

# THISTLES & CLOVER

GRASSFED BEEF, FARM FRESH EGGS  
AND BROILER CHICKENS

VOL. 6, FEBRUARY 2010



## FEBRUARY DATES:

- |                                      |                                                                                                     |
|--------------------------------------|-----------------------------------------------------------------------------------------------------|
| SATURDAY<br>FEBRUARY 6<br>10-11AM    | WINTER OMAHA<br>DELIVERY!!!!<br>AT VILLAGE POINTE                                                   |
| SATURDAY<br>FEBRUARY 6<br>NOON – 2PM | WE WILL BE SAMPLING<br>OUR PRODUCTS AT GREEN<br>ACRES NATURAL FOODS<br>MARKET IN COUNCIL<br>BLUFFS! |
| SATURDAY<br>FEBRUARY<br>13           | LAST DAY TO PLACE IOWA<br>FOOD COOP ORDERS                                                          |
| THURSDAY<br>FEBRUARY<br>18           | IOWA FOOD COOP<br>DELIVERY DAY AT MERLE<br>HAY MALL IN DES<br>MOINES                                |
| SATURDAY<br>FEBRUARY<br>20           | WINTER OMAHA<br>DELIVERY!<br>AT VILLAGE POINTE                                                      |

## THE WOLF MOON

*THE WOLF MOON ROSE ON SATURDAY JANUARY 30<sup>TH</sup>. THE BRIGHTEST, REDDEST MOON OF THE YEAR. HOPE YOU GOT A CHANCE TO SEE IT. IT IS PICTURED ABOVE.*

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 FIND OUT ABOUT ANGUS BEEF AND THE LATEST FARM AND FOOD NEWS.

THANK YOU,

ADAM AND LUCY CAMERON





## WHAT'S SO GREAT ABOUT ANGUS BEEF?

“ANGUS” BURGERS ARE EVERYWHERE THESE DAYS. READ ON TO FIND OUT WHAT “ANGUS” REALLY MEANS.

WITH EVERY RESTAURANT FROM CHEESECAKE FACTORY TO MCDONALD’S ADVERTISING THEIR OWN “ANGUS” BURGERS, WE THOUGHT YOU MIGHT WANT TO KNOW A LITTLE BIT MORE ABOUT THE ANGUS BREED AND WHAT THESE RESTAURANTS ARE ACTUALLY TELLING (AND NOT TELLING YOU) YOU ABOUT THEIR BURGERS.

### HISTORY OF ANGUS CATTLE

THE ANGUS BREED ORIGINATED IN SCOTLAND. ORIGINALLY NOTEWORTHY FOR BEING POLLED (HORNLESS), IT WAS INCORPORATED INTO U.S. HERDS PARTIALLY BECAUSE ANGUS COWS WERE ABLE TO BIRTH HEALTHY CALVES WITH MINIMAL ASSISTANCE. THE ANGUS BREED IS CURRENTLY THE MOST

POPULAR BREED OF BEEF CATTLE IN THE UNITED STATES.

### THE ANGUS MARKETING CAMPAIGN

THE BIG TO-DO ABOUT ANGUS BEEF BEGAN IN EARNEST WHEN THE AMERICAN ANGUS ASSOCIATION SET UP THE “CERTIFIED ANGUS BEEF” BRAND IN 1978. THE GOAL OF THIS BRAND WAS TO PROMOTE THE IDEA THAT ANGUS BEEF WAS OF HIGHER QUALITY THAN BEEF FROM OTHER BREEDS OF CATTLE.

### IS ANGUS BEEF REALLY BETTER?

TRUE ANGUS CATTLE DO HAVE A PREDISPOSITION TOWARDS PRODUCING MORE TENDER MEAT THAN OTHER BREEDS. THEY OWE THIS FEATURE TO A PROTEIN, MYOSTATIN, WHICH ANGUS CATTLE POSSES IN GREATER

QUANTITIES THAN OTHER BREEDS. THIS PROTEIN FACILITATES MARBLING IN THE BEEF. ADDITIONALLY, THE MARBLING OF ANGUS BEEF TENDS TO BE MORE FINELY TEXTURED, INCREASING ITS TENDERNESS.

### HOW IS ANGUS BEEF CERTIFIED?

CURRENTLY, CATTLE ARE ELIGIBLE FOR “CERTIFIED ANGUS BEEF” EVALUATION IF THEY ARE AT LEAST 51% BLACK AND EXHIBIT ANGUS INFLUENCE, WHICH CAN INCLUDE CROSSBREDS.

ONCE AN ANIMAL IS ACCEPTED FOR EVALUATION, THE USDA GRADER LOOKS FOR THE FOLLOWING:

*Angus cattle were originally called Aberdeen Angus*



- MODEST OR HIGHER DEGREE OF MARBLING
- MEDIUM OR FINE MARBLING TEXTURE
- “A” MATURITY
- 10-16 SQUARE INCH RIBEYE AREA
- LESS THAN 1,000 POUND HOT CARCASS WEIGHT
- LESS THAN 1” FAT THICKNESS
- MODERATELY THICK OR THICKER MUSCLING
- NO HUMP ON THE NECK EXCEEDING 2”

- PRACTICALLY FREE OF CAPILLARY RUPTURE

### WHAT CERTIFICATION DOESN’T MEAN

GIVEN THE CRITERIA, “CERTIFIED ANGUS BEEF” (CAB) CERTAINLY SEEMS AS THOUGH IT WILL LIKELY OFFER AN ENJOYABLE EATING EXPERIENCE. HOWEVER, AS YOU MAY HAVE NOTICED, THE CAB TRADEMARK DOES NOT SAY ANYTHING ABOUT WHETHER THE BEEF WAS RAISED WITH HORMONES, ANTIBIOTICS, GRAINS (CORN) OR QUESTIONABLE

FOODSTUFFS.

### HOW FARMERS LIKE US ARE EXCLUDED FROM A “CERTIFIED ANGUS BEEF” PROGRAM

AN INTERESTING CHARACTERISTIC OF THE CAB TRADEMARK IS THAT FARMERS WHO RAISE CALVES CANNOT OBTAIN RIGHTS TO THE TRADEMARK FOR THEIR BEEF.

*(STORY CONTINUED ON THE NEXT PAGE)*



# WHAT'S SO GREAT ABOUT ANGUS BEEF?

(CONTINUED FROM PAGE 2)

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ONLY OWNERS OF FEEDLOTS, PACKINGHOUSES, RESTAURANTS OR RETAIL STORES CAN USE THE CERTIFIED ANGUS BEEF (CAB) TRADEMARK. INSTEAD, THE CAB WEBSITE SUGGESTS THAT INTERESTED FARMERS CONTACT THEIR LOCAL CAB FEEDLOT TO FIND OUT HOW THEY CAN RAISE CALVES THAT MEET THE FEEDLOT'S CRITERIA. THERE WAS NO MENTION OF HOW FOLKS WHO ARE FINISHING THEIR CALVES ON GRASS COULD GO ABOUT OBTAINING CERTIFICATION! MAYBE WE SHOULD CALL OUR PASTURE A "GRASS FEEDLOT" SO WE CAN USE THE CAB TRADEMARK TOO!

ANOTHER NOTEWORTHY CHARACTERISTIC OF THE "CERTIFIED ANGUS BEEF" PROGRAM IS THAT BEEF MUST BE PROCESSED AT A FACILITY WITH A USDA GRADER ON STAFF.

IT IS VERY CHALLENGING FOR SMALL FARMERS TO FIND A MEAT PROCESSOR WITH A USDA INSPECTOR ON-STAFF WHO IS WILLING TO WORK WITH SMALL QUANTITIES OF ANIMALS. WE CURRENTLY DRIVE 120 MILES TO THE CLOSEST SUCH FACILITY. THE USDA INSPECTOR AT OUR PROCESSOR IS NOT A GRADER. TRANSPORTATION COSTS TO A FACILITY THAT ALSO HAD A USDA GRADER ON-STAFF COULD POTENTIALLY MAKE IT COST-PROHIBITIVE.

FOR ALL OF THE CAB TRADEMARK'S LIMITATIONS, BEEF THAT MAKES IT INTO THE "CERTIFIED ANGUS BEEF" PROGRAM IS TYPICALLY CONSIDERED A HIGH ENOUGH QUALITY THAT IT IS NOT SOLD TO FAST FOOD RESTAURANTS.

## WHAT ABOUT FAST FOOD "ANGUS" BURGERS?

THOSE FAST FOOD CHAINS DON'T WANT TO MISS OUT ON THE ANGUS-MANIA! SO WHAT KIND OF BEEF IS McDONALD'S USING FOR THE "100% ANGUS BURGER" IF IT'S NOT CERTIFIED ANGUS BEEF?

ACCORDING TO A McDONALD'S SPOKESMAN, THE ANGUS BEEF USED FOR THEIR "100% ANGUS BURGER" IS ACQUIRED UNDER AN APPROVED USDA PROCESS VERIFIED PROGRAM. NO OTHER DETAILS ABOUT THE PROGRAM WERE AVAILABLE AT McDONALD'S WEBSITE OR THE USDA'S WEBSITE.

INGREDIENTS IN McDONALD'S 100% ANGUS BURGER PATTY WERE AVAILABLE ONLINE AND THEY READ AS FOLLOWS:

100% ANGUS BEEF. PREPARED WITH GRILL SEASONING (SALT, BLACK PEPPER) AND ANGUS BURGER SEASONING: SALT, SUGAR, DEXTROSE, ONION POWDER, MALTODEXTRIN, NATURAL BUTTER FLAVOR (DAIRY SOURCE), AUTOLYZED YEAST EXTRACT, SPICES, GARLIC POWDER, VEGETABLE PROTEIN (HYDROLYZED CORN, SOY AND WHEAT), NATURAL (ANIMAL, PLANT AND BOTANICAL SOURCE) AND ARTIFICIAL FLAVORS, DRIED BEEF BROTH, SUNFLOWER OIL, CARAMEL COLOR, PARTIALLY HYDROGENATED COTTONSEED AND SOYBEAN OIL, GUM ARABIC, SOY SAUCE SOLIDS (WHEAT, SOYBEAN, SALT, MALTODEXTRIN, CARAMEL COLOR), PALM OIL, WORCESTERSHIRE SAUCE POWDER [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR (FRUIT SOURCE), BEEF FAT, ANNATTO AND TURMERIC (COLOR), CALCIUM SILICATE AND SOYBEAN OIL (PREVENT CAKING)]. CONTAINS: MILK, SOY AND WHEAT.

## WHAT'S THE DIFFERENCE BETWEEN BLACK AND RED ANGUS?

ORIGINALLY, NOTHING BUT A SINGULAR GENE CONTROLLING HAIR COLOR! WAY BACK IN SCOTLAND, WHEN THE ANGUS

BREED WAS JUST GETTING STARTED, INDIVIDUALS WITH TWO RECESSIVE GENES FOR THE RED COLORING WERE COLORED RED. ALL OTHER INDIVIDUALS WERE COLORED BLACK. GIVEN MENDEL'S LAW OF HEREDITY, A BLACK BULL AND A BLACK COW PRODUCE RED OFFSPRING 25% OF THE TIME. A RED BULL AND RED COW PRODUCE ONLY RED ANGUS OFFSPRING.

DECIDING THAT BLACK WAS TO BE THE OFFICIAL BREED COLOR, THE AMERICAN ANGUS ASSOCIATION EXCLUDED RED ANGUS FROM ITS REGISTRAR IN 1917. BREEDERS WHO WERE AWARE OF THE SUPERFICIAL NATURE OF THE BLACK AND RED ANGUS' DIFFERENCES CONTINUED TO MAINTAIN THE RED ANGUS BLOODLINE. IN 1954, THE RED ANGUS ASSOCIATION WAS FORMED WITH RIGOROUS REGISTRATION REQUIREMENTS INCLUDING PERFORMANCE DATA FOR INDIVIDUAL ANIMALS.

BOTH RED AND BLACK ANGUS CATTLE ARE ASSOCIATED WITH MANY BENEFICIAL TRAITS INCLUDING CALVING EASE, MOTHERING, DOCILITY, AND BEING POLLED (HORNLESS).

## WHAT ABOUT THISTLES & CLOVER?

OUR CATTLE ARE PRIMARILY ANGUS. WE HAVE PUREBRED ANGUS ANIMALS, INCLUDING OUR RED ANGUS BULL. CALVES BORN TO OUR PUREBRED BULL ARE ELIGIBLE FOR ANGUS REGISTRATION.

AND BY THE WAY, INGREDIENTS IN OUR HAMBURGER PATTIES ARE AS FOLLOWS: **100% BEEF RAISED WITH NO HORMONES, NO ANTIBIOTICS, JUST LOTS OF GRASS, SUNSHINE, WATER AND LAND!**

## FARM & FOOD NEWS



*Did you know that the Red Angus' coloring may make them more tolerant of heat?*



*Did you know that the majority of cattle around the world are colored red?*

### **WE ARE AT GREEN ACRES IN COUNCIL BLUFFS!**

AS OF FRIDAY JANUARY 29<sup>th</sup>, WE ARE OFFICIALLY IN OUR FIRST RETAIL STORE! GREEN ACRES NATURAL MARKET IN COUNCIL BLUFFS IOWA IS NOW CARRYING SEVERAL OF OUR PRODUCTS! WE WILL BE THERE FROM NOON-2PM SATURDAY FEBRUARY 6<sup>th</sup> TO HAND OUT SAMPLES. STOP BY AND SAY 'HI'!

### **OBAMA ADMIN PICKS CHIEF FOOD SAFETY OFFICIAL**

THE OBAMA ADMINISTRATION FINALLY MADE THEIR PICK FOR UNDERSECRETARY OF AGRICULTURE FOR FOOD SAFETY, ELISABETH HAGEN. HAGEN IS A PHYSICIAN WITH 4 YEARS EXPERIENCE IN FOOD SAFETY. SHE WILL OVERSEE THE USDA'S FOOD SAFETY INSPECTION SERVICE, WHICH IS RESPONSIBLE FOR SAFE MEAT, POULTRY AND EGGS WHICH MAKE UP 20% OF THE FOOD SUPPLY. IT EMPLOYS 7,300 INSPECTORS WHO PERFORM DAILY AND CONTINUOUS CHECKS INSIDE 6,200 FOOD PROCESSING FACILITIES.

### **MICHAEL POLLAN RELEASES NEW BOOK**

YOU MAY KNOW OF MICHAEL POLLAN FROM HIS BOOKS (OMNIVORES DILEMMA) OR HIS APPEARANCES IN MOVIES (FOOD INC.). HIS NEWEST BOOK, FOOD RULES, AN EATER'S MANUAL WAS RECENTLY RELEASED. RULE 27 STATES "EAT ANIMALS THAT HAVE THEMSELVES EATEN WELL." HE GOES ON TO STATE, IT'S WORTH LOOKING FOR PASTURED ANIMAL FOODS IN THE MARKET."

### **MICHAEL POLLAN ON OPRAH**

A SEGMENT ON OPRAH TITLED "MICHAEL POLLAN: THE TRUTH ABOUT THE FOOD YOU EAT" SHOWS POLLAN STATING: "I'M VERY PICKY ABOUT THE MEAT I EAT. I EAT GRASS-FED BEEF, WHICH IS BECOMING MORE COMMON. YES IT'S STILL MORE EXPENSIVE, BUT IT'S A VERY SUSTAINABLE PRODUCT."

### **GRASSFED BEEF WINS TASTE-OFF**

THE NEW YORK TIMES REPORTS THAT A HAMBURGER TODAY RESTAURANT HELD A BURGER TASTE OFF WITH GRASS-FED BEEF, LAFRIEDA BEEF AND SUPERMARKET BEEF. GUESS WHO WON? YUP – GRASSFED! HOORAY!

### **CO-PRODUCER OF FOOD, INC. DISCUSSES USDA'S REACTION TO MOVIE**

ERIC SCHLOSSER (ALSO AUTHOR OF FAST FOOD NATION) STATED, "WE SHOWED THE FILM TO THE HEAD OF THE US DEPARTMENT OF AGRICULTURE AND HE SEEMED VERY SYMPATHETIC TO IT, BUT HIS ARGUMENT WAS: 'MAKE US DO IT.' THERE IS SO MUCH RESISTANCE TO CHANGE THAT YOU REALLY NEED A MOVEMENT. OF ALL THE SORTS OF REFORMS, THE ONE THAT WILL BE EASIEST TO DO IN THE US IS FOOD SAFETY, BECAUSE THERE'S NOT A BIG POPULAR LOBBY FOR 'SH\*T IN THE MEAT' – REPUBLICANS, DEMOCRATS, IF YOU ASK THEM: 'DO YOU WANT FECAL MATERIAL IN YOUR HAMBURGER?', MOST PEOPLE SAY NO. THE REGULATORY CHANGES TO FOOD SAFETY ARE VERY SIMPLE – KEVIN'S LAW [NAMED AFTER A CHILD WHO DIED AFTER EATING E COLI-CONTAMINATED MEAT] WOULD MANDATE THAT MEAT IS TESTED AS IT LEAVES THE PLANT. THIS ISN'T ABOUT A SOCIALIST REVOLUTION. THIS IS ABOUT: IF THERE'S DEADLY PATHOGENS IN THE MEAT, YOU'RE NOT ALLOWED TO SELL IT. IF WE FIND IT, WE'RE ALLOWED TO TAKE IT OFF THE SHELF. I'M OPTIMISTIC ABOUT THE POSSIBILITY OF THAT CHANGE. THE INDUSTRY LINE IS: JUST COOK IT. IT'S A WAY OF SHIFTING RESPONSIBILITY AWAY FROM SELLING A TAINTED, FAULTY PRODUCT, AND ONTO THE CONSUMER. THE ULTIMATE MESSAGE IS: IF YOUR FOOD'S POISONED, IT'S YOUR FAULT."

### **FDA URGED TO BAN FEEDING OF CHICKEN FECES TO CATTLE**

AS REPORTED IN THE LA TIMES, A COALITION OF FOOD AND CONSUMERS GROUPS INCLUDING THE CONSUMERS UNION AND THE CENTER FOR SCIENCE IN THE PUBLIC INTEREST HAS ASKED THE FOOD AND DRUG ADMINISTRATION TO BAN THE PRACTICE OF FEEDING CHICKEN FECES AND OTHER POULTRY WASTE TO CATTLE. CATTLE ARE INTENTIONALLY FED BETWEEN 1 AND 2 MILLION TONS OF POULTRY LITTER EACH YEAR ACCORDING TO THE FDA.

**IT PAYS TO KNOW YOUR FARMER!!!**



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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