

Getting The Most Out Of Your Whole Chicken

ONE chicken, at least THREE meals, for FOUR people!

For a chicken that is \$4 a pound (5 lbs.), that is ~ \$1.67 per meal per person.

I'll tell you how! But first, why pastured chicken is so much better nutritionally. With a chicken that has been eating grass forage, getting sunshine and being healthy you will get more nutrition for your dollar. And we all need more nutrition from our food and lessening our dependence on the multi-vitamin that our bodies have a harder time utilizing.

- Grass, or forage: Animals that eat forage have more **vitamin E**, **beta-carotene**, **vitamin C**, and a number of health-promoting fats, including **omega-3** fatty acids and “conjugated linoleic acid,” or **CLA**. Along with **trace minerals** stored in the forage, so the better the soil the more minerals are available in the forage.
- Getting sunshine: The animal makes **vitamin D**, becomes a better source of vitamin D in the animal fat, and stays **healthier**. We all know that vitamin D helps our immune systems, same for animals.
- Healthier: Equals more nutrition. Back to basic biology and taking a look at the food web, the **healthier** the smaller components in the food web are, then the more **healthy** the top of the food web will be. Healthy soil = healthy plants = healthy animals = healthy people who eat that meat. You can only get as much nutrition out of your food as the food web below you allows. Don't expect the same nutrition from a basic supermarket chicken that was grown in crowded, indoor, fed less than optimum feed as a pastured chicken will give you.

Start with One Chicken

Meal #1: Roast it in the oven or cook it in a slow cooker.

Meal #2: SAVE EVERYTHING you don't eat. Separate the rest of the meat from the chicken, depending on your appetite 1-2 cups is adequate for use in another meal. Take your bones, skin, giblets if left in the bird, juices from your roasting pan or slow cooker and put this in a stock pot or return to your slow cooker. Cover with water. Keep on a low simmer for up to 24 hours. Cool, strain, and now you have wonderful nutritious stock! Use to make soups, cook rice in to add flavor and nutrition and many other recipes. Stores well in refrigerator or freezer for later use.

Meal #3: Use the remaining 1-2 cups of meat in your favorite chicken recipe; enchiladas, pizza, casserole or soup.

Now make sure you get the MOST out of your chicken!



Our Chickens Story at Nelson Grass Farm

The life of a broiler (meat) chicken at our farm is picturesque, like what you think of when you think of a chicken on a farm. This is similar to all the animals we keep. Here is the story of our chickens.

We receive day old chicks from the hatchery. We have our brooder ready for when they come. They need a warm (90°F), draft free, adequately ventilated space. They have access to a transitional organic, no soy grain ration (mainly corn and peas, triticale). We keep them in the brooder for 3 weeks, until most their feathers have grown in and depending on the weather. At that time, they go into our chicken tractors.



Here they grow to 7– 9 weeks of age, which is much slower than conventional facilities. Our tractors provide shelter, protection and food. These are open on the bottom, and the chickens are moved every day to fresh grass. In addition to the forage and bugs they eat, they still have access to our grain ration. When the chickens are ready to butcher, we hand pick each one up and put them into a crate. We then transport them to a state inspected processing facility in Brainerd, MN. A couple days later, we pick up our frozen chickens!

And that is how our chicken came to you from egg to plate.

Find out more about our Farm:

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Come See Us!!

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