

## WHO'S YOUR FARMER?

# MIKE RITTER ritter's pleasant valley farm



### DESCRIBE YOUR FARM

I farm with my wife, Julie. We have a small farm of 50 acres. We raise and sell pastured Buff Orpington chickens, which are a heritage breed. We grow and sell culinary mushrooms. We currently have two varieties of oyster mushrooms and also shiitake mushrooms. We are building a very nice herd of Hereford beef cattle to sell as grass-fed, grass-finished beef.

### WHAT BROUGHT YOU INTO FARMING?

Farming has been in our dreams for many years. We both enjoy working outside whether it be in the garden or with the animals.

### WHAT DO YOU LOVE MOST ABOUT FARMING?

We really love when the babies are born for us to watch grow. We also really enjoy the fact that we don't have to rely on the big grocery stores controlling what is available for us to eat. There is complete satisfaction in preparing an entire meal that was raised/grown on property by us.

### WHAT IS MOST DIFFICULT ABOUT FARMING?

Farming is not for everyone. So many factors decide your schedule some days, whether it be animals or the weather. To farm like we do, you have to commit to this lifestyle. The hardest thing for us is when the animals we watched grow go in to be processed. But that's how this all goes.

### WHAT IS YOUR HOPE FOR FARMING?

Farming needs to be about knowing where your food comes from--what is in your food, what nutrients are in your food or not in your food. Today's big farms produce for production, not nutrition. Our farms should also teach children that doing hard work is not a bad thing, to respect life, and that a life is not to be wasted.

### WHERE CAN YOU BE FOUND?

Our farm is located in the town of Easton, about 12 miles east of Wausau.

Contact us at [mikeritter\\_25@msn.com](mailto:mikeritter_25@msn.com) or by calling 715-432-3244. Our Facebook page is "Ritter's Pleasant Valley Farm".

### RECIPE: STUFFED PEPPERS

#### INGREDIENTS:

2 lbs quality ground beef  
1 medium onion diced  
1 clove fresh minced garlic  
1/2 cup diced fresh mushrooms  
3/4 cup rolled oats  
1 T. Worcestershire sauce  
2 farm fresh eggs  
Salt and pepper to taste

#### DIRECTIONS:

Mix meat mixture and stuff into cored whole bell peppers. Place in saucepan and almost cover with tomato juice. Cover and simmer on medium heat (gently stirring occasionally) until meat is cooked through (160 degrees F). When done stir in 8 oz. sour cream, 1/2 cup water and 1 T. flour. Bring to just a boil and serve over potatoes, rice, or pasta.