

THISTLES & CLOVER

**GRASS-FED BEEF,
FARM FRESH EGGS, PASTURED
POULTRY
AND PASTURE-RAISED PORK!**

VOL. 10, JULY 2010

JULY DATES:

**SATURDAY
JULY 3**

- VILLAGE POINTE FARMERS MARKET
- OLD MARKET FARMERS MARKET

**SUNDAY
JULY 4**

- AKSARBEN VILLAGE FARMERS MARKET

**SATURDAY
JULY 10**

- VILLAGE POINTE FARMERS MARKET
- OLD MARKET FARMERS MARKET
- LAST DAY TO PLACE IOWA FOOD COOP ORDER

**SUNDAY
JULY 11**

- AKSARBEN VILLAGE FARMERS MARKET

**THURSDAY
JULY 15**

- IOWA FOOD COOP DELIVERY

**SATURDAY
JULY 17**

- VILLAGE POINTE FARMERS MARKET
- OLD MARKET FARMERS MARKET

**SUNDAY JULY
18**

- AKSARBEN VILLAGE FARMERS MARKET

**SATURDAY
JULY 24**

- VILLAGE POINTE FARMERS MARKET
- OLD MARKET FARMERS MARKET

**SUNDAY
JULY 25**

- AKSARBEN VILLAGE FARMERS MARKET

**SATURDAY
JULY 31**

- VILLAGE POINTE FARMERS MARKET
- OLD MARKET FARMERS MARKET



THE HEAT IS ON...

SUMMER IS IN FULL SWING. OUR SECOND BATCH OF BROILER CHICKENS WILL BE READY FOR DELIVERY LATER THIS MONTH. TURKEY CHICKS WILL ARRIVE SOON. WE'VE INCREASED OUR NUMBER OF LAYING HENS SO HOPEFULLY WE'LL HAVE MORE EGGS TO OFFER!

THANKS FOR CHECKING OUT OUR THISTLES & CLOVER NEWSLETTER.

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.

READ ON TO LEARN ABOUT WHERE DIFFERENT BEEF CUTS COME FROM, FIND OUT ABOUT NEW T&C PRODUCTS, AND READ THE LATEST SUSTAINABLE AGRICULTURE/PUBLIC HEALTH HEADLINES.

THANK YOU,

ADAM AND LUCY
CAMERON



WHAT DOES “CHUCK” MEAN ANYWAYS?

LEARN ALL ABOUT BEEF CUTS!

EVER WONDERED WHAT THE DIFFERENCE WAS BETWEEN GROUND CHUCK, GROUND SIRLOIN, GROUND ROUND AND REGULAR OLD GROUND BEEF? THIS MONTH WE’RE OFFERING A LESSON IN BEEF PRIMALS (BIG HUNKS OF BEEF THAT TOGETHER EQUAL ONE ANIMAL) AND THE CUTS ASSOCIATED WITH EACH.

THE FRONT OF THE ANIMAL IS CONSIDERED THE **CHUCK** PRIMAL. THE CHUCK INCLUDES THE ANIMALS’ SHOULDERS, WHICH ARE HEAVILY EXERCISED. THESE MUSCLES PRODUCE FLAVORFUL BEEF THAT IS USUALLY BEST PREPARED USING MOIST COOKING METHODS SUCH AS BRAISING, POT ROASTING OR USING A SLOW COOKER. THE EXCEPTIONS ARE THE FLAT IRON STEAK (SECOND ONLY TO FILET MIGNON IN TENDERNESS) AND THE CHUCK EYE WHICH CAN BE PREPARED USING DRY COOKING METHODS (GRILLING, BROILING, PAN-FRYING). CHUCK ROASTS, SHORT RIBS, FLAT IRON STEAKS, CHUCK EYE STEAKS AND MOCK TENDER STEAKS ALL COME FROM THE CHUCK PRIMAL.

BEHIND THE CHUCK, ALONG THE BACKBONE IS THE **RIB** PRIMAL. AS YOU MAY HAVE GUESSED, THE RIB PRIMAL INCLUDES THE LAUDED

RIBEYE STEAK. A BUNCH OF RIBEYES LEFT TOGETHER (UNCUT) CONSTITUTE A RIBEYE ROAST. BACK RIBS ALSO COME FROM THE RIB PRIMAL AND ARE CONSIDERED MORE TENDER THAN SHORT RIBS.

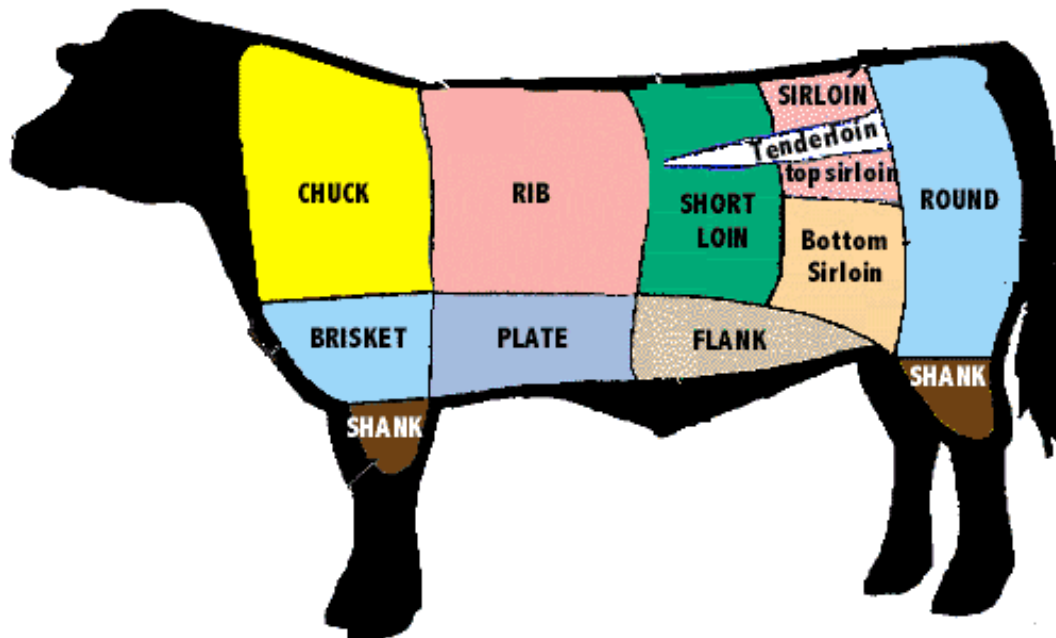
FOLLOWING BEHIND THE RIB PRIMAL ON THE BACKBONE IS THE TREASURED **LOIN** PRIMAL. THE LOIN INCLUDES THE TENDERLOIN. TENDERLOIN THAT HAS BEEN CUT INTO STEAKS IS CALLED FILET MIGNON. TENDERLOIN LEFT WHOLE IS CALLED A TENDERLOIN ROAST. ALSO IN THE LOIN PRIMAL ARE NEW YORK STRIP STEAKS. EVER WONDER WHAT’S THE DIFFERENCE BETWEEN A NEW YORK STRIP AND A KANSAS CITY STRIP? THE ANSWER IS **NOTHING**. BOTH T-BONE AND PORTERHOUSE STEAKS INCLUDE PORTIONS FROM THE TENDERLOIN AND THE LOIN – WITH A BONE BETWEEN THE TWO. THE DIFFERENCE BETWEEN A T-BONE AND A PORTERHOUSE STEAK IS THAT THE TENDERLOIN PORTION OF A PORTERHOUSE STEAK IS LARGER THAN THE TENDERLOIN PORTION OF A T-BONE STEAK (THAT’S WHY PORTERHOUSES COST MORE THAN T-BONES).

BEHIND THE LOIN RUNS THE **SIRLOIN** PRIMAL. THE SIRLOIN OFFERS BOTH THE SIRLOIN STEAK AND THE SIRLOIN TIP ROAST.

THE **ROUND** IS THE FINAL PRIMAL ALONG THE LINE OF THE BACK OF THE ANIMAL. IT INCLUDES THE UPPER PORTION OF THE HIND LEGS AS WELL AS THE HEAVILY EXERCISED RUMP. ROUND STEAKS AND SIRLOIN TIP STEAKS CAN BE PREPARED USING DRY HEAT COOKING METHODS BUT MOST CUTS FROM THE ROUND WILL DO WELL WITH MOIST COOKING TECHNIQUES.

IF WE FOLLOW THE BELLY OF THE BEAST, RATHER THAN THE BACKBONE, WE FIRST ENCOUNTER THE **BRISKET** PRIMAL, FOLLOWED BY THE **SHORT PLATE** AND FINALLY THE **FLANK** PRIMAL. THE BRISKET PRIMAL OFFERS US THE BRISKET; THE PLATE PRIMAL OFFERS US THE SKIRT STEAK AND THE FLANK PRIMAL OFFERS US THE FLANK STEAK. THE BRISKET IS BEST SUITED TO SLOW, MOIST COOKING. THE SKIRT AND FLANK STEAKS CAN BE MARINATED AND COOKED USING DRY COOKING TECHNIQUES – IF THEY ARE CUT ACROSS THE GRAIN PRIOR TO SERVING. BOTH CAN ALSO BE PREPARED USING MOIST COOKING METHODS.

BY THE WAY, TO ANSWER THIS ARTICLE’S ORIGINAL QUESTION, GROUND BEEF INCLUDES MEAT FROM THE CHUCK, SIRLOIN, **AND** ROUND!



NOTHING BEATS A BURGER MADE WITH THE MEAT THAT BURGERS WERE MEANT TO BE MADE WITH – GRASS-FED AND GRASS-FINISHED BEEF.” – CHEF MICHEL NISCHAN

TRY SOMETHING NEW!



FLAT IRONS

NEVER HEARD OF A FLAT IRON STEAK? MAYBE YOU'VE HEARD OF IT BUT HAVE NO IDEA WHAT IT'S ALL ABOUT. DON'T FEEL BAD, THIS STEAK DIDN'T EVEN EXIST 10 YEARS AGO. THE FLAT IRON'S STORY BEGAN IN 2002, WHEN THE NATIONAL CATTLEMEN'S ASSOCIATION COMMISSIONED A STUDY WITH THE UNIVERSITY OF FLORIDA AND THE UNIVERSITY OF NEBRASKA TO ANALYZE MUSCLE TENDERNESS AND FLAVOR. THE CATTLEMEN WERE HOPING TO FIND BETTER WAYS TO UTILIZE THE MEAT FROM THE CHUCK AND ROUND PRIMALS. THE FLAT IRON COMES FROM THE TOP BLADE WHICH IS OFF OF THE ANIMAL'S SHOULDER. NORMALLY, THIS MUSCLE IS CUT INTO BLADE STEAKS. THE DRAWBACK OF BLADE STEAKS IS THAT THEY CAN HAVE CONNECTIVE TISSUE. THE FLAT IRON IS A PORTION OF THE TOP BLADE THAT HAS HAD ALL OF THE CONNECTIVE TISSUES REMOVED – LEAVING AN INCREDIBLY TENDER STEAK. THE STEAK TAKES A MARINATE EXTREMELY WELL, IT CAN BE GRILLED, PAN-FRIED, OR BROILED. AS WITH ALL OF OUR STEAKS, WE RECOMMEND ENJOYING YOUR FLAT IRONS RARE OR MEDIUM-RARE.

SKIRT STEAK

THE SKIRT STEAK IS THE OFFICIAL STEAK OF CHOICE WHEN MAKING FAJITAS. SKIRT STEAK CAN BE GRILLED, PAN-FRIED OR BRAISED (STUFF IT AND ROLL IT UP CIGAR-

BRAISING). WHEN MAKING FAJITAS, MARINATE YOUR SKIRT STEAK FOR UP TO 24 HOURS PRIOR TO GRILLING. MARINATED, GRILLED SKIRT STEAK MAKES A WONDERFUL MEAL ON ITS OWN TOO. THE FOLLOWING RECIPE FOR MARINATED SKIRT STEAK IS RECOMMENDED BY 100% OF ITS REVIEWERS ON EPICURIOUS.COM.

MARINATED SKIRT STEAK

INGREDIENTS:

- 3/4 CUP BALSAMIC VINEGAR
- 1/2 CUP VEGETABLE OIL
- 1/4 CUP WORCESTERSHIRE SAUCE
- 2 SHALLOTS, CHOPPED
- 2 GARLIC CLOVES
- 1 TABLESPOON CAYENNE PEPPER
- 1 TABLESPOON CHOPPED FRESH CILANTRO LEAVES
- 1 TEASPOON PEPPER
- 1 TABLESPOON SEA SALT
- 4 LBS SKIRT STEAK, CLEANED OF EXTERIOR FAT AND CONNECTIVE TISSUE

DIRECTIONS:

PUT ALL INGREDIENTS EXCEPT THE STEAK IN A BLENDER AND BLEND UNTIL SMOOTH. POUR THE MARINADE OVER THE SKIRT STEAK IN A NONREACTIVE PAN. MARINATE, REFRIGERATED, FOR 3 TO 4 HOURS BEFORE GRILLING, BUT NO MORE THAN 10 HOURS. AN HOUR BEFORE GRILLING, REMOVE STEAK IN MARINATE CONTAINER FROM

STYLE PRIOR TO

FLAT IRON, SKIRT AND FLANK STEAKS MADE FROM 100% GRASS-FED BEEF!

REFRIGERATOR AND ALLOW TO COME TO ROOM TEMPERATURE. PREPARE YOUR GRILL FOR GRILLING.

REMOVE THE SKIRT STEAK FROM THE MARINADE AND CLEAN AWAY ANY EXCESS MARINADE WITH THE BACK OF A KNIFE.

GRILL THE STEAK OVER MEDIUM-HIGH HEAT FOR 4 TO 5 MINUTES PER SIDE TO SERVE IT RARE TO MEDIUM-RARE.

WHEN COOKED, SLICE THE STEAK THINLY AGAINST THE GRAIN, STARTING AT ONE CORNER AND CUTTING ON THE BIAS. SERVE EITHER HOT OR AT ROOM TEMPERATURE.

FLANK STEAK

FLANK STEAK IS A LARGE, LONG STEAK TAKEN FROM THE FLANK PRIMAL ALONG THE ANIMAL'S UNDERSIDE. AS THE MUSCLES RUN THE ENTIRE LENGTH OF THE STEAK, THE CUT IS ONE THAT CAN END UP TOUGH IF IT IS NOT PREPARED PROPERLY. MARINATING, MASSAGING, SEARING ONLY TO RARE, BRAISING, AND CUTTING ACROSS THE GRAIN ARE ALL METHODS EMPLOYED TO TENDERIZE THE FLANK. THE FLANK IS USED BY MANY CULTURES. IT IS THE MEAT OF CHOICE FOR CANTONESE STIR-FRIES; THE FRENCH REFER TO THE FLANK AS BAVETTE, SEAR IT AND ENJOY RARE; IT IS THE ARRANCHERA OF MEXICAN CUISINE AND IS POPULAR IN COLUMBIAN RESTAURANTS AS WELL. THE FLANK IS THE CUT OF CHOICE FOR LONDON BROILS WHERE THE BEEF IS MARINATED AND EITHER

FARM & FOOD NEWS



Did you know 3% of the beef sold in the United States is 100% grass-fed?



Did you know that the average age of a farmer in Nebraska is 58?

TAKING AIM AT "FOOD INC"

A RECENT EDITORIAL IN A MAINSTREAM AGRICULTURAL WEEKLY PUBLICATION CALLS THE FILM "FOOD INC." A "CRITICAL, AND ONE-SIDED LOOK AT MODERN FOOD PRODUCTION." THE AUTHOR "SET(S) THE RECORD STRAIGHT ON SOME OF THE MISINFORMATION SPREAD BY THE BOOK AND DOCUMENTARY (FILM)." NO MENTION OF THE FACT THAT THE DIRECTOR OF "FOOD INC." ASKED LEADERS AT MONSANTO, TYSON, SMITHFIELD FOODS, AND PERDUE FARMS TO PARTICIPATE IN THE FILM – ALL TURNED DOWN THE INVITATION.

LOCAL, ARTISAN MEATS ALL THE RAGE IN NYC...

A JUNE 8TH ARTICLE IN THE NEW YORK TIMES TITLED "IN NEW YORK, LOCAL MEAT IS EASIER TO FIND," DESCRIBES THE HIGH DEMAND FOR LOCAL, NATURAL MEATS IN NYC.

QUEST FOR PERFECT BEEF...

IN HIS NEW BOOK, ONE MAN'S SEARCH FOR THE WORLD'S TASTIEST PIECE OF BEEF, MARK SCHATZKER OBSERVES THAT GRASS-FED BEEF SHOWS MORE COMPLEXITY AND COMMUNICATES *TERROIR*, THE INFLUENCE OF PLACE (WHEN COMPARED WITH CORN/FEEDLOT BEEF).

MONSANTO CASHING IN ON OMEGA 3S

A JULY 5TH PEORIA-BASED PJSTART ARTICLE DESCRIBES THE LATEST GOINGS ON AT THE WORLD'S LARGEST GENETICALLY-MODIFIED (GMO) SEED PRODUCER, MONSANTO. CHIEF TECHNOLOGY OFFICER AT MONSANTO, ROBERT FRALEY, DESCRIBES THE BENEFIT OF THEIR SOON-TO-BE-RELEASED GMO OMEGA-3 SOYBEAN PRODUCT "THE BENEFIT OF THE OMEGA-3 PRODUCT IS THAT IT SMELLS LIKE SOYBEAN OIL, NOT LIKE FISH." NO WORD ON LONG TERM HEALTH IMPACTS FOR THE PEOPLE WHO CONSUME

PRODUCTS MADE WITH THESE NEWLY DEVELOPED GMO SOYBEANS.

KIDS DESERVE BETTER!

A JULY 2ND FOOD SAFETY NEW ARTICLE DOCUMENTS HISTORIC LEGISLATION THAT IS CURRENTLY BEING CONSIDERED BY THE U.S. HOUSE OF REPRESENTATIVES. THE CHILD NUTRITION REAUTHORIZATION BILL PERTAINS TO SCHOOL LUNCHES AND, IF PASSED, WILL INCREASE ACCESS TO NUTRITIOUS FOOD DURING THE SCHOOL DAY, IMPROVE FOOD SAFETY STANDARDS IN SCHOOLS, RAISE THE RATE AT WHICH SCHOOL NUTRITION PROGRAMS ARE REIMBURSED (FOR THE FIRST TIME IN 30 YEARS), AND EXTEND THE MEAL PROGRAM BEYOND THE SCHOOL YEAR. BACKERS OF THE BILL ALSO HOPE TO "GET RID OF JUNK FOOD IN VENDING MACHINES ONCE AND FOR ALL!"

PARENTS THWART PHILANTHROPIC EFFORTS AT IMPROVED NUTRITION FOR THEIR CHILDREN

TIME MAGAZINE RAN A RECENT PIECE TITLED "DID JAMIE OLIVER'S SCHOOL LUNCH PROGRAM MAKE KIDS EAT JUNK FOOD?" IN IT, THE U.K. HEALTH MINISTER IS QUOTED AS SAYING:

OLIVER'S PROGRAM TO IMPROVE NUTRITIONAL VALUE OF SCHOOL LUNCHES ULTIMATELY DETERRED CHILDREN FROM EATING SCHOOL FOOD, LANSLEY (U.K. HEALTH MINISTER) SAID, AND SUBSEQUENT SCHOOL EFFORTS TO REGULATE BROWN BAG LUNCHES ONLY PROMPTED PARENTS TO GIVE THEIR KIDS MONEY TO MAKE THEIR OWN FOOD CHOICES, WHICH OFTEN MEANT PICKING UP CHIPS AND OTHER JUNK FOOD AT SHOPS OUTSIDE OF SCHOOL.

WAS IT REALLY JAMIE'S FAULT THAT THE KIDS WENT BACK TO JUNK FOOD? DECIDE FOR YOURSELF...



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

ADAM AND LUCY CAMERON
PO Box 247
DANBURY, IA 51019

(712) 371-9861

THISTLESANDCLOVER@GMAIL.COM

WWW.THISTLESANDCLOVER.COM