



# The Living Farm

## Newsletter

Week of Feb. 1st 2011

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### Welcome

Hey Everyone,

Last week's sunshine was just amazing! Our lettuce and spinach are really starting to grow. Here on the farm we've been working hard to find the jobs that let us stay out in the sun. It may not last long, but it's important for us to enjoy the gifts that we are given.



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### What's happening:

We've been watching as the sheep keep getting bigger and rounder in preparation for lambing. A quick glance at the calendar reveals that our first lambs are due in only *six weeks!* There couldn't be a more exciting and heartwarming time of the year. It will also be very exciting for our students who will be assisting with the births. We will all be missing some sleep but we are stocking up now in preparation.

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### 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! As always, this is first and foremost an educational endeavor, so we feel it's important to experiment not only with food, but also with different types of service. This month, in addition to our fresh salad, bread, appetizer and dessert, we will offer one entrée (Braised Lamb shanks), and a vegetarian option (Cheese ravioli). Our students want to explore the boundaries (real or imagined) of truly local cuisine. We're glad to boast that the vast majority of the 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. Reservations are available for February 12 and 13, and the cost will be \$25 per guest. There is a maximum of 30 seats per night. For reservations, please e-mail [slowfoodwesternslope@gmail.com](mailto: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 and bring your sweetie!

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### Survey Results:

After looking over your surveys we found a couple of fun facts that we would like to share. The most popular item was actually our salad mixes followed closely by tomatoes. Our fresh basil seems also to have been greatly appreciated, we will be sure to keep it coming. It looks like our turnips and beets ended up at the bottom of the pile. We will continue to use your input to improve and expand our CSA. Thanks again for your patronage and productive criticism.

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## Tomatoes

Our tomato plants are really starting to grow. They are all in their own individual pots and ready for spring. It will be hard to wait for that first tomato, but the first flavorful bite will be well worth the wait. That said, it's a good thing we still have a few quarts saved up from last year.



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## 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                          | \$6.00                       |
| 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 ground pork                                   | \$6.00                       |
| Pork Chops | 2 per package  | \$8.40 per pound             |

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## Reuse

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 drop them off.

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## Farm Market

We've started up our farmers market once again. Come on by every Saturday from nine to noon. In addition to our salad mixes and winter vegetables, we have an amazing array of citrus from an organic grower in Arizona. The *Tangelos* (an grapefruit and tangerine hybrid) are simply amazing.

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## Pass along our Newsletter

If you know of someone that might like to read our newsletter, join our CSA, come to our Farm Market, or experience our Country Dinner Series, please feel free to pass this newsletter along or send us their email address and we can do it for you.

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## Contact us:

Hey guys! If you have any questions, concerns, ideas or suggestions, we'd love to hear from you. Just shoot us over an e-mail... [thelivingfarm@tds.net](mailto:thelivingfarm@tds.net)