



April 2010

Join Our Mailing List!



Blue skies, compost, and a happy Ken Ruegsegger mean that planting season is upon us! --Photo by Bill Lubing

Good morning friends,

Compost

The gold rush is on! And by gold we mean the superb compost that lays the foundation for a great season of gardening.

Our new truck came out of the shop Thursday and I have been delivering multiple loads almost every day since. I have almost moved as much (bulk) compost in March this year as the whole month of April last year.

We have already sold out of composted wood chips and have a very limited supply of horse manure. Even black dirt is moving fast but I will not likely run out of that.

Many people know us for our compost. It's rich, clean, and full of everything gardens are looking for to achieve optimum growth. To start with, our compost is created from the manure of our grass-fed cattle. We then give Mother Nature five years to work the raw material into the black gold that your garden loves. Of course we help her by building our compost through a four-stage process.

Available in 50-pound bags or by the yard, you can pick it up at the store, order on-line, or give us a call at **608-523-4705** to arrange delivery. You may also pick up at the farm in bags or bulk in your truck or trailer.

Easter Hams and Leg of Lamb

These holiday favorites are in short supply. Order today! Sherrie has provided some wonderful ham and leg of lamb recipes found [further down](#) in the newsletter.

Organic and Heirloom Seeds

Organic and heirloom seeds are available at [Paoli Local Foods](#). Onion sets are also available. We will have plants available at the store by mid April. Our sales greenhouse was purchased today and we start erecting it soon.

Deal of the Year on Pork!

Pre-pay by this Thursday, April 1 (credit card OK), get your cutting order to me by 5:00 pm that day, and your one-half hog will cost **\$275 complete**. *Regular price is about \$325.* Do not sit on the hog fence, **this will expire at Noon on Thursday, April 1, 2010.**

Elk is Back

By popular demand we now have elk. It's available for home delivery and farmers' market pick up.

Deliveries and Dates

Madison Deliveries: We deliver every Thursday night. Please get your order in as early as possible for the best order fulfillment.

Milwaukee and Kenosha Deliveries: We deliver on Wednesday, April 14.

April 17: [Isthmus Green Day](#) at [Monona Terrace](#).

April 24: Discovery World in Milwaukee from 10:00 am until 2:00 pm. Last Saturday we ran out of a lot of product early. Remember to pre order... it's never too early to place your order. We always fill orders in the order that they are received.

Recipes



Roast leg of lamb with Rosemary and garlic. --Photo by GaylaJ

Simple Roast leg of lamb with Rosemary and Garlic

Ingredients

- 1 (7-pound) semi-boneless leg of lamb, [itch bone](#) removed, fat trimmed to 1/4 inch thick, and lamb tied.
- 4 garlic cloves
- 1 tablespoon fine sea salt
- 2 tablespoons chopped fresh Rosemary
- 1/2 teaspoon black pepper
- 1/4 cup dry red wine or beef broth

Directions

1. Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife.
2. Pound garlic to a paste with sea salt using a mortar and pestle (or mince and mash with a heavy knife) and stir together with Rosemary and pepper.
3. Put lamb in a lightly oiled roasting pan, then rub paste all over lamb.
4. Let stand at room temperature 30 minutes.
5. Preheat oven to 350°F.
6. Roast lamb in middle of oven until an instant-read thermometer inserted 2 inches into thickest part of meat (do not touch bone) registers 130°F, 1-1/2 to 1-3/4 hours.

7. Transfer to a cutting board and let stand 15 to 25 minutes (internal temperature will rise to about 140°F for medium-rare).
8. Add wine to pan and [deglaze](#) by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Season pan juices with salt and pepper and serve with lamb.

Traditional Baked Ham

Mix the juice from a large can of pineapple slices and 1 cup brown sugar plus 1 teaspoon ground cloves into a syrup. Pour this over ham. Baste about every 45 minutes. Ham should be baked in 350 degree oven 15 minutes per pound (15 pounds would be 2 hours 25 minutes). About 45 minutes before ham is done, take out and garnish with pineapple slices and candied cherries. Return to oven and finish baking.

Photo from recipezaar.com

GMO (Genetically Modified Organism) Crops Cause Liver and Kidney Damage

by E. Huff, staff writer

(NaturalNews) A report published in the *International Journal of Microbiology* has verified once again that Monsanto's genetically modified (GM) crops are causing severe health problems. A legal challenge issued against Monsanto forced the multi-national agriculture giant to release raw data revealing that animals fed its patented GM corn suffered liver and kidney damage within just three months.

Adding to the mounting evidence that GM crops are dangerous all around, this information provides a damning indictment against Monsanto which continually insists that its GM products are safe. Not only are GM crops proving disastrous for the environment, but study after study, including those conducted by Monsanto itself, are showing that GM foods are detrimental to health.

Monsanto's data indicated that the company had conducted tests on three varieties of its GM corn, two of which contain the dangerous Bt protein, and one designed specifically to resist Monsanto's Roundup herbicide. All three are widely grown in the United States while only one is currently grown in Europe.

Dr. Gilles-Eric Seralini, a French researcher from the University of Caen, was tasked with examining the data and providing a review. While stopping short of declaring GM crops to be toxic, he did emphasize that chronic negative effects were apparent and that there were "statistically significant" indications of kidney and liver damage.

The specific effects observed in test rats included a buildup of hormones in the blood, indicating that their liver and kidneys were not functioning properly. One variety of the corn led to elevated blood sugar levels and increased triglyceride levels in female rats given it.

Dr. Seralini concluded that, because GM crops are foreign substances that have never been a part of a normal diet, there is no telling what the long-term effects of consumption will be on people. In animals, significant disruption of normal bodily function has been observed even in the short term.

Genetically manipulated food crops are not fit for human consumption and should not be classified as food. No legitimate study has ever proven them to be safe or nutritious. The

burden of proof is on the producers of such crops to verify their safety and, to date, all data has revealed that they are unsafe. Claims that GM foods will end world hunger are baseless, propagated only by those that have a financial interest in converting the world's food supply to their own patented varieties in order to control it.

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Great News, Friends!

Sherrie now offers a
FREE FINANCIAL NEEDS ANALYSIS
for yourself and your family.

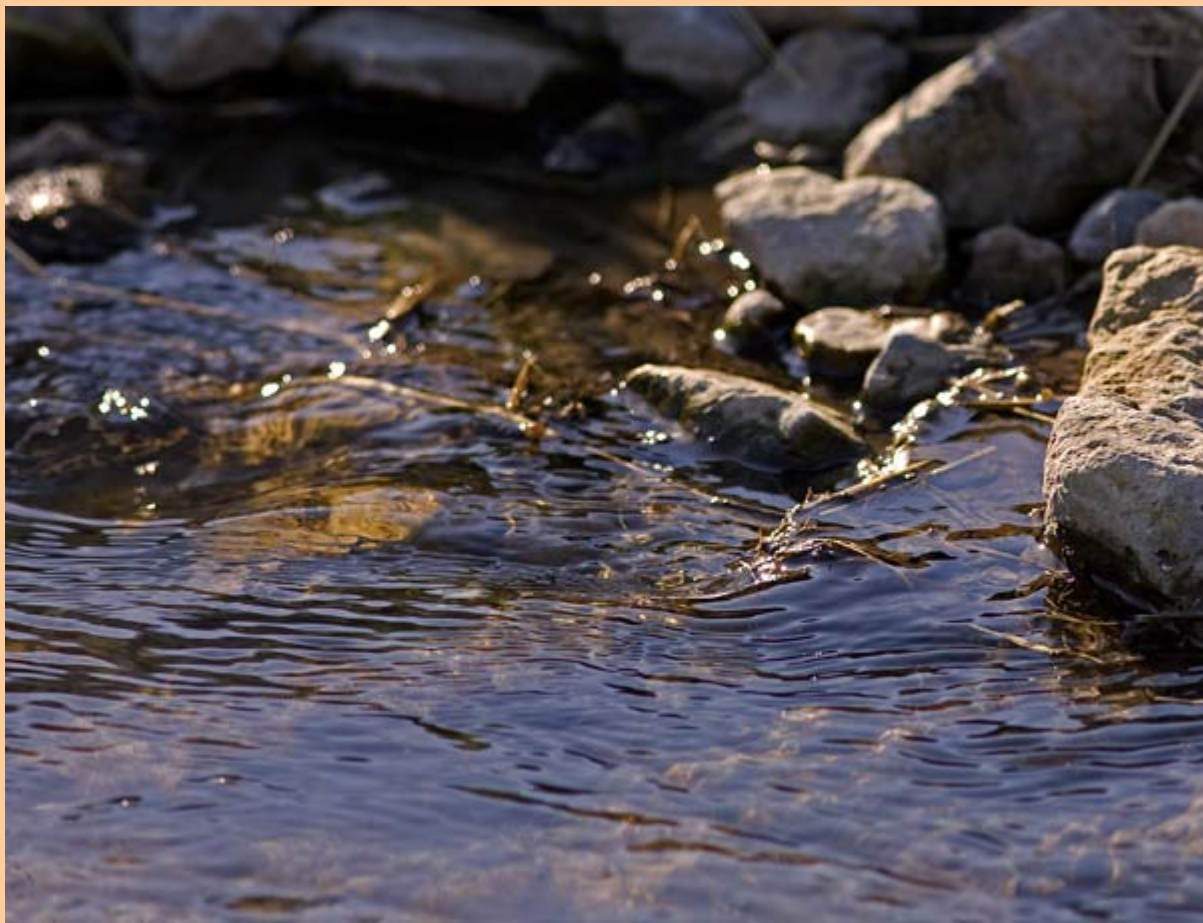
Financial health is one of the most important areas of all our lives. Unfortunately, no one ever **EDUCATES** us in this area!

Sherrie works directly with licensed professionals to teach families all of the things banks, lenders, and investors don't want working families to know or it would put them out of business. There is no charge for the analysis.

Call Sherrie at **608-558-5565** to set up a time. Your family will thank you and we guarantee you will learn something!

Thank You!

Ken and Sherrie Ruegsegger



Our clean, clear stream is a pleasure to look at and listen to. --Photo by Bill Lubing

Finally ...

Yesterday we tilled our first garden. Today we transplanted spinach, kale, kohlrabi, and rainbow Swiss chard into our outdoor raised bed. By Friday we will have potatoes, peas, strawberries, and asparagus in the ground.

The Greenhouse

The greenhouse is finished! Many plants are three inches tall already. We will be moving some out to the cold frame this week.

As you may remember, we transformed the South end of our old granary into a greenhouse. It was quite a project. Although most of the interior is covered in reflective insulation, we were able to keep some of the 100 year old rough sawed burr oak framework exposed. We installed a rubber roof on the floor (that is itself an oxymoron) so no structure is vulnerable to excessive moisture.

We keep an average temperature of 80 degrees (70 at night and 90 during sunny days) utilizing as much sun and thermal heat (barrels of water) storage as possible.

Water Quality Grant

We have been accepted for the water quality grant to upgrade the cattle lanes, rebuild fences to keep the livestock out of the stream, add another stream crossing/drinking area, and moving the hog pasture to the oak forest (free acorns galore!) on the ridge above the house.

The final part of the three year project is expanding our barnyard to aid in clean run off

and provide better cattle management. All this work is covered with up to 90 percent of its actual cost.

I expect to hear shortly of approval of our hoop house grant. This will provide about 80 percent of the cost involved in purchasing our first (and only) cold frame (high tunnel) hoop house.

Ready for Campers

The porta-potty is cleaned and ready for Spring camping. Please book your family or church outing early as it will fill up fast.

We do need help cutting tree tops and constructing the new fence around the camping area. All donated help will receive free camping, firewood, and our famous **all beef hot dogs** for roasting.

Remember ...

On-line ordering is available 24 hours a day at www.naturalmeats.org.

If you need help ordering or have any other questions please don't hesitate to call Lynn between 8:00 am and 5:00 pm Monday through Friday at 608-329-4807.

Until next month,

Ken and Sherrie Ruegsegger

*"If you want one year of prosperity, plant corn.
If you want ten years of prosperity, plant trees.
If you want one hundred years of prosperity, educate people."
--- Chinese proverb*

[Ruegsegger Farms](#)

Ken and Sherrie Ruegsegger
Natural Meats
608-523-4705

[Paoli Market](#) [MAP]

6895 Paoli Road
Paoli, WI 53508
608-845-FOOD
Open Monday-Friday 10-6
Saturday 8-4



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