

# THISTLES & CLOVER

GRASSFED BEEF, FARM FRESH  
EGGS AND BROILERS

Volume 2, October 2009



## October Dates:

- October 3 Harvest Fest!!!  
Final 2009 Village Pointe  
Farmers Market – runs until  
2pm!
- October 17 First Winter Delivery!!!  
10-11am at Village Pointe  
Shopping Center Parking Lot
- October 31 Winter Delivery  
10-11am at Village Pointe  
Shopping Center Parking Lot

## HARVEST FEST

WELCOME TO THE OCTOBER 2009 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 FIND OUT ABOUT ARTISAN BREADS, BROILERS,  
AN UPDATE ON BULK BEEF ORDERING AND THE LATEST FARM AND  
FOOD NEWS.

THANK YOU,

ADAM AND LUCY CAMERON





## ARTISAN BREADS AT OCTOBER 3<sup>RD</sup> FARMERS MARKET

### DELICIOUS EUROPEAN BREADS AT THE THISTLES & CLOVER BOOTH

BEFORE MOVING BACK TO THE FARM, LUCY RAN HER OWN BAKERY, PRODUCING A VARIETY OF ITALIAN AND FRENCH BREADS, WHICH SHE SOLD EACH WEEK AT FARMERS MARKETS IN SEATTLE.

THE VILLAGE POINTE FARMERS MARKET NORMALLY DOES NOT ALLOW FARMERS TO BRING BAKED ITEMS. HOWEVER, TO MAKE THIS FINAL FARMERS MARKET A TRUE "HARVEST-FEST," WE ARE PERMITTED TO BRING ALONG OUR BREADS JUST THIS ONE TIME!

WE WILL BE BRINGING SOME OF OUR BEST-SELLING LOAVES INCLUDING:

**OLIVE-STUFFED FOCACCIA:**  
WE TOP THIS ITALIAN FLAT BREAD WITH OLIVE OIL, COARSE SEA SALT AND GARLIC-STUFFED OLIVES. DELICIOUS ON ITS OWN AS A SAVORY TREAT!

**MILK CHOCOLATE BREAD:**  
THIS SLIGHTLY SWEET BREAD CONSISTS OF TWO SEPARATE DOUGHS — ONE CHOCOLATE, ONE MILK — WHICH ARE ROLLED TOGETHER AND BAKED. THE RESULT IS A BEAUTIFUL AND DELECTABLE TREAT.

**CIABATTA:**  
"THE SLIPPER" IN ITALIAN — NAMED FOR ITS ELONGATED SHAPE. OUR CIABATTA HAS A DELICATE CRUST WITH A CHEWY, MOIST INTERIOR. EXCELLENT DIPPED IN OLIVE OIL, OR SLICED LENGTHWISE FOR A SANDWICH.

**RUSTIC WHITE:**  
THIS FRENCH LOAF IS ROUND WITH A TRULY EUROPEAN CRUST AND A CHEWY INTERIOR. BREAK OFF A PIECE TO ENJOY WITH YOUR FAVORITE CHEESE OR TOASTED WITH BUTTER AND PRESERVES.

HOPE YOU CAN STOP BY AND TRY SOME!

## ARE YOU GETTING ALL YOU CAN OUT OF YOU BROILERS?

AFTER ENJOYING A ROASTED BROILER CHICKEN, WE TYPICALLY USE THE LEFTOVER MEAT TO MAKE A SECOND CASSEROLE-STYLE MEAL AND WE USE THE BONES TO MAKE STOCK. THE STOCK SERVES AS A BASE FOR AN INFINITE VARIETY OF SOUPS. FOR OUR FAMILY, THIS HAS RESULTED IN US GETTING ABOUT 3 MEALS PER BROILER.

HAVE YOU TRIED MAKING YOUR OWN CHICKEN STOCK YET? A FEW YEARS AGO WE RECEIVED A TIP FROM A FARMER'S WIFE TO SOAK CHICKEN BONES IN COLD WATER WITH A SPLASH OF RAW APPLE CIDER VINEGAR AND A

DASH OF SALT. AFTER AN HOUR OR SO, SLOWLY HEAT THE POT TO A SIMMER, THEN CONTINUE SIMMERING FOR UP TO A DAY. THE VINEGAR PURPORTEDLY EXTRACTS NUTRIENTS FROM THE CHICKEN BONES.

ON A RELATED NOTE, DR. STEPHEN RENNARD, AND HIS COLLEAGUES AT THE UNIVERSITY OF NEBRASKA MEDICAL CENTER IN OMAHA HAVE STUDIED THE MEDICINAL ACTIVITY IN CHICKEN SOUP. THEY FOUND THAT SOME COMPONENTS OF CHICKEN SOUP MAY HAVE AN ANTHINFLAMMATORY EFFECT WHICH COULD ALLEVIATE



ILLNESS SYMPTOMS.

WE'VE STARTED PLANNING FOR NEXT SPRING'S FLOCK OF BROILERS. WE HOPE TO HAVE THEM READY BY EARLY JUNE.

TO RESERVE YOURS, PLEASE SEE THE ORDER FORM ON THE NEXT PAGE.

## 2010 BROILER ORDER FORM

TO RESERVE YOUR 2010 BROILERS, PRINT OUT THIS PAGE, AND FILL IN THE TABLES BELOW.

YOU CAN SUBMIT THIS FORM, ALONG WITH YOUR DEPOSIT, **IN PERSON** AT THE VILLAGE POINTE FARMERS MARKET OR ONE OF OUR WINTER DROP-OFFS. YOU CAN ALSO ASK FOR A BLANK FORM WHEN YOU SEE US.

YOU CAN ALSO **MAIL** YOUR COMPLETED FORM, ALONG WITH YOUR DEPOSIT TO

“ADAM AND LUCY CAMERON, PO Box 247, DANBURY IA 51019.”

A THIRD WAY TO PLACE YOUR ORDER IS VIA OUR **WEBSITE’S** “ONLINE ORDERING” LINK. YOU WILL STILL NEED TO SUBMIT YOUR CHECK EITHER IN PERSON OR VIA USPS.

IF PAYING BY CHECK, PLEASE MAKE IT OUT TO EITHER “ADAM CAMERON” OR “LUCY CAMERON.”

THE BALANCE IS CALCULATED AND DUE UPON RECEIPT. BROILERS ARE \$3.25/POUND.

NAME:	
ADDRESS:	
CITY AND STATE:	
ZIP:	
TELEPHONE:	
EMAIL:	

	DEPOSIT/ BROILER	# BROILERS ORDERED:	TOTAL DEPOSIT DUE:
2010 BROILERS	\$5		



# BULK BEEF UPDATE

**INTERESTED IN BULK BEEF BUT NOT SURE YOU WANT TO COMMIT?**

**THIS ARTICLE IS JUST FOR YOU...**

YOU KNOW THAT ORDERING BEEF IN BULK IS THE MOST ECONOMICAL WAY TO BUY NATURAL, GRASSFED BEEF, BUT MAYBE YOU'RE HESITANT TO MAKE THE COMMITMENT?

**ARE YOU WONDERING WHAT YOUR TOTAL BILL – INCLUDING PROCESSING – WILL BE? OR HOW MUCH MEAT YOU WILL GET?**

THE TABLE BELOW PROVIDES ESTIMATES FOR HOW MUCH YOU COULD EXPECT TO PAY FOR DIFFERENT QUANTITIES OF BULK BEEF AND HOW MUCH MEAT YOU WILL RECEIVE. WE HAVE ALSO SHOWN YOUR AVERAGE COST/POUND OF BEEF.

AS YOU CAN SEE FROM THE AVERAGE COST/POUND, PURCHASING A WHOLE BEEF EARNS YOU A LOT OF STEAKS FOR LESS THAN THE COST OF GROUND BEEF PATTIES PER POUND!!!

**I DON'T KNOW HOW TO COOK ALL OF THE CUTS!**

ASK US!!! WE HAVE LOTS OF GREAT SUGGESTIONS FOR HOW TO ENJOY ALL THE DIFFERENT CUTS OF OUR BEEF. MOIST COOKING METHODS, SUCH AS BRAISING OR SIMMERING, BRING OUT THE BEST IN MANY CUTS.

IF YOU'RE EAGER TO DO SOME RESEARCH ON YOUR OWN, HERE ARE A COUPLE EXCELLENT BOOKS DETAILING HOW TO COOK GRASSFED BEEF:

TENDER GRASSFED MEAT: TRADITIONAL WAYS TO COOK HEALTHY MEAT BY STANLEY A. FISHMAN

THE FARMER AND THE GRILL: A GUIDE TO GRILLING, BARBECUING AND SPIT-ROASTING GRASSFED MEAT...AND FOR SAVING THE PLANET ONE BITE AT A TIME BY SHANNON HAYES

**HOW DO I KNOW I'LL LIKE IT?**

WE GUARANTEE IT – OR YOUR MONEY BACK! IF YOU ARE UNSATISFIED WITH YOUR BULK BEEF PURCHASE, LET US KNOW WITHIN 2 MONTHS AND WE WILL REPLACE OR REFUND THE PORTION YOU RETURN – NO HASSLES!

**STILL HAVE QUESTIONS?**

PLEASE STOP BY OUR BOOTH AT THE OCTOBER 3<sup>RD</sup> VILLAGE POINTE FARMERS MARKET. OR, CALL OR EMAIL US ANYTIME – WE'D LOVE TO HEAR FROM YOU!

**READY TO GO FOR IT?**

YOU CAN ORDER BULK BEEF THROUGH OUR WEBSITE. YOU CAN ALSO PLACE AN ORDER IN PERSON, BY EMAIL OR PHONE.

<i>(NOTE: THE FOLLOWING ARE ESTIMATES)</i>	WHOLE	HALF	QUARTER
<b>POUNDS OF BEEF CUSTOMER RECEIVES</b>	<b>458</b>	<b>229</b>	<b>115</b>
<b>TOTAL COST (INCLUDING PROCESSING)</b>	<b>\$2,445</b>	<b>\$1,258</b>	<b>\$696</b>
<b>AVERAGE \$/POUND BEEF CUSTOMER RECEIVES</b>	<b>\$5.33</b>	<b>\$5.49</b>	<b>\$6.08</b>

## FARM & FOOD NEWS



*Did you know you can tell whether a hen is laying or not based on the color of her feet? If she's laying, her feet are white or grey. If she's not, they are yellow.*



*Did you know that a hay bale can spontaneously combust? If the hay is too moist, it will continue to respire, generating heat. Combine this with a hot air temperature and sparks can fly!!!*

### CHICKEN FEED:

IT'S OFFICIAL, WE ARE GOING TO HAVE OUR CHICKEN FEED GROUND BY THE LOCAL GRAIN ELEVATOR. THE BREAKING OF OUR HAND-CRANK GRINDER MARKED THE END OF AN ERA FOR THISTLES & CLOVER — AN ERA THAT WE WON'T MISS TOO MUCH (CHAFF IN OUR EYES, NOISY MOTORS, AND LOTS OF HEAVY LIFTING). WE ARE ALSO GOING TO TRY AN IMPROVED FEED RECIPE — ONCE THAT INCLUDES CORN, SOYMEAL, OATS, ALFALFA, CALCIUM (FOR THE LAYERS) AND AN ORGANIC VITAMIN/MINERAL MIX. HEALTHY FEED FOR OUR POULTRY IS ESPECIALLY IMPORTANT DURING THE WINTER WHEN GREEN GRASS AND BUGS ARE HARD TO FIND!

### FINAL 2009 HAY CUTTING IS UP!

AFTER HAVING OUR FIRST AND SECOND HAY CUTTINGS RAINED ON BEFORE BEING BALED, WE WERE FINALLY ABLE TO GET OUR LAST CUTTING RAKED AND BALED BEFORE THE STORM CLOUDS MOVED IN (THANKS TO OUR FAMILY FOR HELPING OUT!!!)

### EASY ENVIRONMENTALISM: HOW TO GO GREEN WITHOUT GOING OVERBOARD

A 9/22/09 BLOG BY NEWSWEEK COLUMNIST LIESA GOINS QUOTES SARA SNOW, TV HOST AND AUTHOR OF SARA SNOW'S FRESH LIVING (BANTAM 2009) AS SAYING "GRASS-FED BEEF IS BASICALLY A SOLAR-POWERED COW." GOINS GOES ON TO STATE "IN ADDITION TO BEING BETTER FOR THE ENVIRONMENT, GRASS-FED BEEF IS LEANER AND BETTER FOR YOUR HEALTH. THESE STEAKS HAVE MORE OF THE HEALTHY OMEGA-3 FATTY ACIDS AND LESS ARTERY-CLOGGING FAT. IF YOU'VE NEVER HAD THE PLEASURE OF GRASS-FED RED MEAT, IT'S LIKE THE DIFFERENCE BETWEEN HAVING FRESH-SQUEEZED ORANGE JUICE RATHER THAN THE STUFF FROM CONCENTRATE. YOU GET BETTER TASTE, IT'S EASIER ON THE EARTH, AND IT'S BETTER FOR YOU — A WIN-WIN."

### JUST SAY NO TO ANTIBACTERIAL BURGERS

IN A 9/16/09 WASHINGTON POST ARTICLE, COLUMNIST EZRA KLEIN DISCUSSES THE POTENTIAL LINK BETWEEN FEEDING SUB-THERAPEUTIC LEVELS OF ANTIBIOTICS AND THE RECENT DEVELOPMENT OF ANTIBIOTIC-RESISTANT BACTERIA. HE CITES A 2005 STUDY, WHICH ESTIMATES THAT ANTIBIOTIC-RESISTANT INFECTIONS ADD \$50 BILLION TO THE ANNUAL COST OF AMERICAN HEALTH CARE.

### NEW FARMERS' MARKET COOKBOOK

THE EDITORS AT EATINGWELL HAVE COME OUT WITH A NEW COOKBOOK THAT FOCUSES ON USING SEASONAL PRODUCE FOUND AT YOUR LOCAL FARMERS' MARKET. CHECK IT OUT: [EATINGWELL IN SEASON: THE FARMERS' MARKET COOKBOOK](#).

### ORGANIC AND PASTURE-RAISED EGGS FACE OFF IN TASTE TEST

A 9/23/09 CHICAGO TRIBUNE BLOG BY MONICA ENG COMPARES PASTURE RAISED EGGS TO "ORGANIC" STORE-Bought EGGS. GUESS WHO WAS DECLARED THE CLEAR WINNER? THAT'S RIGHT — PASTURE RAISED EGGS FROM THE FARMERS MARKET!!!

### FARM TOUR TALKS SLAUGHTER

A RECENT CHAPEL HILL (NC) TIMES ARTICLE DOCUMENTS A COMMUNITY'S DEBATE REGARDING ON-FARM POULTRY PROCESSING. SKIP POLSON, A FOUNDER OF THE AMERICAN PASTURED POULTRY PRODUCERS ASSOCIATION, STATES "DONE CORRECTLY, BACKYARD SLAUGHTER IS FAR MORE HUMANE THAN HOW BIRDS ARE KILLED IN POULTRY PLANTS." AT THISTLES & CLOVER, WE PROCESS OUR BROILERS AT THE FARM. OUR BIRDS DO NOT HAVE TO GO THROUGH THE TRAUMA OF BEING CAGED AND TRUCKED TO A PROCESSOR PRIOR TO PROCESSING.



**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](mailto:THISTLESANDCLOVER@GMAIL.COM)

[WWW.THISTLESANDCLOVER.COM](http://WWW.THISTLESANDCLOVER.COM)