken on a cooking rack over a jellyroll pan, roasting the citrus peels alongside the chicken. Roast at 375 degrees F for 50 minutes or until juices run clear.

Remember to save the bones for chicken stock



“Oh, the weather outside is frightful” We now have a warm place to gather and pick up orders!

## Weekly Highlights

Recipes:

<sup>3rd</sup> in series of whole chicken recipes

Pork is now available for pick-up on farm; pricing has been added online

New online ordering available for delivery orders

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## Important Announcements

Live across town? If you and a group of individuals would like Bonnie View KC Products brought to you, consider organizing a drop. If this interests you, please contact us at 816-797-4464 for more information.



We now have our private buying club agreement form ready and will have everyone sign with their next order. There is a one-time fee of \$5 for membership. The form is a simple 2 page document stating you are purchasing products for personal use and you will not pursue any claims against the buying club or our farm. We will be happy to discuss any questions you may have about the agreement.

### Pick-ups (come on by for a visit)

- The farm is open Saturdays 9am to 5pm and by appointment if you want to purchase our pastured eggs and meat or to just stop in for a visit.
- Pick-ups are at our house 9903 Grandview Rd, KCMO (1/2 mile south of Bannister Road near 71 highway)
- Please call or email to coordinate a pick-up time; we are very flexible and typically home during the week so pick a time that works for you.

### EGGS - \$4/dozen

With the shorter days and cooler weather the hens (Rhode Island Red free-range organically raised large brown egg layers) are now laying 12-13 dozen eggs a day. We are approaching the point where the demand for eggs may be more than we can supply, therefore we are looking into various options for how to best serve everyone. Thank you for your patience and understanding as we make the needed adjustments in the upcoming weeks to manage our egg sales.

### Whole Frozen Chickens are available for \$3.75/lb

We processed nearly 900 broilers this year and a large supply is stored in our walk-in freezer ready for purchase. Not sure what to do with a whole chicken and the benefits of the broth? See the article above then stop in for a visit and we can give you some additional tips on how to make a whole chicken go a long way and maximize the benefits from making bone broth.



Bulldozer clearing for a new perimeter fence



Chickens greeting the frosty morning



Beginnings of a hoop structure for extended season gardening