

THISTLES & CLOVER

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

VOL. 10, JUNE 2010



JUNE DATES:

- | | |
|-----------------------------|---|
| SATURDAY
JUNE 5 | <ul style="list-style-type: none">• VILLAGE POINTE FARMERS MARKET• MIDTOWN DROP-OFF |
| SUNDAY
JUNE 6 | <ul style="list-style-type: none">• AKSARBEN VILLAGE FARMERS MARKET |
| SATURDAY
JUNE 12 | <ul style="list-style-type: none">• VILLAGE POINTE FARMERS MARKET• MIDTOWN DROP-OFF• LAST DAY TO PLACE IOWA FOOD COOP ORDER |
| SUNDAY
JUNE 13 | <ul style="list-style-type: none">• AKSARBEN VILLAGE FARMERS MARKET |
| THURSDAY
JUNE 17 | <ul style="list-style-type: none">• IOWA FOOD COOP DELIVERY |
| SATURDAY
JUNE 19 | <ul style="list-style-type: none">• VILLAGE POINTE FARMERS MARKET• MIDTOWN DROP-OFF |
| SUNDAY
JUNE 20 | <ul style="list-style-type: none">• AKSARBEN VILLAGE FARMERS MARKET |
| SATURDAY
JUNE 26 | <ul style="list-style-type: none">• VILLAGE POINTE FARMERS MARKET• MIDTOWN DROP-OFF |
| SUNDAY
JUNE 27 | <ul style="list-style-type: none">• AKSARBEN VILLAGE FARMERS MARKET |

EVERYTHING'S IN SEASON!

THE GRASS IS GREEN AND LUSH – THAT MEANS IT'S TIME FOR GRASS-FED BEEF, PASTURED POULTRY, EGGS AND PORK!

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.

PLEASE READ ON TO FIND OUT WHAT'S GOING ON AT THE FARM, GET SOME GREAT PORK RECIPES AND LEARN THE LATEST FARM AND FOOD NEWS.

THANK YOU,

ADAM AND LUCY CAMERON





WHAT'S GOING ON AT THE FARM?

LOTS OF GROWING!

NEW PULLETS HAVE ARRIVED!

WE TRICKED OUT OUR THIRD STOCK TRAILER WITH ROOSTS AND NEST BOXES JUST IN TIME FOR THE 5/24 ARRIVAL OF OUR NEW PULLETS. WE WANT TO MAKE SURE WE HAVE PLENTY OF OUR WONDERFUL EGGS THIS YEAR AND SO WE HIRED IN THESE GAL'S TO HELP OUT. WE'VE MOVED THEM OUT TO THE PASTURE, BUT THEY'RE PARKED IN A DIFFERENT AREA FROM THE OTHER HENS. WE WANT TO MAKE SURE THAT EVERYONE HAS A CHANCE TO GET TO KNOW EACH OTHER GRADUALLY – TO MINIMIZE ANY STRESS AMONG THE OLD AND NEW GROUPS. THESE LADIES AREN'T LAYING YET – BUT WE HOPE THAT THEY'LL BE IN FULL SWING IN THE NEXT COUPLE OF WEEKS.

ROUND 1 CHICKENS DONE, ROUND 2 CHICKENS STARTED

AS THOSE OF YOU WHO PLACED CHICKEN RESERVATIONS KNOW, OUR FIRST BATCH OF CHICKENS IS DONE! THESE BIRDS WERE SOLD OUT BEFORE THEY WERE EVEN BUTCHERED. IF YOU MISSED OUT ON GETTING SOME, OR IF YOU THINK YOU WILL NEED MORE IN A COUPLE MONTHS, BE SURE TO PLACE YOUR RESERVATION FOR SOME OF OUR NEWEST BATCH. WE HAVE A NEW GROUP OF BROILER CHICKS THAT ARRIVED ABOUT A WEEK AGO. THEY ARE IN THE BROODER HOUSE NOW, LOOKING FLUFFY AND CUTE, BUT IN ANOTHER WEEK THEY WILL BE READY TO HEAD OUT TO THE PASTURE. ONCE ON GRASS, THESE FELLOWS WILL START TO GET BIG – FAST. WE EXPECT THIS SECOND GROUP TO BE FINISHED BY MID-JULY.

BULK BEEF CLUB TAKING MEMBERS

HAVE YOU BEEN CONSIDERING ORDERING A QUARTER, HALF OR WHOLE BEEF? NOW IS THE TIME TO LET US KNOW! OUR GRASS-FED CALVES ARE STARTING TO FINISH ON THE LUSH SPRING GRASS AND MANY ARE ALREADY SPOKEN FOR. BE SURE TO LET US KNOW IF YOU'RE INTERESTED IN STAKING YOUR CLAIM ON ONE. THESE CALVES WILL OFFER YOU DELICIOUS, HEALTHY BEEF YOU'LL BE ABLE TO ENJOY LONG AFTER THE GREEN GRASS IS COVERED WITH SNOW.

BABY CALVES ARRIVING DAILY

WE ARE SEEING NEW BABY CALVES ON AN ALMOST DAILY BASIS NOW. THE RECENT STORM SYSTEMS BLOWING THROUGH ALWAYS SEEM TO INCREASE THE RATE OF COWS GIVING BIRTH. WE ARE SEEING A NICE MIX OF RED ANGUS CALVES ALONG WITH THE BLACK ANGUS. THAT MEANS THAT OUR REGISTERED RED ANGUS BULL WAS BUSY EARNING HIS KEEP LAST FALL.

FIRST ALFALFA CUTTING

WE RECENTLY MADE OUR FIRST CUTTING IN OUR ALFALFA FIELD. THE SUCCESS OF AN ALFALFA CUTTING DEPENDS ON THE WEATHER DURING AND AFTER THE CUTTING OCCURS, PRIOR TO BALING. WHEN THE ALFALFA IS RIPE FOR CUTTING, IT IS MOWED AND THEN LEFT TO CURE IN THE SUN, USUALLY FOR SEVERAL DAYS. IF RAIN COMES THROUGH AFTER A FEW DAYS OF CURING IN THE SUN, THE QUALITY OF THE ALFALFA CAN DIMINISH SIGNIFICANTLY. WHAT WE CUT AND BALED UP THIS PAST WEEK WILL HELP FEED OUR CATTLE THROUGHOUT THE HARSH IOWA WINTER WHEN GREEN PASTURES ARE A DISTANT MEMORY – SO QUALITY IS IMPORTANT! HERE'S HOPING OUR SECOND CUTTING LATER IN THE SUMMER GOES JUST AS WELL!



AGRICULTURE... IS OUR WISEST PURSUIT, BECAUSE IT WILL IN THE END CONTRIBUTE MOST TO REAL WEALTH, GOOD MORALS AND HAPPINESS." --THOMAS JEFFERSON TO GEORGE WASHINGTON, 1787



HOW ABOUT SOME PASTURE-RAISED PORK?



TRY A FUN PORK CHOP RECIPE OR (IF YOU'RE REALLY ADVENTUROUS) CHARLESTON HOBOTEE!

GINGER LIME PORK CHOPS

SERVES 2

INGREDIENTS:

- ¼ CUP LIME JUICE
- 2 TABLESPOONS GINGER, MINCED
- 2 TABLESPOONS TAMARI
- 4 TABLESPOONS PEANUT OIL
- 3 TABLESPOONS HONEY
- 2 GARLIC CLOVES, MINCED
- 3 STAR ANISE (OPTIONAL)
- 2 IOWA PORK CHOPS (1 ½”) OR 3 TRADITIONAL PORK CHOPS (¾” THICK)

DIRECTIONS:

WHISK TOGETHER LIME JUICE, GINGER, TAMARI, PEANUT OIL, HONEY, GARLIC, AND STAR ANISE. SET THE PORK CHOPS IN A SHALLOW GLASS DISH AND POUR MIXTURE ON TOP. TURN TO COAT. MARINATE 1-2 HOURS, TURNING OCCASIONALLY.

WHEN READY TO GRILL, REMOVE THE MEAT AND BLOT IT DRY. ALLOW CHOPS TO COME TO ROOM TEMPERATURE WHILE YOU PREPARE GRILL.

HEAT ONE SIDE OF THE GRILL TO MEDIUM-HIGH. LAY THE CHOPS DIRECTLY OVER THE FLAME AND GRILL WITH THE LID OFF FOR 1 ½ MINUTES PER SIDE (IOWA) OR 1 MINUTE PER SIDE (TRADITIONAL). MOVE THE CHOPS TO THE COOL SIDE OF THE GRILL AND COOK, COVERED 10-12 MINUTES OR LONGER, WITHOUT FLIPPING UNTIL

THE INTERNAL TEMPERATURE REGISTERS BETWEEN 137 AND 145 DEGREES. REMOVE CHOPS TO A PLATTER AND TENT LOOSELY WITH FOIL. ALLOW THEM TO REST A FEW MINUTES BEFORE SERVING.

LOOKING FOR ACCOMPANIMENT IDEAS? HOW ABOUT RICE AND ASPARAGUS? YOU CAN DOUBLE YOUR LIME/GINGER MARINADE RECIPE AND PORTION OFF HALF FOR AN ASPARAGUS AND/OR RICE DRESSING. NICE WITH A LIGHT WHITE WINE OR CRISP LAGER. ENJOY OUTSIDE!

CHARLESTON HOBOTEE

HERE'S A RECIPE YOU DON'T SEE EVERY DAY! THIS CURRIED MEAT CUSTARD TRACED ITS ORIGINS BACK TO BOBOTEE, A TRADITIONAL DISH OF SOUTH AFRICA'S CAPE MALAYS THAT EVOLVED FROM CHARLESTON'S SLAVE CULTURE. SERVED WITH GLASSES OF SHERRY AS AN APPETIZER TO ANY SEAFOOD MEAL, THESE SMALL RAMEKINS ARE WORTHY OF THE MOST SOPHISTICATED TABLE. WHILE VIRTUALLY ANY FORM OF LEAN PORK CAN BE USED, FULL-FLAVORED MEAT FROM A SHOULDER ROAST IS PREFERRED.

SERVES 6

INGREDIENTS:

- 3 TABLESPOONS BUTTER
- 1 MEDIUM ONION, FINELY CHOPPED
- 1 TABLESPOON CURRY POWDER
- 1 ½ CUPS FINELY CHOPPED LEAN PORK
- 1 SLICE WHITE BREAD, SOAKED IN MILK

- AND SQUEEZED DRY
- 2 TABLESPOONS CHOPPED ALMONDS
- 2 TABLESPOONS FRESH LEMON JUICE
- 3 LARGE EGGS
- 1/2 TEASPOON SUGAR
- SALT TO TASTE
- 1 CUP HALF-AND-HALF
- DASH OF WHITE PEPPER
- 6 SMALL BAY LEAVES

DIRECTIONS:

PREHEAT THE OVEN TO 300 DEGREES F.

IN A SKILLET, MELT BUTTER OVER MEDIUM HEAT, ADD THE ONION, AND COOK, STIRRING, TILL SOFTENED, 2 TO 3 MINUTES. ADD THE CURRY POWDER AND COOK, STIRRING, FOR 2 MINUTES LONGER. TRANSFER THE ONIONS TO A BOWL, ADD THE PORK, BREAD, ALMONDS, LEMON JUICE, 1 OF THE EGGS, THE SUGAR, AND SALT AND BLEND THOROUGHLY.

BUTTER SIX 1/2-CUP RAMEKINS AND DIVIDE THE MEAT MIXTURE AMONG THEM. IN ANOTHER BOWL, COMBINE THE REMAINING 2 EGGS, THE HALF-AND-HALF, AND WHITE PEPPER AND WHISK TILL WELL BLENDED. POUR EQUAL AMOUNTS OF THE CREAM MIXTURE INTO THE RAMEKINS, GARNISH THE TOPS WITH A BAY LEAF, AND BAKE TILL GOLDEN, ABOUT 25 MINUTES. SERVE HOT.

FARM & FOOD NEWS



Did you know a hen always puts the same amount of calcium on her eggs, so small eggs have much thicker shells than large eggs?



Did you know that Taurine, an ingredient in Red Bull, originally came from bulls?

A "CAGE FREE" TAKEOVER?

WORRIED ABOUT NOT BEING ABLE TO GET EGGS FROM CAGED HENS? SEEMS LIKE GENE GREGORY, PRESIDENT OF UNITED EGG PRODUCERS IS. GREGORY RECENTLY STATED: "IT'S DISTURBING TO SEE ANIMAL RIGHTS ACTIVISTS TRY TO FORCE RETAILERS AND RESTAURANT COMPANIES TO TAKE AWAY THAT CONSUMER CHOICE BY MAKING THEM BUY ONLY CAGE-FREE EGGS, ESPECIALLY WHEN REGULAR EGGS HAVE SIMILAR NUTRITIONAL CONTENT."

SPEAKING OF EGGS...

A NEW HOME WENT FROM COSTING \$12,7000 IN 1960 TO COSTING \$270,900 TODAY (2100% INCREASE). DURING THOSE SAME 50 YEARS, INCOMES ROSE FROM \$5,315 TO \$50,000 (900% INCREASE). THE PRICE OF EGGS INCREASED BY 175% DURING THAT SAME PERIOD – FROM AN AVERAGE PRICE OF \$0.63 PER DOZEN IN 1960 TO AN AVERAGE PRICE OF \$1.10 PER DOZEN TODAY.

WHILE WERE TALKING ABOUT THE COST OF FOOD...

AMERICANS, ON AVERAGE, SPEND 9% OF THEIR INCOME ON FOOD, THE LOWEST PERCENTAGE IN THE WORLD. INDIA SPENDS 53%, VENEZUELA SPENDS 34%, ITALY SPENDS 26%, JAPAN SPENDS 19%, FRANCE SPENDS 16% AND THE UNITED KINGDOM SPENDS 12%.

US REJECTS BRAZILIAN BEEF DUE TO DRUGS

JBS, THE BRAZILIAN MEAT PACKER WHO LAST YEAR SHIPPED \$223 MILLION WORTH OF PROCESSED BEEF PRODUCTS TO THE UNITED STATES RECENTLY HAD A SHIPMENT REJECTED BY THE US GOVERNMENT BECAUSE OF DRUGS IN THE BEEF. THE DRUG, IVERMECTIN, IS USED TO TREAT INTESTINAL PARASITES IN THE CATTLE AND WAS FOUND AT LEVELS HIGHER THAN THOSE TYPICALLY PERMITTED BY THE US

GOVERNMENT FOR IMPORTED BEEF.

HARVARD STUDY FINDS HEALTH RISK IN PROCESSED MEATS – NOT MEATS IN GENERAL

THE RESULTS SHOWED THAT, ON AVERAGE, A 1.8-OUNCE DAILY SERVING OF PROCESSED MEAT (ABOUT ONE TO TWO SLICES OF DELI MEATS OR ONE HOT DOG) WAS ASSOCIATED WITH A 42% HIGHER RISK OF HEART DISEASE AND A 19% HIGHER RISK OF TYPE 2 DIABETES. IN CONTRAST, RESEARCHERS DID NOT FIND ANY HIGHER RISK OF HEART DISEASE OR DIABETES AMONG INDIVIDUALS EATING UNPROCESSED RED MEAT, SUCH AS BEEF, PORK OR LAMB.

US DEPARTMENTS OF JUSTICE AND AGRICULTURE HOLD POULTRY ANTI-TRUST HEARINGS

KAY DOBY, A FORMER CHICKEN FARMER FROM NORTH CAROLINA, SAID GOVERNMENT INTERVENTION IS LONG OVERDUE. COMPANIES LURE FARMERS INTO BORROWING MONEY TO BUILD CHICKEN HOUSES, THEN THREATEN TO CANCEL THEIR CONTRACTS IF FARMERS COMPLAIN ABOUT PAY OR REFUSE TO INVEST MORE MONEY TO UPGRADE THE BUILDINGS, SHE SAID. "THIS SYSTEM TAKES HARDWORKING FARMERS AND MAKES THEM INDENTURED SERVANTS ON THEIR OWN LAND," DOBY SAID. "I CAN'T TELL YOU HOW MANY TIMES I'VE HEARD THAT OUR CONTRACT WOULD BE CANCELED IF WE DID SUCH AND SUCH."

U.S. ATTORNEY GENERAL ERIC HOLDER AND AGRICULTURE SECRETARY TOM VILSACK, WHO BOTH ATTENDED THE HEARING, SAID STEPPED UP ANTITRUST ENFORCEMENT IN AGRICULTURAL BUSINESSES IS A TOP PRIORITY FOR THE OBAMA ADMINISTRATION. IF THAT HAPPENS, FARMERS MIGHT EARN MORE, BUT FOOD PRICES MIGHT ALSO INCREASE.



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