

THISTLES & CLOVER

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



Vol. 23, September 2011

September Dates:

Saturday September 3rd

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

Sunday September 4th

- Aksarben Village Farmers Market
9am – 1pm

Saturday September 10th

- Village Pointe Farmers Market

Sunday September 11th

- Aksarben Village Farmers Market

Saturday September 17th

- Village Pointe Farmers Market

Sunday September 18th

- Aksarben Village Farmers Market

Saturday September 24th

- Village Pointe Farmers Market

Sunday September 25th

- Aksarben Village Farmers Market

School is in session...

... but the markets aren't over yet! The Village Pointe Farmers Market goes until October 1st and the Sunday Aksarben Village Farmers Market's last day is October 16th. We'll start handing out our Winter 2011/2012 delivery schedule soon.

This month's T&C Newsletter introduces you to our pork-raising friends, the Wilsons. We also offer some novel ways to grill pork plus the latest farm and food news. Enjoy!

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



OUR PORK-PRODUCING FRIENDS, THE WILSONS

Thistles & Clover pasture-raised pork made its debut during the 2010 farmers market season and it is high time that we offered you **a more intimate look at our wonderful farmer friends, the Wilsons, who raise these animals for us.**

The Wilson family includes Dan, his wife Lorna, five grown children, daughter-in-law, and grandchild, Audry. They farm in beautiful northwest Iowa near the town of Paullina.

The Wilsons run a busy and diverse farm. Their time is divided between pasture-raised pork, lamb, organic crops, and honey, among other things.

The hog enterprise was started by Dan's father and has always focused on pasture farrowing. In 1972, Dan began farming with his father. Dan and his father farmed most of the land conventionally until about 2005 when concerns over personal and ecological health caused Dan and Lorna to look into alternative farming methods.

Their oldest son's interest in returning to the farm further inspired Dan and Lorna to research ways to increase the economic opportunities on the land they already managed.

Since then, the Wilson family has taken dramatic strides: they have converted most of their 640-acre farm to organic. Their oldest son raises grass-fed lamb, they also have milking cows, honeybees, laying hens and pasture raised chickens.

Despite the farm's diversity, Dan's favorite aspect remains the pigs. The pigs are a mixture of heritage breeds including Chester White, Spot and Berkshire. Out in the pasture, pigs forage for alfalfa, clover and thistle buds. Dan supplements their diet with organic

cornmeal and vitamins. He does not use antibiotics or hormones to increase their rate of growth.

In 2009, NPR (National Public Radio) paid a visit to the Wilson farm. You can read the NPR staff photographer's impression of the farm, and see a video at:

<http://www.npr.org/blogs/pictureshow/2009/06/post.html>

And be sure to check out the Wilsons' website at: www.sevenwfarm.com



Benefits of Pasture-Raised Pork
(Besides the most obvious one: taste!)

Healthier for You: more Omega 3s, Vitamin E and Selenium than conventionally raised pork.

Encourages Natural Behavior: Pigs can engage in instinctive behaviors (i.e. free movement, rooting, nesting).

Sustainable Nutrient Cycling: Manure is dispersed naturally, in quantities that the land can absorb.

Safer for All: By not using subtherapeutic levels of antibiotics to artificially increase growth, the risk of antibiotic resistant bacteria can be minimized.

GRILL SOME PORK RIBS!

Succulent, savory, and incredibly satisfying...

Growing up in Ohio, grilling was an event that took place a handful of times each summer. The aroma of lighter fluid punctuated the air and you were careful not to get too close to the grill for fear of losing an eyebrow in the three-foot flames. The darkened meat was placed on a serving platter and topped with a stick of butter. Fond memories indeed! However, now that I am a pastured-protein producer and head cook in the Cameron household, I have had to build upon those early lessons at the grill.

A few years ago, I purchased a great book titled The Farmer and the Grill by Shannon Hayes. Hayes' covers all kinds of pasture-raised meats including grassfed beef, pasture-raised pork, lamb, poultry and more. Her recipes and tips have really helped me expand my horizons at the grill and have produced some amazing meals at our house. Some recipes are pretty complex, and I find myself often taking shortcuts – with equally great results.

The following Spare Rib recipe from Hayes' book has been prepared many times in our household.

Chili Chocolate Pork Ribs

(about 1 pound of Spare Ribs per serving)

Ingredients:

4 pounds T&C spare ribs

Rub: 2 tablespoons each: paprika, unsweetened cocoa, chili powder; 4 teaspoons coarse salt, 1 tablespoon pepper, 1 tablespoon cinnamon, ¼ cup sucanat (natural sugar).

Barbecue Sauce: either good store brand or homemade (recipe on following page)

Directions:

If preparing ribs for an evening meal, start in the morning by mixing together rub ingredients. Pat ribs dry and then massage rub into ribs. Place in sealed container in fridge.

30 minutes before cooking, remove container with ribs from the fridge and set on the counter so that the pork may come closer to room temperature. Hayes recommends having on hand

“several handfuls of hickory, apple or mesquite chips or chunks, soaked in water for 30 minutes or more.” *

Hayes precautions that, if you are using a gas grill, stick with 2 cups of wood chips.

“If using a gas BBQ, light the grill, then put soaked wood chips in a foil try and place over one burner. Close lid and preheat on high until smoke billows out. Turn off all but one burner beneath the wood chips and allow the temperature to cool to 200 – 230 degrees. If using charcoal, get the grill to 200 – 230 degrees, then toss a handful of soaked wood chips or chunks directly over the coals.” *

*I have never used the soaked wood for the recipe (personal shortcut).

Place ribs, bone-side down, away from a direct flame and close the lid. After 1 hour, brush ribs with bbq sauce. Ribs are done when meat “shrinks” away from bones. Hayes says about 1 hour and 15 minutes per pound – ours usually cook faster than that. Periodically check to ensure that the temperature remains constant throughout the cook time. Serve with bbq sauce, rice, beans, corn, beer – whatever!



THE LATEST FARM AND FOOD NEWS



Did you know that young turkeys stay in the brooder (nursery) for up to 2 months? Baby broiler chickens go out to the pasture after only two weeks!



Did you know that cattle naturally do the majority of their grazing in the morning and evening?

Turkey Recalled Due to a Salmonella scare, Cargill, the owner of an Arkansas processing plant where said turkey products originated from, recalled nearly 36 million tons of ground turkey. If each turkey weighed an average of 15 pounds and, of that, 12 pounds were meat, that means that **3 million turkeys were born, shipped, raised, shipped, butchered, processed, packaged, shipped, and purchased by the home consumer – all so consumers could get sick from the meat, and all of the meat could be recollected, and then shipped once again – this time to a landfill.**

Speaking of Cargill...July's heat wave resulted in the **deaths of 2,500 hogs** in a Cargill-managed CAFO (Concentrated Animal Feed Operation) in Missouri. Power went out, ventilation systems were down and the animals overheated. Each of the 2,500 pigs weighed about 250 pounds and were just about ready to go to the processor. This means approximately 38,000 pounds of pork were essentially thrown away.

NYC Mayor's proposal to ban purchasing of soda with food stamps rejected

Rawesome Raid

Rawesome, an LA-area grocery store specializing in raw foods including unpasteurized milk and cheeses was recently raided by law enforcement officials. Three people were arrested and thousands of dollars of groceries were destroyed. No one has claimed any illness related to products purchased at Rawesome.

How Much Does Eating Healthy Cost?

According to MSNBC, it costs an additional \$380 per year, per person to purchase groceries needed for a "healthy" diet (compared with groceries needed to support an "average" diet). That equates to \$1.04 per day.... Or one less coffee/candy bar/cookie/etc. per day. Keep in mind, you'll get some (or all) of that money back in saved health care expenses down the road!

Southern Style Butter BBQ Sauce

(use with rib recipe on page 3!) Melt 1 stick butter in saucepan. Sauté 1 chopped onion in butter. Whisk in $\frac{3}{4}$ cup cider vinegar, 1 teasp pepper, 2 tablesp Worcestershire, 2 tablespoons molasses, 2 teaspoons mustard, salt to taste. Bring to boil, then simmer for 5 minutes. If too sour for you, add more molasses.



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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