



Pastured Poultry

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Why Buy our Pastured Poultry?

Our pastured broiler chickens and turkeys spend the majority of their lives on **native grass pasture**.

We raise our birds **humanely**, on a scale that is manageable by the two of us. By moving our birds daily, we help to insure that a portion of their diet come from **high protein insects and grass**.

This lifestyle:

- **Reduces** the overall fat
- **Increases**
 - **Omega 3** fatty acids
 - **Vitamin A**
 - **Vitamin E**
 - **Folic acid**



Our birds are raised **without hormones or antibiotics**, supplemented with certified **organic flax** to boost **Omega 3** fatty acids in the meat.



Price List

Earlier orders will be granted priority for requests, and we will contact you before making major substitutions. Please contact us to order poultry by a week before your processing dates. You will receive a whole, cleaned bird just like you would buy anywhere else. (No cleaning or plucking involved!)

Whole Chickens **\$3.00/lb**

Our chickens are very happy and healthy, and usually dress out at **3 to 5 pounds** per bird. Chickens will be cleaned, plucked, and bagged with heart, liver, and gizzard. They will be frozen, so please bring a cooler.

Cut Up Chickens **\$3.30/lb**

These are the same chickens as our whole chickens, but the processor will cut them up for you. You will still get a whole bird, but will not have to separate out the breasts, wings, and drumsticks on your own.

Frozen Turkeys **\$3.50/lb**

Turkeys will be cleaned, plucked, and bagged. Giblets (heart, liver, gizzard) will be included. Our turkeys are about **11 to 17 pounds** per bird, with most birds ranging from 14 to 16 pounds.

Our favorite recipe for whole chicken is "Beer Can Chicken", which is **fantastic for grilling and tailgating**. The leftovers from our large birds go into **chicken salads and soup** and the bones we cook down for broth. You can find these recipes on page two of this printout!



Product Details

Product Pickup

You can always call or email ahead and come visit us on the farm. Ryan is home most days, and visiting the farm makes a great family day. If we have meat in the freezer, you can purchase it in our shop; along with any seasonal specials we happen to have, such as our fantastic peaches in August!

We are looking for customers who would serve as a drop off point/meeting place in **Ames** and **Des Moines**. Other customers would pick up birds right when we drop them off, or make other arrangements with you. You do not need anything other than a garage or basement, and a desire to help other local food buyers!



Recipe Corner

Apricot Chicken Salad

(Adapted from Cook's Country Aug/Sept 2005)

1/3 cup mayonnaise
 1/4 cup apricot or peach preserves
 1 tablespoon lemon juice
 1/4 teaspoon cayenne pepper (can be reduced to reduce spice, but do not leave out!)
 3 cups shredded cooked chicken
 1/2 cup red grapes, halved
 1/2 cup slivered almonds, toasted
 2 Tablespoons chopped fresh tarragon
 salt to taste

Mix mayonnaise, preserves, lemon juice, and cayenne in small bowl until combined. Toss chicken, grapes, almonds, and tarragon together in large bowl. Add mayonnaise mixture and toss until coated. Season with salt to taste. Serve or cover and refrigerate for up to 2 days.

Beer Can Chicken

(Adapted from George Duran's Ham on the Street)
 Spice Rub:

2 Tablespoons garlic powder
 1 Tablespoon ground cumin
 1 Tablespoon ground coriander
 1 Tablespoon paprika
 1 Tablespoon Kosher Salt (if regular salt, use $\frac{1}{2}$ to $\frac{3}{4}$ Tbsp)

1 chicken
 1 12 oz can of beer

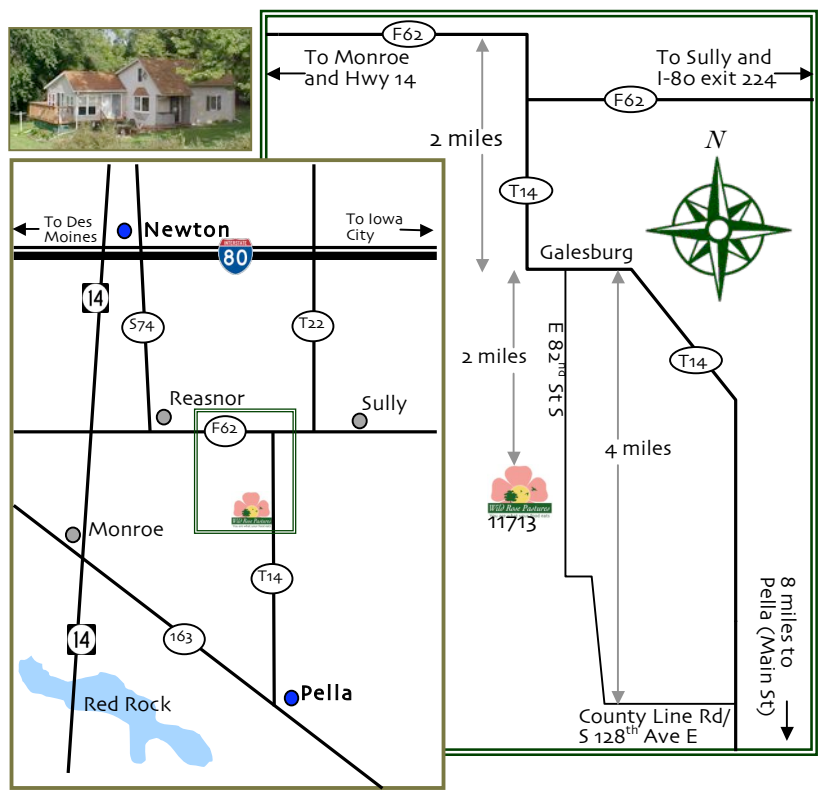
Heat a gas or charcoal grill with a lid big enough to accommodate the bird. Put a drip pan below the grates, and arrange heat to go on either side of the bird rather than directly beneath it. Alternately, preheat the oven to 350 degrees Fahrenheit.

Mix the spice rub until well blended. (Can be kept in fridge for up to one week.) Rub all over the chicken and inside the cavity, also under the skin of the thighs and breasts. Use a skewer to poke the skin all over and render as much fat as possible.

Use a church key can opener to punch holes in the top of the beer. Drink a couple of swigs of beer, or just pour out a couple of ounces of beer. Put the beer can in the cavity so that the chicken can stand up on its legs and the can and the wings are on the top.

Cook until the juices run clear, about 1 hour. Move to a cutting board or cooling rack to rest for 10 minutes. Carefully pull the can out of the chicken using oven mitts or a wad of paper towels (caution it will be very hot!). Enjoy!

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1 Tablespoon black pepper
 1 teaspoon cayenne pepper (can be cut down for less spice)
 $\frac{1}{2}$ cup extra-virgin olive oil
 1 lemon, zested with juice (or just 2 Tablespoons lemon juice)