



# The Living Farm

## Weekly Newsletter

Week 24, August 30<sup>th</sup>, 2010

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### Welcome

Which came first the chicken or the egg? Out here on The Living Farm, we have both in abundance. Remember those Rainbow chicks we featured in March? Well, they've just started laying many beautiful green, blue or white eggs. We are getting more eggs than we know what to do with. So, we have the hens for sale for \$15 each and we have eggs (many eggs) for sale at our Farm Market.

I'd also like to thank everyone who has sent us egg cartons over the last month, but we still need more cartons so please keep them coming!



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### Egg-stravaganza



**Check out these beautiful eggs...**our farm fresh eggs are available every Saturday at our Farm Market...large eggs \$4 per dozen and small eggs \$3 per dozen...these eggs are absolutely delicious...just ask any of our customers...Our Farm Market is open every Saturday from 9-12.

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### Easy as 1-2-3

It's as easy as **1-2-3** to get **our** delicious fruits and vegetables on **your** table...

For those of you **STILL** undecided about becoming a **CSA** member **OR** for our members to introduce everyone they know to our **CSA**, follow these 3 simple steps to start enjoying the wonderful fruits and vegetables of The Living Farm...

- 1**-Call or Email us to place your order and select one of our 5 locations to pick up your **CSA** box...
- 2**-Show up at the pick up location of your choice...
- 3**-Pay when you pick up and off you go...

For only \$35 per box, you can order a weekly box of produce with **NO** commitment or contract. Just a delicious box of produce delivered when you'd like one...

**Delta County Residents** email or call no later than 8 p.m. every Tuesday night for a freshly picked, organic box of produce delivered right to your very own neighborhood.

**Roaring Fork Residents** your deadline is 8 p.m. Sunday evenings.

Pick up locations in Paonia, Hotchkiss, Cedaredge, Delta & Carbondale. Email [thelivingfarm@tds.net](mailto:thelivingfarm@tds.net) or call Carmella at 970-216-0475

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## What's new on the farm?

We have a new 3-year student. His name is Benjamin Capron from Littleton, Co. Ben wants to start his own farm in Colorado. He and Sean, our other 3-year student, are learning how to build a fence that will last a lifetime!



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## Delicious, Nutritious and ALL Natural

### 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

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## Delicious Dining

We now have USDA processed lamb for sale on the farm. The sale of the meat helps us afford to have a milking herd on the farm. Lamb is our signature meat: totally free-range, pasture-fed, and hand-raised, this is undeniably 'happy meat!' All of our animals are chemical, antibiotic, and hormone-free. All of our lambs are born and raised right here at The Living Farm, and each has a name, not just a number. Since our sheep are primarily a dairy herd, we spend a lot of our time seeing to their needs, including nightly playtime sessions with the lambs and plenty of back scratches for the ewes! Visiting with the sheep is the most popular part of our weekly farm tours.

### Cuts available:

Boneless leg of lamb \$9.37 /lb  
Loin Chops \$ 15.75/ lb  
Shanks \$8.25/ lb  
Spare Ribs \$8.25/ lb  
Roast \$8.25/ lb  
Shoulder Steaks \$ 11.25/ lb  
Neck Bones \$8.25/ lb

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## September Birthdays

*The Living Farm wishes you a very happy birthday!!!*

21st--Ron Edmondson  
21st--Rebecca Laird  
27th--Kate Burchell

