

THISTLES & CLOVER

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



Vol. 21, June 2011

June Dates:

Saturday June 4th

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

Sunday June 5th

- Aksarben Village Farmers Market
9am – 1pm

Saturday June 11th

- Village Pointe Farmers Market

Sunday June 12th

- Aksarben Village Farmers Market

Saturday June 18th

- Village Pointe Farmers Market

Sunday June 19th

- Aksarben Village Farmers Market

Saturday June 25th

- Village Pointe Farmers Market

Sunday June 26th

- Aksarben Village Farmers Market

Summer Solstice

The arrival of the longest day of the year means the pasture grasses have more daylight during which to grow. More grass growth means you can soon look forward to grass-fed beef steaks and roasts and pastured chicken plus LOTS of pastured eggs!

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 Cameron



WHAT'S WILD AT T&C???

Here outside of Danbury, we get our fair share of wildlife. The closest major city is located more than 50 miles away, meaning that a lot of animals are more than happy to call the rural countryside of western Iowa their home. Here we look at some of the different ~~wild~~ animals that we encounter on the farm and their role (for better or worse) at T&C.

Skunks make regular appearances at T&C. They have made several attempts at getting closer to our broiler chicks. It seems that they have squirmed their way into a broiler chicken shelter via a small gap that went unnoticed (we usually try to cover any gaps along the perimeter with a board). Whether or not any broiler chickens have actually fallen victim to a skunk is undetermined.

We have also spotted skunks hiding underneath the laying hens' trailers. We're not sure if they've been up to any mischief. It seems doubtful that a skunk would try to nab a hen during daylight. Likewise, it seems unlikely that a skunk would enter a trailer during the day in search of eggs. There are so many hens entering and exiting the trailers during that day that even to boldest of skunks might be a bit intimidated. At sunset, all the hens go into their trailers to roost and we shut the doors – rendering them safe from skunks and any other nighttime prowlers.



We welcomed our first **Red Fox** to the farm two winters ago. Cute with earnest eyes, this little fox kept a close eye on us as we moved hay bales each morning. We didn't give him too much thought until we noticed that our flock of laying hens seemed to be

dwindling in size. After taking a count, we realized that the flock had indeed decreased – by quite a few! While we never caught this little fox in the act, we are quite sure that he was the culprit. Fox are notorious for their discretion. Luckily, it was late spring by then, time for the hen flock to move out to the pasture and away from this smart little hunter.



Opossums: Don't think these slow moving marsupials can inflict much damage on a chicken? Think again. An opossum is one of several types of animals that actually kill more than they can eat. An overnight visit from an opossum to a broiler shelter can result in a pretty sad scene in the morning.



Not all of the wildlife at T&C tries to endanger our poultry. We are fortunate to have the pleasure of many more benign residents including white tailed deer, wild turkey, orioles, red-winged black birds, barn swallows, pheasants, rabbits and meadowlarks.

Thank YOU for preserving pasture habitat through your patronage of T&C!

POACHED EGG SANDWICHES!!

Spring is in full swing and it is time to start enjoying the bounty of the season.

One thing that we've got a lot of these days are eggs. A free-range, pasture-rotated hen is greatly affected by the length of daylight. She lays more eggs in the days leading up to the summer solstice (June 21st) than during any other time of the year.

The following recipe combines T&C eggs and ham with fresh products from other farmers to create easy, healthy sandwiches that the whole family enjoys.

Open Faced Poached Egg Sandwiches:

Serves 4

Ingredients:

- 4 large slices bread, lightly toasted
 - 8 slices T&C deli ham
 - 4 T&C eggs
 - Quark cheese*
 - Salad greens* (about 2 cups)
- *I purchased Quark cheese and salad greens from Shadowbrook Farm. Cream cheese can be substituted.

Directions:

Place each bread slice onto an individual plate. Spread a layer of cheese over top of each bread slice. Top with salad greens (1/2 cup each) then layer deli ham over top (2 slices each).



Prepare poached eggs by bringing a large saucepan full of water to a boil, reduce heat such that water simmers and add a dash of salt and 1 tablespoon of vinegar.

One at a time, break each egg into a dish and then gently slide egg into simmering water. Repeat for the remaining eggs. Use a rubber spatula to gently unstuck any egg that becomes attached to the bottom or side of the pan. Cook to desired consistency. We prefer our eggs cooked thorough and this took about 5 minutes.



Top each sandwich with a poached egg. Sprinkle with coarse sea salt and pepper, if desired.

Enjoy!!!



THE LATEST FARM AND FOOD NEWS



Did you know that coyotes' ability to adapt to human civilization has meant expanded range and populations?



Did you know that unpasteurized dairy products are widely available for purchase throughout Europe and Asia?

Iowa May be First to Ban Secret Farm

Footage According to a recent article in the Sioux City Journal, Iowa may be the first state to pass a law prohibiting individuals from taking videos of farms without prior consent of the farm owner. In recent years, video footage taken from large industrial-scale farms has brought a negative reaction from the public and this law seeks to stop more such videos from being produced and circulated.

Republican strategist, Mary Matalin's reaction to the Iowa bill was... "I'm sorry to hear that House File 589, which would criminalize filming on farms, is still getting pushed along in Iowa," She concluded, "If House File 589 succeeds, it may well single Iowa out as the state with something to hide."

Test-Tube Burgers

According to the New Yorker, PETA (People for the Ethical Treatment of Animals) have backed new research which aims to develop a way to 'grow' animal flesh, for human consumption, in a laboratory setting. According to PETA president, "If people are unwilling to stop eating animals... then what a joy to be able to give them

animal flesh that comes without the horror of the slaughterhouse, the transport truck, and the mutilations, pain, and suffering of factory farming."

Raw Milk Inciting

Commentary Recently, a Maryland-based raw milk buying club called "Grassfed on the Hill" saw their raw milk supplier, an Amish farmer in neighboring Pennsylvania, sued by the FDA. Raw milk sales are legal in Pennsylvania where the farm is located. However, this raw milk was being trucked (by a paying customer) into Maryland – where the sale of raw milk is prohibited. Grassfed on the Hill club members conducted a May 16th demonstration on Capitol Hill – complete with cow milking and milk-drinking. Club members not only want the government's resources to be put to better use in this time of limited budgets, but they want the right to purchase unpasteurized milk, should they so desire. As one commenter noted, "Meats are legally sold "raw". People should have the freedom to purchase "raw" milk as well."



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
4351 335th Street
Danbury, IA 51019

(712) 371-9861
thistlesandclover@gmail.com
www.thistlesandclover.com