

THISTLES & CLOVER

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



Vol. 26, February 2012

February Dates:

Saturday February 11th

- **Winter Omaha Delivery**
- **Location:** 6605 Maple Street
- **Time:** 9am until Noon
- **How to Order:** phone, email or T&C webstore
- **How to Pay:** cash, check or credit at pick-up *

Saturday February 25th

- **Winter Omaha Delivery**
- **Location:** 6605 Maple Street
- **Time:** 9am until Noon
- **How to Order:** phone, email or T&C webstore
- **How to Pay:** cash, check or credit at pick-up *

* We are pleased to announce that we now have the ability to process **credit cards** when you pick up your order!

Six more weeks of this year's winter? Sounds good to us!

*The first pork of 2012 is currently at our butcher. We **hope** to have all the smoked products (think bacon, ham, hocks) plus tenderloins, shoulder roasts and everything else you love in stock by the February 25th Omaha delivery – stay tuned!!!*

This month, we discuss changes we are making to some of our pork prices (some up, some down). We also offer a great recipe using T&C eggs and pork - plus the latest farm and food news. Enjoy!

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.

Thank you,

Adam and
Lucy
Cameron





The Ups and Downs of T&C Pork Prices

One of the challenges of running a farm the scale of Thistles & Clover is selling an entire animal's worth of meat at a time.

We would be in a world of trouble if we sold our pork tenderloins without selling the chops, roasts, hams, sausage and all the rest!

Last year, we found that we were selling out of certain pork cuts within the first week of their availability. Other items took longer to sell.

In order to sell an entire animal's worth of pork in a more concentrated period of time, we are switching up some of our pork prices. We are raising some prices and lowering others.

We certainly hope that the price increases do not prevent you from enjoying your favorite T&C pasture-raised pork products. Hopefully, the steep discounts that we are also offering will help make sure that T&C pork makes its way into your weekly meal plans throughout 2012.

The following table lists the T&C pork products that will have new prices effective February 25th, 2012. Be sure to note the new lower prices for our sausage links, patties and bulk sausage!

	\$/lb effective 2/25/12	% change from 2011
Sausage Links, Patties	\$5.99	-16%
Bulk Sausage	\$5.99	-10%
Ham	\$6.95	5%
Spare Ribs	\$6.49	6%
Cutlets	\$5.49	7%
Bacon / Cottage Bacon	\$7.95	11%
Ground Pork	\$5.99	15%
Baby back Ribs	\$8.49	19%
Tenderloin	\$10.95	20%

Prices for Chops, Loin Roasts, and Shoulder Roasts remain unchanged.



Dressing up Eggs for Dinner...



Our flock of laying hens is extremely sensitive to the increasing daylight and we are finding ourselves flush with eggs. So this month's recipe is a celebration of eggs - one of the most versatile (and economical) proteins around. We typically enjoy quiche as an evening meal, with leftovers used for lunch the next day. But eggs are incredible anytime - for breakfast (scrambled, fried or boiled), lunch (in tortillas or on a salad), soup (egg drop, anyone?), or dessert (angel food cake, crème brule). The possibilities are endless - enjoy!

T&C Quiche Makes 1 quiche, serves 4

Ingredients:

- 1 cup all-purpose flour
- ½ teaspoon salt
- 6 tablespoons butter, cold, chopped
- 2 tablespoons cold water
- 1 bulb garlic (yes, the *whole* bulb!)
- 1 tablespoon butter
- ½ onion, chopped
- 1/8 cup frozen peas
- ¼ cup chopped T&C deli ham
- 1 cup shredded cheese (your preference, I use full cream swiss)
- 6 T&C eggs
- 1/8 cup cream
- salt and pepper
- 1 tablespoon parmesan cheese

Directions:

Wrap garlic bulb in foil and place in oven. Set oven to 350 degrees.

Make the quiche crust: Mix flour and salt in mixer bowl. With paddle running, gradually add chopped butter. When flour and butter have mixed to sandy consistency, slowly add water. Once dough solidifies, remove and roll out to pie dimension between 2 sheets of floured wax paper. Transfer to greased pie pan. Prick with a fork (lets steam escape) and bake at 350 until just turning golden. Set aside.

Sautee onion in butter. Sprinkle over quiche crust. Sprinkle peas and deli ham over onions. Remove garlic from oven, pull away foil and slice off bottom of bulb using a serrated knife. Squeeze the roasted garlic cloves out and onto the quiche crust - trying your best to distribute them evenly over the crust. Sprinkle swiss cheese over top. Whisk together eggs, cream, salt and pepper. Pour over top of quiche crust. Sprinkle parmesan cheese over top. Bake in 350 degree oven for approximately 45 minutes. Let cool on counter for at least 10 minutes before serving. Enjoy!!!! (Roast potatoes and broccoli are great sides!)

THE LATEST FARM AND FOOD NEWS



Did you know that about 75% of how long we live, and our chances of suffering from a heart attack, diabetes and certain cancers, is determined by our behaviors?



Did you know that only about 6% of the graduating physicians in the U.S. have any training in nutrition?

Want to look as young as you feel? A recent article at 'clickondetroit's website, titled "Lifestyle Can Determine Whether You Show Your Age" lists the following 4 ways to slow the aging process: exercise, don't smoke, moisturize and eat healthy. Specifically, the following foods were listed as combating the aging process: "Strawberries, blackberries, corn, **egg yolk**, artichoke hearts, broccoli, flaxseed (**omega-3 fatty acids**), water, and dark green leafy vegetables."

Good Parenting Skills Can Help Lower Kids' Obesity Risk A new study from the NYU Lagone Medical Center revealed that high risk children whose parents received instruction on good parenting techniques (particularly relating to being nurturing and responsive to their children) had their risk for childhood obesity cut almost in half. Dr. Laurie Brotman, who led the study, stated that it's not just "calories in and calories out...There are these really complex interactions between how kids deal with stress and how kids cope with situations and interact with kids socially."

Regulated Substances: Alcohol, Tobacco and....Sugar? A group of researchers from the University of California at San Francisco recently published an editorial in Nature stating that "the ballooning rates — and costs — of obesity, diabetes and other diseases, mean it's time for regulators to lump sugar into the same category as booze and cigarettes and put similar restrictions on its sale and availability." Increased control is necessary, they say, because efforts to keep excessive sugar out of the American diet have failed.

Larger Cages for Laying Hens Could Be In Place by 2030 (18 years away) H.R. 3798, or the "Egg Products Inspection Act Amendments of 2012," which is currently in congress includes provisions that would give egg producers up to 18 years to provide larger cages for laying hens. The new cages would need to offer at least 124 square inches for white hens and 144 for brown hens — the same space as about 1½ sheets of paper. In addition, hens would have perches, nesting boxes and scratching areas so they could engage in natural behaviors.



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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