



R3 News

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The NJ Division of Fish and Wildlife's R3 Program will provide monthly newsletters jam-packed with upcoming events, conservation news, division staff & mentor highlights, and resources to promote your hunting, fishing, and/ or shooting sport participation.

November Events:

Women's Intro to Upland Workshop at the Game Creek Hunt Farms in Woodstown NJ is offering a mentored upland pheasant hunt to new and beginner female hunters. This event is offered on November 13, 2021 from 8:30 am to 1:00 pm. View more information [HERE](#). **Registration is currently closed.**

Women's Coastal Waterfowl Virtual Workshop is a three weeklong program throughout November offered to women who are interested in coastal waterfowl hunting. Registration is still open. View more information [HERE](#).

Women's Intro to Upland Game Workshop in Andover, NJ is a two-day event offered to beginner female hunters who are interested in expanding their hunting participation. More information can be found [HERE](#). **Registration is currently closed.**

Field to Freezer: Deer Processing Workshop is a hands-on event offered on November 28, 2021 in Hackettstown NJ. Registration is limited to 20 participants. More information can be found [HERE](#).

More events can be found below!
[NJOP & R3 Events](#)

December Events:

Women's Coastal Waterfowl Mentored Hunt is offered to women, 18 years or older interested in coastal waterfowl hunting. More information can be found [HERE](#). **Registration is currently closed.**

Intro to Shooting Sports at Hudson Farms on December 4, 2021 is offered to women 18 years and older to network with like-minded women, to try a new or different shooting sport discipline. More information on the event can be found [HERE](#).

Five Tips to Hunt the November Rut:

November is prime time to spend tethered to a tree pursuing white-tailed deer. Here are five tips to improve your odds of a successful harvest!

1. Bucks love to "walk the line." Find an area where hardwoods and pines create a break, you are likely to find active rubs and scrapes.
2. All day sits can be rewarding since bucks can move several miles in a day searching for does to breed.
3. Get up above a hillside to glass thickets below your vantage point; bucks will move through cover checking for does all day.
4. If you are using trail cameras and see a noticeable increase in does in your hunting area, hunt it! You never know when a buck will be cruising through next.
5. If you are a bow hunter, use gun hunters to your advantage! Get into thicker cover, a swamp, or an escape route. Hunters are likely to push deer to you.



October Event Collage!

Field to Freezer: Deer Processing Workshop: 20 participants worked with R3 Mentors to learn how to process deer on their own. This event was offered in Central New Jersey at the Garden State Archers Facility in Wrightstown NJ on October 16, 2021.

Take-A-Kid Youth Trap Shoot: 22 Youth Take-A-Kid Pheasant Hunt Participants attended one of two free trap shooting instructions at a partnering trap range on October 23 and 28, 2021. Youths shot trap while practicing real upland hunting scenarios assisted by R3 Mentors.

Take-A-Kid Youth Pheasant Hunt: 207 youth hunters attend the guided Take-A-Kid Youth Pheasant Hunt on 8 different pheasant stocked Wildlife Management Areas across the State on October 30, 2021. 100 R3 Mentors assisted youths during the hunt with registration, shooting, and handling dogs.

Monthly Fun Fact:

The first Pheasants brought to America in 1773 were not strong enough to survive in the wild. It wasn't until 1881 when an Oregon native introduced the first Ringneck Pheasant to the States. Although native to China and East Asia, Ringneck Pheasants have been introduced to 40 U.S. States!

R3 Recipes to Share!

Pheasant Breast with Parsley Sauce

Pheasant can be cooked to an internal temperature of 145°

This Parsley Sauce is great with white meat and fish!

Ingredients:

- 2 Whole Pheasants
- 2 Tbs canola or grapeseed oil
- 2 Tbs unsalted butter
- Salt

Parsley Sauce

- 2 large bunches parsley
- ½ cup chives (garlic chives or green tops to spring garlic)
- Salt
- 2 tbs unsalted butter

Directions:

1. Take the pheasant breasts out of the fridge and salt them well. Let them rest at room temperature for 30 minutes while you make the parsley sauce.
2. To make the sauce, start by bringing a large pot of heavily salted water (it should taste like the sea) to a rolling boil. Dunk the parsley and garlic chives in for about 15 to 20 seconds; if the parsley is old, boil for 30 seconds. Remove and submerge in a bowl of ice water to cool.
3. Roughly chop the greens and put them in a blender. Add about 1/4 cup of water and puree. Scrape down the sides of the blender if you need to get all the debris smoothly pureed. Scrape all of the puree into a fine-meshed sieve set over a bowl. Let it drain for a few minutes. Remove this liquid and reserve it in a little bowl or dish.
4. Push the puree through the sieve with a plastic spatula. This will take some doing. Keep at it until the puree left in the sieve is dry looking. From time to time, scrape off the “good stuff” on the other side of the sieve and let it fall into your bowl. This whole process often takes up to 15 minutes of turning, scraping and pushing, turning, scraping and pushing. You now have your base for the sauce. This can all be done a day ahead; if you store the sauce base, keep it in the fridge tightly covered.
5. To sear the pheasant, first pat it dry with paper towels. Heat the canola or grapeseed oil in a sauté pan set over medium-high heat. When the oil is hot, lay the pheasant breast skin side down in the pan -- or on the side where the skin used to be. Sear undisturbed for 2 minutes, pressing down on the breasts with a spatula to make sure the skin gets even contact with the pan.
6. After it has cooked for 2 minutes, add the butter and when it melts, use a large spoon to baste the hot oil/butter over the breast. Do this repeatedly while the skin side sears. Use the finger test for doneness to test the pheasant: You want it to be medium, or about 145°F to 150°F. This should take about 8 to 10 minutes. Move the pheasant to a cutting board to rest, skin side up.
7. To finish, put the sauce base in a small pot. Heat until steaming, making sure to not let the sauce simmer, let alone boil. Add salt to taste, then swirl in 2 tablespoons of butter, one tablespoon at a time.
8. Pour some sauce in a pool on the plate and top with the pheasant breast, skin side up. Serve at once with risotto, bread or mashed potatoes.

