

THISTLES & CLOVER

GRASSFED BEEF, FARM FRESH EGGS
AND BROILERS



Volume 4, December 2009

December Dates:

Saturday
December 12 Winter Omaha Delivery!!!!
10-11am at Village Pointe
Shopping Center Parking Lot

Thursday
December 17 Iowa Food Coop Delivery
Merle Hay Mall in
Des Moines

Friday
December 18 Des Moines Farmers Market
11am – 2pm
Nollen Plaza in Capital Square

Saturday
December 19 Des Moines Farmers Market
9am – 1pm
Nollen Plaza in Capital Square

WINTER'S COMING!

THANKS FOR CHECKING OUT OUR DECEMBER 2009 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 FIND OUT ABOUT A LIMITED-TIME OFFER ON OUR EGGS, HOLIDAY RECIPES, AND THE LATEST FARM AND FOOD NEWS.

THANK YOU,

ADAM AND LUCY CAMERON





STOCK UP ON EGGS AND \$AVE WITH OUR “5 FOR 4” DEAL

USE THOSE EGGS FOR HOLIDAY BAKING, HORS D’OEUVRES, OR BREAKFAST ON A LAZY SUNDAY MORNING

FOR A LIMITED TIME, YOU CAN GET 5 DOZEN EGGS FOR THE PRICE OF 4!

IN CASE YOU ARE WONDERING “HOW WILL I USE 5 DOZEN EGGS?” HERE ARE SOME THINGS TO KEEP IN MIND:

1. HOLIDAY BAKING. ALMOST EVERY COOKIE, CAKE, AND KRINGLE RECIPE CALLS FOR EGGS. IF YOU DO ANY BAKING OVER THE HOLIDAYS, HAVING AN ADEQUATE SUPPLY OF FARM FRESH EGGS ON HAND WILL BE ESSENTIAL.

2. HOLIDAY HOSTING/POTLUCKS. DEVILED EGGS ARE THE PERFECT HOLIDAY HORS D’OEUVRES. MOST OF THE PREPARATION CAN BE DONE A DAY IN ADVANCE, LEAVING YOU LESS FRAZZLED BEFORE GUESTS ARRIVE OR BEFORE LEAVING FOR A POTLUCK. SEE OUR RECIPE FOR BLUE CHEESE DEVILED EGGS ON THE FOLLOWING PAGE.

IF YOU ARE ONE OF OUR OMAHA CUSTOMERS, YOU ALREADY KNOW THAT DECEMBER 12TH IS OUR ONLY DROP-OFF IN DECEMBER. WE WON’T BE BACK AGAIN UNTIL JANUARY 9TH (4 WEEKS LATER). IF YOU TYPICALLY USE 1 DOZEN/WEEK, AND ALLOT AN ADDITIONAL DOZEN FOR HOLIDAY

BAKING/COOKING, YOU WOULD EASILY USE 5 DOZEN EGGS BY THE TIME WE ARE BACK ON JANUARY 9TH.

CUSTOMERS AT THE DES MOINES WINTER FARMERS MARKET CAN ALSO TAKE ADVANTAGE OF THIS OFFER. SIMPLY STOP BY OUR BOOTH AND ASK FOR THE “5 FOR 4” DEAL.

WONDERING WHETHER THE EGGS ARE STILL “FARM FRESH” IF IT TAKES YOU 4 WEEKS TO GET THROUGH THEM? ODDS ARE, YOU’RE STILL GOING TO BE EATING WAY FRESHER EGGS THAT THOSE YOU CAN BUY AT THE STORE.

FIGHT VITAMIN D DEFICIENCY WITH VITAMIN D-RICH EGGS!

THE LIFE OF A STORE-BOUGHT EGG BEGINS WHEN IT IS LAID. AFTER THAT, THE FARMER HAS 30 DAYS TO GET IT TO THE STORE. THEN, THE STORE HAS ANOTHER 30 DAYS TO SELL THE EGGS. ONCE PURCHASED, THE USDA RECOMMENDS KEEPING EGGS A MAXIMUM OF 5 WEEKS IN YOUR REFRIGERATOR.

THE BOTTOM LINE IS THAT, ON JANUARY 8TH, YOU COULD BE EATING A STORE-BOUGHT EGG LAID ON OCTOBER 4TH OR YOU COULD BE EATING A THISTLES & CLOVER EGG LAID NOVEMBER 22ND AT THE EARLIEST. THAT’S OVER 6 WEEKS DIFFERENCE!

WONDERING HOW MUCH YOU’RE SAVING? OUR EGGS ARE USUALLY \$4/DOZEN. GETTING 5 DOZEN



FOR THE... PRICE OF 4 MEANS A SAVINGS OF 20% OF THE REGULAR PRICE!

WE’RE NOT SURE HOW LONG WE WILL OFFER THE “5 FOR 4” DEAL, SO TAKE ADVANTAGE WHILE YOU CAN AND WHILE SUPPLIES LAST.

HAPPY HOLIDAYS!!!



EASY HOLIDAY HORS D'OEUVRES

MOST OF THE WORK FOR THESE RECIPES CAN BE DONE A DAY AHEAD – GIVING YOU MORE TIME TO RELAX AND VISIT.

BLUE CHEESE DEVILED EGGS

DEVILED EGGS ARE A NUTRITIOUS, EASY AND DELICIOUS DISH TO SHARE OVER THE HOLIDAYS.

MAKES 24 STUFFED EGG HALVES

INGREDIENTS:

- 12 EGGS
- 1/2 CUP BLUE CHEESE SALAD DRESSING (MORE OR LESS TO SUIT YOUR TASTES)
- DASH OF PAPRIKA

PREPARATION BEGINS BY HARD BOILING. PLACE EGGS IN A SINGLE LAYER IN THE BOTTOM OF A POT. COVER THEM BY 1 INCH WITH COLD WATER. BRING THE WATER TO A BOIL OVER MEDIUM-HIGH HEAT. ONCE BOILING, REMOVE THE POT FROM THE HEAT, COVER AND LET STAND FOR 15 MINUTES. AFTER 15 MINUTES ARE UP, RUN COLD WATER OVER THE EGGS TO STOP COOKING.

SHELL THE EGGS BY CRACKING THE SHELL AND ROLLING THE EGG BETWEEN THE PALMS OF YOUR HANDS. YOU WILL PROBABLY NOTICE THAT EGGS FROM OUR FARM ARE VERY DIFFICULT TO SHELL. THERE IS NOTHING WRONG WITH THEM! THIS IS ACTUALLY DUE TO THE EGGS BEING SO FRESH (A SMALL PRICE TO PAY!)

ONCE SHELLED, CUT THE EGGS LENGTHWISE IN HALF. CAREFULLY REMOVE THE YOLKS. MIX YOLKS WITH BLUE CHEESE SALAD DRESSING.

1 MIXED 1/2 CUP SALAD DRESSING WITH 12 EGG YOLKS.

USING A SMALL SPOON, PUT THE BLUE CHEESE/YOLK FILLING INTO EACH OF THE WHITE HALVES.

DUST THE TOPS WITH PAPRIKA. CHILL FOR 30 MINUTES (OR MORE) BEFORE SERVING.

THE MOST LABORIOUS TASK IN THIS RECIPE IS SHELLING THE EGG, WHICH IS WHY I RECOMMEND HARD-BOILING AND SHELLING THE EGGS THE NIGHT BEFORE. THEN YOU ARE LEFT WITH ONLY ABOUT 15 MINUTES OF PREP PRIOR TO SERVING.

ADDED BONUS: BECAUSE THESE ARE SERVED CHILLED, THERE'S NO PRESSURE TO KEEP THEM WARM PRIOR TO SERVING.

GRASSFED ITALIAN MEATBALLS

THESE SAVORY MEATBALLS WILL DISAPPEAR QUICKLY. MAKE AN EXTRA BATCH TO ENJOY YOURSELF!

MAKES ABOUT 20 1-INCH MEATBALLS

INGREDIENTS:

- 1 LB GRASSFED GROUND BEEF
- 4 GARLIC CLOVES, MINCED
- 1/2 CUP GRATED PARMESAN
- 1/2 SMALL ONION, MINCED
- 1/2 CUP CRACKER CRUMBS
- 1 EGG, BEATEN
- 2 TABLESPOONS TOMATO PASTE
- 1 TEASPOON SALT
- 1 TEASPOON DRIED OREGANO

- FRESHLY GROUND PEPPER

MIX ALL OF THE INGREDIENTS TOGETHER IN A LARGE BOWL. FORM THE MIXTURE INTO 1-INCH MEATBALLS AND PLACE EACH MEATBALL INTO A LARGE TUPPERWARE CONTAINER. COVER AND REFRIGERATE AT LEAST 30 MINUTES.

HEAT 2 TABLESPOONS OF BUTTER OR LARD IN A LARGE SKILLET OVER MEDIUM HEAT. BROWN THE MEATBALLS IN THE SKILLET BUT DO NOT FULLY COOK. MAKE SURE HEAT IS NOT TOO HIGH OR MEATBALLS WILL STICK TO PAN AND FALL APART WHEN YOU HANDLE THEM. USE BLUNT TONGS WHEN HANDLING MEATBALLS. TRANSFER MEATBALLS TO A GLASS BAKING DISH. BAKE FOR 20 MINUTES IN 375 DEGREE OVEN.

SERVE WARM ALONGSIDE A BOWL OF MARINARA (SPAGHETTI) SAUCE FOR GUEST TO USE AS A DIP.

FORM THE MEATBALLS THE NIGHT BEFORE I PLAN TO COOK THEM. THE UNCOOKED MEATBALLS SIT IN THE REFRIGERATOR OVERNIGHT, LEAVING ME WITH ONLY ABOUT 10 MINUTES ACTIVE TIME LEFT WHEN BROWNING ON THE STOVETOP.

FARM & FOOD NEWS



Did you know that eggs are laid with a protective anti-bacterial coating on them? Pretty useful considering each egg shell has 17,000 pores!



Did you know a cow eats 100 pounds of grass each day?

SUPPLIES REPLENISHED IN JANUARY 2010

YOU MAY HAVE NOTICED THAT WE ARE CURRENTLY SOLD OUT OF SEVERAL OF OUR GRASSFED BEEF ITEMS — TENDERLOINS, STEW MEAT, SUMMER SAUSAGE, AND BEEF STICKS. WE ANTICIPATE HAVING NEW SUPPLIES OF ALL OF THESE PRODUCTS, ALONG WITH SOME BRAND NEW PRODUCTS IN JANUARY 2010. CHECK OUR WEBSITE FOR UPDATES.

PRODUCTS ADDED TO IOWA FOOD COOP OFFERINGS

WE HAVE JUST ADDED TWO MORE ITEMS TO OUR IOWA FOOD COOP LISTING — OUR BULK BEEF BUNDLE WHICH CONSISTS OF 10, 1-POUND PACKAGES OF GROUND BEEF AND OUR DELICIOUS BEEF JERKY. THIS MONTH'S ORDER CYCLE ENDS DECEMBER 12TH AND DELIVERY IS DECEMBER 17TH.

BABY CHICKS ARRIVE IN DECEMBER!

WE HAVE 2 BATCHES OF BABY CHICKS SCHEDULED TO ARRIVE IN DECEMBER. THESE CHICKS WILL GROW TO BECOME OUR LAYING HENS FOR 2010. WE HAVE ORDERED A WIDE VARIETY AND SO WE SHOULD HAVE LOTS OF CUTE PHOTOS OF THEM ON OUR WEBSITE OVER THE NEXT COUPLE OF WEEKS — CHECK BACK TO SEE THEM!

HERITAGE TURKEY BEATS BUTTERBALL

AYRSHIRE FARM (VA) RECENTLY HELD THEIR ANNUAL "TIMELESS TURKEY" TASTE TEST. THEY PITTED THE MEAT FROM SEVERAL DIFFERENT HERITAGE-BREED TURKEYS AGAINST A "BUTTERBALL" TURKEY. WHEN THE RESULTS OF THE BLIND TASTE TEST WERE IN, THE MIDGET WHITE AND ROYAL PALM HAD BEATEN OUT THE BUTTERBALL — HOORAY FOR HERITAGE!

BACTERIA FOUND IN 2/3 OF GROCERY STORE CHICKENS

AN RECENT CONSUMER REPORTS INVESTIGATION FOUND SALMONELLA AND CAMPYLOBACTER IN 2/3 OF CHICKENS SOLD AT GROCERY STORES. THESE INCLUDED CHICKENS PRODUCED BY TYSON, FOSTER FARMS AND PERDUE.

E. COLI CONTAMINATED MEAT "RECYCLED"

A RECENT FOOD SAFETY NEWS ARTICLE BY ZACH MALLOVE DESCRIBES HOW BEEF THAT IS RECALLED BECAUSE OF THE PRESENCE OF E. COLI IS THEN COOKED AND RESOLD AS PREPARED FOOD PRODUCTS SUCH AS CANNED CHILI, SPAGHETTI SAUCE OR RAVIOLI — AND HOW [THE USDA SUPPORTS THIS!](#)

RESTAURANTS SIGNING UP FOR CAGE-FREE

ACCORDING TO THE HUMANE SOCIETY'S WEBSITE, WENDY'S, RED ROBIN, AND AU BON PAIN ARE ALL WORKING TO SOURCE THEIR FOOD FROM HUMANELY TREATED FARM ANIMALS — INCLUDING EGGS FROM UNCAGED HENS. UNCAGED DOESN'T NECESSARILY MEAN HENS GET TO RUN AROUND OUTSIDE ALL DAY AND DO AS THEY PLEASE, BUT AT LEAST IT'S A STEP IN THE RIGHT DIRECTION.

CALLING ALL SCHOOL LUNCH REFORMERS

HAVE YOU WORKED TO IMPROVE YOUR LOCAL SCHOOL'S LUNCH OFFERINGS? WE WOULD LOVE TO HEAR FROM YOU! THIS IS A PROJECT WE WOULD LIKE TO START WORKING ON AND WE COULD USE SOME ADVICE. PLEASE EMAIL US AT THISTLESANDCLOVER@GMAIL.COM OR CALL US AT (712) 371-9861 TO TELL US ABOUT YOUR EXPERIENCES.



**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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