

THISTLES & CLOVER

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



Vol. 25, January 2012

January Dates:

Saturday January 14th

- **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 January 28th

- **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!

The Year of the Dragon!

In the Chinese Zodiac, 2012 is the Year of the Dragon - an auspicious symbol of good fortune. We wish you an amazing, fortuitous 2012!

In this month's T&C Newsletter, we review how protein consumed affects the ratio of fat-to-muscle in your body. Also, we unveil ordering instructions for our 2012 "Bulk" Beef (beef purchased by the whole, half or quarter). You'll find fresh ideas for cooking our ground beef 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



Protein's Role in Body Weight and Composition



A recent American Medical Association (AMA) study revealed that the amount of protein in any excess calories consumed affects the body's resulting fat-to-muscle ratio.

The AMA study divided subjects into three groups, based on the % of daily calories that came from protein. Only the low-protein group actually lost muscle mass.

According to David Heber, M.D., co-author of the AMA study's editorial accompaniment, "the AMA findings show that overeating on a low-protein/high-carb diet causes people to pack on fat" (versus muscle).

Other studies have revealed dietary protein's impact on body weight and composition when overall calorie consumption is "normal" (the AMA study studied protein's role when subjects were consuming excess calories). These studies suggest that healthy proteins can assist efforts to maintain healthy body weight and composition. Three ways dietary proteins accomplish this include:

1. **Satiation:** Protein calories create a feeling of satiation much more quickly than calories consumed as carbohydrates – resulting in less calories being consumed.

2. **Amino Acids:** Calories consumed as protein contain amino acids, the building blocks for lean muscle within the body.
3. **Thermic Effect:** The body burns more calories digesting proteins than carbs or fat.

Heber says most people should get about 20% of their total calories from protein. Some proponents of the Paleolithic diet which has been shown to assist in fat loss and the maintenance and/or development of lean muscle mass advocate that up to 35% of daily calories come from pasture-raised, omega-3-rich animal meats.

Protein sources can either contain adequate amounts of all essential amino acids ("complete proteins"), else they need to be combined with other protein sources to contain adequate amounts of all essential amino acids ("incomplete proteins"). Beef, pork, poultry and eggs are all "complete proteins."

Meat, poultry and eggs that come from pasture-raised animals like those raised at Thistles & Clover, are nutrient dense and low in saturated fat, total fat and calories - plus you get that incredible flavor.

So here's to enjoying healthy, delicious, complete proteins from T&C while building and maintaining lean muscle!



Time to Reserve your 2012 T&C BULK BEEF

We are now accepting reservations for our 2012 'bulk' beef - beef purchased by the whole, $\frac{3}{4}$, half or quarter animal.



Benefits of Purchasing Bulk Beef:

- **Guaranteed supply:** Look no further than your own freezer for a yearlong supply of premium T&C grass-fed beef
- **Savings:** Significant savings over purchasing T&C beef in retail cuts. In 2011, the average bulk beef customer saved 10% to 20% when compared with retail.
- **Personalized:** Does your family prefer more ground beef? Thicker steaks? Specify how your beef is cut to maximize its usefulness in your kitchen.

New to Bulk Beef?

- **How Much Beef 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.
- **How do I Store Bulk Beef?** A quarter beef can fit into a 5.1 cubic foot chest freezer. At just over 2 feet wide and 1 $\frac{3}{4}$ feet deep, a 5.1 cubic foot freezer can be tucked into a corner of your basement or garage. New these freezers can run for \$168 and used (think craigslist) these are found as low as \$40.

What Is Included:

Steaks comprise approximately 20% of the beef you receive, roasts another 20%, ribs and soup bones 15%, and ground beef comprises about 45% of your bulk beef. These figures may vary based on how you want your beef cut.

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T&C Bulk Beef (continued from page 3)

What Does it Cost?

Picture a side (half) of beef dry-aging at a butcher shop, the weight of this slab of meat is called the "hanging weight." It includes some bones and connective tissue that will not end up in the beef you receive. We charge based on hanging weight to ensure that all customers are charged fairly –regardless of whether they want their beef boneless or bone-in. Processing (the butcher's fee) is added separately.

The table below gives you a general idea of what you might expect to pay for T&C bulk beef. Please keep in mind that, other than the T&C price per pound of hanging weight, all figures are estimates!

Quantity of Beef	Whole	Half	Quarter	Retail
T&C Price/lb hanging weight	\$3.24	\$3.24	\$3.29	
Yield Weight*	360	180	90	
Total Cost	\$2,319	\$1,172	\$594	
Average \$/lb	\$6.44	\$6.51	\$6.59	\$7.35
% Savings	12%	11%	10%	

* Yield Weight is the actual weight of beef customer receives

How to Reserve your Bulk Beef:

- **Online:** Use the T&C webstore (www.shop.thistlesandclover.com) to submit your reservation and deposit.
- **In Person:** Reserve in person at the next Omaha Delivery (see T&C website for schedule or email, call or facebook for dates).
- **USPS:** Print out and complete the "Thistles & Clover Bulk Beef" sheet on the "How to Buy" page of the T&C website. Mail it and your deposit to our mailing address.

I Placed my Reservation, What Happens Next?

We will contact you via email or phone when your beef goes to the butcher to discuss how you would like your beef cut. We expect the first 2012 bulk beef to be ready in late Spring. When your beef is ready, we will deliver it to our Omaha office and schedule a time for you to pick it up there. Beef reservations will be accepted on a first-come, first-served basis until sold out.

T&C Guarantee: We're so sure that you're going to love our grass-fed bulk beef, we guarantee it! See our webstore for details or simply ask us!

Having a 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! Feel free to email or call anytime with questions or to order.

Fresh Ideas for our 100% Grass-fed Ground Beef!

Thistles & Clover 100% grass-fed ground beef is economical, versatile, healthy, and it tastes great. The following two recipes combine our ground beef with dried mushrooms for an incredibly rich flavor. Dried mushrooms are great to keep on hand as they allow you to enjoy rich mushroom flavor anytime.

Cream of Mushroom Meatloaf

Serves 4

Ingredients:

- 3 tablespoons butter
- 1 onion, chopped
- ½ cup cream
- 1 ounce dried mushrooms (porcini or shitake are great choices) – crumbled into small pieces
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup dried breadcrumbs
- 1 pound T&C ground beef
- 1 T&C egg
- ¼ cup parmesan cheese

Directions:

Saute the onion in butter over medium heat. Add cream and heat (do not boil). Once cream is hot, add dried mushrooms and allow to sit for 30 minutes (mushrooms will reconstitute).

Place ground beef into a large mixing bowl. Incorporate egg, breadcrumbs, salt and pepper. Add cream mixture to beef and mix to combine.

Grease a loaf pan and place meatloaf mixture inside – forming it into a 'loaf' shape. Sprinkle parmesan cheese over top and bake in preheated 350 degree oven for about 45 minutes (until top of meatloaf is firm).

Meatloaf is great with mashed potatoes and corn.

It may be January, but it is *really* nice outside! Who knows how long it will last, so here's a recipe to get you outside grilling while you can.

Mushroom Burgers

Serves 4

Ingredients:

- 1 ounce dried mushrooms, reconstituted in ½ cup hot water, strained and chopped (reserve liquid for use in soup, potatoes, etc.)
- 1 tablespoon dried oregano
- 1 clove garlic, minced
- 2 tablespoons crumbled blue cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 pound T&C ground beef

Directions:

Mix together mushrooms, oregano, garlic, blue cheese, salt and pepper in a large mixing bowl. Add beef and mix to incorporate. Form into four 'meatballs', then flatten each ball until just shy of 1" thick. With your thumb, make a 'well' in the top of each patty to prevent meat from getting puffing up. Rub a little olive oil over each burger to prevent sticking. Set patties aside and heat the grill to medium heat. Place burgers over the heat source for about 3 minutes per side, then move off of direct heat and close lid. Cook to desired doneness, which for medium may take another 10 minutes (flipping once). According to the USDA, ground beef should be cooked to a minimum internal temperature of 160 degrees.

Enjoy with grilled baked potatoes and maybe even an out-of-season salad (treat!).



THE LATEST FARM AND FOOD NEWS



Did you know that Iowa currently imports over 90% of its food from other states and/or foreign countries?



Did you know that cows first arrived in America with the Jamestown settlers in 1611?

FDA restricts some antibiotics to treatment of sick animals

The Food and Drug Administration plans to restrict a family of antibiotics commonly used on livestock, citing concerns that overuse might promote the development of drug-resistant bacteria that can infect people. The FDA said it would limit the use of cephalosporin in cattle, swine, chicken and turkey. The antibiotics can no longer be used to *prevent* diseases in livestock starting April 5, though they can still be used to *treat* illnesses.

The "Fat Trap"

A recent NYT Magazine article titled "The Fat Trap" describes new findings that the human body fights to 'recover' weight long after dieting has stopped. Researchers studied subjects after a controlled weight loss and found that, a full year after significant weight loss, subjects remained in a biologically altered state. Subjects' bodies were acting as if they were starving and were working overtime to regain the pounds they lost.

USDA Explores Natural Antibiotics for Livestock

USDA researchers have studied the effects of livestock diets that include foods with naturally-occurring antimicrobials such as citrus pulp. Thus far, they have noted a decrease in the presence of potentially harmful pathogens found in the guts of sheep after undergoing an eight-day "cleanse" which incorporates dried orange peel pellets.

What's for Lunch?

A 2011 University of Michigan study found that students who regularly ate lunches prepared under the Federal School Lunch Program were 29% more likely to be obese than students who brought their lunches from home.

The USDA's recent efforts to shore up their school lunch program were rejected by Congress. Marion Nestle, professor of nutrition at New York University, was astounded that Congress was micromanaging what the USDA was trying to accomplish. "Schools set an example for what's normal to eat. If you're fed junk food in schools, the message that is sent to kids is that junk food is what they're supposed to be eating."



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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