



March 2010

Join Our Mailing List!



Sherrie and Ken at last year's [Isthmus Green Day](#), which is coming up in April. --Photo by Bill Lubing

Good morning friends,

Well, we think it's probable that the worst of the cold is over for us this winter but the snow is still unpredictable. Hopefully next month at this time the snow will be long gone and the fields will have started to dry out.

There's plenty of good things to eat from our farm, though. Here are some highlights:

Lamb

Only 3 late winter/spring lambs left. Order early, first come...first served.

You also need to get your Easter lamb order in ASAP. We will run out again this year.

Pork

We are now taking orders for spring pork. If you are in need of an Easter ham, please order early.

Beef

We will be processing our first beef of the year in March. We currently have 2 quarters available.

Chicken Specials for March

Buy five pasture raised Amish roasting chickens, get 1 free.

Save \$1.00 per pound on five pounds or more of drumsticks from the same chickens.

Madison Deliveries

Every Thursday and more as needed

Milwaukee and Kenosha area deliveries

Place your order now for our March 5 (That's this Friday!) delivery. We will also be delivering March 17 and on the 27th.

CSAs

We may be selling out of shares this spring because of high demand. Remember with our unique CSA plan, every time you order you choose the items and when you receive them. See more on [our CSA below](#).

Egg Laying

Egg laying started: Chicks, pullets, and mature hens. We have four ages and five breeds to choose from.

Turkey and Cornish Rock chicks have started. They are available in limited supply.

More Baby chick delivery dates

March 16, 23

April 8 & 22

May 6 & 20

June 3, 17, & 29

July 13

August 3 & 17

September 9

October 7

November 4

December 2

Specialty Trays

Cheese and sausage trays are always available as are all of our organic catering dishes

Wood

Oak Firewood is available for cooking or camping;

Hardwood firewood for heating;

Cherry & Apple for grilling.



An elk meat burrito is lean and tasty --Photo by Andi

The Wait for Elk Meat is Over!

Have you been waiting for elk meat? ... After an almost *two year wait* (Thanks to the DNR), we have it in stock at the store and available for "home delivery." Order now and stock up. This is really sweet meat.

If you've never cooked elk meat before, here's a recipe from recipezaar.com to get you started with this lean, nutritious meat.

Bulging Bison, Elk, or Venison Burritos

Serves 4

Ingredients

1 pound ground elk, bison, venison or extra lean beef
4 large soft tortillas
2-1/2 cups refried beans
1 cup brown rice, cooked
1/2 cup grated cheddar cheese
1 teaspoon cumin
1 teaspoon chili powder
1 garlic clove, minced
1/4 teaspoon salt
sour cream
salsa

lettuce

1 tablespoon sunflower or canola oil

Directions

1. Coat skillet with oil.
2. Add spices and salt to ground meat and cook until done.
3. Combine beans and rice in a saucepan.
4. Heat on low until warmed through (or microwave).
5. Place tortillas in a folded damp towel and place in the oven on low.
6. Place a warm tortilla on plate, keeping other tortillas covered.
7. Place 1/4 bean mixture and meat on flat tortilla, leaving 2 inches at bottom of tortilla so it can be folded up.
8. Add 1/4 cheese, salsa, sour cream, lettuce or anything else that sounds good.
9. Fold up the bottom and roll the sides around.

Folks Love Our 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.

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A suckling calf and mother, like this pair found on our spring pasture last April, will soon be a common sight on the farm and in the countryside.

--Photo by Bill Lubing.

Finally ...

This is the time of the year when we really start cranking up for the spring. If you haven't done so, now is a good time to let us know what your compost needs will be this spring. We always have a huge demand for it so don't wait too long to order.

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



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