



# The Living Farm

## Weekly Newsletter

Week 17 July 17, 2010

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### Welcome

Welcome to week 17! Summer is finally here and the plants are really starting to grow. Hope you're ready for summer squash. They're blooming like crazy and will have squash on them about a week after the plants flower.

**Summertime Special...**It is time to get out the BBQ. We've had our own pasture raised beef made into hamburger patties. The regular price for a 12 pack of quarter-pounders is \$19.50 but send your order for hamburger patties to [thelivingfarm@tds.net](mailto:thelivingfarm@tds.net) between July 1 and July 11 and you'll get the 12 pack for ONLY \$15.

**Farm Market Special...**Organically grown vine ripened tomatoes! \$3.00 per pound while they last! Farm Market is open from 9-12 Saturday mornings.

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### What's new on the farm?

Whitney, one of our students from last year, is back to put the final coat on the wattle and daub turkey house. She'll smooth the walls with mud and coat the outside with a lime coating to protect it from the rain. This is one of the buildings you'll visit on the farm tour we do every Saturday morning. The tour is \$6 per person (free for kids under 3) and it lasts for an hour, it's well worth your time and great entertainment for the kids or your summer company. You'll tour the green houses, the turkey house, pet the baby lambs and so much more.



### Turkeys

Turkey is great to eat any time of the year. They're especially good in the summer roasted then used for salads and sandwiches. You can even grill them on the BBQ. **Ben will have 10-15 pound summer grilling turkeys available by August 1.** We're taking reservations for the summer turkeys now. They are \$3.75 per pound and will be dressed and frozen when you pick them up. Please email us or call Carmella to reserve your turkey. A \$10 deposit per turkey will be required.

### More Turkeys

The Thanksgiving turkeys have also arrived. We have over 200 chirping poults in the new turkey house. It will take 20 weeks to get them up to size for Thanksgiving. They'll eat our home grown organic grains, run on their 3 acre pasture and hunt for bugs all summer and fall. We are now taking reservations for Thanksgiving Turkeys as well. They're \$3.75 per pound and will be dressed and frozen when you pick them up. Please email up or call Carmella to reserve your turkey. A \$10 deposit per turkey is required. **ORDER EARLY** as we sell out of turkeys every year so please reserve your birds early.

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### School House Needs

We need a queen size bed, bedding and several dressers for the students at the schoolhouse. If anyone has any furniture or knows of anyone who could donate any furniture please let us know. Thanks!

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## Summer CSA Program

If you'd like to introduce our summer program to your friends, family members, neighbors and co-workers, they can sign up for our Summer CSA Program. We're only offering this program for June and July and here's how they can get a weekly box of the finest, locally grown and freshly picked vegetables and fruits delivered right to their neighborhood...

**Delta County Residents** call or email your order to us no later than 8 p.m. any Tuesday evening and pick up and pay for your **LOCALLY GROWN & FRESHLY PICKED** box of produce on Friday afternoon or Saturday morning...Your pick up choices are Delta, Cedaredge, Hotchkiss or Paonia and you need to let us know where you'd like to pick up your box when you place your order.

**Roaring Fork Residents** call or email your order to us no later than 8 P.M. Friday evening and pick up and pay for your **LOCALLY GROWN & FRESHLY PICKED** box of produce on Tuesday afternoons in Carbondale.

**Each box costs \$35 and will include a variety of the following:** Apricots, Beans, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Cherries, Cucumbers, Fresh Herbs, Kale, Lettuce, Mixed Salad Greens, Onions, Scallions, Peppers, Steaming Greens, Summer Squash, Tomatoes, Turnips and more...(crops may vary depending on weather).

Please pay your host with a check or exact cash when picking up your box. Our host families are not able to make change, so please place your payment in a sealed envelope as well.

Call Carmella at 216-0475 or Email [thelivingfarm@tds.net](mailto:thelivingfarm@tds.net) to place an order or if you have any questions.

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## Farm Market

Join us every Saturday from 9-12. We have produce, eggs, chickens, beef, turkey, wool and so much more.

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## And the winner is...

### Winner-Winner-Winner

The winner of the FRESH PRODUCE for the Month of July is Judy Fairchild, she'll receive a weekly box of fresh produce from The Living Farm for 4 weeks, from July 2 - July 23.

Congratulations!!!

We pick a winner every month so be sure to pass one along to your friends, family members & neighbors!!!

**Enter to WIN a FREE Month of Fresh Produce!!!**

(A \$120.00 Value)

### FREE Drawing

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

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

[thelivingfarm@tds.net](mailto: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!!!

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## 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.

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 <i>Order July 1<sup>st</sup> through July 11<sup>th</sup> and SAVE \$4.50 per pkg.</i>	\$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