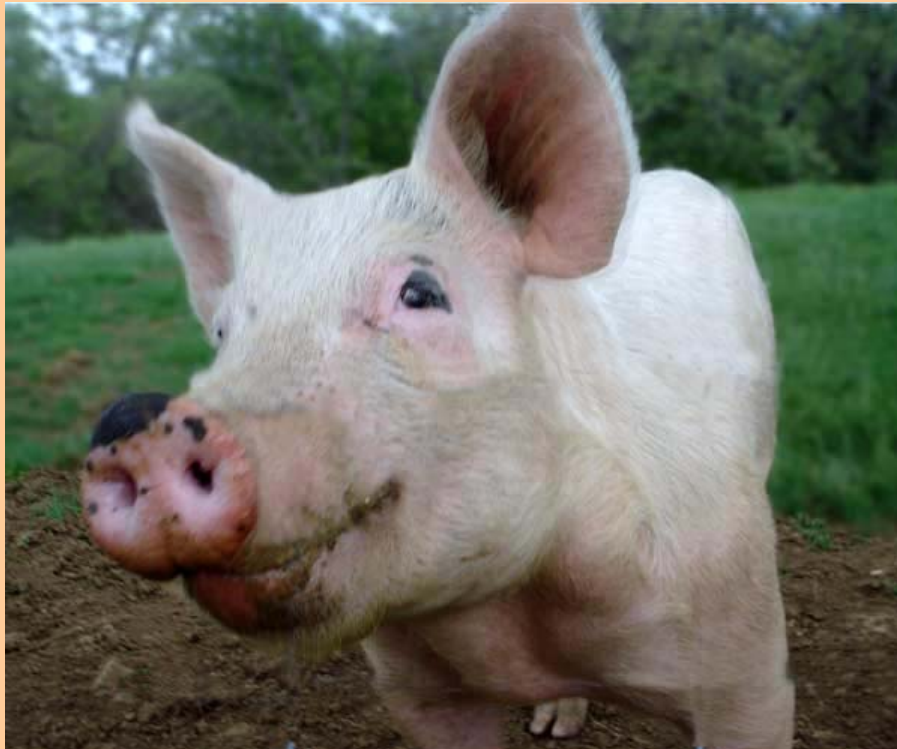


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June 2011

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Springtime in the pasture is a great place to be, especially if you're a young pig. There's plenty to eat, beautiful sunshine, and wonderful, fresh air.

--Photo by Melissa Smith

Hello friends,

The ground is warm, there's plenty of sun, the threat of frost is long past. It's time to get those tomatoes into the ground!

Heirloom Tomato Plants

We are offering heirloom tomato plants for your garden at \$4 each. Better yet, buy three for \$10.00.

We have several varieties, all of which were started from [Seed Saver](#) seeds. These robust plants were started in our organic soil and compost. Check out our selection of really nice plants, two feet tall and flowering. Get a jump start on your own tomatoes this year!!

Also available

Ready to go are peppers and egg plants. And we have several [silver maple trees](#) left.

End of the Season Compost Sale

Mention this newsletter and save \$10 per yard on our Famous Composted Cow Manure and organic top soil. Delivery is available or save more by picking it up at the farm.

We thought we would run out but have opened up another pile that was unexpectedly very much ready. It's really nice stuff, true gold when it comes to growing terrific fruit, vegetables, and flowers.

Egg Laying Chickens *(Still available for a limited time)*

18 week old Red Stars	\$11	(already laying)
18 week old Aracanas	\$14	(laying any day now)
1 year old Buff Orpington	\$10	
1 year old reds and blacks	\$10	
1 year old Aracanas	\$12	
18 month Red Stars	\$8	
24 month Reds Stars	\$6	
200 started meat birds	\$4	each

Special on Frozen Meat Chickens

Our pasture-raised chickens offer you superior flavor, texture, and nutrition. Right now **order 10 chickens and get one FREE.**

You can order on-line then pick up at the store or at one of the many farmers' markets we sell at each week. Remember, chicken goes [great on the grill](#).

Fresh New Produce

Arriving daily at the Paoli Store and the markets.

Hot House Tomatoes: These are really great tasting tomatoes. Grown without any sprays they're juicy, flavorful, and full of some of the best tomato goodness around. They are in stock and moving fast, to the tune of around 400 pounds a week. That's a lot of [BLTs!](#)

Asparagus: We're in peak production of a very sweet year for asparagus. Great [on the grill](#), in [a salad](#), or, the way we like best, crunchy and raw. For something raw yet really different, check out this recipe for [raw asparagus pesto](#).

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.

Farm Notes...

Pick-up Site Host, Cedarburg/Grafton

We are looking for a **Pick-up site host** for the **Cedarburg / Grafton** area. These hosts will have the opportunity to save 10 percent on all of their purchases (excluding 1/4 and 1/2 animals). If anyone is interested please contact Ken at krfarms@tds.net for more details

Please Pre-Order for Market Pickup

When you pre-order and pick up your order at one of the many markets we sell at it really helps us have what you want and have available what new customers need. Last Saturday we had several people come to the markets and buy us out of several items early.

We appreciate this business and your support very much. However, if you pre-order we will know to bring not only more for you but also have plenty throughout the day for the rest of the folks who visit us.

You can order anytime 24/7 at www.naturalmeats.org. If you need assistance in ordering, please **call Lynn** during "**regular business hours**" at (608) 329-4807. Any other questions please email myself or Sherrie at paolilocalfoods@tds.net.

Farm Tours

Farm Tours are booking up fast this year. Please contact me well in advance for a booking.

See your food being grown and raised. Cost is free to our CSA members, \$40 per family (parents and children), \$20 per person. Minimum charge per tour is \$40.00.

Volunteer and Learn!

We are looking for volunteers at either the farm or at the store. We cannot afford very

much but have lots of opportunities to help someone learn. Please let me know if you have any interest.

Farmers' Markets

Preordering at
www.naturalmeats.org
is recommended

Tuesday:

Verona Farmers' Market, 3:00 pm-7:00 pm, Hometown Junction, 306 S. Main St.

Watertown River Park, 7:00 am to 12:00 noon.

Wednesday

Lake Mills, Wednesday, 2:00 pm to 6:00 pm, In the Commons Park on the North side across from the Library.

Madison (East), Capitol View Farmers' Market, 3:00 pm - 7:00 pm, Sharpsburg Drive in Grandview Commons, Madison, WI.

Thursday

Madison (West), MadWest Farmers' Market, 4:00 pm-7:00 pm, 55 S. Gammon Rd. (in the parking lot of Lussier Com. Ed. Ctr.).

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

South Milwaukee, 3:00 pm-7:30 pm, 11th Avenue at Milwaukee Avenue.

Saturday

Milwaukee, Cathedral Square, Kilbourn Avenue, 1/2 block East of Jefferson Street. 9:00 am-1:00 pm (608 558-5566). ORDER in advance for best results.

Waukesha, 7:00 am-12:00 Noon at the River Front Plaza.

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

Ordering and Pickup are Easy!
Order on-line then, whenever possible,
pick up your order at the
farmers' market
closest to you!

For more information on farmers' markets go to
www.naturalmeats.org/ORDER/A.MARKETS.

To order on-line, go to <http://www.naturalmeats.org/webcart/order.aspx>

We'll see you at the market!



Tomato, Spinach, and Spring Onion Pie --Photo by Zurie

Tomato, Spinach, and Spring Onion Pie

by Zurie

Okay, I couldn't think of a catchy title. I made this when I was fed-up with four little pots on the stove, trying to achieve the desired five veggies/fruits a day! Here the thin crust is the carb, then 3 veggies are used for the rest of the pie. All you need add is the meat course.

Ingredients

- 1 pound puff pastry, defrosted (or less)
- 3 large eggs
- 4 ounces spring onions, chopped
- 2 cups spinach, very well drained and as dry as possible
- 1/2 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 cup milk
- 1 tablespoon flour
- 3/4 cup grated cheddar cheese
- 1 teaspoon Tabasco sauce
- 2 teaspoons chopped crushed garlic
- 1 pound tomatoes (preferably using smaller tomatoes like a rosa)
- 1/4 cup torn basil leaves
- olive oil (flavored with garlic) or olive oil flavored cooking spray

Directions

1. Set oven at 425 degrees.
2. Use a generous pie plate: mine wasn't standard, and measured 7 1/2" across at the bottom, 10 1/2 inches across the top, and was a little more than 2" deep. Any pie dish will do.
3. Roll out the pastry on a floured board, and cut out a generous circle (lay the pie plate upside down on the pastry and cut with a knife in a wide circle around it).
4. Grease the pie plate lightly with oil, then plonk in the pastry and fit without stretching. Crimp the edges.
5. Whisk the eggs, then use a brush and brush the pastry all over with the egg. Keep the beaten eggs. If necessary put the lined pie plate in the fridge.
6. I found lovely purple-bottomed spring onions, but use whatever you have. Chop them and scatter evenly into the bottom of the pie plate, to cover. If you don't have spring onions, try rings of sweet onion.
7. Sauté the spinach in a little oil, going just beyond the wilting stage. If you prepare this early in the day, you can leave it to drain, and press out more liquid before using. Stir in salt and nutmeg.

8. Whenever I make a white sauce, I use a shortcut: Put the milk in a small pot, whisk in the tablespoon flour, add a pinch of salt, and then whisk until milk comes to the boil and thickens.
9. Pull the milk off of the heat, whisk once or twice, then add the cheese, Tabasco and garlic.
10. Stir the cheese sauce into the spinach.
11. Stir in the egg mixture left over after you "painted" the pastry into the drained spinach. The eggs will help firm up the mixture during baking.
12. Rosa tomatoes are small plum-shaped tomatoes, and they are especially sweet. If you can't get them, use cherry tomatoes or even tomato slices. Rosa tomatoes simply explode in the mouth in a burst of sweet flavor.
13. Ladle the spinach mixture over the spring onions in the lined pie plate. Scatter the basil leaves over the spinach.
14. Pack the rosa tomatoes all over the top.
15. Brush with olive oil.
16. Put in the preheated oven. Keep at that high heat for about 10 - 15 mins, then turn heat down to 350.
17. Bake for about 30 minutes or more, until the pie has risen and is set.
18. Serve hot or warm, in slices, with a main dish of meat and a side salad.

Recipe adapted from food.com



Melissa Smith with a friend. --Photo by Melissa Smith

Final Word ...

This time of the year we're working at a feverish pace it seems day and night. Nothing surprising there, we're running a farm and it's Springtime (finally!).

While the days lately have been plenty hot, the morning have been relatively cool.

One morning not so long ago I was walking by the upper pasture, which is home to our Spring crop of pigs. They were taking advantage of the cool morning to rut around the pasture grasses, getting a morning meal before heading to the cool adjoining woods.

Later that day I found a minute to watch a group of calves romp around in their pasture, always under the watchful eye of the adults.

I was struck then, with a sense of ... gratitude, joy, peace, contentment ... it's hard to put my finger on it. What I suddenly appreciated is that, while the day may get hot and sticky, for our animals we're doing the best that we can so that in their time on this earth they're treated with respect, live in a species appropriate environment, and enjoy comfortable surroundings.

We ask for the ultimate from our animals. It's good to know that they enjoy the early morning dew of the pasture, the sun on their backs, the peaceful buzz and fresh, outdoor smells of the farm. Not so their factory-raised cousins, who are subjected to a life of constant clanging, banging, prodding, artificial light, and close, enclosed quarters before joining a long line of terrified brethren headed for slaughter.

Somehow, our way seems more fair. It seems the way it's meant to be. We're honored that you have joined us in showing respect for the animals that sustain us.

Thank you,

Ken and Sherrie Ruegsegger

Find us on Facebook 

"Today's beautiful moments
are tomorrow's
beautiful memories."

~Unknown~

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



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