

THISTLES & CLOVER

GRASS-FED BEEF, FARM FRESH EGGS
AND BROILER CHICKENS

VOL. 9, MAY 2010



MAY DATES:

- | | |
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| SATURDAY
MAY 1 | <ul style="list-style-type: none">FIRST VILLAGE POINTE FARMERS MARKET!
8AM-1PM AT VILLAGE POINTE |
| SATURDAY
MAY 8 | <ul style="list-style-type: none">VILLAGE POINTE FARMERS MARKETFIRST MIDTOWN DROP-OFF! 2-3PM AT CITY SPROUTS OMAHA (4002 SEWARD STREET) |
| SATURDAY
MAY 15 | <ul style="list-style-type: none">VILLAGE POINTE FARMERS MARKETMIDTOWN DROP-OFFLAST DAY TO PLACE MAY IOWA FOOD COOP ORDER |
| THURSDAY
MAY 20 | <ul style="list-style-type: none">IOWA FOOD COOP ORDER DELIVERY AT MERLE HAY MALL IN DES MOINES |
| SATURDAY
MAY 22 | <ul style="list-style-type: none">VILLAGE POINTE FARMERS MARKET |
| | <ul style="list-style-type: none">MIDTOWN DROP-OFF |
| SATURDAY
MAY 29 | <ul style="list-style-type: none">VILLAGE POINTE FARMERS MARKETMIDTOWN DROP-OFF |

MARKET SEASON IS HERE!

YOU'LL BE SEEING A LOT MORE OF US...FARMERS MARKET SEASON IS HERE!

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 LEARN ABOUT OUR NEW LOCATION AT VILLAGE POINTE, OUR MIDTOWN DROP-OFF, GET A GREAT BURGER RECIPE, AND FIND OUT THE LATEST FARM AND FOOD NEWS.

THANK YOU,

ADAM AND LUCY CAMERON





MARKET SEASON IS HERE...

HOW CAN YOU GET OUR STUFF?

THISTLES & CLOVER HAS A NEW LOCATION AT THE VILLAGE POINTE FARMERS MARKET

WE WILL BE BACK AT THE VILLAGE POINTE FARMERS MARKET THIS YEAR! MAY 1st MARKS THE BEGINNING OF THE VILLAGE POINTE FARMERS MARKET'S 2010 SEASON. WE JOINED THE MARKET MID-WAY THROUGH 2009 AND WE JUST CAN'T ENOUGH! WONDERFUL CUSTOMERS, VENDORS, AND (VOLUNTEER!) COORDINATORS.

AN IMPORTANT ITEM TO NOTE IS THAT OUR THISTLES & CLOVER STAND WILL BE IN A DIFFERENT LOCATION DURING THIS UPCOMING FARMERS MARKET SEASON.

AS YOU MAY RECALL, LAST YEAR OUR BOOTH WAS LOCATED AT "THE END OF THE LINE." WE WERE THE NEW KIDS ON THE BLOCK AND WERE ASSIGNED A SPOT AT THE MARKET ACCORDING TO THE HIERARCHY IN-

PLACE.

FOR THIS YEAR, WE HAVE BEEN GRACIOUSLY OFFERED A PRIME PIECE OF FARMERS MARKET REAL ESTATE. THE MARKET COORDINATOR INFORMED US THAT WE CAN LOCATE OUR BOOTH RIGHT AT THE "CORNER" OF THE TWO LINES OF BOOTHS THAT COMPRISE THE VILLAGE POINTE FARMERS MARKET. WE WILL BE LOCATED JUST TO THE RIGHT OF THE MARKET INFORMATION BOOTH. OR, IF YOU WERE TO LOOK FOR US IN OUR OLD SPOT, YOU WOULD HAVE TO WALK LEFT TO THE END OF THE ROW OF BOOTHS UNTIL YOU CAME TO OURS.

WE ARE AT THE VILLAGE POINTE FARMERS MARKET EVERY WEEK AND IF YOU CAN'T FIND US, PLEASE ASK SOMEONE TO POINT YOU TOWARDS THISTLES & CLOVER. ONCE YOU FIND US ONCE, YOU'LL KNOW WHERE TO FIND US EACH WEEK.

RESERVE ITEMS FOR PICK-UP AT THE FARMERS MARKET

WE HAVE A LOT MORE PRODUCTS THIS MARKET SEASON THAN WE HAD LAST YEAR. WE ONLY HAVE 4 COOLERS, SO HOW DO WE DECIDE WHAT TO BRING? WHY NOT HELP US OUT BY PRE-ORDERING WHAT YOU WANT AT THE FARMERS MARKET? THAT WAY, YOU CAN ENSURE THAT WE WON'T BE "SOLD OUT" WHEN YOU GET THERE, AND WE KNOW WHAT TO PACK IN THE COOLERS! YOU CAN PLACE YOUR ORDER USING OUR WEBSTORE AT WWW.SHOP.THISTLESANDCLOVER.COM. SELECT THE CATEGORY, "FARMERS MARKET PICK-UP" AND SHOP AWAY. YOU CAN EVEN PAY FOR YOUR ITEMS ONLINE. SOME VARIABLE WEIGHT ITEMS WILL REQUIRE US TO CALCULATE THE AMOUNT DUE AND THEN SEND YOU AN "E-BILL" WHICH YOU CAN THEN PAY WITH PAYPAL. YOU CAN ALSO PLACE YOUR ORDER BY EMAILING US AT THISTLESANDCLOVER@GMAIL.COM OR BY CALLING OR TEXTING US AT (712) 371-9861.

"Eating is an agricultural act." – Wendell Berry



FINALLY, A MIDTOWN DROP-OFF!

THE VILLAGE POINTE FARMERS MARKET IS LOCATED IN WEST OMAHA – A CONSIDERABLE DISTANCE FROM MANY OF OUR MOST LOYAL CUSTOMERS IN MIDTOWN. WE HAVE FINALLY FIGURED OUT A WAY TO REWARD THESE FOLKS' DEVOTION AS WELL AS MAKE OUR PRODUCTS ACCESSIBLE TO NEW CUSTOMERS FOR WHOM VILLAGE POINTE IS JUST TOO FAR.

BEGINNING SATURDAY MAY 8th, WE ARE GOING TO OFFER A WEEKLY MID-TOWN DROP-OFF.

THE MIDTOWN DROP-OFF WILL BE LOCATED AT CITY SPROUTS OMAHA. CITY SPROUTS OMAHA IS AN ORGANIZATION DEDICATED TO THE IMPROVEMENT OF INNER-CITY NEIGHBORHOODS IN THE OMAHA AREA. YOU CAN READ ALL ABOUT THEM AT THEIR WEBSITE:

WWW.OMAHASPROUTS.ORG

JUST SOUTH OF THE CITY SPROUTS COMMUNITY GARDEN IS THE EDUCATION CENTER. THE ADDRESS IS 4002 SEWARD STREET. THIS IS WHERE THE THISTLES & CLOVER MIDTOWN DROP-OFF WILL TAKE PLACE FROM 2-3PM EACH SATURDAY.

TO PLACE AN ORDER FOR THE MIDTOWN DROP-OFF, SELECT THE CATEGORY "MIDTOWN DROP-OFF" FROM OUR WEBSTORE AND SHOP AWAY. YOU CAN PAY ONLINE OR JUST BRING CASH OR CHECK TO THE DROP-OFF. YOU CAN ALWAYS PLACE YOUR ORDER BY PHONE OR EMAIL IF YOU PREFER.

PORK IS COMING!

PASTURED PORK SHOULD BE AVAILBLE BY JUNE 2010!



COFFEE-RUBBED CHEESEBURGERS

**SOUNDS STRANGE BUT IT'S TIME
TO START GRILLING SO WHY NOT
TRY A SMOKEY VERSION OF AN
OLD FAVORITE?**

THE WEATHER IS FINE SO WHY NOT COOK YOUR NEXT ROUND OF BURGERS OUTSIDE ON THE GRILL? WHILE YOU'RE AT IT, WHY NOT TRY A TOTALLY NEW BURGER RECIPE?

FRESHLY GROUND COFFEE IN THE SPICE RUB FOR THESE BURGERS BRINGS OUT THE "BEEFY" FLAVOR OF YOUR GRASS-FED BEEF.

YIELDS 8 BURGERS

INGREDIENTS:

1 TABLESPOON FRESHLY GROUND COFFEE
2 TEASPOONS BROWN SUGAR
2 TEASPOONS PEPPER
½ TEASPOON GROUND CORIANDER
½ TEASPOON DRIED OREGANO
½ TEASPOON SEA SALT
8 SLICES BACON
2 POUNDS GRASS-FED BEEF
8 SLICES SMOKED PROVOLONE CHEESE
8 BURGER BUNS
8 SLICES RED ONION
8 SLICES TOMATO
YOUR FAVORITE BBQ SAUCE

INSTRUCTIONS:

MIX COFFEE, SUGAR, PEPPER, CORIANDER, OREGANO AND SALT IN A SMALL BOWL. SET ASIDE.

FRY BACON UNTIL CRISP. REMOVE FROM PAN AND SET ON PLATE. BREAK EACH BACON SLICE IN HALF.

FORM GRASS-FED BEEF INTO 8 PATTIES. USING YOUR THUMB, MAKE AS SLIGHT INDENTATION INTO THE CENTER OF EACH BURGER. THIS ENSURES A NICE, FLAT BURGER.

FIRE UP THE GRILL TO MEDIUM HEAT. SPRINKE 1 TEASPOON OF THE COFFEE RUB ONTO THE TOP SIDE OF EACH BURGER. PLACE BURGERS, RUB SIDE DOWN, ONTO THE GRILL. GRILL UNTIL SLIGHTLY CHARRED, ABOUT 4 MINUTES AND THEN FLIP. SPRINKLE ANY REMAINING RUB OVER BURGERS. COOK ANOTHER 4 MINUTES THEN FLIP, REDUCE HEAT TO LOW AND CLOSE GRILL LID. LET COOK FOR ANOTHER 4 MINUTES AND CHECK FOR DONENESS.

ONCE BURGERS ARE JUST ABOUT DONE, PLACE 2 HALF-STRIPS OF BACON ON TOP OF EACH BURGER. COVER BACON WITH SLICES OF PROVOLONE. AS SOON AS CHEESE HAS MELTED, REMOVE BURGERS AND PLACE ON BOTTOM HALVES OF BUNS. TOP WITH ONION AND TOMATO SLICES AND YOUR FAVORITE BBQ SAUCE. COVER WITH BUN TOP AND ENJOY!

WONDERING WHAT SIDES TO SERVE WITH YOUR "COFFEE CHEESEBURGERS"?

HOW ABOUT GRILLING ASPARAGUS ALONGSIDE YOUR BURGERS? COAT THE SPEARS IN OLIVE OIL BEFORE SETTING ON THE GRILL. TURN FREQUENTLY AND REMOVE FROM THE GRILL IMMEDIATELY ONCE THEY START TO TURN BRIGHT GREEN.

SWEET POTATOES COMPLEMENT THE SMOKEY, SWEET FLAVORS OF YOUR BURGERS. WRAP THEM IN FOIL AND THROW THEM ON THE GRILL TOO. ONCE SOFT, OPEN THEM UP, CUT IN SOME BUTTER AND DIG IN!

LOOKING FOR A GOOD BBQ SAUCE TO TRY?

WE RECENTLY PURCHASED JB'S FAT BOY CHIPOTLE BBQ SAUCE. IT'S DELICIOUS AND LOCAL – MADE IN GRAFTON, NEBRASKA AND AVAILABLE AT WHOLE FOODS.

PLAN AHEAD TIPS:

THE COFFEE RUB PORTION OF THE RECIPE CAN BE MADE WELL IN ADVANCE AND STORED IN AN AIR TIGHT CONTAINER UNTIL USE.

BURGER PATTIES CAN BE FORMED AND THEN PLACED INTO THE REFRIDGERATOR UNTIL YOU ARE READY TO USE THEM. CHEESE, ONION AND TOMATO CAN ALSO BE PREPPED AND STORED IN THE FRIDGE UNTIL YOU'RE READY TO COOK.

FARM & FOOD NEWS



Did you know cattle see in black and white and have difficulty judging distances?



Did you know in that absence of a flock rooster, a lead hen will stand-in as the rooster and even stop laying eggs.

IOWA PUBLIC TELEVISION AIRS FOOD INC ALONG WITH POST-SHOW DISCUSSION

IOWA PUBLIC TELEVISION AIRED FOOD INC. ON APRIL 21, 2010. YOU CAN CHECK OUT THE POST-SHOW DISCUSSION WHERE IPTV'S MARKET TO MARKET HOST MARK PEARSON MODERATES. CRAIG LANG, PRESIDENT OF THE IOWA FARM BUREAU FEDERATION, AND NEIL HAMILTON, DIRECTOR OF THE AGRICULTURAL LAW CENTER AT DRAKE UNIVERSITY PARTICIPATE. CHECK IT OUT AT WWW.IPTV.ORG.

THE HUMANE SOCIETY RELEASES VIDEOS OF CAGED HENS

ON APRIL 7TH, THE HUMANE SOCIETY RELEASED A VIDEO COMPRISED OF FOOTAGE SECRETLY TAKEN AT SEVERAL LARGE EGG-PRODUCTION FACILITIES IN IOWA. THE VIDEO IS AVAILABLE AT THE HUMANE SOCIETY'S WEBSITE: WWW.HUMANESOCIETY.ORG

ANOTHER E. COLI RECALL

BELTEX CORPORATION, OF FORT WORTH, TX, IS RECALLING 135,000 POUNDS OF BEEF PRODUCTS THAT MAY BE CONTAMINATED WITH THE E. COLI O157:H7 PATHOGEN. THE BEEF WAS DISTRIBUTED TO WHOLESALERS AND FEDERAL ESTABLISHMENTS IN GEORGIA, LOUISIANA, OHIO, OKLAHOMA, TEXAS, WASHINGTON AND WISCONSIN.

NO MORE HAPPY MEAL TOYS

OFFICIALS IN SANTA CLARA COUNTY (CA) RECENTLY VOTED TO BAN TOYS AND OTHER PROMOTIONS FROM HIGH-CALORIE CHILDREN'S MEALS IN PARTS OF THE COUNTY UNLESS RESTAURANTS MEET APPROVED NUTRITIONAL GUIDELINES.

"THIS ORDINANCE PREVENTS RESTAURANTS FROM PREYING ON CHILDREN'S' LOVE OF TOYS" TO SELL HIGH-CALORIE, UNHEALTHFUL FOOD, SAID

SUPERVISOR KEN YEAGER, WHO SPONSORED THE MEASURE. "THIS ORDINANCE BREAKS THE LINK BETWEEN UNHEALTHY FOOD AND PRIZES."

A CASE FOR BUYING LOCAL FOOD

AN INTERVIEW WITH ANNE PATTERSON OWNER OF LIVING EARTH FARM, WEST OF PEORIA, IL IN THE PJSTAR.COM ELUCIDATES THE MANY BENEFITS OF A LOCAL FOOD SUPPLY...

"IN A STATE WITH SOME OF THE RICHEST SOIL IN THE WORLD, ILLINOIS IS AT RISK BECAUSE IT IMPORTS 95% OF THE FOOD IT CONSUMES. A DISRUPTION IN TRANSPORTATION, LIKE THE RECENTLY EXPERIENCED IN EUROPE, COULD EASILY JEOPARDIZE THE FOOD SUPPLY. A NATION THAT CAN'T FEED ITSELF IS AT RISK, AND WE ARE FAST BECOMING THAT NATION."

TAKE ACTION TO KEEP THISTLES & CLOVER MEAT AVAILABLE!!!

THE FOOD SAFETY AND INSPECTION SERVICE (FSIS) OF THE USDA IS DRAFTING NEW MEAT TESTING REGULATIONS. THE COSTS ASSOCIATED WITH THESE REGULATIONS FALL MOST HEAVILY ON SMALL MEAT PROCESSORS, AND WILL FORCE MANY OUT-OF-BUSINESS. IF OUR PROCESSOR, HUDSON MEATS, GOES OUT-OF-BUSINESS, WE WILL NO LONGER BE ABLE TO PROVIDE YOU WITH A LOCAL SOURCE OF HEALTHY, SOURCE-VERIFIED GRASS-FED BEEF. PLEASE **TAKE ACTION TODAY**. SEE WWW.LANDSTEWARDSHIPPROJECT.ORG AND CLICK ON THE "TAKE ACTION" LINK TO PROTECT YOUR ABILITY TO PURCHASE MEAT FROM THISTLES & CLOVER AND OTHER LOCAL FARMS.

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

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