

WHO'S YOUR FARMER?

PAUL NEHRING newgrassfarm



DESCRIBE YOUR FARM

I farm by myself on my farm located east of Wausau, WI. I raise grass-fed beef which is marketed in Wausau. I manage lands to enhance value and promote land regeneration.

WHAT BROUGHT YOU INTO FARMING?

I did not grow up on a farm like many of our county farmers. I wanted to get into farming to raise food that people can feel good about eating and know where it comes from.

WHAT DO YOU LOVE MOST ABOUT FARMING?

I love the peace I feel watching cattle graze in a well-managed pasture. I can never get over that.

WHAT IS MOST DIFFICULT ABOUT FARMING?

The most difficult thing about farming is preparing for winter and dealing with winter in general.

WHAT IS YOUR HOPE FOR FARMING?

I hope that I can play a significant role in providing healthy food for our local population. I hope to contribute to turning around the current negative course of health and the weight of our nation.

WHERE CAN YOU BE FOUND?

More information can be found at: www.newgrassfarm.com.

RECIPE: SWISS STEAK

INGREDIENTS:

2-3 lbs Chuck Roast
Salt & Pepper
2 tbsp vegetable oil
1 onion, chopped thin
3 garlic cloves, minced
1/2 tsp dried thyme
2 tbsp of tomato paste
1 tbsp white flour
1 (14.5 oz) can of diced tomatoes
1 1/2 cups of chicken or beef broth

DIRECTIONS:

Heat oven to 300 degrees. Cut the Chuck Roast into 3-4 inch pieces, about 1 1/4 inches thick. Trim off fat and gristle. Dry them and sprinkle with salt and pepper. Heat Dutch oven to medium high on your stove top. Place Chuck meat in the hot pan and brown for 2-3 minutes per side. Transfer to plate when done and set aside. Add the vegetable oil to the Dutch oven, then add onions and cook until softened, about 5 minutes. Add garlic, thyme, and tomato paste, and flour and cook until fragrant, about 1 min. Stir in diced tomatoes and broth and bring to a simmer. Return the steaks with any accumulated juices to the Dutch oven. Cover with the lid, and place into the oven. Cook until the steak is tender, about 2 hours. Transfer steaks to a platter, and let rest for about 5 minutes. Season with salt and pepper to taste. Pour sauce over steaks and serve. This recipe is delicious with mashed potatoes.