



February 2010

[Join Our Mailing List!](#)



A young chick has plenty of opportunity to forage at the farm. --Photo by Bill Lubing

Good morning friends,

Well, all of the greenhouse windows are in. Now it's on to caulking, insulating, and getting it all buttoned up. If you order your spring plants now, we'll know what to grow for you. Most plants will be \$1 or less.

Poultry

Baby chicks are in and can be ordered for pick up any time. Whether they be **egg layers, meat birds, chickens or turkeys**, we now have and will continue to have them for you. Of course it's always best to order early.

Egg laying pullets will be available in March, April, and July. Order early!

We have **Aracana roosters** for sale. There are about five left. They're perfect for breeding your hens this spring.

Other Meats

We're taking orders for grass-fed **beef** quarters, **pork** halves, and (corn finished) **lamb** halves.

Compost orders have already begun for spring delivery with a **new discounted delivery fee**. See our [website](#) for more information and to place your order.

Farmers' Markets

Madison Market:

No Madison markets are scheduled at this time. However, we will bring your order to your door. All you need to do is order at www.naturalmeats.org.

Milwaukee Markets:

February 14, 2010: The last **Harvest of Hope Market** for the season is at:

Lake Park Lutheran Church
2647 North Stowell Avenue
Milwaukee, WI 53211-4299
(414) 962-9190

The market runs from 9:00 am to 12:30 pm. As always breakfast will be served.

February 17, 2010: Grand Avenue Mall, inside the Second Street door from 10:00 am to 1:30 pm



With the addition of our first high tunnel hoop house we'll have plenty of tomatoes during the season. The one shown here is

from last season's garden. --Photo by Bill Lubing

Now is a Good Time to Sign up for the CSA!

Our CSA is the only one to our knowledge that lets you pick and choose precisely what goes into your order each and every time. Most CSAs provide you with a box of whatever is being harvested at a particular time. Not us! And just look at some of the items that are available through our CSA:

- Grass-fed Beef,
- Eggs,
- Pork,
- Chicken,
- Turkey,
- Lamb,
- Buffalo,
- Ostrich,
- Fresh Organic Produce,
- Home Canned Jams, Jellies, Pickles, Salsas, Mustards,
- Fresh baked goods,
- Our homemade soups,
- Great Sandwiches,
- Locally made organic laundry soaps,
- Wild caught Alaskan Salmon, local trout, and so much more.

Not Familiar with CSAs?

Basically a farm offers a certain number of "shares" to the public. While most farms offer shares that include fruits and vegetables, some also offer meats, and canned goods. The consumer purchases the shares, usually before the beginning of the season. At regular intervals the farm supplies product to the consumer, the quantity and variety depending upon production levels.

The CSA offered by **Ruegsegger Farms** is unique. Not only can we offer fresh fruits, vegetables, and meats from our farm, our offerings from other farms is also included in the CSA. Additionally, fish, canned goods, and laundry products are seldom if ever offered in CSAs. Our CSA is a rare exception.

The other advantages that differentiate us from other CSAs are that you can choose what you want, when you want it, plus a 10% savings when you prepay.

If you have any questions, don't hesitate to call or email us. We'd be more than happy to answer any questions you may have.

Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) holding hearing on large farm standards

A reminder that DATCP will be holding a hearing on the air and water standards for large farms on Thursday, February 18 at the Dodger Bowl, 321 King St. from 3-6 or 7-9 p.m. We think the following editorial addresses the issue quite well.

Let's raise a ruckus over factory farms

Capital Times editorial | Posted: Wednesday, February 3, 2010 5:00 am

State agriculture officials say they want to hear what Wisconsinites think about the lax rules and regulations for factory farms.

It's about time.

Over the past two decades, the number of factory farms in Wisconsin - those with 500 or more "animal units" - has grown from 20 to 170. And these industrial institutions are coming to dominate dairy production in America's Dairyland. According to a recent article by veteran Wisconsin journalist Roger Bybee, "These operations account for an increasing share of the state's agricultural output. In 2007, 28 dairy herds of 500 cows or larger - representing less than two-tenths of 1 percent of Wisconsin's 14,200 dairy farms - accounted for nearly a quarter of all milk production in the state, according to data supplied by the state Department of Agriculture."

[Continued here](#)

Finally ...

Back at the Store

New Cafe Comments ...

Don't mind the construction, come in and sit down, relax, and enjoy our home-cooked goodies in our new larger seating area at the store in Paoli.

We are asking for your opinion on what to name the cafe / restaurant. Should it be:

1. Real Food Cafe, or
2. Local Foods Cafe, or
3. _____ ?

Throughout the month of February mention this newsletter and save 10% with sit down service.

We are giving away every fifth cup of fair trade coffee. Don't drink coffee? Me neither. How about tea or hot chocolate? Same deal, bring in a group of five and you know one will be free.

Made from scratch soups are available hot every day at the store or frozen for home delivery and farmers' market pick-up. Current selections include:

- Creamy Chicken & Vegetable with Bacon,
- Rabbit Stew,
- Onion Soup,
- Squash Soup,
- Buffalo Stew,
- Yak Chili,
- Chicken and White Bean Chili,
- Creamy Chicken and Garlic,
- Creamy cauliflower,
- Creamed Corn & Potato, and many more.

Fresh made sandwiches

are available at the store and also for home delivery and market pick up. Selections include:

- Kalberwurst (veal sausage of Swiss origin),
- Chicken Salad,
- Ham,
- Dried Beef,
- Egg Salad,
- Turkey,
- P & B, and almost any request.

Our goulash and lasagna are always a favorite to eat at the store or take home. We often run out before the day ends so call (608) 845-3663 to reserve your night's meal. As always, available for home delivery and market pick up too.

New raw milk cheeses available: Cedar Grove Medium Cheddar for those who prefer a more flavorful cheese than mild but not sharp. Secondly, we now offer a very flavorful smoked gouda in smaller packages and the true raw cheddar style 'Caprine Supreme' goat cheese.

Smoked chubs are added to the list of our smoked fish. These come from Northern Wisconsin and are really tasty.

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

***Proverbs 28: 19** One who works his land
will have an abundance of food,
but one who chases fantasies
will have his fill of poverty.*

[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



Eating locally is a moral and spiritual responsibility.

Join Our Mailing List!

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to krfarms@tds.net by krfarms@tds.net.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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