



Front Yard Coop

*THE FIRST SOLAR POWERED,
SELF PROPELLED COOP*

Front Yard Coop Founders Nan and Peter Zander to Appear on WNYC's Last Chance Food on December 9.

Katonah, NY—November 30, 2011—Nan and Peter Zander, founders of the Westchester-based Front Yard Coop, will appear on WNYC's Last Chance Food on Friday, December 9 to discuss the joys of venison. Nan and Peter, who are referred to as "venison coaches" will talk about how to hunt, butcher and cook venison.

"Venison is as good as any steak that I have ever had," says Nan Zander. She adds, proudly: "I have even converted vegetarians with my venison." Nan will offer tips and suggestions for preparing venison and Peter will talk about the hunt, connecting to the land and the food.

Nan and Peter, who have recently started hosting hunting weekends and workshops at their farm in upstate New York, are fierce advocates for the benefits of free-range venison. "For one, it is a healthier meat, providing lean protein and iron with lower cholesterol and fat than most other meats," says Nan. "It is also super local, free and delicious." She refutes any claims that the meat is gamey tasting or difficult to cook if you know what to do. "It's all in how you butcher the meat," she says. "Peter butchers the meat well. Of course, he field-dresses the deer immediately and then he takes the time to remove all of the sinew and fat, which is what gives the meat an off taste once it is frozen."

Nan says that cooking venison well is no more difficult than cooking anything well. "I've been practicing and perfecting for years. I marinate venison, grill it or turn it into a hearty ragu for pasta. Its rich flavor goes particularly well with fruit. You can marinate it as you would beef or grill it and top it with a quick sauce. I like zesty chimichurri. I also love a coffee marinade finished with a currant sauce."

Tune into WNYC 93.9 at 5:44 p.m. on Friday, December 9 or listen online at www.wnyc.org.

About Front Yard Coop

Front Yard Coop (FYC) debuted their coops at the Boston Local Food Show in 2010. FYC was created by Peter and Nancy Zander to provide chickens with a safe and healthy home that was also aesthetically pleasing and environmentally forward-thinking. Each of the six coop designs are the result of years of experience raising chickens. For more information go to www.frontyardcoop.com, call 914-245-0321 or email info@frontyardcoop.com. You can also read FYC's blog, Not Your Grandmother's Chicken Coop at www.frontyardcoop.wordpress.com or learn about upcoming events and seasonal tips on raising chickens on Facebook at www.facebook.com/FrontYardCoop.