

THISTLES & CLOVER

GRASSFED BEEF, FARM FRESH EGGS
AND BROILER CHICKENS

VOL. 7, MARCH 2010



MARCH DATES:

SATURDAY WINTER OMAHA
MARCH 6 DELIVERY!!!!
10-11AM AT VILLAGE POINTE

SATURDAY LAST DAY TO PLACE IOWA
MARCH 13 FOOD COOP ORDERS

THURSDAY IOWA FOOD COOP
MARCH 18 DELIVERY DAY AT MERLE
HAY MALL IN DES
MOINES

SATURDAY WINTER OMAHA
MARCH 20 DELIVERY AT VILLAGE
POINTE

SPRINGTIME!

MARCH 20TH MARKS THE OFFICIAL START OF SPRING!

THANKS FOR CHECKING OUT OUR THISTLES & CLOVER NEWSLETTER.

OUR MISSION AT THISTLES & CLOVER IS TO PROVIDE YOU WITH DELICIOUS AND HEALTHY BEEF, EGGS AND POULTRY. 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 SEE WHAT WE'RE UP TO THIS MONTH, GET A DELICIOUS ROAST RECIPE, AND FIND OUT THE LATEST FARM AND FOOD NEWS.

THANK YOU,

ADAM AND LUCY CAMERON





WHAT'S HAPPENING AT T&C?

MARCH IS A BUSY MONTH! FIND OUT WHAT WE'RE UP TO!

THE FOCUS OF THIS MONTH IS BUILDING LOTS OF CHICKEN HOUSING AS WELL AS PREPARING THE PASTURES FOR THE CATTLE.

OUR FIRST BATCH OF BROILER CHICKS ARRIVES APRIL 1ST. TO MAKE ROOM FOR THEM, ALL OF OUR PULLETS WILL NEED TO MOVE INTO NEW SUMMER HOUSING WHICH THEY WILL SHARE WITH THE ADULT HENS.

SUMMER HOUSING FOR THE HENS WILL LIKELY CONSIST OF 2 OR 3 PORTABLE HOUSES, WHICH WE CAN MOVE AROUND ONE OF THE PASTURES. THIS WILL ENSURE THE HENS A CONSTANT SUPPLY OF BUGS AND FRESH GREEN GRASS TO EAT WHILE EVENLY DISTRIBUTING THEIR MANURE.

WE ARE CONSIDERING RETROFITTING RETIRED LIVESTOCK TRAILERS INTO THESE SUMMER HEN HOMES. THE BIG ADVANTAGE WITH USING

TRAILERS IS THAT THEY ARE ALREADY ON WHEELS SO ALL YOU'VE GOT TO DO IS HITCH THEM UP AND MOVE THEM TO GREENER GRASS AS NEEDED.

UNTIL NOW, OUR HENS HAVE ALWAYS BEEN KEPT AT THE "HOME" PASTURE. THE ADVANTAGE OF KEEPING THEM AT THE HOME LOCATION IS THAT THE RISK OF PREDATION IS LOW. THERE ARE BUILDINGS, MACHINERY AND DAILY ACTIVITY ALL OF WHICH MAKES THE APPEARANCE OF A WEASEL, FOX, BADGER, RACCOON, OR OTHER CHICKEN-HUNTER LESS LIKELY.

THIS YEAR, WE ARE CONSIDERING MOVING OUR HENS TO OUR LARGEST PASTURE. THIS HAS THE ADVANTAGE OF LARGE TRACTS OF FAIRLY LEVEL GROUND AS WELL AS EASY ACCESS TO WATER. THE RISK OF PREDATION AT THIS PASTURE HOWEVER IS MUCH GREATER. THERE ARE NO BUILDINGS AND THE CREEK RUNNING ALONGSIDE ONE SIDE OF THE PASTURE IS

UNDOUBTEDLY HOME TO MANY CREATURES OF PREY.

WE HAVE A COUPLE IDEAS FOR MINIMIZING THE PREDATION RISK INCLUDING KEEPING THE HENS CLOSE TO THE CATTLE. MOST OF THE ANIMALS THAT WOULD PREY ON CHICKENS TEND TO AVOID THE CATTLE HERD.

ANOTHER OPTION IS KEEPING A ROOSTER WITH THE FLOCK OF HENS. IT'S A ROOSTER'S DUTY TO PROTECT HIS FLOCK. THEY ARE MORE ATTUNED TO THE PRESENCE OF A POTENTIAL THREAT AND THEY REACT WITH AGGRESSION AS OPPOSED TO THE HENS WHO SIMPLY COWER.

AS LUCK WOULD HAVE IT, WE ALREADY HAVE A ROOSTER. HE CAME ONTO OUR FARM BY ACCIDENT WITH THE OTHER CHICKS THAT ARRIVED BACK IN DECEMBER. WE ASKED THE HATCHERY TO ONLY SEND FEMALES AS WE WERE

Could this be our rogue rooster?



LOOKING TO RAISE HENS, BUT DETERMINING A BABY CHICK'S GENDER IS NOT A PERFECT SCIENCE. AND SO WE ARE GREETED THESE MORNINGS WITH THE BEGINNINGS OF A SCRATCHY "COCK-A-DOODLE-DO." MAYBE WE'LL SEE IF HE CAN EARN HIS KEEP AS FLOCK GUARDIAN!

ALSO SLATED FOR THIS MONTH IS THE CONSTRUCTION OF 3 OR 4 NEW BROILER PENS FOR OUR PASTURED POULTRY. OUR ORIGINAL PEN IS NOW 2 YEARS OLD AND WE'VE HAD PLENTY OF TIME TO COME UP WITH SOME IMPROVEMENTS TO THE DESIGN THAT WE ARE EXCITED TO IMPLEMENT.

THE BROILER CHICKENS WILL GO ONTO PASTURE IN THE MIDDLE OF APRIL WHERE THEY WILL REMAIN UNTIL THE END OF MAY. SINCE THESE CHICKENS ARE ONLY ON PASTURE FOR 6 WEEKS, WE WILL LIKELY KEEP THEM AT THE HOME PASTURE TO ELIMINATE HAVING TO TRANSPORT THEM AND THE BROILER PENS BACK AND FORTH.

WHAT ABOUT THE CATTLE? THE CATTLE WILL BE GOING BACK OUT TO THE PASTURES SOON. MUCH OF THE SNOW THAT WAS CLEARED OUT OF THE COUNTRY ROADS RUNNING ALONG OUR PASTURES WAS PUSHED INTO OUR FENCES. THE WEIGHT OF THE SNOW HAS CAUSED SOME DAMAGE AND THERE

WILL DEFINITELY BE REPAIR WORK TO DO BEFORE THE CATTLE CAN BE TURNED OUT. WE HOPE TO BUILD UPON OUR PASTURE'S WATER DELIVERY SYSTEM. A LITTLE MORE PIPELINE WOULD REALLY HELP STREAMLINE DAILY CHORES. WE WOULD LIKE TO FROST SEED SOME RED CLOVER INTO OUR PASTURE THIS MONTH. THE TIMING OF THIS IS RATHER TRICKY - YOU NEED TO FROST SEED WHILE THERE ARE STILL A FEW FROSTS LEFT. HOW CAN YOU BE SURE WHEN THAT IS? THERE IS A LITTLE BIT OF LUCK INVOLVED. CROSS YOUR FINGERS!



WHILE YOU WAIT FOR SPRING WEATHER TO ARRIVE...

STAY WARM WITH OUR DELICIOUS ROASTS!

THE WAITING IS OVER. THISTLES & CLOVER ROASTS ARE FINALLY HERE AND READY FOR YOU TO ENJOY.

ROASTS ARE AN ECONOMICAL WAY TO ENJOY GRASSFED BEEF. AFTER SAVORING A DELICIOUS POT-ROAST DINNER, SLICE THE LEFTOVERS UP FOR SANDWICHES OR SHRED THEM AND USE IN FAJITAS!

WE WANT TO MAKE SURE THAT YOUR ROAST IS AS DELICIOUS AS IT SHOULD BE! BELOW ARE SOME **TIPS** FOR COOKING WITH YOUR ROAST:

- FULLY DEFROST YOUR ROAST IN THE REFRIGERATOR
- MASSAGE YOUR ROAST WITH 2-3 TABLESPOONS OF OLIVE OIL.
 - *IF YOU CAN GET YOUR HANDS ON SOME, UNFILTERED OLIVE OIL IS THE WAY TO GO. UNFILTERED OLIVE OIL CONTAINS NATURALLY-OCCURRING ENZYMES WHICH HELP TO TENDERIZE YOUR GRASSFED BEEF*
- LET YOUR ROAST SIT IN ITS OLIVE OIL MARINADE OVERNIGHT IN THE FRIDGE. OR, IF YOU DON'T WANT TO WAIT THAT LONG, LET IT SIT IN ITS OLIVE OIL RUB ON THE COUNTER FOR AN HOUR OR 2 BEFORE COOKING. IF YOU DO REFRIGERATE YOUR ROAST OVERNIGHT, BE SURE TO TAKE IT OUT OF THE FRIDGE AND LET IT SIT ON THE COUNTER FOR ABOUT 1-2 HOURS PRIOR TO COOKING. COLD BEEF + HOT PAN = TOUGH STUFF!
- NOW, USE YOUR FAVORITE POT

ROAST RECIPE AND ENJOY. THE FOLLOWING RECIPE FOR PORCINI POT ROAST IS A FAVORITE IN OUR HOUSE. BON APPÉTIT!

PORCINI POT ROAST

INGREDIENTS:

- 1 3-LB CHUCK ROAST (OR SIRLOIN TIP)
- 1 OUNCE DRIED PORCINI MUSHROOMS
- 1 CUP HOT WATER
- 4 TABLESPOONS BUTTER (CUT INTO 2 X 2 TABLESPOON PIECES)
- 2 ONIONS, SLICED
- 2 TEASPOONS SALT
- 1 TEASPOON PEPPER
- 1 CUP BEEF OR CHICKEN BROTH

TWO HOURS BEFORE YOU PLAN TO COOK YOUR ROAST, PLACE DRIED MUSHROOMS INTO A GLASS DISH AND POUR HOT WATER OVER TOP. COVER AND LET SIT.

IN A CAST IRON CASSEROLE, MELT 2 TABLESPOONS OF BUTTER OVER MEDIUM HEAT. BROWN THE ROAST ON ALL SIDES, TURNING OFTEN SO THAT NO SCORCHING OCCURS. REMOVE THE MEAT AND PLACE ONTO A PLATE TO REST WHILE YOU PREPARE THE ONIONS AND MUSHROOMS.

MELT REMAINING 2 TABLESPOONS OF BUTTER OVER MEDIUM HEAT. ADD THE ONIONS AND COOK UNTIL THEY ARE SOFT AND CARAMELIZED. ASSUMING THE MUSHROOMS HAVE SOAKED FOR TWO HOURS AT THIS POINT, ADD THEM (RESERVING THEIR SOAKING LIQUID) TO THE ONIONS. TURN THE HEAT TO LOW AND COOK FOR ANOTHER 5 MINUTES.

PREHEAT THE OVEN TO 300 DEGREES. RUB SALT AND PEPPER INTO THE ROAST. PLACE

THE ROAST INTO THE CASSEROLE AND SURROUND WITH ONIONS AND MUSHROOMS. ADD THE WATER THAT THE MUSHROOMS SOAKED IN. ADD THE BROTH. BRING THE MIXTURE TO A SIMMER ON THE STOVETOP. THEN COVER AND PLACE INTO THE PREHEATED OVEN.

COOK AT 300 DEGREES FOR 30 MINUTES. REDUCE HEAT TO 250 DEGREES AND COOK FOR AN HOUR BEFORE TESTING FOR DONENESS. THEY WAY YOU KNOW THAT A ROAST IS DONE IS BY STICKING A FORK IN AND TURNING. THE MEAT SHOULD BE FORK-TENDER. IN OUR EXPERIENCE, 3- POUND ROASTS ARE DONE AFTER A TOTAL OF 2 ½ HOURS IN THE OVEN – 30 MINUTES AT 300 DEGREES FOLLOWED BY 2 HOURS AT 250 DEGREES.

WHEN YOU'VE DETERMINED THAT YOUR ROAST IS DONE, REMOVE IT FROM THE OVEN AND LET SIT FOR 5 MINUTES BEFORE SERVING. BE SURE TO SPOON THE DELICIOUS LEFTOVER JUICES FROM THE CASSEROLE OVER TOP OF EACH SERVING OF MEAT – YUM!

A COUPLE NOTES:

IF YOU DO NOT HAVE A CAST IRON CASSEROLE, YOU CAN SIMPLY USE A LARGE PAN TO BROWN THE ROAST AND COOK THE ONIONS AND MUSHROOMS. TRANSFER EVERYTHING TO A LARGE ROASTING PAN (WITH A TIGHT-FITTING LID) WHEN IT COMES TIME TO PLACE YOUR ROAST INTO THE OVEN.

WONDERING WHAT TO ACCOMPANY YOUR ROAST WITH? HOW ABOUT MASHED POTATOES AND PEAS? OR A SALAD AND CRUSTY BREAD?

FARM & FOOD NEWS



Did you know that our processor, Hudson Meats and Sausage, Inc. has received the Animal Welfare Institute's seal of approval?



Did you know that pullet eggs have a higher yolk-to-white ratio than eggs laid by adult hens?

USDA SCRAPS NAIS PLANS

THE USDA IS SCRAPPING ITS PLANS FOR A NATIONAL ANIMAL IDENTIFICATION SYSTEM (NAIS). MAX THORNSBERRY, A MISSOURI VETERINARIAN AND R-CALF USA PRESIDENT, ISSUED THE FOLLOWING STATEMENT "NAIS WAS CONCEIVED AND SUPPORTED BY INTERNATIONAL TRADE ORGANIZATIONS, EAR TAG MANUFACTURERS AND MULTINATIONAL MEATPACKERS, AND WAS ALL ABOUT CONTROLLING CATTLE FARMERS AND RANCHERS AND CATTLE MARKETS, NOT ABOUT CONTROLLING AND PREVENTING ANIMAL DISEASES." THE USDA'S ANNOUNCEMENT, WAS "A MAJOR VICTORY FOR INDEPENDENT CATTLE PRODUCERS, AS IT MARKS THE FIRST TIME IN A VERY LONG TIME THAT USDA DID NOT SUPPRESS THE INTERESTS OF CATTLE PRODUCERS IN ORDER TO ACCOMMODATE THE SELF-INTERESTS OF THE DOMINANT MEATPACKERS AND THEIR ALLIES."

TYSON FINED AFTER USING "RAISED WITHOUT ANTIBIOTICS" CLAIM

IN 2007 TYSON BEGAN LABELING ITS POULTRY PRODUCTS "RAISED WITHOUT ANTIBIOTICS." A YEAR LATER THE USDA ORDERED THEM TO REMOVE THE LABELS ONCE IT DISCOVERED THAT TYSON INJECTED ITS CHICKENS WITH ANTIBIOTICS BEFORE THEY WERE HATCHED.

CA BEEF RECALL EXPANDS BY 4.9 MILLION POUNDS

HUNTINGTON MEAT PACKERS, INC (CA) HAS RECALLED AN ADDITIONAL 4.9 MILLION POUNDS OF POTENTIALLY CONTAMINATED BEEF. THIS BRINGS THE TOTAL AMOUNT OF BEEF RECALLED BY HUNTINGTON THIS YEAR TO NEARLY 5.8 MILLION POUNDS. AT ABOUT 460 POUNDS OF MEAT PER ANIMAL, THAT EQUATES TO OVER 12,000 HEAD OF CATTLE WHOSE MEAT WILL POTENTIALLY GO UNUSED. THERE HAVE BEEN NO REPORTED ILLNESSES ASSOCIATED WITH THE MEAT RECALLED. THE RECALL OCCURRED BECAUSE STANDARD PROCEDURES WERE NOT FOLLOWED DURING THE MEAT'S PRODUCTION.

ARBY'S IN RICHMOND VA TO BEGIN OFFERING GRASS-FED BEEF

ON MARCH 1st, 19 ARBY'S RESTAURANTS IN RICHMOND VA METRO AREA WILL BEGIN OFFERING THE "PASTURE PERFECT GRASS-FED BEEF" SANDWICH. SAYS NEL BOCKELMAN, MARKETING DIRECTOR OF THE RESTAURANT COMPANY (ARBY'S PARENT COMPANY) "NOT ONLY IS GRASS-FED BEEF BETTER FOR YOUR HEALTH, IT ALSO IMPROVES THE ANIMALS' LIVES AND PROMOTES ENVIRONMENTAL SUSTAINABILITY. IT'S A CHOICE WE CAN ALL FEEL GOOD ABOUT."

FOOD INC. NOMINATED FOR OSCAR

TUNE IN MARCH 7th TO SEE IF FOOD INC. WINS BEST DOCUMENTARY AT THE 82ND ACADEMY AWARDS.

MEAT INDUSTRY DEFENDS ANTIBIOTIC USE

ON 2/23, TOP MEAT INDUSTRY GROUPS HELD BRIEFINGS ON CAPITOL HILL DEFENDING THE USE OF ANTIBIOTICS AS A CRITICAL TOOL FOR ANIMAL HEALTH. THE BRIEFINGS CAME TWO WEEKS AFTER CBS EVENING NEWS WITH KATIE COURIC BROADCAST A TWO-PART SERIES CRITICIZING THE WIDESPREAD USE OF ANTIBIOTICS IN FOOD ANIMAL PRODUCTION. THOSE IN THE MEAT BUSINESS HAVE BEEN PUSHING BACK AGAINST THE CRITICISM, CONCERNED IT COULD BUILD MOMENTUM FOR LEGISLATION THAT WOULD BAN THE SUBTHERAPEUTIC USE OF ANTIBIOTICS IN ANIMAL FEED IN AN EFFORT TO CURB GROWING ANTIBIOTIC RESISTANCE.

A VACCINE TO COMBAT E. COLI

SEVERAL COMPANIES HAVE DEVELOPED E. COLI VACCINES WHICH, WHEN ADMINISTERED 2 TO 3 TIMES TO CATTLE, CAN REDUCE THE AMOUNT OF E. COLI FOUND IN THE ANIMAL'S FECES.

GMO ALFALFA - CALLING FOR PUBLIC COMMENTS

THE PUBLIC HAS UNTIL MARCH 3rd TO SUBMIT COMMENTS TO THE USDA REGARDING THE POTENTIAL RELEASE OF GENETICALLY MODIFIED ALFALFA SEED. THE GMO ALFALFA WOULD BE RESISTANT TO A SPECIFIC HERBICIDE. ALFALFA HAY IS USED AS WINTER FEED ON MANY FARMS INCLUDING OURS.

THISTLES & CLOVER



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