



The Living Farm

Newsletter

Week of Jan. 18th 2011

Welcome

Hello,

We hope that everyone has been keeping warm in this cool, cool weather. Luckily our plants are slowly growing again after the cold, darkness of the solstice. Our tomato, onion, and oregano seeds have started to sprout as our excitement grows for the new and exciting season just around the corner. We have been keeping ourselves more than busy with the winter CSA, the animals, and planning for spring.



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What's happening:

One of our winter projects has been cheese making. Every morning we have been getting up and milking our beautiful milk cow, Abigail. With the plethora of creamy milk our students have been learning how to create a variety of cheeses, from Mozzarella and Ricotta, to Feta and Parmesan. Some of their more ambitious projects will be Stilton and Camembert. Sean and Ben have also been getting quite an education dealing with Abigail (our milk cow) and her calf, Wellington, who are quite different from the sheep that they've become accustomed to handling. At the moment, a bull (nicknamed Icicle) is also inhabiting the pasture, helping our students learn both caution and patience.

Valentine's Dinner:

Remember to make your reservations for February's "valentine" edition of our Country Dinner Series. We want you to fall in love with local foods! On the menu this month, we will be featuring braised lamb shanks, lamb and turkey ragout, home-made cheese raviolis, and lots of other wholesome and delicious goodies. As always, this is first and foremost an educational endeavor. Our students want to explore the boundaries (real or imagined) of truly local cuisine. We're glad to boast that the vast majority of ingredients we use have either been lovingly produced here on our farm, or come from other reputable local sources. We hope you'll join us in supporting our future farmers as they strive to be responsible stewards of the land, and grow the food that will sustain future generations. Tickets are available for February 12 and 13, and will be \$25 per guest. 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!

Changes for the better:

We would like to thank all of you for your responses to our CSA survey. All of your answers were very useful and informative. One of the most obvious changes that you'll see is that we've decided to cut down on our use of plastics. In order to achieve this all of our bulk items such as potatoes, onions, fruits, and so forth will now be loose in the CSA boxes. Unfortunately we will still be using plastic for the salads and cucumbers to keep these items from wilting. Please feel free to share any other ideas you guys have that could improve our service and the execution of your CSA and overall shopping experience with us.

Education Center:

The students at the schoolhouse have planned out a garden for this coming year and are excited to start experimenting with different plants and garden bed types. They seem to be quite proud of the fact that they will be growing their own produce for the coming season. It is refreshing to see them branch out and take on more independent projects.

We are currently in the process of screening applicants for The Living Farm school. We are excited to be able to host more students this year, than any year in the past, and are simply elated to see the educational opportunities and capacity here on the farm continue to grow and flourish.

Plants and animals:

It seems that spring is just around the corner, and our sprout closet is quickly filling with the tender young sprouts that will soon become summer vegetables. The tomato plants have popped out of their seeds and have started to stretch out, when I looked this morning they were already 4 inches tall. Lettuce, scallions, kale and joi choi plants are also getting prepared for the day when it is warm enough to be planted outside. All of the sheep and cows seem unfazed by the drop in temperature, while the chickens as well as the students seem unsure of the world outside.



Available meats:

Available meats this week.

Beef	One pound roll burger	\$6.00
Beef	12 pack $\frac{1}{4}$ pounders hamburger patties	\$19.50
Beef	4 pk 1/4 pounders hamburger patties	\$6
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
Beef	roasts	\$6.50 per pound
Chickens	Whole chickens ranging from 3 # to 7 #	\$3.30 per pound
Lamb	Whole lamb available this April (call to reserve)	\$2.85 per pound hang weight
Pork	Whole or half pork available this April(call to reserve)	\$2.85 per pound hang weight
Pork	one pound roll burger and various cuts	TBD

Reuse

Hey guys as always we are in need of egg cartons, plastic bags, and newspaper. Just put them in your CSA box or come on by the farm and say 'hello.'

Farm Market

Hey guys we have started up our farmers market once again. Come on by every Saturday from nine to noon. We have an amazing array of citrus from an organic grower in Arizona, the tangelos, an orange tangerine hybrid, are simply amazing. We also have plenty of our tasty salad blends to go around.

Pass along our Newsletter

If you know of someone that would enjoy reading our newsletter, who would like to join our CSA, come to our Farm Market, 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