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WHERE'S THE BEEF?

Where's the Beef? And the Pork? And the Poultry? And the Lamb? Supermarkets freezers are bare these days trying to keep up with consumer demand.

My colleague Kelly Nichols, University of Maryland Extension Agricultural Agent, explains, "There is plenty of food being produced but the food supply chain is not functioning at full capacity to get the food out. For instance there is a shortage of workers due to illness and processing plants nationwide are operating with fewer hours. Locally, butcher shop schedules are booked for weeks ahead and unable to keep with the demand. Everyone in agriculture is working 24/7 to keep up with demand."

One simple solution to meet your needs for protein is to shop from local farms. The products are absolutely delicious and you may never want to rely on a supermarket again. To guide you, Kelly and I have put together a list of Frederick County farms open to serve you, listed alphabetically. ***Before making a trip, be sure to check their hours and if they have product available.*** Most have a website and/or Facebook page which they keep updated.

GOOD HOPE FARMSTEAD

<https://www.goodhopefarmstead.com/> Check website for locations. On-line orders only.

HEMPS MEATS

<http://www.hempsmeat.com/>

Address: 3740 Jefferson Pike, Jefferson, MD 21755, Phone: 301-473-5700

Open Monday to Saturday: 8:00 a.m. – 2:00 p.m. (Temporary Hours)

Now offering limited delivery slots each day with the following details: \$7.50 delivery fee for the first 5 miles and an additional \$1.00 for each mile after that. Orders will be placed and paid for over the phone. 1-2 day's notice will be required, and slots for each day may still fill up on a first come first served basis.

HEDGEAPPLE FARM AND MARKET

<http://www.hedgeapplefarm.com/>

Address: 3735 Buckeystown Pike, Buckeystown, MD 21717, Phone: 301-662-0226

Open Thursday & Friday: 12 Noon - 5:00 p.m., Saturday: 10:00 a.m. - 3:00 p.m.

Inventory updated each day we are open to help you plan, check their website. Ground beef purchases limited to 10 pounds per person.

HILLSIDE TURKEY

<https://hillsideTurkey.com/>

Address: 30 Elm Street, Thurmont, MD 21788, Phone 301-271-2728

Open Thursday & Friday: 8:00 a.m. – 3 p.m., Saturday: 8:00 a.m. – 12 Noon

Email your order ahead of time at https://hillsideTurkey.com click on PREORDER, then type your order into the box. Call in orders accepted Monday to Friday 8:00 a.m. - 2:30 p.m.

ROCKY POINT CREAMERY

<https://www.rockypointcreamery.com>

Address: 4323A Tuscarora Road, Tuscarora, MD 21790, Phone 301-874-5810

Open Tuesday to Sunday: 11:30 a.m. – 7:00 p.m.

OPEN for Drive Thru Service only During CoVID-19 Restrictions! Check out their Facebook page for the most current information and updates

WAGNERS MEATS

<http://www.wagnersmeats.com/>

Address: 604 North Main Street, Mt. Airy, MD 21771, Phone 301-829-0500

Open Monday to Friday during these times:

Senior Hours 7:30-9:00 a.m. // Open to the Public 9:00 a.m. - 11:00 a.m.

CLOSED 11:00 AM- 1:00 PM to restock & sanitize // Open to the Public 1:00 p.m. – 5:00 p.m.

Saturday Open to the Public 7:30 a.m. – 1:00 p.m.

This list is not complete and if I have missed a local farm please email me at drhoades@umd.edu Some popular businesses are not listed due to inability to keep up demand.

A great resource for finding local products is the HOMEGROWN FREDERICK website www.homegrownfrederick.com Click on “Find Local Products” and select a category. Looking forward...many of the 4H youth are currently raising market project animals (beef, sheep, swine, and goats) which will be available for purchase in the Fall. For more information contact the Frederick County Extension 4H Office at 301.600.1589.

DEBBIE'S EASY LASAGNA

This is a great way to use up the variety of cheeses in the fridge. Use whatever ground meat you have available or ground poultry.

3/4 pound ground beef

3/4 pound sausage

1 bottle of your favorite tomato sauce

3/4 pound mozzarella cheese, shredded

1/4 pound hard Italian cheese – asiago, Romano, parmesan

16 ounce container of cottage cheese

2 eggs

12 ounces lasagna noodles

Brown ground beef or sausage in a skillet. Drain well to remove excess fat. In a large bowl, add meat to tomato sauce. Grate cheeses and mix together. Beat eggs and add to cottage cheese. Add 1 cup of the grated cheese to egg mixture. Cook lasagna noodles. Layer in baking dish the meat sauce, egg mixture, and lasagna noodles. Top with remaining shredded cheese and bake for 50 to 60 minutes in 350°F oven. Let sit for 10 minutes before cutting.

OVEN BARBEQUED CHICKEN

This is a great recipe to use whatever chicken you have on hand – whole, wings, legs, thighs or breast. The aroma will bring everyone to the table!

4 pounds chicken
3 Tablespoons ketchup
2 Tablespoons vinegar
2 Tablespoons Worcestershire sauce
1/4 cup water
3 Tablespoons cooking oil
3 Tablespoons brown sugar
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon paprika
1/2 teaspoon chili powder

Place chicken in baking pan. Combine sauce ingredients and pour over chicken. Bake uncovered for two hours at 350°F basting often.

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