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# February 25, 2016

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Lots of exciting things happening around the farm as Spring approaches. With baby lambs, baby goats, baby chicks, this place will be hopping by mid-March! We do need your help to project the number of meat chickens and turkeys to raise this year. Please let us know how many chickens you would like us to raise for you as well as turkeys. In addition to all the new baby animals arriving, we hope to have lettuce soon from seed planted in the hoop house.

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## Oven Baked Pork Steaks with BBQ Sauce



The pork steak is a cut from the shoulder section of the pig. It is a thin steak that comes from the same section as is used for pulled pork, and it tends to be tough when it isn't cooked low and slow. The meat contains more collagen than most other cuts of pork. Cooking the meat slowly on a low temperature allows the collagen in the tissues to melt away, leaving the pork tender and juicy. Cooking pork steaks in barbecue sauce creates a succulent dish with a bold flavor profile (Excerpt and recipe taken from [Livestrong.com](http://Livestrong.com))

Step 1 Preheat the oven to 325 degrees Fahrenheit.

Step 2 Rinse the pork steaks under cool, running water and place them in the roasting pan.

Step 3 Mix the barbecue sauce with 1 cup water in a small bowl, and pour the sauce over the top of the steaks.

Step 4 Cover the roasting pan with aluminum foil, and seal the edges well.

Step 5 Place the roasting pan in the oven, and cook the steaks for 3 to 4 hours, or until the meat is falling off the bone and flakes apart with a fork



The old barn

We'd like to have a bit of living history on the farm, so we are looking into restoring it. We would appreciate any leads on persons skilled in barn restoration in the area.

## Highlights

Cultivate KC Tour information

All New Pricing (through March 31<sup>st</sup>) - Check out our website for details

New Pork items:

Fresh bacon

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## Important Announcements

We are planning for this year's chickens and turkeys. Please let us know how many you would like us to raise for you.

We will be on the Cultivate KC Urban Grown Tour this year, June 25-26

New online ordering available for orders. We'll have your order ready when you stop by to pick up.

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# Cultivate KC Urban Grown Tour June 25-26

We are excited to announce that we were selected to participate in the Cultivate KC Urban Grown Tour this year on June 25-26. The following is a description directly off their website describing the tour:

“Urban Grown is much more than a tour. It’s a celebration of the good food growing in our city! This self-guided tour is your chance to visit the people who are changing the way our city eats.

- Glean ideas for your home garden
- Learn what it takes to run a farm business in the city
- Get inspired by neighbors working together to feed each other.”

As the date gets closer, be sure to check their website out at <http://www.cultivatekc.org/urbangrowntour/about-tour.htm> I will also share their link on [www.facebook.com/bonnieviewkc](http://www.facebook.com/bonnieviewkc)

## 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.



Christopher and one of the sheep the children have affectionately named “Nosy”!



We have few baby lambs and a few more ewes yet to lamb. They are the cutest little creatures.