

THISTLES & CLOVER

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



Vol. 18, March 2011

March Dates:

Saturday
March 5th

**Omaha Delivery
Saturday
9:30am-12:30pm
(NOTE EXTENDED HOURS)
6605 Maple Street**
Please place your order
ahead of time using our
webstore or by phone or
email.

Saturday
March 19th

**Omaha Delivery
Saturday
9:30am-12:30pm
(NOTE EXTENDED HOURS)
6605 Maple Street**
Please place your order
ahead of time using our
webstore or by phone or
email.

Vernal Equinox

March 20th marks the Vernal Equinox - the start of Spring. We'll be spending this month updating our mobile hen housing and getting all the fencing and water systems ready for another season of rotational grazing.

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 how why we prefer beef to bison, fun facts about your favorite farmers, get a couple great Round Steak recipes and find out the latest in sustainable agriculture/public health news.

Thank you,
Adam and Lucy Cameron



WHY DON'T YOU RAISE BISON?



Every now and then someone asks us whether we'd consider adding bison (American Buffalo) to the mix of livestock at Thistles & Clover.

At the present time, we are not considering adding bison. Financial and management issues aside, the biggest reason that we are not considering a switch from beef to bison might surprise you – **bison meat is not inherently healthier than beef.**

Grass-fed bison meat has been shown to have a *slightly* lower fat content than grass-fed beef. However, the animal **meat with the lowest fat is not necessarily the most nutritious choice.**

Several of the most beneficial nutrients that grass-fed meats offer are actually stored within the animal's fat.

Omega 3s – critical for healthy brain functioning, **CLAs (conjugated linoleic acids)** – shown to reverse cancer

development and aid in weight management, and **Vitamin E** – a powerful antioxidant, are all stored in the animal's fat.

By using minimal fat as your only criteria when selecting grass-fed meat, you could minimize the amount of these pasture-based nutrients that you obtain from your meat.

In the grand scheme of things, both grass-fed beef and grass-fed bison make great choices for your family. **The problem with bison's newfound popularity is that less-than-scrupulous marketers are using it to their advantage.**

Bison receives a lot of press for being a 'healthy' alternative to beef. If you look closely at these studies, in most cases they are comparing grass-fed bison to grain-fed beef. It's no surprise that the grass-fed bison has lower fat and higher omega 3s.

However, **the bison meat that is for sale at your local natural foods market, or on the menu at a 4 star restaurant is more than likely the product of grain-finishing in a feedlot.**

In fact, Ted Turner, who raises about 20% of all bison in the United States

(and supplies Whole Foods, and Ted's Montana Grill among other establishments), finishes his bison on a grain concentration.

Additionally, all 330 members of the North American Bison Cooperative are *required* to feedlot finish their bison for 100+ days before slaughter.

Clearly, many parties who market grain-fed bison meat take advantage of unsuspecting consumers who assume that all bison meat has the health benefits that are actually only associated with grass-fed meat.

Theo Weening, global meat coordinator for Whole Foods Market, said the bison industry benefited from a kind of synergy: customers started embracing the idea of grass-fed beef, and from there it was a short leap to bison. **Whole Food's bison meat currently comes from feedlot, grain-fed bison.** They are looking to switch to a model in which bison are fed grains in a more 'natural' setting. Unfortunately, this still means sub-par nutrition for you.

We feel that the nutritional benefits and rich flavor of marbled, grass-finished beef make it the superior choice. That being said, we won't begrudge losing a *little* business to bison, so long as you promise to only choose grass-fed!



KNOW YOUR FARMER....

LUCY CAMERON

The slogan "Know your Farmer" is everywhere these days. It's probably a big part of the reason that you know us. But, do you ever want to know more about the people behind Thistles & Clover?

20 things you don't know about me (Lucy):

1. I am half Scottish
2. While staying with friends in Oakland, I went for a run and couldn't find my way back to their house. Yes, the police were eventually involved(!)
3. I was born in New York City
4. I am living out my dream
5. I used to be a vegetarian (due to lack of options for alternatively-produced meats)
6. I have a Master's Degree in Forest Resources
7. I was working at Arthur Andersen when the Enron scandal hit the news
8. I am very stubborn (according to Adam)
9. I am infatuated with Alaska
10. I have an extensive LP collection
11. I always loved dissection at school and college and used to want to be a pathologist. Probably why I don't mind butchering a chicken every now and then.
12. I want to learn a martial art
13. I love to prepare elaborate meals while listening to music and sipping a glass of wine
14. Favorite reads: The Invention of Hugo Cabret, Charlie and the Chocolate Factory, Into the Wild, Maps and Dreams, Of Human Bondage, Omnivore's Dilemma
15. Favorite Musical Artists: Taj Mahal, Mos Def, Albert King, The Band, Joni Mitchell, Katy Perry, Led Zepplin
16. Favorite Movies: Lord of the Rings, Burn After Reading, My Summer of Love, Its Complicated, Sophie's Choice, 9 Mile, The Secret Life of Walter Mitty
17. Favorite Meals: Filet Mignon with a salad and homemade bread, Malai Kofta, Pho
18. Favorite thing about farming: getting to know customers, working in a family business, open space, livestock, producing food.
19. I brew beer
20. I deejayed a blues show while at college

Round Steaks: A Flavorful Bargain

Have you tried one of our Round Steaks yet? This large (about 1 lb/steak) and relatively thin (3/4" thick) steak is lean and flavorful. It does require tenderization – either with slow, moist cooking or with a marinade, tenderized, cut into strips and quickly sautéed over high heat.

Here we offer one 'slow' Round Steak recipe and one 'fast' one. Why not try one out this month? Round steaks are regularly only \$5.95 per pound so we can't discount them any more, but after you try one, we think you'll agree that they're a bargain.



Slow Cooker Swiss Steak

Serves 4

Ingredients:

- 2 tablespoons, plus 2 teaspoons all purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 pound Round Steak, cut into strips (against the grain)
- 2 tablespoons butter
- 2 stalks celery
- 1 onion, chopped
- 2 carrots, diced
- 1(14.5 oz) can diced tomatoes, with juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar

Directions:

- Mix together flour, salt and pepper in a bowl then use to coat the strips of Round Steak
- Heat butter in skillet over medium heat
- Sauté vegetables for about 5 minutes then remove and place into slow cooker
- Brown Round Steak strips in the skillet and then add to slow cooker
- Add tomatoes with juice, Worcestershire sauce and brown sugar to slow cooker.
- Stir and set to low for 8 to 10 hours

Serve with rice, potatoes or bread - anything that can soak up some of the delicious sauce while you enjoy the veggies and Round Steak.

Asian-Style Beef and Vegetables

Serves 4

Ingredients:

- ½ cup soy sauce
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 heaping spoonful of honey
- 1 – 1 ½ pounds of Round Steak
- 2-3 tablespoons butter
- ½ small head of cabbage, chopped
- 1 onion, chopped
- 4 cloves garlic, smashed, chopped
- 1 cup broccoli, chopped
- 2 carrots, sliced diagonally into rounds

Directions:

- Mix soy sauce, balsamic vinegar, olive oil and honey. Pour over top of Round steak in a Tupperware container. Pierce the steak all over with a fork. Turn the steak over and pierce it on the other side. Cover and let sit either on the counter for an hour, or up to overnight in the refrigerator.
- Melt butter over medium-high heat in a large pan. Cut the Round Steak into thin strips. Cut *against the grain* of the meat to maximize tenderness.
- Quickly sauté the beef strips in the butter until browned on both sides. Place cooked beef into a baking dish, cover, and place into warm oven.
- Place onion into pan, and sauté over medium heat for a few minutes. Add garlic, then add remaining vegetables. Pour leftover steak marinade over top of the vegetables, cover and bring to a boil. Stir vegetables and replace lid.
- Reduce heat and simmer vegetables until they are cooked but still slightly crunchy.
- Serve vegetables (with remaining cooking juice) and beef over rice.

THE LATEST FARM AND FOOD NEWS



Did you know that the brown color on a brown egg can actually be washed away with enough scrubbing but the blue-green color of an Araucana's egg cannot?



Did you know, since the 1960s, large-scale poultry producers have added arsenic to their poultry feed? Small amounts speed the growth of the birds, make their breast meat pinker and kill certain bacteria.

Grass-fed Fish?

Dr. Mark Hyman of the Huffington Post recently wrote about a new type of fish farm. He visited with Luis Contreras, who runs a "phytoplankton farm" in southern Spain. According to Hyman, Contreras has worked to restore wetland habitat in what was most recently a cattle ranch. Fish populations have since flourished to the point that there are now harvested – at sustainable levels – on a regular basis. The author likens the fish raised by Contreras to grass-fed beef – a reliable source of animal protein produced in a natural setting.

Seattle's First Cannabis Farmers Market Debuts

Seattle hosted its first farmers market devoted entirely to medicinal marijuana. Shoppers had to show their doctor's prescription in order to attend the event. Seattle voters passed Initiative 75 in 2003, making arresting and jailing adults for possessing personal amounts of pot the Police Department's lowest law-enforcement priority. Police spokesman Sean Whitcomb said in an interview before the event. "Our priorities are a reflection of community priorities."

E. Coli Vaccine Now Available

A vaccine for cattle, designed to prevent E. coli from forming in cattle's intestines is now on the market. Industrial beef producers and processors are looking into industry-wide adoption of the vaccine, which would reduce the incidence of E.coli in beef. Noteworthy is the fact that E. coli currently gets into the beef supply via manure that has contaminated the beef. If this vaccine goes into wide-scale usage, manure may still be present in beef products, but at least it won't be 'lethal' manure. Of course, a mutant strain of E.coli may eventually develop. No word on how mass cattle E. coli immunization could affect those who eventually eat the immunized animals' meat. Our beef is processed by a USDA facility that handles a maximum of 5 beef per day. They can keep the butchering process clean and tidy. Facilities that process thousands of cattle per day are clearly having a hard time keeping manure out of the beef. An E. coli vaccine doesn't really address the root causes of E. coli in beef – grain finishing and meat processors that are handling too many animals to ensure manure stays out of the beef.



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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