

THISTLES & CLOVER

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



Vol. 21, July 2011

July Dates:

Saturday July 2nd

- Village Pointe Farmers Market
West Omaha 8am – 1pm

Sunday July 3rd

- Aksarben Village Farmers Market
9am – 1pm

Saturday July 9th

- Village Pointe Farmers Market

Sunday July 10th

- Aksarben Village Farmers Market

Saturday July 16th

- Village Pointe Farmers Market

Sunday July 17th

- Aksarben Village Farmers Market

Saturday July 23rd

- Village Pointe Farmers Market

Sunday July 24th

- Aksarben Village Farmers Market

Saturday July 30th

- Village Pointe Farmers Market

Sunday July 31st

- Aksarben Village Farmers Market

Happy Fourth!!!

We hope to have all of our grass-fed beef and pork in stock by mid-month! Stop by our booth at one of this month's markets to see what's available.

This month's T&C Newsletter delves into the science behind the visual differences between our eggs and 'store' eggs. We also offer some great slow cooker recipes and the latest farm and food news. Enjoy!

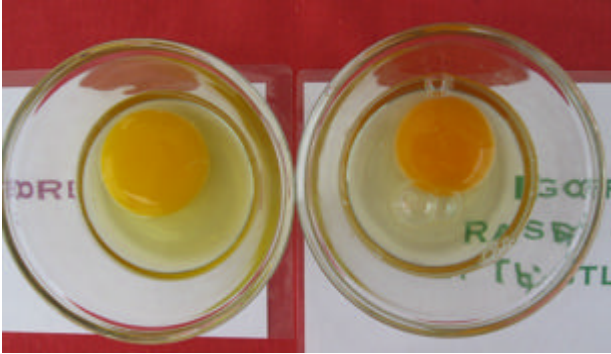
Our mission at Thistles & Clover is to provide you with delicious and healthy farm fresh foods. We do this by raising our animals on pasture and treating them with care. We do not use hormones or antibiotics to artificially increase their rates of growth.

Thank you,

Adam and
Lucy



THE GREAT EGG COMPARISON



Have you stopped by our stand at one of the farmers market and checked out our 'egg demonstration?' This is where we crack open one of our eggs in to a glass bowl (on right above) and crack open a grocery store egg into a neighboring glass bowl (left). The two dishes are placed side by side, providing a visual demonstration of the difference between our eggs and 'regular' eggs.

Yolk Vigour: Yolk vigour is the shape, tone, overall appearance of the egg's yolk – aside from color (we'll get to that in a minute). What most observers are quick to see, is that the T&C egg's yolk is compact and rises up, above the egg's albumin (white). The 'regular' egg's yolk appears flattened and its distinction from the albumin is less visually strikingly. This difference in yolk vigour is due to differences in the eggs' freshness. As an egg ages, it's yolk absorbs water from the albumin, increasing the yolk's size and causing it's shape to stretch and flatten.

How old are they? Eggs purchased from our farm are typically anywhere from one to seven days old. According to the USDA, **eggs at a grocery store can be up to 2 months old by the time you purchase them.**

Who cares how old they are? Fresh eggs taste much better than old eggs. Also, the potency of an egg's nutrients wanes with time. Why spend your money on an old egg with compromised flavor and nutritional content?

Yolk Color: The immediate visual difference that most people notice is yolk color. Typically, our eggs' yolks are deep orange. Grocery store eggs tend to have yolks that are pale yellow.

Why the difference in color? An egg yolk's color is determined largely by the presence of a carotenoid (naturally occurring plant pigment) called xanthophyll. Lutein, a type of xanthophyll, is the most abundant pigment in an egg's yolk. At low concentrations, lutein appears yellow; at high concentrations, lutein appears orange-red.

If a hen's diet is abundant with xanthophyll-containing plants, then these plant-based-pigments will be deposited into the yolks of eggs that she lays, resulting in a rich, orange color. Some clever 'regular' egg producers now add yellow corn and/or marigold petals to their hens' diets to increase the visual representation of lutein in the yolks.

Who cares whether the hen ate xanthophylls? When compared with 'regular' eggs, eggs from hens rotated across pastures (with lots of opportunities to eat xanthophyll-containing plants) like ours, have less saturated fat and cholesterol and more Vitamin E, Omega 3s, Vitamin D, Vitamin A, Beta Carotene, Folic Acid and Vitamin B12.

Better tasting, more nutritious, oh – and a happy hen too!

TIME TO BREAK OUT THE SLOW COOKER!?!

Keep your kitchen cool and let your slow cooker do the work so you can relax and enjoy summer!

There's a tendency to think of the slow cooker as a winter appliance but they are just as handy in the summer months. Using a slow cooker keeps your kitchen cool (less stress on the air conditioner) and, with busy summer schedules and activities, sometimes we all need a break from labor-intensive cooking methods. Let the slow cooker do the work! Here we look at slow cooker preparation of two T&C products – stewing hens (hopefully, you were one of those lucky enough to snap these up) and smoked ham hocks (a few still available and on sale for \$2.99 per pound).

Stewed Hen Stew



Serves 4

Ingredients:

- 1 T&C stewing hen, defrosted and cut into legs, wings, breasts and thighs, giblets removed*
- 1/3 cup balsamic vinegar
- 1/3 cup olive oil
- 1 onion, chopped into quarters
- 4 cloves garlic
- 1 28 ounce can diced tomatoes
- 1-2 cups chicken broth or water

*Save giblets for gravy, pate or treat your favorite pet!

Directions: Marinate hen in balsamic vinegar and olive oil overnight. In morning, place chicken and any remaining marinade into slow cooker. Add onion, garlic, tomatoes, and enough broth or water to mostly cover meat. Set slow cooker on low setting and let cook for about 8 to 10 hours. At this point, use a slotted spoon to remove chicken, place on a cutting board and separate meat from bone. Add meat back to slow cooker. Add salt and pepper to taste. Serve with corn and rice. Light and summery yet rich and nourishing. Enjoy!

Smoked Ham Hocks with Beans and Greens

Serves 4

Ingredients:

- 1 package of T&C smoked ham hocks
- 1 cup beans of your preference (cannellini, pinto, navy beans are all good choices), rinsed*
- 1 onion, chopped
- 4 cloves garlic
- 1 bunch greens (collard, mustard, kale, etc.)

Directions:

Place hocks, beans onion and garlic into slow cooker, add enough water to fill slow cooker about 75% full with water and cook on low for 8 to 10 hours – until meat is falling off the bone and beans are tender. Add chopped greens for the final 30 to 60 minutes – depending on how soft you like your greens. Season with salt, pepper and, if desired, hot pepper flakes (or fresh diced peppers). Serve over of cornbread – yum!
*Note that beans may be soaked overnight prior to adding them to the slow cooker. Soaked beans may cook faster.

THE LATEST FARM AND FOOD NEWS



Did you know that eggs supply all of the amino acids that humans need?



Did you know that all of an egg's Vitamin A, D and E are contained within the yolk? (In other words, eat the whole thing!!!!)

Does your cow prefer doughnuts or danishes?

According to the Farm Bureau's publication, the Spokesman, some farmers have found a new way to fatten their cattle – stale bakery items. An added bonus, according to the article, is that the cardboard boxes that the expired bakery items come in can be shredded up and feed to the cattle also – fulfilling the animals' their need for 'roughage.'

The Price of Ground ...In anticipation of the arrival of our 2011 beef steaks and roasts, we have been reevaluating our prices. In our May 2011 Newsletter, we informed you of the new price for ground beef (\$5.50 per pound) and we mentioned that we expected to raise the prices of steaks and roasts when they came available again. The steaks and roasts are almost ready and we are considering holding the prices on many of them steady with last year's prices. In order to help cover our increased costs in rent and fuel, we are instead considering raising the price of our ground beef to \$5.75 per pound. We know that this will disappoint some of you, but we hope that, by retaining last year's prices for many steaks and roasts, more customers can enjoy a wider variety of T&C grass-fed beef products.

The UN's Approach to Feeding a Growing World Population

Despite industry's claims that the only way to feed a growing world population is via high-tech farming, the United Nation's Food and Agriculture Organization's recently released report, Save and Grow, suggested a different focus:

A half a century of intensive farming must give way to a more sustainable approach if farmers are to feed the world in 2050....In many countries, decades of intensive cropping have degraded fertile land and depleted groundwater, provoked pest upsurges, eroded biodiversity, and polluted air, soil and water... The present paradigm of intensive crop production cannot meet the challenges of the new millennium.

Kids Gain Access to Water During School Meals

California's Senate Bill 1413 requires schools to make fresh water available to students during meals. Prior to this law, 40% of California schools did not offer their students access to water during meals, limiting student's beverage choices to milk or vending machine fare.



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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