



The Living Farm

Weekly Newsletter

Week 13 June 7, 2010

Welcome

Welcome to week thirteen! We are beginning to settle into a summertime routine (even if the weather isn't). With the planting almost complete, the last of the lambs on the ground, and all of our new sprinklers up and running, it's time to take a breath. As long as we pull weeds, milk sheep, and pick veggies while we do it, that is!

We said goodbye to three ewes and four lambs this week, off to live a life of luxury in Texas, near San Antonio. Their new owner decided to get a few dairy sheep after she tried her first sheep milk yogurt and fell in love! She also raises standard and toy poodles, so she has experience with spoiled, fluffy critters! So for those of you who named James Bond, Elwood, Peach, and Reese, rest assured, they will be well taken care of.

In This Issue

- [Welcome](#)
- [What's new on the farm?](#)
- [Baby Boom Finale](#)
- [Birthdays](#)
- [Upcoming Events](#)
- [Vegetable Report](#)
- [Gift Certificates](#)

Upcoming Events

Farm Tours

Our farm tours run every Saturday at 9, 10, and 11 a.m. Each tour lasts approximately 1 hour. **The cost per person is \$6 and worth every penny...kids under 3 are free.** Call Lynn at 970-270-3338 or 527-3305 to make your reservations. Enjoy this time with your family and friends, check out our greenhouses, cuddle our baby lambs, see our new turkey house, and so much more!

Farm Market

Join us every Saturday from 9-12. We have produce, eggs, chickens and so much more. You can also find us every Friday afternoon from 3-6 at the farm market outside Hardin's Natural Food. Hope to see you there.

Gift Certificates

A wonderful gift for anyone for any occasion & Fathers Day is right around the corner!!!

The Living Farm Gift Certificates are available in increments of \$25, \$50 & \$100 and can be used to purchase any items and products that we sell at the farm...Stock up for birthdays, graduations, house warmings, anniversaries and so much more...A delicious and unique gift...

June Birthdays

The Living Farm wishes you a very happy birthday...

June 4th--Callista Smith
June 5th--Richard Sheahan
June 9th--Renee Seeley
June 12th--Liane Mattson
June 16th--Iris Anda
June 28th--Fiona Smollen



What's new on the farm?

A new helper:

We have another new student, Chuck. He has visited several farms over the last few months, getting ideas in preparation to start his own. We're happy to share what we do, and we love meeting fellow enthusiasts! Chuck is sixty-one years old, and has the energy and strength of a thirty year-old; it's amazing what great food can do for you!



A new crop?



We always like to try new things. This time, we're experimenting with edible mushrooms. We're testing just a small batch to see if we can grow them on a large enough scale for our CSA program and other customers. So far, so good, as long as we remember to mist them several times a day. Colorado's low humidity is great for us, but hard on fungi! Hopefully, we can develop a program to provide you all with a new treat, stay tuned!

Vegetable Report

The seeds we planted in the Earth Gardens are just starting to sprout. We have tiny green shoots of corn and beans making their debut! Planting your corn crop in straw mulch is the best way to go: not only will it grow and produce without any weeding and minimal watering, it's also a breeze to remove the stalks in the fall. This is true of any crop that gives you trouble when it comes time to harvest or remove spent plants, especially potatoes. Instead of digging, digging, digging, you simply move the straw aside and collect your dinner!



The tomatoes are taunting us, getting huge and round... but still very green! It won't be long, though, a few are just starting to blush. We have several varieties planted this year, in all sizes and colors; the cherry types are looking especially prolific.



And the winner is...

Winner-Winner-Winner

The winner of the FRESH PRODUCE for the Month of June is Roger & Laurene Bissell. They will receive a weekly box of fresh produce from The Living Farm for 4 weeks, from May 29th - June 19th

Congratulations!!!

We're picking a winner every month so be sure to enter your friends, family members, neighbors, and co-workers.

Available meats

All of the beef on The Living Farm is grass fed and finished, never grain fed; we never administer any hormones, antibiotics, pesticides, or herbicides, and all of the cows are born and raised right here on the farm. Our chickens and turkeys are raised on pasture grass and bugs and supplemented with non-GMO grains grown right here on our farm that are pesticide free and naturally fertilized. We never give our chickens any antibiotics or hormones.

Many of our turkeys are heritage breeds, and we hatch some of their eggs every year to replenish the gang. Our pigs feast on grain, alfalfa, and leftover goodies from the garden (cabbage and melons are their favorites!). And our lamb is truly 'happy meat,' every one of our lambs is naturally nursed, cuddled, and loved for the duration of their time here, and each has a name, not just a number!

A list all of available meats will be listed each week. You may order meats to be included in your box. We will send an invoice with your order. Be sure to place your order early--Roaring Fork please place your orders by Sunday and Delta County your orders must be placed by Wednesday.

Meat & Poultry Price Sheet

Beef	One pound roll burger	\$6.00
Beef	12 pack $\frac{1}{4}$ pounders hamburger patties	\$19.50
Beef	Various cuts of steak (call for selection)	\$8.40 per pound
Beef	$\frac{1}{4}$, $\frac{1}{2}$ or whole beefs (call to order)	\$2.85 per pound hang weight
Chickens	Whole chickens ranging from 3 # to 7 #	\$3.30 per pound
Turkeys	Whole turkeys ranging from 8# to 30#	\$3.75 per pound
Guinea Hens	Whole guinea ranging from 2-3 pounds	\$5.25 per pound
Lamb	Whole lamb available next October (call to reserve)	\$2.85 per pound hang weight
Pork	Whole or half pork available next fall (call to reserve)	\$2.85 per pound hang weight

Want Milk?

The Living Farm will be delivering fresh cows milk from Bella Farm starting June 1st along with The Living Farms CSA boxes to Paonia, Delta, Cedaredge, Hotchkiss and Carbondale.

The Living Farm CSA members must contact Bella Farm for cow milk shares. We are offering the delivery of the milk in conjunction with our CSA deliveries for our member's convenience, please submit all milk questions and orders to Bella Farm at bellafarmer@gmail.com

Bella Farm is a biodynamic family farm offering Brown Swiss cow raw milk shares.

What is a milk share? A milk share is a way for you to own a portion of our cowherd. For a one-time fee of \$60, you buy a part of our herd and drink the fresh milk from your cow. Boarding fees is the cost that you pay each month for us to feed, manage and milk your cow. In exchange for \$44 a month, you receive a gallon of fresh milk every week from your cow, and we take care of the cows. You may sign up for whatever combination of milk, cream or yogurt you choose. Sign up today for your milk delivery to come with your vegetables from the Living Farm.

Shareholders are responsible for providing a cooler for their milk. Milk will be delivered in $\frac{1}{2}$ gallon jars (available for purchase if you need, \$4 a jar). Every week when to pick up your vegetable CSA from the Living Farm, you take your milk from your cow and leave clean jars in the cooler for next weeks milk. You may also sign up for weekly (or biweekly) deliveries of yogurt (\$7 a quart), and cream (\$10 a quart). Other dairy products including cheese, yogurt, and cream will also be available for purchase. Requests for purchase must be emailed to bellafarmer@gmail.com by Friday 12pm and will be delivered with your milk the following week. Shareholders must have enough jars for weekly rotation.

Baby Boom...

And so it ends! Last week's lamb, #085, is now 'Buzz,' and Lynn named the last lamb of the year herself, a black boy she calls Rocky. We are always sad when lambing ends, but it's a relief as well, and it gives us something to look forward to next year! Thanks to all of you who participated in our naming contest, we couldn't have come up with eighty-six names on our own! And of course, you are all always welcome to join us at seven p.m. for cuddle time to meet the ones you've named, and more than a few others, as well.



China & Jester



Rocky soaking up some rays.



Tetris feeding Zelda & Lucy

Trial Membership

If you'd like to introduce The Living Farm CSA program to your friends, family members, neighbors and co-workers, let them know they can sign up for a 4 week trial membership. For only \$140.00 they will get a full CSA box each week so they can see, smell, and taste what we have to offer.

FREE Drawing

Enter a friend, family member, co-worker or neighbor into our drawing for a
FREE Month of Fresh Produce.

Enter to WIN a FREE Month of Fresh Produce!!!
(A \$120.00 Value)

Name _____ Phone # _____

Email Address _____

Pass this drawing slip onto some of your friends, neighbors, family members and co-workers.

thelivingfarm@tds.net

or mail to

12506 Crawford Rd.
Paonia CO 81428

Please be sure to include all information and write legibly so we can contact the winner!!!