



The Living Farm

Newsletter

November 4th 2010

Welcome

Hi everyone,

Can you believe that there are only 6 weeks left of this years CSA? We have sure enjoyed growing all the wonderful produce this year. The students have learned a lot about the different vegetables this year and we have really enjoyed growing this produce. We would like to take this time to thank all of our members for their continued support and for helping us educate the next generation of farmers. If anyone has any questions or concerns about the CSA, please call me, Lynn at 970-270-3338. Thanks



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What's new on the farm?

Carmella will be busy working on selling our movie, *Locavore: local diet, healthy planet*. The proceeds from the movie will go towards our education center.

Any credits left over on our CSA member's accounts can either be used at our Saturday morning market from nine to noon or by ordering extra items to be dropped of with your CSA box. Just call Lynn at 970-270-3338.

- Wool: We have lamb's wool socks just back form the mill. There are crew and knee high grey socks for \$15 and thick grey terry socks for \$25. The socks are beautiful and would make great Christmas gifts for your friends, family, and feet. We also have a number of beautiful hand woven rugs that Jenny and I are making on the looms in the living room.

The rugs are 30 inches long and 18 inches wide, they cost \$25. Each rug has unique color and pattern. We also have roving and exquisite knitting yarn.

- Meats: We also have lots of pasture raised meat that you can use your credit on. Chicken, beef and lamb are currently available.

- Farm dinners: You can also use your credit at one of our farm dinners. Dinners are \$25 each. The proceeds go towards the education center. Gift certificates for the dinners are also available.

- DVD: *Locavore: local Diet, Healthy Planet*. This movie is a positive up beat

show about how eating local can increase your health, and improve our economy and the environment. It would make a great Christmas gift, it can be viewed by all ages and will leave you feeling inspired about your food supply. \$20 per copy.

• Christmas gift certificates: You can get gift certificates for our Country Dinner Series, for our Saturday morning farm market or for a CSA membership.

Available meats

Each week we'll list all of the meats we have available, and you can order meats to be included in your box! We will send an invoice for you to pay with your meats. 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.

Available meats this week.

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
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

Turkeys

We are sold out of turkeys this year. I want to thank everyone who has ordered them. Ben, our son and turkey farmer is very pleased at the response he has receive about the turkeys. He is very excited to grow more next year. He's purchased some more breed stock and is looking into getting a more professional incubator. Thank you for supporting the next generation of farmers!!

HELP!

Hey everybody, there are a few things that we are running low on. As always, we do our best to be good stewards of the planet and not buy items that can be recycled. If any of you have any extra newspaper, egg cartons and/or grocery bags please send them our way. Those darn chickens keep on laying and we just don't have enough cartons to keep up! Any CSA member can simply put these items in their box when they do their weekly pick-up. Thanks for helping us keep things a little more local and better for the environment.

First farm graduate

Big news over at the farm! Our first student Carmen Owen has graduated. After almost three years on the farm she has gone back to Virginia with a trailer full of sheep, chickens, and ambition. She has already planted rye, started breeding her sheep, and put up fencing for pasture rotation. Her presence here on the farm will be greatly missed, and it seems to have taken two male interns to try and replace her. Cheers Carmen, good luck and loving wishes.



Dinners!

This September saw the successful inception of a new and ambitious enterprise here at TLF, the Country Dinner Series! Part time chef and full time farm student, Sean Kelleher has been cooking up some EXTREMELY local cuisine for some very gracious local residents. Sean has cooked professionally in upstate NY for several years, and his cuisine has been described as both eclectic and innovative. Patrons should expect to see everything from chicken BBQ and pumpkin ravioli, to watermelon sushi and lamb Bolognese. This month we'll be opening our doors to you for the weekend of Nov. 13th and 14th. Tickets are \$25 per guest and there is a maximum of 30 seats per night. For reservations, please e-mail slowfoodwesternslope@gmail.com, or call Lynn at 970-270-3338. Appetizers will be served at 5:30, dinner is at 6. Wine will be available for an extra cost. All proceeds will go towards The Living Farm Sustainable Education Center. We hope you'll Join us!

Trial Membership

If you'd like to introduce The Living Farm CSA's 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.

Pass along our Newsletter

If you know of someone that would enjoy reading our newsletter, who would like to join one of our CSA's, come to our Farm Market, take a tour or join us for one of our farm dinners, please feel free to pass this newsletter along or send us their email address and we'll do it for you.

Contact us

Hey guys! If you have any questions, concerns, ideas or suggestions, shoot us over an e-mail... thelivingfarm@tds.net

or just come on by.

Every Saturday we will have our farm market and farm tours from 9-12, a wonderful way to start a fall day.

plus...

Just wanted to let you know that along with every person, pet, and business in the world we have final gotten onto FACEBOOK and joined the industrial world. Look us up!