

Having trouble viewing this email? [Click here](#)



Easter 2011

[Join Our Mailing List!](#)



Grilled leg of lamb is a beautiful choice for your Easter table. (See recipe [here](#).)
--Photo by Ann Thibeault

Hello friends,

Easter Ham and Leg of Lamb

It's not too late to order your Easter ham or leg of lamb. Pasture raised, you'll love the flavor and texture of our meats.

Remember, our rich pasture grass combined with a barley (not corn) finish gives our pork a flavor that we're mighty proud of. If you haven't yet tried our pork we know you'll love it. Our leg of lamb? It's just plain delicious!

Go to www.naturalmeats.org/order to place your order. Check our delivery schedule or pick your order up at the store.

Compost and Black Dirt

Speaking from experience, don't let the season sneak up on you.

Compost and black dirt has been selling by the truckload this year. We are now in delivery mode. If you want to order for later, now is the time to do so.

Through April the compost or black dirt delivery charge will be discounted 50 percent with any meat order of \$100.

Chicks and Layers

We have young hens that will be laying in June. Our Baby Buffs will be laying by late Summer. We also have plenty of mature egg layers still available from one to two years of age, all laying heavy.

Seeds and Plants

We've plenty of heirloom seeds and tomato plants ready for you to pick up at the store. They are also available for delivery. Order now while selection is at its best.

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.

Farmers' Markets (Preordering is recommended)

Winter Markets (Ending in May)

Bayview (Milwaukee) St Ann's Center, 2801 East Morgan Ave. Every Saturday through May 7, 2011. 8:00 am - Noon

Milwaukee, Discovery World, 10:00 am - 2:00 pm the 2nd Saturday every month through May: (Sat., May 14)

Spring Markets (Starting in May)

Lake Mills, Wednesday, 2:00 pm to 6:00 pm, May 4 - Oct. 26 in the Commons Park on the North side across from the Library.

Mount Horeb Farmers' Market, Thursday, 3:00 pm - 6:30 pm May - Oct, 100 block of North 2nd St. Old Schoolhouse under the Water Tower.

Verona Farmers' Market, Tuesday May 10 - Oct 11 3:00 pm - 7:00 pm, Hometown Junction, 306 S. Main St.

Watertown River Park, Tuesday 7:00 am to 12:00 noon, May through October

Waukesha, Saturday, 7:00 am - 12:00 Noon at the River Front Plaza, May - October

Wauwatosa, Saturday, 8:00 am - 1:00 pm at the far East end of Watertown Plank Road next to the "Little Red Store" in the Village, May 21 - Oct. 15

REMEMBER: FREE HOME DELIVERY: On Tuesday for our Madison Routes. A minimum order may apply for the free service.

For more information go to
www.naturalmeats.org/ORDER/A.MARKETS.

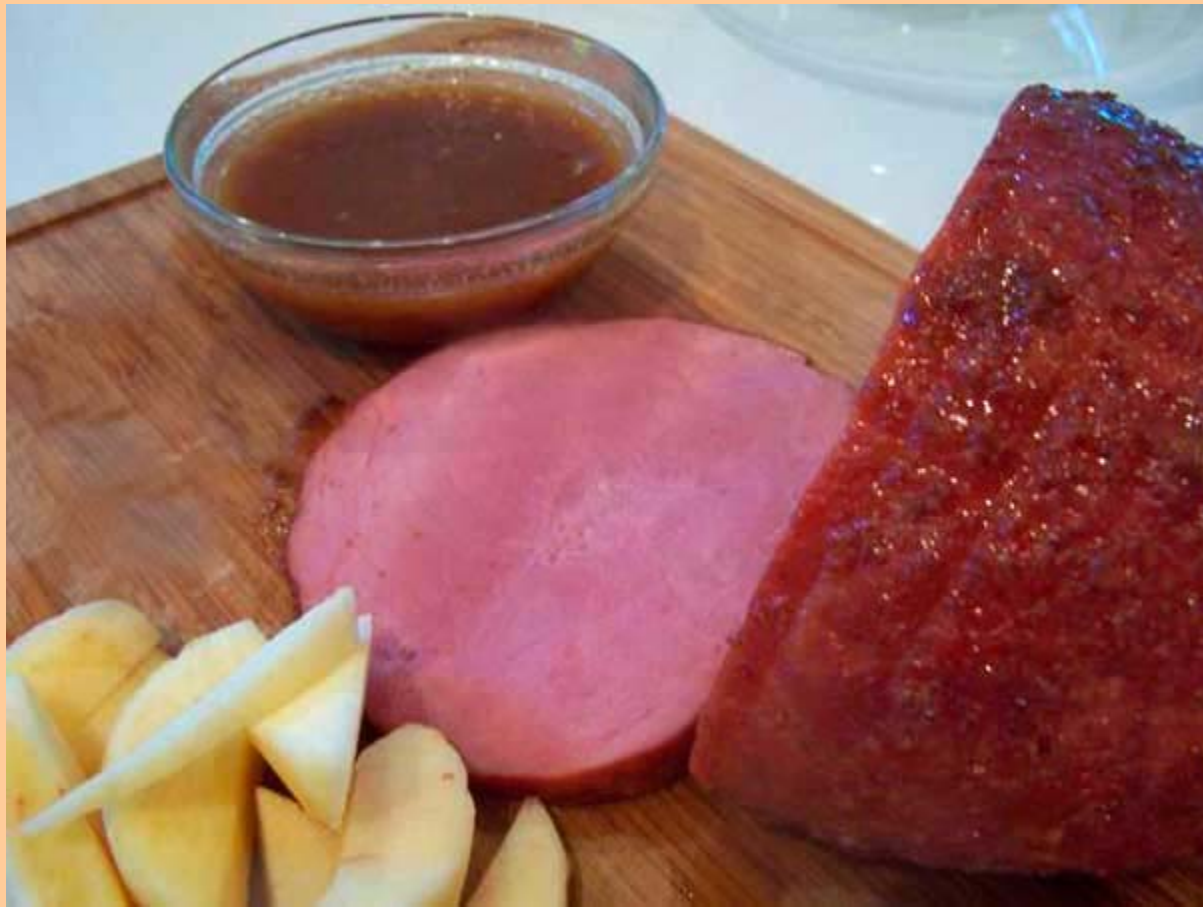
We'll see you at the market!

*-Order for Easter-
Made from Scratch in
Our Own Kitchen*



Strawberry-Rhubarb Pie
Sherrie Makes Them Herself

Order Yours Today!



Your family will love our pastured pork ham. Here's a recipe for a [cider-honey glazed ham](#) that's sure to please. --Photo by daisygrl64

Finally ...

How to Save a Trillion Dollars

by Mark Bittman

The New York Times Opinion Page

In the scheme of things, saving the 38 billion bucks that Congress seems poised to agree upon is not a big deal. A big deal is saving a *trillion* bucks. And we could do that by preventing disease instead of treating it.

For the first time in history, [lifestyle diseases like diabetes, heart disease, some cancers and others kill more people than communicable ones](#). Treating these diseases - and futile attempts to "cure" them - costs a fortune, more than one-seventh of our GDP.

[\(Full Article Here \)](#)

So Our Son is Working In the Wauwatosa/West Allis Area ...

My son Aaron is looking to stay in Milwaukee (Wauwatosa/West Allis Area) Monday night through Friday mornings. He is willing to do carpentry work in exchange for room and board. He will be working days at his job Tuesday, Wednesday and Thursdays. He needs food and bed Monday night to Friday Noon.

He is a hard working, honest young carpenter that will be working in 'tosa for some time. He gets along well with other singles, young, middle aged, or elderly people.

We know this may be an unusual request but thought we'd see if anyone is interested.

Thank you,

Ken and Sherrie Ruegsegger

Find us on Facebook 

*"Wherever you go,
no matter what the weather,
always bring your own sunshine!"*

~Anthony D'Angelo~

Ken and Sherrie Ruegsegger
Natural Meats
608-523-4705

[Paoli Market](#) [\[MAP\]](#)

6895 Paoli Road
Paoli, WI 53508
608-845-FOOD (3663)
Open Monday-Friday 10-6
Saturday 8-4



Eating locally is a moral and spiritual responsibility.

Join Our Mailing List!

[Forward email](#)



This email was sent to krfarms@tds.net by krfarms@tds.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Ruegsegger Farms | 75 York Valley Road | Blanchardville | WI | 53516