

THISTLES & CLOVER

GRASSFED BEEF, FARM FRESH EGGS
AND BROILERS



Volume 5, January 2010

January Dates:

SUNDAY January 10	Winter Omaha Delivery!!!! CHANGE IN DAY and TIME!!! 3-4pm SUNDAY at Village Pointe
Thursday January 21	Iowa Food Coop Delivery AND SAMPLING!!! Merle Hay Mall in Des Moines
Saturday January 23	Winter Omaha Delivery!!! 10-11am SATURDAY at the Village Pointe Parking Lot

HAPPY NEW YEAR!

THANKS FOR CHECKING OUT OUR JANUARY 2010 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 THISTLES & CLOVER NEWS THAT AFFECTS YOU, RECIPES, AND THE LATEST HAPPENINGS ON OUR FARM AND IN THE FOOD INDUSTRY.

THANK YOU,

ADAM AND LUCY CAMERON





THISTLES & CLOVER NEWS BITES

LOTS OF NEW HAPPENINGS THAT AFFECT YOU!

NEW LABEL

WE ARE EXCITED TO ANNOUNCE THAT AS OF JANUARY 1, 2010, OUR PRODUCTS WILL HAVE A NEW LABEL! YOU WILL NOTICE OUR FARM'S NAME "THISTLES & CLOVER" PROMINENTLY FEATURED IN THE UPPER LEFT CORNER ALONG WITH OUR CONTACT INFORMATION.

NEW PRODUCTS

OUR "BAJA" BRATWURST IS A MILDER VERSION OF OUR TRADITIONAL BRAT. THIS IS PERFECT FOR THOSE OF YOU WHO LIKE SPICES APPLIED SPARINGLY. THESE BRATS ARE ALSO GREAT FOR YOUNGER CHILDREN WHO MAY NOT BE READY FOR SPICY FARE.

OUR "JALAPENO WITH CHIPOTLE" BRATWURST OFFERS A NEW VARIETY OF SPICY BRAT. UNLIKE OUR HOT ITALIAN BRATS, THESE HAVE A "SHARPER" HEAT — COURTESY OF THE JALAPENO. THE CHIPOTLE OFFERS A SMOKY FINISH. THESE BRATS ARE NOT ONLY GREAT ON THEIR OWN, BUT THEY CAN BE USED IN PLACE OF BEEF OR PORK IN ANY MEXICAN DISH.

FINALLY, WE ARE ALSO OFFERING SOUP BONES. EACH PACKAGE CONTAINS ABOUT 2 POUND OF BONES. THESE BONES HAVE A SUBSTANTIAL AMOUNT OF MEAT ON THEM — PROVIDING A RICH FLAVOR TO YOUR BEEF BROTH. MAKING YOUR OWN BEEF BROTH IS EASY AND IT PROVIDES YOU WITH A NOURISHING AND DELICIOUS BROTH THAT STORE-BUGHT BROTH WON'T HOLD A CANDLE TO! SEE OUR BEEF BROTH

RECIPE ON THE FOLLOWING PAGE.

REPLENISHED SUPPLIES

WE ARE ALSO HAPPY TO ANNOUNCE THAT WE HAVE REPLENISHED SUPPLIES OF STEW MEAT, SUMMER SAUSAGE, AND BEEF STICKS.

WE EXPECT TO HAVE BEEF JERKY IN BY MID-JANUARY MEANING IT WILL BE AVAILABLE FOR THE JANUARY 23RD OMAHA DROP-OFF AND THE IOWA FOOD COOP'S JANUARY 21ST DELIVERY IN DES MOINES.

**SEE THE "FARM & FOOD NEWS" SECTION ON PAGE 4 TO LEARN ABOUT SPECIAL DEALS WE ARE OFFERING AND ANOTHER NEW PRODUCT — PULLET EGGS!*

GOOD BROTH WILL RESURRECT THE DEAD...*SOUTH AMERICAN PROVERB*



WEBSTORE UPDATES

WE HAVE ALSO BEEN BUSY MAKING SOME UPDATES TO OUR "ONLINE ORDERING SYSTEM." THE MAJOR CHANGES YOU WILL NOTICE INCLUDE:

YOU CAN NOW PAY FOR PURCHASES MADE THROUGH OUR WEBSITE WITH A CREDIT CARD! IF YOU CHOOSE TO PAY WITH A CREDIT CARD, YOU WILL BE REDIRECTED TO PAYPAL'S SECURE

SITE, WHICH ACCEPTS MOST MAJOR CREDIT CARDS. YOU CAN PURCHASE ANY OF THE ITEMS LISTED ON THE WEBSTORE USING A CREDIT CARD — INCLUDING ITEMS AVAILABLE FOR THE OMAHA DROP-OFF, 2010 BROILER AND BULK BEEF DEPOSITS AND ITEMS AVAILABLE FOR SHIPMENT.

ANOTHER MAJOR CHANGE IS THAT WE NOW HAVE SOME ITEMS AVAILABLE FOR SHIPMENT LISTED ON OUR WEBSTORE. WE HAVE 3

BEEF BUNDLES — "THE PURIST," "THE SAVOR," AND "THE GRINDER," AND ONE PACKAGE OF EGGS TITLED "SUNNYSIDEUP". SHIPMENT IS AVAILABLE TO MOST ADDRESSES IN IOWA, NEBRASKA, MINNESOTA, ILLINOIS, WISCONSIN AND NORTH AND SOUTH DAKOTA.

WE ALSO MADE MINOR COSMETIC CHANGES TO THE WEBSITE AND WEBSTORE. PLEASE CONTACT US IF YOU HAVE ANY TROUBLE NAVIGATING AROUND THE SITE.



RECIPES

HOMEMADE BEEF BROTH

GRASSFED BEEF COOKING TIPS

IN HONOR OF OUR NEW OFFERING...

BEEF BROTH RECIPE:

INGREDIENTS:

- 2 LB SOUP BONES
- 1/4 CUP RAW APPLE CIDER VINEGAR
- 1 TEASPOON SALT
- 1 ONION
- 4 CLOVES GARLIC
- 2 CARROTS, CHOPPED
- 2 STALKS CELERY, CHOPPED

- TO MAKE YOUR BEEF BROTH, LET THE BONES COME TO ROOM TEMPERATURE.
- MELT 2-3 TABLESPOONS OF BUTTER IN A STOCK POT.
- BROWN THE SOUP BONES IN THE BUTTER.
- ONCE BROWNEED, TURN OFF THE HEAT.
- ADD ENOUGH WATER TO COVER SOUP BONES BY 2-3 INCHES.
- ADD 1/4 CUP OF RAW APPLE CIDER VINEGAR.
- LET SIT FOR 1 HOUR. THIS ALLOWS THE VINEGAR TO BEGIN TO BREAK DOWN THE BONES AND RELEASE THEIR CALCIUM INTO THE BROTH.
- ADD THE VEGETABLES.
- HEAT THE POT UNTIL THE WATER SIMMERS.
- REMOVE ANY SCUM THAT RISES TO THE TOP WITH A SKIMMING SPOON.
- COVER POT AND CONTINUE SIMMERING FOR 8-12 HOURS.
- LET STOCK COOL SLIGHTLY.
- PLACE A COLANDER OVER A LARGE BOWL AND POUR STOCK THROUGH COLANDER AND INTO

- BOWL,
- DISPOSE OF BONES AND VEGETABLES CAUGHT IN COLANDER.
- YOU MAY WISH TO REFRIGERATE THE STOCK UNTIL THE FAT HAS SOLIDIFIED ON TOP. YOU CAN THEN REMOVE THE FAT (FAT CAN BE USED FOR COOKING).
- USE THE STOCK FOR YOUR FAVORITE BEEF SOUP OR ANY NUMBER OF OTHER RECIPES.
- WWW.EPICURIOUS.COM HAS A WONDERFUL ARRAY OF DELICIOUS VIETNAMESE BEEF SOUP RECIPES. WHY NOT TRY ONE?

GRASSFED BEEF COOKING TIPS:

THERE ARE MANY DISHES IN WHICH GRASSFED BEEF CAN REPLACE GRAIN-FED BEEF WITHOUT ANY ADJUSTMENTS. THIS IS MAINLY TRUE FOR RECIPES USING MOIST-COOKING TECHNIQUES SUCH AS: SPAGHETTI, TACOS, LASAGNA, MEATLOAF, AND MEATBALLS, AMONG OTHERS..

HOWEVER, THERE ARE SOME RECIPES WHERE MAKING SOME MINOR ADJUSTMENTS CAN GREATLY IMPROVE YOUR RESULTS. THE FOLLOWING TIPS WILL MAXIMIZE YOUR GRASSFED BEEF EXPERIENCE.

HAMBURGERS:

WHEN FORMING YOUR OWN HAMBURGER PATTIES, MIX IN AN EGG FIRST. THE EGG HELPS THE BEEF STICK TOGETHER AND ADDS A LITTLE BIT OF MOISTURE.

STEW MEAT:

PRIOR TO COOKING, COAT STEW MEAT IN 2-3 TABLESPOONS OF UNFILTERED OLIVE

OIL AND LET SIT IN THE REFRIGERATOR OVERNIGHT. THE ENZYMES IN THE OIL TENDERIZE THE BEEF.

HAMBURGER PATTIES:

OUR HAMBURGER PATTIES SHOULD BE COOKED "LOW AND SLOW" TO RETAIN MOISTURE.

BRATWURSTS:

IF GRILLING BRATWURSTS, COOK THEM "LOW AND SLOW" AS PER OUR HAMBURGER PATTIES. SOME FOLKS SWEAR BY SOAKING THEIR BRATWURSTS IN BEER PRIOR TO GRILLING TO ADD ANOTHER DIMENSION OF FLAVOR.

FOR STOVETOP COOKING, SAUTÉ BRATWURSTS IN BUTTER FOR A FEW MINUTES OVER MEDIUM HEAT. ADD 3/4 OF A CAN OF BEER, RAISE HEAT TO HIGH, COVER AND ALLOW BRATS TO COOK THROUGH. REMOVE LID, REDUCE HEAT TO MEDIUM AND ALLOW MOST OF THE BEER TO COOK OFF BEFORE ENJOYING.

STEAKS:

ALLOW BEEF TO COME TO ROOM TEMPERATURE PRIOR TO COOKING. PUTTING COLD MEAT IN A HOT PAN TOUGHENS IT.

NEVER USE WINE, VINEGAR OR SALT IN A MARINADE FOR BEEF. THIS TOUGHENS THE MEAT.

Now ENJOY!!!

FARM & FOOD NEWS



Did you know that chickens are the closest living relatives to the Tyranosaurus Rex?



Did you know humans and cows have the same gestation period of 9 months?

SAVE 5% ON YOUR BROILERS

WE ARE OFFERING A 5% DISCOUNT FOR THOSE FOLKS WHO RESERVE THEIR 2010 BROILERS BY FEBRUARY 1ST.

“5 FOR 4” DEAL STILL AVAILABLE

WE ARE CONTINUING TO OFFER OUR “5 FOR 4” DEAL ON EGGS. YOU GET 5 DOZEN EGGS FOR THE PRICE OF 4 (\$16). STOCK UP WHILE YOU CAN!

NEW – PULLET EGGS AVAILABLE

PULLET EGGS ARE SMALLER THAN THOSE LAID BY OUR ADULT HENS, AND THEY ARE MORE UNIFORM IN COLOR SINCE MOST OF OUR PULLETS ARE OFF THE SAME BREED. THEREFORE, WE ARE OFFERING THESE CUTE PULLETS EGGS AT A DISCOUNTED RATE OF \$3.25/DOZEN. PULLET EGGS ARE AN OPTION LISTED UNDER “EGGS” ON OUR WEBSTORE. OF COURSE, YOU CAN ALWAYS EMAIL OR PHONE IN TO TELL US YOU WANT SOME.

SAMPLING AT JANUARY IOWA FOOD COOP DROP-OFF

WE ARE PLANNING TO BE IN ATTENDANCE AT JANUARY’S IOWA FOOD COOP DELIVERY DAY (THURSDAY JANUARY 21ST). WE WILL BE OFFERING PRODUCT SAMPLES AND VISITING WITH COOP MEMBERS. HOPE TO SEE YOU THERE!

UPDATES TO IOWA FOOD COOP PRODUCTS

OUR SUMMER SAUSAGE WAS A HIT AT THE DES MOINES FARMERS MARKET SO WE’VE DECIDED TO ADD IT TO OUR PRODUCTS AVAILABLE THROUGH THE IOWA FOOD COOP. WE ALSO ADDED OUR NEW “BAJA” BRATS AND WE NOW HAVE STEW MEAT AVAILABLE AGAIN. ORDER BY JANUARY 9TH TO GET YOUR PRODUCTS DELIVERED ON JANUARY 21ST

OUR AFFILIATIONS

ON THE “ABOUT US” PAGE OF OUR WEBSITE, WE HAVE ADDED A SECTION TITLED “OUR AFFILIATIONS.” CHECK IT OUT TO FIND OUT WHAT ORGANIZATIONS WE ASSOCIATE WITH.

WHICH WOULD YOU CHOOSE - AMMONIA OR E.COLI?

BEEF PRODUCTS INC (BPI) IS IN THE BUSINESS OF TREATING FATTY BEEF TRIMMINGS WITH AMMONIA TO KILL ANY E.COLI PRESENT. THE RESULTING SUBSTANCE IS THEN SOLD AND USED FOR FILLER FOR MOST HAMBURGERS SOLD IN RESTAURANTS, GROCERY STORES – AND SCHOOLS. BPI HAS BEEN IN THE NEWS LATELY BECAUSE APPARENTLY THEY HAVE REDUCED THE AMOUNT OF AMMONIA THEY USE (CUSTOMERS COMPLAINED OF THE AMMONIA ODOR) WHICH HAS CAUSED E.COLI AND SALMONELLA TO REAPPEAR WITH WORRISOME FREQUENCY. CHECK OUT THE 12/30/09 NEW YORK TIMES’ ARTICLE “COMPANY’S RECORD ON BEEF TREATMENT QUESTIONED.”

LATEST E. COLI RECALL

NEARLY 250,000 POUND OF BEEF HAVE BEEN RECALLED BY OKLAHOMA-BASED NATIONAL STEAK AND POULTRY. 21 PEOPLE HAVE BEEN SICKENED IN 16 STATES. SOME ARE POINTING TO THE MECHANICAL TENDERIZATION PROCESS WHICH COULD BE ESSENTIALLY SHOVING E. COLI DIRECTLY INTO CUTS OF MEAT.

INCREASING PRESSURE TO NIX ANTIBIOTICS IN LIVESTOCK

REPRESENTATIVE LOUISE M. SLAUGHTER D-N.Y. IS SEEKING TO END THE ROUTINE ADMINISTRATION OF ANTIBIOTICS TO LIVESTOCK. OVERUSE OF ANTIBIOTICS IN HUMANS AND ANIMALS HAS LED TO THE DEATHS OF OVER 65,000 PEOPLE IN THE U.S. LAST YEAR - MORE THAN PROSTATE AND BREAST CANCER COMBINED.

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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