

## WHO'S YOUR FARMER?

# AMANDA KOLBECK kolbeck farm



### DESCRIBE YOUR FARM

I farm with my husband, Chad, and our two boys, Nicholas and Adam. On our family farm we have no GMOs and use organic practices. I am looking to pursue a naturally-grown certification, and our goal is to become as self-sustainable as possible. Our farm is located east of Marshfield. We grow a variety of everything in our garden. We grow heirloom only vegetables as well as herbs and fruits. We raise cattle, pigs, turkeys, ducks and chickens.

### WHAT BROUGHT YOU INTO FARMING?

My husband and I both grew up farming, and we love it. When we had children, we decided it was important to us to grow produce more naturally. Farming is a great way to live and raise children.

### WHAT DO YOU LOVE MOST ABOUT FARMING?

I love that I know exactly where our food comes from, and that we are providing good clean food to people. We have everything we need to eat right at our finger tips--we can just go outside to get it. Getting to work outside is another thing I love!

### WHAT IS MOST DIFFICULT ABOUT FARMING?

It is most difficult getting people to understand why we farm the way we do, with an organic, natural focus.

### WHAT IS YOUR HOPE FOR FARMING?

My hope for farming is that the family farm comes back and organic takes over other means of farming.

### WHERE CAN YOU BE FOUND?

Wednesday nights at the Stratford Farmers' Market and at the Marshfield Farmers' Market.

We are currently working on creating a Facebook page and establishing a farm name.

### RECIPE: SMOTHERED OKRA

#### INGREDIENTS:

1/2 c. chopped onion  
1/2 c. chopped sweet pepper  
2 cloves garlic, minced  
2 tablespoons butter or bacon grease  
2 cups okra, cut into thick 1/2 inch pieces  
2 large heirloom tomatoes, chopped  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
1/8 teaspoon ground red pepper  
OR pepper flakes (optional)  
4 bacon slices, crisp-cooked, crumbled

#### DIRECTIONS:

In large skillet cook and stir the onion, sweet peppers, and garlic in butter or bacon grease about 5 minutes or until tender. Stir in okra, tomatoes, salt, black pepper, and, if desired, red pepper or pepper flakes. Bring to boil. Reduce heat and simmer, covered, 20-30 minutes for fresh okra (15 minutes for thawed okra) or until okra is tender. Serve over bed of rice, sprinkle with bacon. Serves 4.