

# The Story of Organically Grown Roast Chicken

Have you ever wondered where your food comes from? If you like chicken, you may wonder about where the chicken lived and how it gets to your plate. If you are one of the few people who eat organically grown chicken, the story is really quite simple. Well, it is simple if the recipe is simple! Let's take a look at how organically grown roast chicken makes its way to your mouth.

## Old MacDonald's Farm

Imagine Old MacDonald's farm. Do you see it? There is the red barn, a few horses, and some cows. Look closer. Can you see the different chickens clucking around, scratching and pecking at something on the ground? There are farms like this in Upstate New York, that raise chickens in much the same way that they were raised one hundred years ago.



## Free Range Chickens

On these farms, chickens hatch from eggs and grow up outside, free to roam the farm. They scratch for bits of food like insects on the ground.



They stretch their wings, they eat food that is chemical-free, and they grow at a healthy pace. Not too fast. Not too slow. Most of these chickens will take about three months to become a full-grown adult. They may become

egg-laying hens for a time, or they may be harvested sooner.

When it is time for a chicken to become food, it is killed, cleaned, and brought to a New York City farmer's market. If your family buys the chicken at this kind of market, you may even have a chance to talk to the farmer who raised it! There are farmer's markets across the city, so you shouldn't have to travel too far to get it home.

## **DIY Chicken—Your Recipe**

The last part of the story depends upon the recipe. What seasonings does your family like to use? Will it be roasted in an oven or a slow-cooker? Will you roast it with vegetables? Which ones? If you pay close attention or help while it is being prepared, you will know exactly how the last chapter goes. You will know, because *you* are an important part of this story!