



# hen house

*Lovin' it Local!*

**BARI GIRLS**  
MAKE IT COUNT!

*Crab Stuffed*  
**ZUCCHINI**  
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*Jasper's*

**SODA**  
*Picnic Ribs*  
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KANSAS CITY  
**BUY FRESH  
BUY LOCAL**

*Incredible Edible*  
**SQUASH**  
pg. 8



# SUPPORTING *Local* FAMILY FARMS

FOR OVER 100 YEARS!

NEBRASKA  
IOWA  
MISSOURI  
KANSAS



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*Celebrating*  
34 YEARS!



## Dr. Pepper Picnic Ribs



PREP  
15 MIN.



GRILL  
2.5-3 HRS.

FEATURING  
PARADISE PORK



TEMP  
225-250° F



SERVES  
8



### WHAT YOU'LL NEED

**Paradise Pork**  
Baby Back Ribs

2 cups Dr. Pepper Soda

### DRY RUB

1/2 cup white cane sugar

1/2 cup dried light  
brown sugar

1 1/2 teaspoons garlic salt

1 teaspoon ground mustard

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon chili powder

2 teaspoons paprika

1 teaspoon black pepper

### SAUCE

1 cup Dr. pepper

2 cups ketchup

1 tablespoon  
Worcestershire sauce

1/2 cup mustard

1 teaspoon garlic powder

1teaspoon onion powder

1/4 cup apple cider vinegar

2 tablespoons molasses

### PREPARATION

Mix all **dry rub** WHAT YOU'LL NEED in food processor, and set aside.

Mix all **sauce** WHAT YOU'LL NEED in a bowl and set aside.

Rub ribs on both sides with dry rub

Set up your grill for indirect cooking. For a gas grill, turn on one burner to medium-high heat and leave the other burners off. For a charcoal grill, place the hot coals on one side of the grill. Aim for a grill temperature of about 225-250°F (107-121°C).

Close the grill lid and cook the ribs for about 2.5 to 3 hours, maintaining the temperature between 225-250°F (107-121°C). Check occasionally to ensure the temperature is consistent. The ribs are done when the meat is tender and has shrunk back from the bones, about 2.5 to 3 hours. Brush with Sauce and serve.



### DR. PEPPER: **A CONTEMPORARY TWIST ON TRADITIONAL BARBECUE**

Dr Pepper barbecue ribs are a contemporary twist on traditional barbecue, incorporating the iconic soft drink Dr Pepper into the marinade or sauce. This creative culinary approach leverages the unique flavor profile of Dr Pepper, which includes hints of cherry, licorice, and other spices, to add a distinctive sweetness and depth to the ribs.

Dr Pepper, created in the 1880s by pharmacist Charles Alderton in Waco, Texas, is one of the oldest major soft drink brands in the United States. Its complex blend of 23 flavors has made it a popular beverage and a versatile ingredient in cooking.

The use of soda in cooking, particularly in the Southern United States, has a long history. Cooks have used cola and other sodas in recipes for cakes, glazes, and marinades for decades.





**Here for the meal.  
And the mess.**

Pick up everything  
on your list.



*Use cleaning products as directed.*



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## Incredible Edible SQUASH

Squash is one of nature's most versatile and nutrient-rich vegetables, available in a dazzling array of shapes, sizes, and colors. From the buttery sweetness of butternut to the rich, nutty flavor of acorn and the pasta-like strands of spaghetti squash, this seasonal staple can be roasted, grilled, pureed, or spiralized into an endless variety of dishes. Whether you're looking for a hearty vegetarian main or a nutritious side, squash is a delicious way to celebrate fresh, local produce.

At Hen House Market, we're proud to shine a spotlight on squash as part of our Buy Fresh, Buy Local program—an initiative that connects our customers directly with farmers in our community. By choosing locally grown squash, you're not only getting produce that's harvested at peak freshness and flavor, but you're also supporting sustainable agriculture and small family farms in the Kansas City region.

The Buy Fresh, Buy Local label means more than just a great product—it reflects a commitment to quality, community, and environmental stewardship. Local squash travels fewer miles to reach your plate, which means a smaller carbon footprint and a more vibrant, nutrient-rich vegetable. Plus, your purchase helps keep dollars in the local economy and supports farmers who care about the land and their neighbors.

Throughout the season, you'll find a rotating selection of squash grown right here in our area, from classic yellow summer squash to the more exotic delicata and kabocha varieties. Try them in hearty fall soups, creamy risottos, or simply roasted with olive oil and herbs for a comforting, farm-fresh dish.

When you shop Hen House, you're not just buying groceries—you're making a choice to invest in your health, your community, and the future of local food. So fill your basket with incredible edible squash, and taste the difference that buying fresh and local can make.

8 lovin' it local



**Dutch Country Farms**  
Rich Hill, KS



**Dan Kuhn & Mark Stadler**  
**Depot Farm Market**  
Courtland, KS



PREP  
10 MIN.



BAKE  
30 MIN.

## Crab Stuffed Zucchini

FEATURING ZUCCHINI SQUASH



TEMP  
375° F



SERVES  
4

**BARI**  
**GIRLS**  
MAKE IT COUNT!



### WHAT YOU'LL NEED

- 3 zucchini – medium
- 3 tablespoons olive oil
- ½ cup yellow onion, finely chopped
- 4 garlic cloves, minced
- 6 oz canned crab meat, drained
- ½ cup shredded mozzarella
- ½ cup feta cheese
- 1 egg, beaten
- 1 tablespoons flour
- 1 tablespoon fresh chopped parsley, or 1 teaspoon dried parsley
- 1 tablespoons fresh chopped dill, 1 teaspoons dried dill
- ½ teaspoons salt and pepper – ¼ teaspoons each
- Serve with a small side salad (optional)

### PREPARATION

Preheat oven to 375 degrees. Line a baking sheet with parchment paper and set aside. Slice the top and bottom off the zucchinis. Slice zucchini vertically and hollow out the zucchini leaving the skin and ¼ of the flesh. This will hold the crab mixture. Chop the zucchini pulp into small chunks.

Heat about a tablespoon of oil in a frying pan. Add onion and garlic and saute for 1-2 minutes, until onions turn translucent. Add zucchini and cook another 1-2 minutes or until the liquid has reduced. Add cooked zucchini mixture to a strainer to remove excess liquid. To remove even more moisture, you can blot it with a paper towel.

Add cooked zucchini mixture, crab meat, mozzarella, feta, beaten egg, flour, parsley, dill, salt and pepper to a bowl. Mix together then spoon onto the zucchini boats. Top with a little extra mozzarella, fresh dill, salt and pepper (optional). Bake for 30 minutes, until the tops begin to slightly turn golden brown. Remove from heat and let sit 5 minutes before serving.

Serve with a small side salad for a well-rounded meal and enjoy!





henhouse  
your market

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**High Protein  
Vanilla Cheesecake**

**Serving Size: 1**  
**Prep Time: 10 mins**  
**Cook Time: 25 mins**

**Ingredients:**

- 2 6.7oz containers Chobani® 20g Protein Greek Yogurt Vanilla
- 2 eggs
- 1/4cup cornstarch
- 1tbsp granulated sugar
- 1tbsp confectioners' sugar
- 1/2cup blueberries, raspberries, and sliced strawberries

**Instructions:**

1. Preheat oven to 350°F.
2. Spray the interior of a 6-inch round springform pan with cooking spray and then line it with a large sheet of parchment paper so that it comes up slightly above the pan.
3. In a large bowl, whisk yogurt, eggs, cornstarch, and sugar until no lumps remain.
4. Pour batter into the prepared baking pan. Bake for 25 minutes, or until cake is almost stable. Let cake cool at room temperature for about 30 minutes; then, chill in the fridge for at least 1 hour.
5. Sprinkle confectioners' sugar and top with sliced berries.

MADE WITH 

Find more recipes and tips on how to cook with Chobani, [chobani.com/recipes](https://chobani.com/recipes)  
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# FROM THE Ocean TO YOUR Table

At Hen House Market, our Fresh Seafood Department is making waves with quality you can taste and freshness you can trust. We're proud to offer wild-caught Alaskan King Salmon that's flown in fresh the very next day—never frozen—so you can bring home the rich, buttery flavor of the Pacific Northwest at its peak. Whether you're planning a light summer dinner or a weekend cookout, this premium salmon is the star of any plate.

For easy weeknight meals, our marinated salmon fillets are ready to go straight into your air fryer, oven, or onto the grill. Choose from four delicious chef-inspired flavors that make it simple to serve a gourmet dinner in minutes. Just pick your favorite, cook, and enjoy—no prep required.

Looking for a seafood option that's both convenient and indulgent? Try our Red Argentine Shrimp, steamed fresh in-store and free of charge. These tender, flavorful shrimp are perfect for tossing into pasta, topping a salad, or enjoying with cocktail sauce. They're a quick, no-fuss way to treat yourself to restaurant-quality seafood without ever leaving your kitchen.

And don't miss the latest addition to our seafood lineup: Fresh Alaskan Sockeye Salmon Burgers, made in-store daily using only the finest ingredients. Choose from Classic, Spinach & Feta with Sun-Dried Tomatoes, or our bold Shrimp-Blend burger—each one a wholesome, protein-packed alternative to the usual backyard fare. Simply grill and serve for a fresh twist on burger night.

From the ocean to your table, the Hen House Seafood Department is your destination for freshness, flavor, and convenience. Stop by and taste the difference that real freshness makes.







**Gabe Spurgeon Family**  
**South Baldwin Farms**  
Baldwin City, KS

## From Orchard to Aisle:

### SOUTH BALDWIN FARMS APPLES

At Hen House Market, we believe food tastes better when you know where it comes from—and our crisp, juicy apples from South Baldwin Farms are no exception. Grown just south of Baldwin City, Kansas, these apples are the result of thoughtful farming, cutting-edge methods, and a whole lot of local pride.

South Baldwin Farms is run by Gabe Spurgeon and his father-in-law Dave Miles—two former engineers turned full-time fruit growers. While their careers began in technical fields, their roots are firmly planted in agriculture. Dave grew up on a Kansas dairy farm, and Gabe spent summers picking peaches in Missouri. In 2015, they planted their first apple trees, and what started as a small family orchard has since grown into one of the most advanced apple operations in the state.

Today, the farm is home to more than 36,000 trees, with apples taking center stage. From Honeycrisp to EverCrisp and other flavorful varieties, these apples are grown using high-density dwarf tree systems, allowing more fruit to thrive in less space. This modern approach has helped South Baldwin Farms achieve remarkable yields—up to 500 bushels per acre on trees that are just a few years old.

Innovation doesn't stop there. The farm uses hail netting to protect fruit from weather damage, sun-reflective ground coverings to boost color, and on-site cooling and packing facilities to preserve freshness. Every step is designed to deliver apples that are crisp, clean, and full of natural flavor—from the moment they're picked to when they arrive at your local Hen House.

Behind the rows of trees is a tight-knit family: Gabe, his wife Katelyn (Dave's daughter), and their three young children. Together, they've built a farm rooted in hard work, sustainability, and a deep respect for the land.

When you pick up a South Baldwin Farms apple, you're not just getting a delicious snack—you're supporting local agriculture, innovative farming, and a family that truly loves what they grow.

Look for South Baldwin Farms apples here at Hen House—and taste the crisp, local difference.











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High-quality, real,  
natural cheese





LISTEN TO  
**Jasper's**  
KITCHEN



PREP  
5 MIN.



BAKE  
15-20 MIN.



TEMP  
400° F



SERVES  
6

### WHAT YOU'LL NEED

- 1 lb. large shrimp, peeled and deveined
- 2 cloves garlic, minced
- 1 lemon, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon Old Bay Seasoning
- 1/4 cup white wine or chicken broth
- 1 tablespoon butter, cut into small pieces
- Parchment paper or brown paper lunch sacks

### PREPARATION

Preheat your oven to 400°F

In a large bowl, combine the shrimp, garlic, olive oil, Old Bay Seasoning and red pepper flakes. Toss to coat the shrimp evenly.

Divide the shrimp mixture evenly among the paper sacks. Drizzle a little white wine or chicken broth over the shrimp and add a few small pieces of butter. Add parsley and lemon slices. Fold the top of the bag over a few times to close it.

Place the packets on a baking sheet and bake in the preheated oven for about 15-20 minutes.

Carefully open the packets (be cautious of the steam) and transfer the shrimp and juices to serving plates. Serve with crusty bread.



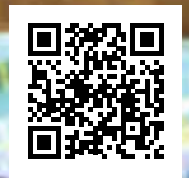


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Loaded Sweet Potato Nachos

- 2 sweet potatoes,  
ones that are long and narrow  
sliced in ¼ inch rounds
- 2 tablespoons olive or avocado  
oil
- 1 teaspoons garlic powder
- 1 teaspoons ground cumin
- 1 teaspoons paprika
- 1 teaspoons chili powder
- ½ teaspoons sea salt
- ½ teaspoons pepper
- ½ cup black beans, drain liquid  
and rinse
- 1 cup shredded Mexican cheddar  
cheese
- 1 jalapeno sliced
- ½ cup grape/cherry tomatoes  
chopped
- ¼ cup red onion diced
- ¼ cup fresh cilantro chopped
- 1 avocado sliced or chopped  
(optional)



PREP  
10 MIN.



BAKE  
30-38 MIN

FEATURING  
FRESH SWEET POTATOES



TEMP  
400° F



SERVES  
8

PREPARATION

Preheat oven to 400°F. Spray a large baking sheet with olive oil or avocado oil cooking spray. Slice sweet potatoes into ¼ inch rounds.

In a large bowl, combine sweet potatoes, oil, garlic powder, cumin, paprika, chili powder and sea salt and gently toss to coat. Place seasoned sweet potatoes on baking sheet, spacing out the pieces so that they roast instead of steam. Bake 25 minutes, tossing halfway until sweet potatoes are tender and starting to brown.

Remove the pan from the oven; push sweet potatoes together in the center of the pan. Top with black beans (remember to rinse and drain liquid), sprinkle with cheese and add jalapeño slices on top. Return to the oven and bake until the beans are heated through, and the cheese has melted, about 6-7 minutes.

Top sweet potatoes with chopped tomato, red onion and cilantro. Add avocado (if using) and serve directly from the sheet pan. You can also transfer to a platter for serving or portion into bowls

BARI  
GIRLS  
MAKE IT COUNT!

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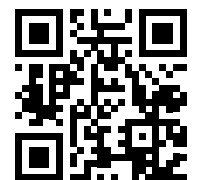
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