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# January 18, 2016

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Happy New Year!

Though we had some bitterly cold nights it appears we get to swing the weather pendulum some this January. Gotta love the Midwest. If you are like me, starting the New Year with thoughts of stewardship of money and health, we have quite a nice sale or NEW LOWER PRICING that will help both!

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## Bacon-wrapped Chicken Recipe



### Ingredients

- 1 Tablespoon brown sugar, packed
- 2 teaspoons sweet Hungarian paprika
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4- to 5-pound whole chicken
- 1/2 onion, thick-sliced
- 10 6-inch sprigs of fresh sage
- 10 6-inch sprigs of fresh thyme
- 5 slices thick bacon, 1 slice cut in half

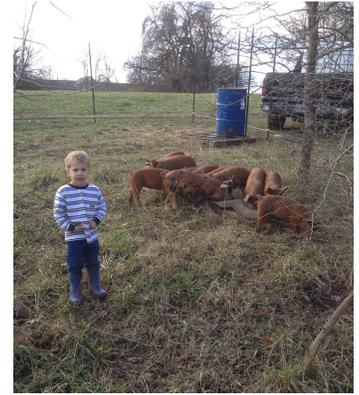
Preheat oven to 375 F. Line a shallow baking pan with foil. Insert a V-shaped roasting rack.

Whisk together brown sugar, paprika, salt, and pepper until combined. Set aside.

Rinse chicken inside and out, removing any giblets, and pat dry with paper towels. Sprinkle inside and out with the spice rub, gently patting to the skin. Place chicken, breast-side up, into the V-rack in the prepared roasting pan.

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Bonnie View KC - your source for Locally-Grown Pastured Meat & Eggs



Christopher with the new feeder pigs just weaned from the sow

### *Thought for the New Year*

“Always bear in mind that your own resolution to succeed is more important than any other.”

Abraham Lincoln.

## Weekly Highlights

Bacon-wrapped Chicken Recipe

All New Pricing! - Check out our website for details

New Pork items:

Italian Sausage and Kielbasa Sausage

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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.

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## Chicken Recipe - continued

Stuff the onion into the cavity, along with half of each of the sage and thyme sprigs. Place the remaining herb sprigs on top of the chicken, over the skin.

Arrange 2 long strips of bacon in an X-shape over the top of the herbs on the chicken breast. Use the 2 half strips to fill in any open spaces on the breast. Use the final 2 pieces to wrap the legs.

Roast for 1 to 1-1/2 hours, depending upon weight. A meat thermometer inserted between the thigh and breast, not touching the bone, should read 165 F. When done, remove from oven and tent with foil. Let rest for 30 minutes before carving to serve to allow juices to reabsorb into the chicken.



**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.

### Whole Frozen Chickens are now available for \$3.00/lb (just reduced from \$3.75/lb)

We raised nearly 900 broilers this year and many of the chickens processed in September are still sitting in our walk-in freezer ready for purchase. Not sure what to do with a whole chicken and the benefits of the broth? Then stop in for a visit and we can give you some tips on how to make a whole chicken go a long way and maximize the benefits from making bone broth.



The sheep were able to stay on pasture until the first week of December before going into the barn for winter. We are expecting baby lambs in early February.



Some great symbiosis happening as the chickens work a pile of cow pies into the soil to prepare a new garden spot for next year. No tiller needed!