



THE LIVING FARM

Newsletter

Week of Nov. 27th 2011

Welcome



Hello,
Just sending you guys a midweek newsletter. We have some really fun things going on here at the farm that we would like to share with everyone. Hope everyone is enjoying our dry and seemingly warm early winter.

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Country Dinner Series

Our December dinner will be on Saturday the 10th and it is going to be quite a meal! Our last dinner was a huge success, both seatings were all but sold out. The menu for our December dinner sounds simply fantastic. The appetizer is duck ravioli in a parmesan broth and the main course will be braised grass fed beef short ribs, roasted beets and roasted garlic mashed potatoes. The vegetarian option includes a winter vegetable and sheep cheese quiché. The dessert will be a carrot cake with homemade cream cheese frosting and sheep's milk ice cream. Coming to a dinner is a great way to connect with other people who also enjoy good organic foods that are grown locally. All the proceeds from the dinners are going to support The Living Farm Education Center. This will help with the housing for the students next year. The dinners are very unique and a great way to celebrate birthdays, anniversaries or just to have a fun and unique date. Tickets are \$25 per person. Local wines will be available by the glass. We will serve appetizers and have a presentation on an aspect of the farm at 5.

To make reservations please go to <http://slowfoodwesternslope.org> or call Lynn at 970-270-3338. Our dinner dates for this year will be: December 10, January 21, February 11, March 17, April 14, and May 12. This year all of the dinners will be inside the house so that guests can stay nice and warm. If you bring a friend to any dinner you will receive \$5 off your next dinner, so make some calls and some new friends.

FoodShedProductions

Marion and August, TLF's extended summer students time is coming to a close following the December Country dinner on the 10th. While they maybe absent from the valley, they will still be connecting every month with me as a mentor in 2012. Following an MA in Service, Leadership, and Management from SIT Graduate Institute, August has been developing a Social Enterprise with a goal of helping residents to be self-sufficient gardeners.

Together, they will be working in Boulder County, starting up in February 2012. Already they are on the move, having launched their own crowd funding campaign on www.Indiegogo.com, they hope to introduce their Social Enterprise, FoodShedProductions to the communities in and surrounding Boulder. Please discover and support the work our students are pursuing on and off TLF, as they continue to seek service as a way of life in our ever-growing community. <http://www.indiegogo.com/foodshedproductions>

Dinner Ducks Starting in the spring of 2009, Carter Keegan's first encounter with Muscovy ducks started when he took six little yellow ducklings out of a postage box. This also was the beginning of his 4H poultry project. The breeding flock is now comprised of five ducks—two drakes and three hens all of which have unique names and personalities. There is General Lee (pictured left), Amour, Jr. Miss, Guinevere and Delilah. Shortly after having his business started, he designed a logo with the help of his older brother, Cobun. The name of the business is Delectable Ducks. He plans to sell duck related products around the North Fork Valley. However, for two years, none of the hens sat long enough to hatch a clutch, overflowing his refrigerator with duck eggs. Then an extraordinary turn of events occurred. In June of 2011 his favorite hen, Jr. Miss, came out from under the porch with six healthy little ducklings. Later in August, when Carter was showing his ducks at the



Delta County Fair, Delilah came out with a WHOPPING THIRTEEN DUCKLINGS! Then again in the middle of September, Jr. Miss hatched five more ducklings, a total of two successful hatches in one season! Carter was overrun with ducks everywhere and had to take care of twenty-five ducks and was quickly enslaved by them. Carter's family are CSA members and he enjoys going to the farm weekly to see the changes in the farm animals and gathering the fresh produce in his box. As he learned more about the school/educational center he became interested in donating fifteen ducks to The Living Farm/TLC Greenhouse for one of the monthly dinners. The farm is going to serve duck raviolis as the appetizer for the December tenth dinner. So please come and support this young man's hard continuous work that has kindly provided us with a delectable duck donation. Carter will be at the dinner with his family and if you any have questions about raising Muscovy Ducks, Carter will appreciate your interest in his project!



As a side note, Carter wants everyone to know that the ducks are raised at his farm and have had the benefit of ranging daily in the garden, lawn, and pasture. They had the luxury of fresh water to swim in, straw filled sleeping areas, healthy grains to feed on and they were able to express their true "duckness".

Farmers Market

Just to let you know, our Farmers Market will be closed this upcoming Saturday for the Thanksgiving holiday. We will be open again on Saurdays, December 3rd through 17th from 9 am to 12pm. We will close again on December 24th through January 7th for the holidays. Our first farmers market of 2012 will be on the 14th of January. We hope all of you have a good, safe and warm holiday season.

Chickens

It is time to stock your freezers with chickens. As always our chickens are pasture raised and are fed non GMO, chemical free feed, most of which is grown right here on the Living Farm. The chickens are \$3.30 a pound. Please call ahead so that we can have the chickens available sizes range from 3.5-4.5 for a small bird, 4.5-5.5 for a medium bird and 5.5-6.5 for a large bird. You can pick up the birds at our Saturday farm market from 9-12 or simply call Lynn at 970-270-3338 to make an appointment.

Reuse

We are always in need of egg cartons, plastic grocery bags, rubber bands, and newspaper. Just put them in your CSA box or come on by the farm and drop them off.

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 tours, please feel free to pass this newsletter along or send us their email address and we'll do it for you.

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

Available meats:

Available meats this week.

Beef	One pound roll burger	\$6.00
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
Pork	one pound roll burger	\$6
Pork Chops	2 per package	\$8.40 per pound

