

# THISTLES & CLOVER

GRASSFED BEEF, FARM FRESH EGGS  
AND BROILER CHICKENS

VOL. 8, APRIL 2010



## APRIL DATES:

**SATURDAY**  
**APRIL 3** OMAHA DELIVERY  
AT VILLAGE POINTE  
10-11AM

**SATURDAY**  
**APRIL 10** OPEN HOUSE AT ONE  
STOP MEAT SHOP IN  
SIOUX CITY! MUSIC,  
FOOD, AND SPECIALS!  
9AM-2PM

SATURDAY 4/10 IS ALSO  
THE LAST DAY TO PLACE  
YOUR APRIL IOWA FOOD  
COOP ORDER

**THURSDAY**  
**APRIL 15** IOWA FOOD COOP  
DELIVERY DAY AT MERLE  
HAY MALL IN DES

**SATURDAY**  
**APRIL 17** OMAHA DELIVERY AT  
VILLAGE POINTE  
10-11AM

**SATURDAY**  
**APRIL 24** OMAHA HEALTH EXPO AT  
**AND** OMAHA CIVIC AUDITORIUM  
**SUNDAY APRIL** 11AM-7PM SATURDAY  
**25** 11AM-5PM SUNDAY

## SPRINGTIME (FOR REAL)!

*WE'RE BUSY RAISING THIS YEAR'S CHICKENS, HENS AND CATTLE.  
HERE'S TO A FRUITFUL GREEN SEASON!*

THANKS FOR CHECKING OUT OUR THISTLES & CLOVER NEWSLETTER.

OUR MISSION AT THISTLES & CLOVER IS TO PROVIDE YOU WITH DELICIOUS AND HEALTHY BEEF, EGGS AND POULTRY. WE DO THIS BY RAISING OUR ANIMALS ON PASTURE AND TREATING THEM WITH CARE. WE DO NOT USE HORMONES OR ANTIBIOTICS TO ARTIFICIALLY INCREASE THEIR RATES OF GROWTH.

PLEASE READ ON TO LEARN WHAT WE'VE BEEN DOING WITH OUR POULTRY, GET A SEASONAL RECIPE, AND FIND OUT THE LATEST FARM AND FOOD NEWS.

THANK YOU,  
ADAM AND LUCY





## CHICKEN MANIA 11 DAYS OF CHICKEN CHORES...

WE HAVE BEEN VERY BUSY THESE PAST COUPLE OF WEEKS PREPARING FOR THE 3/31 ARRIVAL OF OUR BROILER CHICKS AND GETTING OUR LAYING FLOCK READY FOR THE PASTURE.

TO GIVE YOU AN IDEA OF WHAT IT'S BEEN LIKE, HERE IS A RUN DOWN OF SOME OF OUR ACTIVITIES:

**SUNDAY 3/21** – ACQUIRED 1-TRAILER TO USE FOR HEN HOUSING ON THE PASTURE.

**MONDAY 3/22 – WEDS 3/24** – POSTED “WANTED TO BUY” ADS FOR SECOND TRAILER AT NEARBY (AND NOT SO NEARBY) GAS STATIONS. POSTED AN AD IN SIOUX CITY JOURNAL. SCOURED THE COUNTRYSIDE FOR TRAILERS. THE PRESSURE WAS ON – WE HAD TO FIND OUR SECOND TRAILER BY THE WEEKEND TO RETROFIT IT IN TIME.

**THURSDAY 3/25** – RECEIVED CALL

REGARDING TRAILER AVAILABLE IN LATIMER – 2 ½ HOURS EAST OF DANBURY.

**FRIDAY 3/26** – ACQUIRED TRAILER #2 JUST IN TIME FOR THE WEEKEND! YEA!

**SATURDAY 3/27 – SUN 3/28** – RETROFITTED TRAILERS WITH NEST BOXES AND ROOSTING PERCHES. ON SUNDAY NIGHT WE MOVED HALF OF THE PULLETS (ABOUT 100) INTO ONE OF THE TRAILERS. ADAM WORKED INTO THE NIGHT FIXING THE DOOR ON THE SECOND TRAILER.

**MONDAY 3/29** – MOVED THE REMAINING 100 PULLETS INTO THE SECOND TRAILER.

**TUESDAY 3/30** – JUST BEFORE DARK, WE MOVED THE ADULT HENS (40 OF THEM) INTO THE TRAILERS. IT'S BEST TO INTRODUCE HENS IN THE EVENING AS THEY ARE GOING TO ROOST. THEY ARE MORE LIKELY TO ACCEPT THEIR NEW FLOCK MATES WITHOUT TOO MUCH FUSS IF THEY WAKE UP TOGETHER IN

THE MORNING.

**WEDNESDAY 3/31** – 285 BROILER CHICKS ARRIVED IN THE MAIL. THEY'D BEEN TRAVELLING FOR 2 DAYS AND WERE READY FOR WATER, FOOD AND WARMTH. AFTER SETTING UP THEIR BROODER SPACE IN THE OLD HEN HOUSE, WE WERE READY TO LET THOSE CHICKS OUT! AS YOU FIRST SET DOWN A CHICK IN THE BROODER, YOU DIP THEIR BEAK INTO THE WATER DISH. THIS NOT ONLY REFRESHES AND HYDRATES THEM, BUT IT TEACHES THEM WHERE THE WATER IS. THEY SEEM TO BE ABLE TO SNIFF OUT THE FOOD ON THEIR OWN.

THINGS SEEMED TO BE GOING WELL UNTIL IT BECAME OBVIOUS THAT THE WATERER LEFT TOO LARGE A CHANNEL OF WATER - THE CHICKS KEPT FALLING IN! THEY EMERGED FROM THEIR “BATH”, AND THEN PROCEEDED TO SHIVER UNCONTROLLABLY. NEXT TO WATER AND FOOD, BABY CHICKS MUST BE KEPT WARM. 95 DEGREES IS THE RECOMMENDED TEMPERATURE FOR

*The top chicken in the pecking order typically claims the highest roost and the highest nest.*



THEIR FIRST FEW DAYS. OBVIOUSLY, I HAD A SERIOUS PROBLEM ON MY HANDS. I REMOVED THE WATERER AND PLACED THE WET CHICKS DIRECTLY UNDER A HEAT LAMP AND MASSAGED THEM TO HELP REVIVE AND TRY THEM. I REPLACED THE LARGE WATERER WITH SMALLER ONES. BY THE END OF THE DAY I WAS ECSTATIC TO FIND MOST OF THE CHICKS FLUFFY AND DRY.

MEANWHILE THERE WAS DRAMA IN THE HENS' TRAILERS. THE BIRDS IN EACH TRAILER WERE REESTABLISHING THE “PECKING ORDER.” THE PECKING ORDER DETERMINES WHO GETS TO EAT

FIRST, WHO GETS FIRST PICK AT A ROOSTING SPOT AND THE ORDER IN WHICH THE HENS REENTER THE HOUSE AT SUNDOWN. UNFORTUNATELY FOR THE YOUNG, SMALL PULLETS, THE PECKING ORDER IS SOMETIMES DETERMINED VIA BULLYING AND INTIMIDATION. BUT BY EVENING, THINGS HAD SETTLED DOWN A BIT.

THE HENS NEED ONE MORE DAY IN THE TRAILERS BEFORE WE'RE SURE THAT THEY CONSIDER IT THEIR HOME. THEY KNOW WHERE TO GO “HOME” TO ROOST ONCE NIGHT BEGINS TO FALL. WE'LL TURN ON THE PASTURE WATER SYSTEM, SOME ELECTRICAL POULTRY FENCING, TO PREVENT HENS FROM WANDERING

TOO FAR AFIELD WHILE PROTECTING THEM FROM PREDATORS, WOULD BE IDEAL BUT WE'RE NOT SURE THE HENS CAN WAIT. WE ARE ANXIOUS TO GET THEM OUT ONTO THE PASTURE!

THE BROILER CHICKS WILL STAY IN THEIR BROODER FOR ANOTHER 2 WEEKS BEFORE WE MOVE THEM TO THEIR BROILER PENS. WE WILL BE BUSY THE NEXT 2 WEEKS CONSTRUCTING THE PENS.

WE'LL KEEP YOU POSTED...



## EASTER IS A GOOD EXCUSE TO ENJOY EGGS!

### FRESH EGGS, ASPARAGUS AND MORELS MAKE FOR AN IN-SEASON TREAT

EVER WONDER HOW EGGS CAME TO BE ASSOCIATED WITH EASTER?

PRE-CHRISTIAN SPRINGTIME CELEBRATIONS CENTERED ON FERTILITY AND REBIRTH AND EFFIGIES OF RABBITS AND EGGS WERE COMMONLY USED. DURING THIS TIME THE SAXONS OF NORTHERN EUROPE PAID HOMAGE TO THE GODDESS EOSTRE DURING THEIR SPRINGTIME CELEBRATIONS. THE CHRISTIAN CHURCH NAMED THEIR SPRING HOLIDAY EASTER, AFTER EOSTRE – THEREBY SMOOTHING THE PAGAN SAXONS' TRANSITION INTO THE CHRISTIAN CHURCH.

EGGS' RELATIONSHIP TO EASTER CONTINUED TO DEVELOP WITHIN THE CHRISTIAN CHURCH. DURING THE PERIOD OF LENT, THE 40 DAYS PRIOR TO EASTER, MANY CHURCHES PROHIBITED THEIR MEMBERS FROM EATING EGGS.

PRIOR TO MODERN REFRIGERATION, THIS MEANT THAT EGGS HAD TO BE STORED FOR AN UNUSUALLY LONG PERIOD OF TIME DURING LENT. CHURCH MEMBERS OFTEN HARD-BOILED THEIR EGGS DURING THIS TIME AS A MEANS OF STORING THEM. WHEN EASTER DID ARRIVE, CHURCH MEMBERS MADE SURE THAT STORED EGGS WERE USED UP QUICKLY. THIS RESULTED MANY TRADITIONAL EASTER RECIPES INVOLVING EGGS – ESPECIALLY HARD-BOILED EGGS.

REGARDLESS OF WHETHER YOU CELEBRATE EASTER, EOSTRE, OR SOMETHING ELSE, HERE'S A RECIPE TO TRY SOMETIME OVER THE NEXT MONTH.

IT'S BORROWED FROM DEBORAH MADISON'S [LOCAL FLAVORS](#) AND IT PAIRS TWO EARLY SPRING FAVORITES – ASPARAGUS AND MORELS – WITH EGGS FOR A LIGHT YET SATISFYING MEAL.

WHAT A GREAT WAY TO CELEBRATE SPRING'S ARRIVAL!

#### ASPARAGUS AND MOREL BREAD PUDDING

INGREDIENTS:

- 3 CUPS MILK
- 1 CUP CHOPPED SPRING ONIONS WITH GREEN SHOOTS
- 1 LOAF STALE OR TOASTED MULTIGRAIN BREAD, BROKEN INTO CROUTON SIZED CRUMBS
- 1 POUND ASPARAGUS
- 2 TBS BUTTER
- 1 POUND MORELS (OR OTHER WILD MUSHROOM)
- SALT AND PEPPER, TO TASTE
- 4 EGGS
- 1/3 CUP CHOPPED PARSLEY
- 3 TBS OREGANO
- 3 CUPS GRATED SWISS CHEESE

IN SAUCEPAN, BRING ONIONS AND MILK TO A BOIL. THEN SET ASIDE TO STEEP.

POUR MILK/ONION MIXTURE OVER BREAD CRUMBS AND ALLOW TO SOAK.

CHOP ASPARAGUS INTO ½ INCH PIECES AND SIMMER IN SKILLET FULL OF BOILING WATER UNTIL BRIGHT GREEN.

MELT BUTTER IN SKILLET, COOK MUSHROOMS UNTIL TENDER, ADD SALT AND PEPPER AS DESIRED, THEN SET ASIDE.

BREAK EGGS AND BEAT UNTIL SMOOTH. ADD HERBS AND PLENTY OF SALT AND PEPPER. ADD BREAD CRUMBS WITH ANY REMAINING MILK, ASPARAGUS, MUSHROOMS (WITH JUICES), AND 2/3 OF THE CHEESE. MIX THOROUGHLY AND POUR INTO GREASED, 8X12 PAN. SPRINKLE REMAINING CHEESE ON TOP AND BAKE AT 350 FOR ABOUT 45 MINUTES – UNTIL PUFFY AND GOLDEN.

## FARM & FOOD NEWS



*Did you know that chickens can access more nutrition out of corn that has been cracked?*



*Did you know that every now and then I get out from behind the camera?*

### **A HEALTHY DIET MAKES SAYING “NO” TO JUNK FOOD EASIER**

A RECENT STUDY USING RATS DEMONSTRATED THAT THE MORE JUNK FOOD THE RATS ATE, THE MORE JUNK FOOD THAT THEY WANTED TO EAT. WHEREAS IF THEY WERE ONLY GIVEN LIMITED QUANTITIES OF JUNK FOOD – WITH THE REST OF THEIR DIET BEING BALANCED – THEY WERE ABLE TO MODERATE THEIR JUNK FOOD INTAKE. THE COMPLETED FINDINGS ARE PUBLISHED ONLINE AT *NATURE NEUROSCIENCE*.

### **RUSSIA BANS US POULTRY DUE TO “EXCESSIVE CHLORINE”**

ON JANUARY 19<sup>TH</sup>, 2010, RUSSIA, THE BIGGEST EXPORT MARKET FOR US POULTRY, BANNED ANY NEW US POULTRY IMPORTS. THE REASON BEING THE “EXCESSIVE” PRESENCE OF CHLORINE IN THE POULTRY. CHLORINE IS ROUTINELY USED IN LARGE POULTRY PROCESSING FACILITIES IN THE US. RUSSIA FEELS THAT THE LEVELS OF CHLORINE PRESENT IN PROCESSED POULTRY REPRESENT A HEALTH RISK. THE US GOVERNMENT ARGUES THAT THE POULTRY IS SAFE FOR CONSUMPTION. RUSSIA IS NOW IMPORTING POULTRY FROM INDIA, TURKEY AND THAILAND.

### **RUSSIA’S BAN ON US PORK LIFTED**

RUSSIA RECENTLY BANNED IMPORTS OF US PORK CITING CONCERN OF THE PRESENCE OF A SPECIFIC ANTIBIOTIC IN THE MEAT. AS OF MARCH 26<sup>TH</sup>, 2010 MANY OF THE US PORK PROCESSORS WERE PERMITTED TO RESUME SHIPMENTS TO RUSSIA DUE TO THEIR AGREEMENT TO PROVIDE PORK WITHOUT THE SAID ANTIBIOTIC.

### **SUPER SIZING THE LAST SUPPER**

A NEW ARTICLE IN THE *INTERNATIONAL JOURNAL OF OBESITY* DOCUMENTS HOW PORTION SIZES – AS DEPICTED IN THE PAINTING “THE LAST SUPPER” – HAVE INCREASED OVER THE LAST 1,000 YEARS. INCREASING PORTION SIZE APPARENTLY ISN’T SUCH A NEW PHENOMENA AS PORTIONS HAVE INCREASED STEADILY OVER THE PAST 1,000 YEARS, ACCORDING TO THE ARTICLE.

### **THE COST OF FOOD**

BLOGGER MARIANNE MILLER OF MSPMAG.COM WRITES:

*“WHY HAS THERE BEEN A \$0.99 HAMBURGER FOR 20 YEARS? WHY HASN’T THE PRICE GONE UP LIKE EVERYTHING ELSE?”*

### **THIRD GRADERS ASK FOR BETTER SCHOOL LUNCHES**

ACCORDING TO THE COLUMBIA (MO) DAILY TRIBUNE, A THIRD-GRADE CLASSES AT LEE SENT STATE REP. MARY STILL, D-COLUMBIA, AND STATE SEN. KURT SCHAEFER, R-COLUMBIA, 48 HANDWRITTEN LETTERS ASKING FOR BETTER OFFERINGS AT SCHOOL LUNCHES. THE STUDENTS ASKED THAT CANNED “SOGGY GREEN BEANS” BE REPLACED. ACCORDING TO THE ARTICLE, THE STUDENTS WANT HEALTHIER, FRESHER FOOD THAT IS COOKED RATHER THAN PREPACKAGED, FROZEN, THAWED AND REHEATED.

### **GAIN MORE WEIGHT WITH HFCS**

RESEARCHERS AT PRINCETON DEMONSTRATED THAT RATS FED HIGH FRUCTOSE CORN SYRUP (HFCS) GAINED MORE WEIGHT THAN RATS FED TABLE SUGAR. BOTH GROUPS CONSUMED EQUAL QUANTITIES OF CALORIES.

THISTLES & CLOVER



WHEN YOU PURCHASE FROM  
THISTLES & CLOVER, YOU:

HELP PRESERVE GENETIC DIVERSITY

PRESERVE OPEN SPACE

SUPPORT A CLEAN ENVIRONMENT

BENEFIT WILDLIFE

ENSURE A FUTURE SOURCE OF HEALTHY FOOD FOR  
YOUR FAMILY

THANK YOU!

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