

THISTLES & CLOVER

Grass-fed Beef,
Farm Fresh Eggs,
Pasture-Raised Turkey,
Chicken And Pork



Vol. 19, April 2011

April Dates:

Saturday
April 2nd

**Omaha Delivery
Saturday
9:30am-12:30pm
(NOTE EXTENDED HOURS)
6605 Maple Street**

Please place your order ahead of time using our webstore or by phone or email.

Saturday
April 16th

**Omaha Delivery
Saturday
9:30am-12:30pm
(NOTE EXTENDED HOURS)
6605 Maple Street**

Please place your order ahead of time using our webstore or by phone or email.

Saturday
April 30th

**1st Village Ponte Farmers
Market of 2011!!!
8am-1pm**

Located in the south parking lot of the Village Pointe Shopping Center in West Omaha. Off of 168th just south of Dodge.

It's Spring!

We will spend April helping our newest hens assimilate to the farm. We'll be moving the hens and cattle out to the greening pastures to start their green season rotations. April also means the arrival of our first broiler chicks of the year!

Our mission at Thistles & Clover is to provide you with delicious and healthy farm fresh foods. 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.

Read on to learn where all of our beef has gone and what you can do about it. Also get a fast moussaka recipe and find out the latest in sustainable agriculture/public health news.

Thank you,

Adam and Lucy
Cameron



WHERE'S THE BEEF?



Have you noticed that recently we have been running out of many of your favorite grass-fed beef products? Read on to learn why and what you can do about it...

Why are we running out of our grass-fed beef?

You wouldn't guess it from purchasing beef at the grocery store, or even from some other grass-fed beef vendors, however, really great grass-fed beef is a seasonal product. We currently 'finish' our grass-fed calves on green grass. We hope to eventually extend our finishing season into the winter months by planting more cold weather grasses but, for the time being, our premium grass-fed beef is produced primarily between late spring and fall. **That means that we enter the winter month with a fairly fixed amount of product – particularly premium products such as steaks and roasts.**

The good news is that we expect to have more steaks and roasts available starting in May or June

when this year's first grass-fed calves are ready.

What can you do in the meantime?

As you wait for more T&C steaks and roasts to come available, we encourage you to try some new recipes incorporating our ground beef. How about supreme nachos, Mexican pizza, stroganoff, Italian wedding soup, pot pie, shepherd's pie, chimichangas, moussaka, empanadas, pot stickers, beef and potato croquettes or taco soup?

To guarantee yourself a year-round supply of our premium grass-fed beef, consider purchasing beef in bulk. Even if you've never considered purchasing bulk beef before, here are a few points worth looking over:

Storage: A quarter beef can fit into a 5.1 cubic foot chest freezer. A 5.1 cubic foot freezer is not big: at just over 2 feet wide and 1 ¾ feet deep, it can be tucked neatly into a corner of your basement or garage without much fan fare. Prices are fairly modest too – new these freezers can run for \$168 and used (think craigslist) these are found as low as \$40.

Savings: Due to rising costs including land rent and fuel, we are going to be forced to raise the retail

prices of some of our beef products at the start of the farmers market season. However, **for the time being, we are keeping our bulk beef rates the same as they were last year.** That means that any savings realized by purchasing in bulk should be made even greater.

How Much is Enough? A family of 4 will get about 120 meals from a half beef. At 2 beef meals per week, that half beef would last about one year.

Personalized! Does your family prefer more ground beef? More roasts? Thicker steaks? Specify how you would like your beef cut to maximize its usefulness in your kitchen.

T&C Guarantee: We're so sure that you're going to love our grass-fed bulk beef, we guarantee it!

For more information, please click on the link "Thistles & Clover Bulk Beef" in the "Bulk Beef" section of our "How to Buy" page at the Thistles & Clover website. You will find details about pricing, cuts and how to order. Feel free to email or call anytime with questions or to order.

Having a large supply of premium beef at home is the best way to ensure that meals are healthy, delicious and convenient. We hope you will consider making us your bulk beef supplier!

Here's a great recipe with **ground beef** that you may not have tried before...

Moussaka can be traced back to the Balkans, the Eastern Mediterranean and the Middle East. The recipe below is a simple version of Greek Moussaka using eggplants and grass-fed beef. It is a great way to make a hearty, delicious meal relatively quickly.



Easy Moussaka

Serves 8

Ingredients:

- ½ cup olive oil
- 2 lbs grass-fed ground beef
- 1 onion, chopped
- 4 cloves garlic, chopped
- 28 oz can of diced tomatoes
- ¾ cup red wine
- 1 tablespoon oregano
- 1 tablespoon thyme
- ¼ teaspoon cinnamon
- 4 tablespoons butter
- ¼ cup all purpose flour
- 2 cups milk
- 3 eggs
- 1 cup grated Parmesan cheese
- 2 medium eggplants

Directions:

- Heat olive oil in a large saucepan over medium-high heat. Add ground beef, onion and garlic and cook until beef is browned.
- In a separate pot, reduce diced tomatoes and their juice about 50% over medium-high heat.
- Add tomatoes with remaining juice, wine, and spices to beef mixture.
- Stir and simmer until mixture thickens, stirring occasionally – about 20 minutes.



- Preheat oven to 350.
- Melt butter in saucepan over medium-low heat. Add flour and stir for 1 minute. Gradually add milk, whisking until smooth. Boil until thick, stirring constantly- about 2 minutes. Beat eggs in a small bowl to blend. Whisk small amount of milk mixture into eggs. Then pour egg mixture into milk mixture and bring to a boil, whisking constantly. Remove custard from heat. Stir in ½ cup of Parmesan. Season with salt and pepper.



- Butter a 13X9X2-inch baking dish. Line bottom of the dish with half the eggplant. Season with salt and pepper. Spread meat over top. Cover with remaining eggplant. Pour hot custard over eggplant. Sprinkle remaining ½ cup Parmesan over top.



- Cover loosely with foil and bake 1 hour. Uncover and bake for another 10 minutes. Allow to cool for 10 minutes before serving.

THE LATEST FARM AND FOOD NEWS



Did you know that a pig can squeal at 115 decibels? That's louder than a supersonic Concorde jet!



Did you know that, according to one industrial Iowa egg producer's website, hens will cease to lay eggs if farmers forgo computer-controlled temperatures (only available in a confinement scenario)? Apparently our hens didn't get the memo.

New T&C Products!

We experimented and had our butcher cut us a few new pork products. **Pork side** is the meat typically used for bacon. Here we've left it uncured and unsliced and cut into 1 – 2 pound roasts. You can use side pork in stir-fry or slow roast it using your favorite rub. Pork sides are \$5.49 per pound. We also had our butcher cuts a few **full loin roasts**. These are taken from the prized loin section (usually reserved for pork chops). Each full loin roast weighs about 5 pounds and is priced at \$7.95 per pound. Finally, we had some **Bone-In Iowa Chops** made. These thick, juicy chops are \$7.45 per pound and come two per package.

How to Reduce Greenhouse Gases? Try Grass-fed Beef

According to the Union of Concerned Scientists (UCS), switching to grass- and pasture-based beef systems rather than feedlot (grain) systems, could reduce net GHG emissions by as much as 140 million metric tons. Sequestration of carbon in well-managed, intensively grazed pastures accounts for a large share of the reductions.

USDA Funds Fresh Fruit and Veggie Program

The USDA recently announced plans to allocate \$158 million to the Fresh Fruit and Vegetable Program (FFVP). The goal of FFVP is to provide a free fruit or vegetable snack to elementary school students.

Artificial Coloring and Kids

In a significant turn from the agency's previous denials that dyes have any influence on children's behavior, a Food and Drug Administration staff report released last week concluded that synthetic food colorings do affect some children. The Washington Post noted that, "beyond the behavioral problems and cancer risks, the greatest hazard that dyes pose for children may also be the most obvious: They draw kids away from nutritious foods and toward brightly colored processed products that are high in calories but low in nutrients, such as fruit-flavored drinks and snack foods."

Judge Rules Against Egg Giant

Quality Egg, the company at the center of last year's huge egg recall, lost a bid to block alleged victims of the salmonella outbreak from pursuing punitive damages against the producer.



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!

THISTLES & CLOVER

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