



## GOETZINGER FARM NEWSLETTER

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### Recipe Box Idea:

#### Mongolian Beefw/rice

1 1/2 pounds beef steak (flank steak, rib eye steak or striploin steak are all good choices)  
1/3 cup corn starch  
Vegetable oil for frying.  
1 cup sliced water chestnuts, 1 can rinsed  
1 cup chopped bell peppers; green, yellow, red  
Add Broccoli if you like or snap peas

#### For the sauce:

2 tbsp vegetable oil  
3 cloves minced garlic  
3/4 cup water  
2 tbsp grated fresh ginger root  
1/4 cup low sodium soy sauce  
1/2 cup hoisin sauce  
1/4 cup brown sugar  
3 tbsp rice wine vinegar  
2 tsp crushed chili paste or chili flakes to taste, optional

Cut beef steak across the grain into 1/4" thick strips

Dredge beef strips into the corn starch, heat oil, fry or flash fry the steak strips. Add peppers first then other veggies and sauce and simmer.

Remaining instructions: go to  
<https://www.rockrecipes.com/mongolian-beef-quick-easy-recipe/>


Make white or Jasmine rice as directed.

### Weekly News:

Hello everyone,

Spring is just around the corner and we are enjoying the nice weather. Even the farm animals are very happy to be able to freely roam around more. We are expecting new calves starting in April/May. These are exciting and wonderful days. Especially naming them and or just watching them get their legs and frolicking around.

Last year we were a Second Harvest participant and contributor which we felt honored to help others in need. It was our pleasure to help our community.

We just received our New Years Beef product supply and welcome you to visit our website to place an order on line or to just drop us a line. We are very happy with  and you are ready to cook. See you there.

<https://gallowayguy.com>.

More exciting news that we are working on are extending our products

## We Got The BEEF !

### Spring Summer Schedule:

Hello Friends,

We will be participating in the, Spring Green Farmers Market and look forward to seeing all of you again.

### Fun Fact:

M&M stands for Mars and Murrie.

Forrest Mars (son of the Mars Company founder)

first spotted the British confection Smarties during the Spanish Civil War and noticed the candy shell prevented the chocolate from melting.

He teamed up with Bruce Murrie (son of Hershey Chocolate's president)

and the company later trademarked the "Melts in Your Mouth, Not in Your Hand" slogan.

REF: <https://www.goodhousekeeping.com/life/g25692093/random-trivia/>

*Thanks for stopping by.  
See you again soon !*