

# Mayflower Farm Poultry

Prices in effect from December 2011

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Nico and Ina Van Schie raise happy, healthy certified free-range chickens and turkeys on their small mixed farm in Falmouth (near Windsor), Nova Scotia. We bring in their government-inspected birds so you can stock your freezer whenever their availability meets our demand—usually in early or mid-summer, before Thanksgiving, and if there is still availability, before the December holidays and in early spring. All birds are shipped, stored and sold frozen.



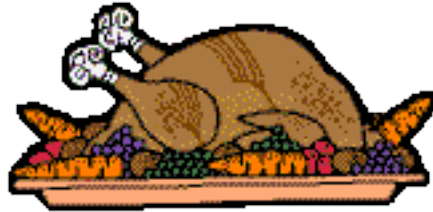
*Ina and Nico in LaHave, making our July 2008 poultry delivery.*

Why is certified free-range poultry so expensive? Raising healthy birds is not a cheap proposition—good, clean feed, appropriate-and-roomy housing, and attentive care costs a lot! Add to that the increasing price of gas (to get them to us) and electricity (for the freezers to store them) and you'll see that the price starts to make sense. The problem is that we've become conditioned to buying inexpensive poultry that is raised in huge numbers in cramped conditions, and on low-quality feed.

It's important for us to pay appropriate prices to farmers like Ina and Nico who raise animals in such a healthy way, and support their efforts whenever we can. The more we send a message to the marketplace that clean food is the only acceptable food, the better.

**Certified free-range turkeys**      **SOLD OUT!**      **\$5.00/pound**  
Sizes range from approximately 12-17 pounds. Please specify your size preference and we will do our best to get close.

**Certified free-range chickens**      **Limited supply in Ellora freezer.**      **\$5.00/pound**  
Sizes range from 5-7 pounds.      **Chickens will go to the first people who order them!**



To get the most out of your chicken or turkey after roasting, strip the meat from the bones, cut into pieces, and freeze in portion-size freezer bags. Chicken and turkey can be used in curries, pasta sauces, soups and stews, and even on pizza. Turkey or chicken in a tomato-based spaghetti sauce is delightful, and turkey vindaloo is especially good (though hardly an authentic Indian recipe!).

Simmering the carcass in a large pot of water for 6-8 hours with 2 tablespoons black peppercorns, 1 tablespoon whole cloves, 3 three bay leaves and a small amount of sea salt makes excellent stock. Strain, cool, skim off the fat, then freeze in wide-mouth mason jars. (Be sure to leave 2 inches head space for expansion).

For a nourishing winter soup, simmer onions, carrots, garlic, celery and potatoes in stock, then add some of the meat you froze earlier. Or make a simple noodle or rice soup with the frozen meat, cooked rice or noodles, and some chopped leafy greens (lettuce, kale, parsley, cilantro). A splash of tamari, lemon juice, balsamic or ume plum vinegar in each serving bowl adds interest, and you can season with any number of condiments.

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