



**June 2010**

Join Our Mailing List!



*Our thriving garden with the pasture in the background. --Photo by Bill Lubing*

**Good morning friends,**

**The Garden Party has Begun!**

Spinach, asparagus, rhubarb, radishes, and lettuce are plentiful from our gardens. All are available at the store, by order, and at any of the farmers' markets.

We have been planting seeds and transplanting our greenhouse plants almost every day for two weeks. Tomatoes are thus far our most advanced crop. With about 400 plants in the ground, many are over two feet tall and very strong.

Following the tomatoes are peppers; mild, sweet, hot, and extra hot. Strawberries will be starting soon but we lost our big patch to a confused landlord. It will take another year to get our own production into full swing. Seeds of every kind are now in the ground.

**Welcome Home Mitch!**

Our oldest son Mitch has returned back to the farm life after several years pursuing other interests. He arrived just in the nick of time for planting season. Mitch is helping with supervision of the farm. He's closer and more available to his daughter, "Desi" who lives in Watertown. We are very pleased with his return, as is our gardener. :-)

**Freezer Meat availability:**

**Grass fed lamb:** Half or whole 100% grass-fed lamb, two available: Orders due by May 29, 2010

**Pastured Pork:** Half or whole. Four available, orders due by June 1, 2010

**Grass-fed Beef:** 1/4 Beef, 100% Grass-fed. Two available, orders due by June 4, 2010

**Chicken Sale:** Save 10% on all legs, leg quarters, thighs, wings, and all organs, necks, etc. (not available on breast meats). Just mention the promotion to whomever checks you out at the store, markets, or delivery.

The last of the Amish chicken are available at the special price of buy a box of six roasters, get a seventh chicken free. This offer is good only while supply lasts.



An example of our sweet, tender lettuce.  
Fresh from the garden, order some today!  
--Photo by Bill Lubing

## June Farmers' Market Schedule

**Tuesday:** Watertown Riverside Park, 7 AM to Noon

**Wednesday:** Lake Mills, Commons Park, 3:00 pm to 6:00 pm. (We are on the North side by the library).

**Thursday:** South Milwaukee, 3:30 pm to 7:30 pm at the corner of 11th and Milwaukee Avenues.

NO Cudahy market starting in June. Please come to South Milwaukee on Thursdays or downtown on Saturdays.

**Saturday:** Milwaukee

1. Beans & Barley, North Avenue, 10:00 am to 2:00 pm
2. Cathedral Square, Kilbourn Avenue, 8:00 am to Noon
3. Wauwatosa, in the Village.

For more information go to

[www.naturalmeats.org/ORDER/A.MARKETS](http://www.naturalmeats.org/ORDER/A.MARKETS).

*We'll see you at the market!*

## Madison Delivery Change

**BEGINNING JUNE 1,  
WE WILL BE DELIVERING  
TO ALL MADISON HOMES  
ON TUESDAY NIGHTS  
RATHER THAN THURSDAYS.**

Deliveries are available for orders above \$30 with a \$5 stop charge. Deliveries are **FREE** if you order at least \$50 worth of product.

Because of the day switch, we recommend ordering milk every week for the best freshness dates. Do not forget to order your cheese at the same time as meat, eggs, and produce.

Please order prior to 8:00 am on Monday.

### Ordering Tips

1. **MOST IMPORTANT:** Please order as early as you know what you need.
2. Please put the date of delivery / pick up if you know it. If you are unsure either put ASAP or "?" in the delivery / pick up box.
3. Order often, this makes us very happy.

[Return to the Top](#)

## Is Organic Food Worth it?

We ran across [this article](#) that talks about the pros and cons of buying organic produce and meats. While we're firm believers in organic farmers selling to local customers, it was an interesting read.



There is nothing quite so happy as a pig in a pasture.  
We're pleased to report we have some extremely happy pigs!  
--Photo by Bill Lubing

## Ken's Notes ...

I am so blessed with incredible situations that I thought I would share a recent experience with you.

All throughout my growing up on this farm I would marvel at the [Kildeer](#) as they would squeak and streak across the meadows. I spent most of my time barefoot so we were partners, running through the pastures.

Well, the other day I was traveling through a pasture. In the valley just off the road before our camp grounds I saw a mother kildeer. She appeared to have a broken wing and was partially disabled.

As I was examining the situation, a little flicker on the ground caught my attention. It was

a baby Kildeer. Its legs were about an inch tall and its body was no bigger. It turned out that "Mom" was not injured but rather acting as easy prey to draw me (a predator in her eyes) away from her baby.

This was an awesome display. I have never seen this first hand before. I was, of course, very careful not to run over the little baby as I then proceeded on my way.

On my return trip I was nervous about not knowing where the baby was so I was extra cautious. To my surprise I saw two more babies, then a fourth. They were in taller grass where they could squat down and become almost invisible, camouflaging themselves in the shadows of the grasses. And of course Mom was displaying her availability to predators about 30 feet away from her young.

Not a grand story but a simple pleasure and admiration of God's creation. Please take a moment each day to stop and smell the roses, enjoy nature, and each other.

Until we meet again,  
*Ken & Sherrie*

**Remember ...**

On-line ordering is available 24 hours a day at [www.naturalmeats.org](http://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

*Chinese Proverb; Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.*

**[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.*

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