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**March 2011**

Join Our Mailing List!



It won't be long before the pastures will be filled with contented livestock.

*Good morning friends,*

I hope this finds you all well and in good cheer. Sometimes these cloudy Winter days get us down. But keep your spirits up! Spring is only four weeks away according to Jimmy the Groundhog.

I suspect that Spring will be long and dragged out, considering Easter is late this year. Not that I guide my life by folklore but they do carry some merit.

### **February Meat Processing**

This week we are processing two beef steers and four pigs. Orders for 1/2 pigs are due by February 22nd. Orders for 1/4 beefs are due by March 1st.

We have several Lamb ready for butchering and will do so as needed. Please order your 1/2 Lamb early as we will butcher several of them at once and we do not want you to miss out.

### **Spring Chickens, literally...**

We have egg laying chickens of all ages for sale again this year. Many are already spoken for. As of now we still have plenty to go around.

### **Spring Planting has Begun at Ruegsegger Farms**

Today we planted nine varieties of tomatoes, mostly heirlooms. Not all of our seeds have arrived yet, so there's plenty of planting left. Next week we will plant peppers and the following week, more tomatoes.

### **At Paoli Local Foods**

The new furnace is in operation (see "Finally" below) and so is the new convection oven. Fresh quiche is our newest big hit!

Three flavors are pulling the weight of this delectable anytime hunger stopper. They include:

- Lorraine (Ruegsegger Farms Bacon & Spring Brook Swiss Cheese Cheese),
- Ruegsegger Farms Ham & Cedar Grove Organic Cheddar, and
- (Snug Haven Organic Winter) Spinach and (Mt. Sterling Goat) Feta Cheese.

All, of course, made with our famous "Soy-free" Eggs. By the way did you know that now our eggs are almost corn free too? That's correct, only about 10 percent of their ration is corn.

### **It is CSA Season**

Applications are being considered as we speak. We have had so much success and our past clients are very satisfied. Our return sign-up is at 95 percent with more new customers joining our team weekly. See below for more information.

**We are considering** opening an outlet in downtown Milwaukee. Business has been so good there we feel our daily presence is necessary. This may happen soon and I am very excited about it. If anyone has any input about such a venture I would like to hear it.

### **One Big Month ...**

... of Farmers Markets left, please see the full market schedule below. Following March we will be at St. Ann's Center every Saturday into May.

### **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.

## **Our CSA Offers More Than is Typical**

If you are close to ending your CSA and were planning on renewing soon or if you have been considering a CSA, now is the perfect time to act on it.

We offer much more than the typical CSA. With a standard CSA, you get a box of whatever that farm has every week. With a Ruegsegger Farms CSA, you pick every product every time. You even get to choose when you get your CSA packed. Best of all... you save about 10% on your CSA purchases by prepaying.

Items available for CSA include but are not limited to:

- 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?**

Community Supported Agriculture (CSA) has become an important connection between local farmers and consumers. 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.

### **Advantages for farmers: \***

- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin.
- Receive payment early in the season, which helps with the farm's cash flow.
- Have an opportunity to get to know the people who eat the food they grow.

### **Advantages for consumers:**

- Eat ultra-fresh food, with all the flavor and vitamin benefits.
- Get exposed to new vegetables and new ways of cooking.
- Usually get to visit the farm at least once a season.
- Find that kids typically favor food from "their" farm - even veggies they've never been known to eat.
- Develop a relationship with the farmer who grows their food and learn more about how food is grown.

### **Our Unique Category**

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 rarely if ever offered in CSAs but are offered in the Ruegsegger Farms CSA.

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.

\*Portions adapted from [www.localharvest.org](http://www.localharvest.org)

## ***Case Specials***

*Order by the Case and Save!*

***Order Deadline is this  
MONDAY, FEBRUARY 21  
at 12:00 NOON***

***For a printable version of this list [Please click here.](#)***

***To Order, please email Ken at:  
[krfarms@tds.net](mailto:krfarms@tds.net)***

By ordering in case quantities you save 30 to 50 percent from the store mark up. See the list and details below.

Bulk					
0342600	30/#	BULK B	RAISINS,OG,THMP SN SEEDLSS	O2K	\$60.95
0242024	50/#	BULK D	OATS,ROLLED,REGULAR	K	\$30.42
Grocery					
0793398	12/14.7 OZ	AMY'S	CHILI,OG,MEDIUM,LS	O2KI	\$34.87
0793414	12/14.7 OZ	AMY'S	CHILI,OG,SPICY,LS	O2KI	\$34.87
0713719	12/7.5 OZ	ANNIE	BUNNY GRAHAMS,OG,CHOCOLAT	O3	\$36.71
0713750	12/7.5 OZ	ANNIE	BUNNY GRAHAMS,OG,CINNAMON	O3	\$36.71
0809137	12/7.5 OZ	ANNIE	CRACKER,SR CRM&ONION,BUNN		\$36.71
0904615	6/8 OZ	ANNIES	DRESSING,OG,FRENCH	O2gw	\$22.49
0904623	6/8 OZ	ANNIES	DRESSING,OG,THOUSAND ISLD	O2gw	\$22.49
0999458	6/8 OZ	ANNIES	DRESSING,OG,BUTTERMILK	O2	\$22.49
0297648	M3 1/9 OZ	ARKNTL	PET JERKY,BEEF,JOINT RESC		\$9.65
0297655	M3 1/9 OZ	ARKNTL	PET JRKY,CHKN,JOINT RESCU		\$9.65
0595652	M3 1/12.7 OZ	BABYOG	TODDLR,FORM,OG,DAIRY,KSHR	O2K	\$10.42
0445577	12/4.25 OZ	BELA	SARDINES IN HOT SAUCE	Kgwd	\$29.35
0445593	12/4.25 OZ	BELA	SARDINES IN TOMATO SAUCE	Kgwd	\$29.35
0656744	12/4.25 OZ	BELA	SARDINES IN OLIVE OIL	Kgwd	\$29.35
0181487	4/6 PK	BLUSKY	SODA,JAMAICAN GINGER ALE		\$14.69
0181586	4/6 PK	BLUSKY	SODA,BLACK CHERRY		\$14.69
0245480	4/6 PK	BLUSKY	SODA,ORANGE CREME		\$14.69
0539940	4/6 PK	BLUSKY	SODA,NATURAL GRAPE		\$14.69
0175877	4/16 OZ	BOB'S	FLAXSEED MEAL,OG	O1K	\$16.85
0427500	4/16 OZ	BOB'S	SEEDS,CHIA	K	\$29.41
0461673	4/24 OZ	BOB'S	FLAXSEEDS	K	\$12.85
0125385	12/2.4 OZ	CLIF	CLIF BAR,OG,COOLMINT CHOC	O3K	\$15.55
0472183	12/2.4 OZ	CLIF	CLIF BAR,OG,APRICOT	O3K	\$15.55
0758631	12/1.59 OZ	CLIF	MOJO BAR,OG,HNY RST PNUT	O3K	\$15.55
0884916	12/2.4 OZ	CLIF	CLIF BAR,OG,BLUBRY CRISP	O3K	\$15.55
0446377	12/2.4 OZ	CLIF	BUILDER BAR,COOKIES N CRM	K	\$21.07
0446385	12/2.4 OZ	CLIF	BUILDER BAR,PEANUT BUTTER	K	\$21.07
0160085	6/18 OZ	CNTRYC	OATS,OG,OLD FASHIONED	O1K	\$16.86
0160143	6/18 OZ	CNTRYC	OATS,OG,QUICK COOKING	O1K	\$16.86
0232678	6/10 OZ	CROFTR	PREMIUM SPRD,OG,CNCRD GRP	O2vgwdt	\$18.60
0677724	6/10 OZ	CROFTR	PREMIUM SPRD,OG,MRELO CHR	O2	\$18.60
0682013	6/10 OZ	CROFTR	JUST FRT SPRD,OG,APRICOT	O2	\$21.11
0682203	6/10 OZ	CROFTR	JUST FRT SPRD,OG,BLK CRNT	O2	\$21.11
0683086	6/10 OZ	CROFTR	JUST FRT SPRD,OG,STRWBRY	O2	\$21.11
0564468	6/32 OZ	FAMLIA	MUESLI,SWISS,ORIGINAL	K	\$39.53
0601708	6/32 OZ	FAMLIA	MUESLI,SWISS SUGAR FREE		\$39.53
0447177	6/16 OZ	FDLIFE	CRL,OG,EZEKIEL 4:9,ORIGNL	O2Kvd	\$29.39
0447219	6/16 OZ	FDLIFE	CRL,OG,EZEKIEL 4:9,ALMOND	O2K	\$32.15
0131532	12/9 OZ	GARDEN	CHIPS,OG,MULTIGR,SEA SALT	O3K	\$34.87
0213207	12/9 OZ	GARDEN	CHIPS,OG,BLUE CORN	O3K	\$34.87
0213009	12/9 OZ	GARDEN	CHIPS,OG,BLUE CORN,N/S	O3KI	\$34.87
0214809	12/9 OZ	GARDEN	CHIPS,OG,BLUE CORN,REDHOT	O3K	\$34.87
0476366	6/125 GM	GLUTIN	CRACKERS,CHEDDAR	gw	\$23.41
0476382	6/125 GM	GLUTIN	CRACKERS,MULITGRAIN	gw	\$23.41
0476465	6/125 GM	GLUTIN	CRACKERS,ORIGINAL	gw	\$23.41
0476606	6/125 GM	GLUTIN	CRACKERS,VEGETABLE	gw	\$23.41
0596288	4/12 PK	GRNFRT	DBL ROLL,BTH TISSUE 2PLY		\$43.52
0719187	30/1 ROLL	GRNFRT	PAPER TOWEL,SIZE YOUR OWN		\$50.77
0333518	8/64 OZ	IMAGIN	RICE ENRICH BEV,OG,ORIG	O2Kqd	\$36.73

**PLEASE NOTE:**

These items are not available for rain checks. If you need assistance ordering please email Ken at [krfarms@tds.net](mailto:krfarms@tds.net) or please call Lynn at (608) 329-4807.

## Winter Farmers' Markets and Order Drop Points

(Preordering is highly recommended)

### Markets

#### Milwaukee Markets

**Bayview - Every Saturday through May, St. Ann's Center**

2801 East Morgan Ave., 8:00 am to 12:00 Noon

**Discovery World - Second Saturday every month through May, (Mar. 12, April 9, May 14), 500 N. Harbor Dr., Milwaukee.**

10:00 am to 2:00 pm.

**Urban Ecology Center - CSA Open House, March 12,**

1500 East Park Place, 11:00 am - 4:00 pm.

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#### Harvest of Hope (by church)

**Sat. Feb 26: 9:00 am - Noon**

Grace Evangelical Lutheran Church , 1209 N. Broadway, Milwaukee , WI

**Sun. Feb 27: 11:30 am - 2:30 pm**

Heritage Congregational Church, 3102 Prairie Rd , Madison , WI

**Fri., Mar. 4: 4:30 am - 7:00 pm**

St. Mary's Catholic Faith Community, 9520 W. Forest Home Ave, Hales Corners, WI

**Sat., Mar. 5: 8:00 am - 11:00 am**

Westminster Presbyterian, 4100 Nakoma Road, Madison, WI

**Sun., Mar. 6: 9:00 am - 12:30 pm**

Lake Park Lutheran, 2647 N. Stowell Ave., Madison, WI

**Sat., Mar. 12: 9:30 am - 2:00 pm**

First Unitarian Society, 900 University Bay Dr., Madison, WI

**Sat., Mar. 19: 8:30 am - 2:00 pm**

Sun Valley Presbyterian Church, 1650 Sun Valley Dr., Beloit, WI. Breakfast available mostly with Ruegsegger Farms Products.

**Sun., Mar. 20: 8:00 am - 11:30 pm**

First United Methodist Church, 203 Wisconsin Ave., Madison, WI

**Fri., April 1: 4:30 pm - 7:00 pm**

St. Mary's Catholic Faith Community, 9520 Forest Home Ave., Hales Corners, WI

**Winter Drop Points**

We will deliver to Madison Tuesday night as usual

- Kenosha (Downtown)
- Lake Mills (Home delivery)
- Madison (Home delivery)
- Milwaukee (Several locations)
- We will deliver to Madison Tuesday night as usual
- Racine (Near Highway 20 and Green Bay)
- Watertown (South side)
- Wauwatosa (Near 68th and Milwaukee)

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

***We'll see you at the market!***



Lamb Chops --Photo by karenury

### **Recipe: Lamb Chops**

by Flora Underwood

#### **Ingredients**

- Lamb chop (1 inch thick)
- Italian breadcrumbs
- Rosemary
- Dijon mustard
- Mint jelly

#### **Directions**

1. Rub dijon mustard on both sides of chops and roll chops in breadcrumbs.
2. Then sprinkle rosemary on a paper plate and place chops in it.
3. Stand in baking dish and bake at 350 degrees for approximately 30 minutes.
4. Serve with mint jelly.

Adapted from [www.food.com](http://www.food.com)

## Finally ...

### **Winter woes:**

Another month has passed since I last wrote. Winter has broken, at least for a little while.

Although I do enjoy Winter, the 18 inches of snow and 20 degrees below zero temperatures will not be missed. It took us about a week to get completely plowed out from the blizzard on February 1st. We had the worst freeze ups at our stream that I can recall. Only twice before in my life have I had to break ice so the cattle can drink.

This year Sherrie and I had to go downstream about 100 feet from the main crossing and break ice, snow and slush. The snow drifted over the stream and dammed the water, then all the snow turned to slush as the water level rose. At the base of the action we cut, chopped, and broke up the ice jam into little bits so they could float downstream. If we did not break them up small enough, we had to go further downstream and break up the new ice dams that were forming.

What started out to be a few inches of ice quickly became a couple feet of ice/snow/slush mix. Of course as any snow hit the water it instantly became a large chunk of slush which again needed to be broken down before it caused another jam. All this while standing in about a foot of water. I realized my water resistant boots were not water proof and I ended up with both boots full of freezing cold water.

Finally we reached the crossing. By this point the snow was about four feet deep. The crossing is 16 feet wide and about 30 feet across, most of which was water saturated snow quickly turning to ice because of the quickly dropping temperatures.

We were able to get the stream opened before the cattle ventured the many five foot drifts and were home, ready for a drink after the 24 hours of storm bearing.

I broke enough access for the cattle to safely enter the stream to drink and let them have at it. It was not until days later that I was able to get the skid loader to the stream and remove snow mechanically. By this time the snow and water mix was frozen so hard that we needed to hire a back hoe with tracks to dig out all of the ice. All this made the other six days of digging everything else out seem less eventful.

No cattle were lost; the sheep were contained indoors because of four foot drifts, the pigs were afraid to cross the two foot drift in front of their door, and the eight-month-old calves were shut in by a seven foot drift.

Now that the deep cold has let up, we are having trouble driving off of anything that is not paved or graveled... Oh the joys of Spring!

Less than a week ago the furnace broke at the store. This was, of course, the night that it was 20 below zero. The store was 40 degrees and the furnace was shooting flames through the heat exchanger. The good news is that the building did not burn down!

As I write this today; Thursday, we are finally getting a new furnace installed and will be cozy before the day is over.

Thank you,

*Ken and Sherrie Ruegsegger*

Adversity makes men, and  
prosperity makes monsters.

~Victor Hugo~

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.*

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