

# HEN HOUSE

MARKET®

Volume 3, Issue 4  
June 28, 2008



## Stanberry Farms- Free Range Brown Eggs

There are about 15 families that make up the farms that give us Stanberry Eggs. The Frey Farm is the head of the Stanberry farmers. Daniel D. Frey is the first owner of this 100% vegetarian fed operation. He began free range eggs 2006. Elizabeth and Daniel got married in 1982 and have been farming ever since. When they bought this 120 acre farm it was all grass. The previous owner owned this farm for 20 years. He had a cow and a calf herd. There had been no previous use of pesticide or chemical spray. And Daniel believes in farming as natural as possible. They usually have Golden Buffs chicken because they are a high production laying hen and they lay a more large egg. These chickens are fed all natural, 100% vegetarian feed. They are turned out everyday to eat grass and bugs. This would be why their egg yolks are a richer yellow color – a result of their healthy diet. They use their own grain and buy the protein for the chickens. They try to keep 600 to 700 laying hens and at present they have around 500 laying hens. Through the Good Natured Family Farm Alliance they sell around 600 cases a year. The opportunity to sell through the supermarket has made advertising and selling their product much easier. Because they're located in a farm county it's hard to get customers to the farm. They want to personally say "Thank you to everyone who buys our products". They also have six dairy cows which they give the milk to baby calves that they buy from a local dairy farm. They also run a small beef cow and calf herd. The Frey family consists of: Daniel Frey, wife, Elizabeth and nine children that contribute to the farm's operations. Their children are: David, Abe, Issac, Daniel Jr., Clare, Harly, Mattie, Freeman and Fred. A typical day in the life of the Frey family: The day begins at 5 am and it's off to milk and feed the animals. Then they sit down to a family breakfast. During the day they work the soil, plant, and gather the eggs three times a day. In the evening the cows are milked and all the animals are fed again. Then they clean, grade and package the eggs and put them in a cooler. Then it is time to rest again and get ready for another day.

Another family farm in Stanberry is the Mast farm. The Masts farm with horses, dairy cows and raise produce. Thirteen family members are involved in the farm operation. John and Nettie Mast are the most actively involved family members. John and Nettie Mast wedded in 1979 and have been farming ever since. Their oldest is 26 and the youngest is nine; all of them help part-time. They own 150 acres and have 400 laying chickens that they let out everyday. They handle and raise the chickens as naturally as possible. The Masts are able to market 500 cases of eggs per year through Good Natured Family Farm Alliance. Their other livestock includes horses, cows, calves, and goats.

The Bontrager Farm also farms in Stanberry. Ura Bontrager has 5 children of which all are involved in the farming operations. They moved to Missouri in 2000 and have been farming their whole life. They farm on 94 acres and have 400 laying chickens at the present time. They market approximately 500 cases of eggs per year through Good Natured Family Farm Alliance. They also have cows for milk, and horses to work the fields with.

### Ingredients

[1 ripe avocado](#)

[1 hard-boiled egg](#)

[2 tablespoons mayonnaise](#)

[1 teaspoon garlic powder](#)

salt and pepper

[paprika](#)

[fresh parsley](#)

[1/8 teaspoon lemon juice](#)

### Avocado and Egg Salad



Cut ripe avocado into chunks. Hard boil egg and chop; add to avocado. Add remaining ingredients. Let stand or refrigerate for a little while, but not too long as avocados may turn. Serve on a bed of lettuce for salad. Sprinkle a little paprika on top for color. ([recipezaar.com](http://recipezaar.com))

### Egg Nutrition

Free-range eggs are much more nutritious — up to twice as rich in vitamin E, up to six times richer in beta carotene (a form of vitamin A) and four times richer in essential omega-3 fatty acids than non range free eggs. And, the free-range eggs averaged only half as much cholesterol as the USDA data indicates for confinement-system eggs; all according to research done by Mother Earth News Magazine. This newsletter is printed on paper made from 30% recycled content

## Free Range Chickens

Located in Fort Scott, Bourbon County, KS, Daniel Troyer and his family farm markets 500-1,000 chickens every month through Good Natured Family Farms. All 16 family members work together to make ends meet. Meet the Troyer family: Daniel and wife Rosina Troyer and daughters Lizzie, Rhoda, Barbara, Ida, Caroline, Mary, Kathryn, Edna and Sarah and sons Eli, Andrew, Rudy, Joseph and Ura. They farm 80 acres for pasture and rent 130 additional acres. They've been farming for some time and moved to Fort Scott from Barron County, Kentucky.

They raise Cornish chickens that are fed and handled in natural ways. Their chickens have lots of space to roam and run around, which they do the majority of the time. The more exercise a chicken gets the stronger their muscles become, yielding a firmer chicken product. To reduce the amount of chemical fertilizer needed, the Troyer family keeps manure spread on the fields weekly.

A day in life of a Troyer family member begins with feeding and seeing to all livestock. Then they eat breakfast as a family. In the summer months they harness a team of horses to cultivate corn and garden. In winter the horses are used to feed cattle and haul wood. Friday is a designated "bake day" for the older girls as they sell from scratch, homemade baked goods from 2-5 p.m. on Fridays and all day on Saturdays. No preservatives are added to the baked goods so they must be sold fresh.

The other livestock they have on the farm include: 10 horses for farming, 11 beef cows, 2 milk cows and 30 sows.

## Tomatoes stuffed with Chicken Salad

**Yield:** 6 servings  
6 large tomatoes

2 cups cooked and cubed chicken  
1/2 cup minced red bell pepper  
1/2 cup corn, drained  
1 1/2 tablespoons minced red onion  
1/4 cup plus 2 tablespoons olive oil  
1/4 cup fresh lemon juice  
1 tablespoon chopped fresh Italian flat-leaf parsley  
1 tablespoon Dijon mustard  
1 tablespoon mayonnaise  
1 teaspoon ground black pepper  
1/2 teaspoon salt



Leaf lettuce or spinach leaves

Cut 1/2-inch off top of each tomato. Scoop out pulp from tomatoes.

Turn tomatoes upside down on paper towels to drain.

In a medium bowl, combine chicken, bell pepper, corn, and onion.

In a small bowl, whisk together olive oil and next 6 ingredients.

Pour over chicken, tossing gently to coat. Line tomatoes with leaf lettuce or spinach leaves. Spoon chicken salad evenly into tomatoes.

Refrigerate or serve immediately. (foodnetwork.com)

## Chicken Nutrition Facts

Chicken is a very good source of the cancer-protective B vitamin, [niacin](#). Components of DNA require niacin, and a deficiency of niacin (as well as other B-complex vitamins) has been directly linked to genetic (DNA) damage. A four-ounce serving of chicken provides 72.0% of the daily value for niacin. Chicken is also a good source of the trace mineral, [selenium](#). Selenium is of fundamental importance to human health. It is an essential component of several major metabolic pathways, including thyroid hormone metabolism, antioxidant defense systems, and immune function. Chicken is also a good source of [vitamin B6](#). This particular mix of B-complex vitamins makes chicken a helpful food in supporting energy metabolism throughout the body, because these B vitamins are involved as cofactors that help enzymes throughout the body guide metabolic reactions. ([whfoods.com](#))

## Free Range Chicken from Noah P. Hochstetler at the Hochstetlers Ranch

Hochstetlers Ranch is located in Fort Scott, Bourbon County, KS. Eight family members are actively involved in the farm operation: Noah Hochstetler, wife Mary Hochstetler, sons Levi, Menno, Moses and daughters Ida, Esther and Mattie.

They own 48.5 acres supporting: 12 horses, 3 cows, 9 heifers, 6 sheep, 12 hogs, 34 laying hens and around 2,400 chickens ranging from small to large. They've been farming 20 years now but only 2 years in Kansas. They used to reside in Wisconsin and had 20 cows to milk by hand!

The Hochstetler Ranch is a small farm of horses, cows, sheep, hogs, laying hens and chickens. The horses are needed for their horsepower, the cows are needed for their milk, the hogs for meat, the hens for eggs and the sheep to clip the grass.

The Hochstetlers market around 120 to 200 Cornish chickens every week through Good Natured Family Farms. They raise their chickens as naturally as possible and manually transport their feed and water to chicken feeders every morning and evening by a 5 gallon pail. They don't use any chemical fertilizer or any herbicide on their land, staying as organic as possible. And they utilize chicken and horse manure for the sole source of their fertilizer. They have recently begun shredding old fescue grass to use as bedding for the birds; this results in cleaner, healthier looking birds.

A typical day on the Hochstetler Ranch during May-September: first thing in the morning is feeding and watering all the chickens and then Levi rises and milks his cows, Menno brings the horses in and feeds them and then it's time for breakfast as a family. After that, Levi goes and feeds the hogs and Menno releases most of the horses back into the pasture. Mary feeds the hens and sees to it that the chickens have all they need for the day. Levi then hitches to a hay mower and goes to mow hay and then the rest of the family takes shifts hoeing in the garden until the sun gets too hot. Then find shade and do a fix-up job of some sort.