

# edible SAN DIEGO for Kids!

LOCAL HEALTHY FOOD FOR LOCAL HEALTHY KIDS  
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## Young farmer raises animals for meat and milk

By Kylie Konyn

When you think of meat and dairy, what do you think of? A nice, thick, juicy burger and some chocolate milk or some grilled chicken, macaroni and cheese, or ice cream. Whatever your favorite food, it all started on a farm.

The home of dairy products is a dairy farm where the calves play and frolic and the cows moo. This is the beginning of a long process that makes cheese, milk, yogurt, and yes, of course, ice cream.

Most people in San Diego have never visited a dairy. There are very few dairies left in San Diego County. In a county that once had over 200 dairies, there are only three remaining in San Diego County: Frank Konyn Dairy, Van Tol Dairy and Van Ommering Dairy.

My dad, Mr. Konyn, is one of these three remaining farmers. I am the third generation in my family to enter into the dairy business. The cows from these farms provide fresh milk every day. The milk is shipped to a processing plant, made into all kinds of dairy products and then delivered to your local grocery store. So in a way, you are connected to a dairy farm.



*Kylie Konyn, age 13, has started her own dairy herd and hopes to make dairy her career.*

But how are you connected to meat? This is how. Think of the last time you had meat, whether it was poultry, pork, lamb, or beef. And then think of what you had as a side dish—broccoli, corn, green beans, or lettuce. Well guess what? My animals eat some of the same products that you do. In addition to alfalfa hay and local forages, the cows on our dairy are fed products from local organic growers, juice plants, bakeries, and breweries. Most of this food is considered unusable by the farms and businesses that provide it but the cows think it is delicious—and

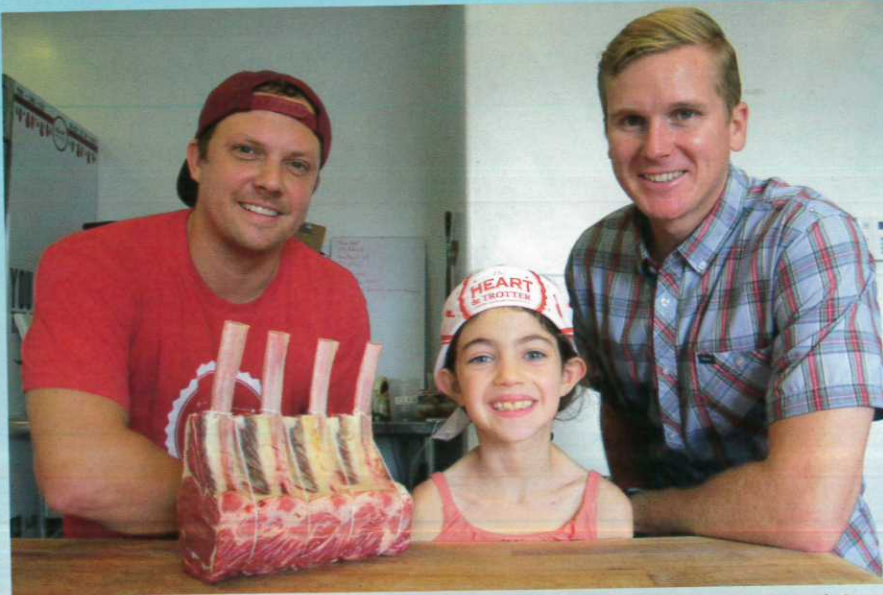
it is very good for them. So our family's cows are getting to eat all this good food when it would have been thrown away. We have a nutritionist who helps develop diets for our cows using these products.

Besides my dairy animals, I also raise meat animals. Some of my meat animals include chickens, turkeys, goats, and beef cattle. The chickens and turkeys are fed grain, and lots of it. They are also fed organic produce from local growers. The goats are raised on their mother's milk until they are old enough to be weaned and eat grain and hay. Weaning is where you reduce the amount of milk that the animals are fed and increase the amounts of other food. The beef cattle are also raised on mom's milk, but are then transferred to a lush, green, irrigated pasture. Some of them are fed grain at the end to help add fat and flavor to the meat.

Being a farmer is much more than crops and fields. There are the animals too, both dairy and meat, and for that we thank our farmers for raising healthy, sustainable food.

# An Interview at a Local Butcher Shop

By Lilia Spiegel



Lilia Spiegel with Heart and Trotter owners, James Holtslag (left) and Trey Nichols (right).

**Lilia:** Where does your meat come from?

**Trey:** All of our meat is as local as possible. What that means is that we get all of our meat from California. There's not enough rain in Southern California to get 100% grass-fed beef here so we need to go further north. We have visited every single ranch that we deal with. Just recently we visited a new farm in Campo (20-30 miles away) and we are going to start working with them to start doing farm tours. You have a spot on our first farm tour!

**Lilia:** Why did you choose this job?

**James:** I chose this job because I saw a really great opportunity to help change the way people in San Diego eat meat. It's really important for us to educate people as young as you, in elementary school. You are the next generation to support what we are trying to do — promote a local, healthy diet that will cut back on a lot of chronic diseases that so many Americans have.

**Lilia:** What do you like about your job?

**Trey:** We get to work with great ranchers that have really good programs and amazing animals who have good lives. That is not typical of the meat Americans buy in their supermarkets. So it's really gratifying to be able to work with people like that and to be able to give an amazing product to people like you.

**Lilia:** What is your favorite kind of meat?

**Trey:** My favorite meat is ground beef that is grass fed and local. You can make lots of different meals with it, like hamburgers, meatballs, and spaghetti. It tastes really good, it's full of flavor and it's cheap!

**Lilia:** How did you choose the name of your shop?

**James:** The name is the Heart and Trotter. The "heart" refers to our passion for what we do. Trotter refers to Trey because he's a "trotter," as in a runner. The name not only describes us, but also refers to the heart of the animal and the trotter, which is another word for a pig's foot. We sell both in the shop.

**Lilia:** When you were a kid, did you like meat?

**Trey:** For a while I didn't eat any chicken because I saw a chicken truck drive by with a bunch of chickens in cages. Some of them were dead and it smelled really bad.

Then I became a vegetarian so I didn't eat meat from 8th grade until I went to college. There was a time when I didn't like meat. It was mostly because I cared about how the animals were treated. As a kid I didn't know how to find meat that was raised humanely. I went to college where James and I met. We started hunting and met some friends that hunted. They would always bring back fresh deer meat. I started eating meat more and more then.

**Lilia:** Is there any advice that would you give people about becoming a butcher?

**James:** I would say come and talk to us. We are one of the only whole animal butcher shops in Southern California and San Diego, so what we do is a lot different from supermarkets. You can learn how to cut a steak elsewhere, but here you can learn how to sustainably use the whole animal.

**Lilia:** Is there anything else you want to add?

**James:** We just started to offer lunch meats that are really good, sustainable and high quality with no hormones, no antibiotics and no chemicals. We make all our products in the shop with our own recipes. They are super high quality, super simple and great for kids!

You were a great interviewer and thank you for coming to talk to us today!

Heart and Trotter is located at 2855 El Cajon Blvd #1, San Diego, CA 92104.

Lilia Spiegel is a 2nd grader at the San Diego Cooperative Charter School. Her favorite foods are ramen, sushi, and mac & cheese.

## Kitchen Fun: Spaghetti and Meatballs

Cooking healthy food is fun and good for you and your family. Here is a delicious way to cook ground meat.

- 1 lb 100% ground beef (80/20)
- 1 lb heritage-bred ground pork (70/30)
- 1 Spanish onion finely chopped
- 3 cloves minced garlic
- 2 Tbs fresh Italian parsley, plus extra for garnish
- 1½ tsp kosher salt
- ½ tsp fresh black pepper
- ½ tsp red pepper flake
- ½ tsp ground fennel
- 1 cup sourdough bread pieces
- 1 cup buttermilk
- 2 egg yolks
- 3 Tbs olive oil
- 1 quart tomato sauce
- 2 pounds egg spaghetti
- Freshly grated Parmesan cheese for serving

1. Tear sourdough into small pieces, cover with buttermilk and let sit for 5 minutes.
2. Combine all ingredients up through the egg yolks in large mixing bowl. Mix using your hands until everything is incorporated. Avoiding over mixing.
3. Roll mixture in to 2½ inch meatballs. Place on a baking sheet and return to fridge to rest.
4. Heat 3 tablespoons of olive oil over medium-high in a pot large enough to eventually hold all the meatballs and sauce. Working in batches cook meatballs on all sides until well browned. Return to baking sheet.



5. Return pot to medium heat and add tomato sauce and meatballs. Bring to a simmer, cover and allow to cook until meatballs are cooked through, about 15 minutes.
6. Bring a large pot of salted water to a boil and cook pasta according to instructions.

7. Strain pasta return to pot and slowly pour over sauce and meatball mixture. Gently toss with tongs, and plate into 6 service dishes. Garnish with extra parsley, cheese, and serve.

*Recipe courtesy of the Heart and Trotter*

## Growing Fun: **Regrow Your Food**

Did you know that you can regrow food from kitchen scraps? Instead of throwing away or composting the little ends that you don't eat, you can grow more vegetables!

### WHAT YOU WILL NEED:

One or more of the following

- Celery
- Lettuce
- Cabbage
- Green Onions

A few clear glass jars

Some water

A warm place with sunlight

### STEPS:

1. Cut off the ends of the vegetables: the bottom of the celery, the bottom of the head of lettuce or cabbage, the bottom white part of the green onions, the top of the carrots with the greens.
2. Slice the vegetables and eat them. You can even make a salad or dip them in hummus if you'd like.
3. Place each of the kitchen scraps root-side down and cut-side up in a glass jar with about half an inch of water in the bottom.
4. Place the jars on a windowsill where the plants will get sunlight for most of the day.
5. Check your plants every day and notice if anything changes.
6. Every 1-2 days, pour out the old water and add new water.
7. Watch the vegetables grow! Which ones grow the fastest?
8. You can let the vegetables grow in the water until they are big enough to eat, or you can plant them in soil after they are a few inches tall. It will take a few months before they are ready to harvest.
9. Have fun!



Slow Food Urban San Diego is the local chapter of an international nonprofit organization that supports good, clean, and fair food for all. To learn more about us and what we do here in San Diego, please visit [slowfoodurbansandiego.org](http://slowfoodurbansandiego.org).



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