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April 2011

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A few of our chicks, available for you now.
--Photo by Bill Lubing

Hello friends,

Spring means four things: Chicks, compost, seeds, and plants.

Chicks

Though they have been going fast, we have several Buff Orpington chicks available. Orpingtons are heavy dual/general purpose birds that weigh seven to ten pounds. They lay between 110 to 160 eggs a year and they do not stop laying in the winter. Eggshells are yellow/brown in color with a size range of medium to large. They have excellent meat quality. Orpington can get broody and make very good mothers. For those raising chickens in the backyard, these ones are great!

We also have around 200 (13 week old) Red Stars and about 50 Aracanna pullets ready to go as well.

These young hens will be laying in June and the Baby Buffs will be laying by late Summer. There are plenty of mature egg layers still available too from one to two years of age, all laying heavy.

Compost

We are now in compost delivery mode. And we'd be happy to bring you meat, eggs, milk, cheese, and more at the same time.

Compost is going to be limited this year as we have been selling it faster than we can make it. Now is the time to buy it.

If you want to order compost now for delivery at a later date, please indicate so when you order. If fuel costs keep going up so will delivery... another reason to get it early.

Through April with any meat order of \$100 or more I will cut the delivery charge for the compost in half.

Seeds and Plants

Transplantables and heirloom seeds are available at Paoli Local Foods. We can deliver the plants and seeds as well.

CSA Memberships are Winding Down

This season we're seeing a huge demand for our CSA. It's not surprising considering the unique features of our CSA offer you the choices of a buying club, including:

- When to Order
- What to Order
- Where to Pick Up
- Length of Membership

We're soon going to have to close new CSA memberships for this season. If you'd like one, please don't hesitate to sign up.

Ham and Lamb For Easter

We have some wonderful Easter hams and leg of lamb available for the holiday. You can order at www.naturalmeats.org then click 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.

Winter Farmers' Markets and Order Drop Points

**We are Seeking
Farmers' Market Help
in Milwaukee and Madison.
Please Help Spread the Word!**

Markets

(Preordering is highly recommended)

Milwaukee Markets

Bayview - Every Saturday through May 7, St. Ann's Center

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

Discovery World - Second Saturday every month through May, (April 9, May 14),

500 N. Harbor Dr., Milwaukee.

10:00 am to 2:00 pm.

Winter Drop Points

We will deliver to Madison Tuesday night as usual

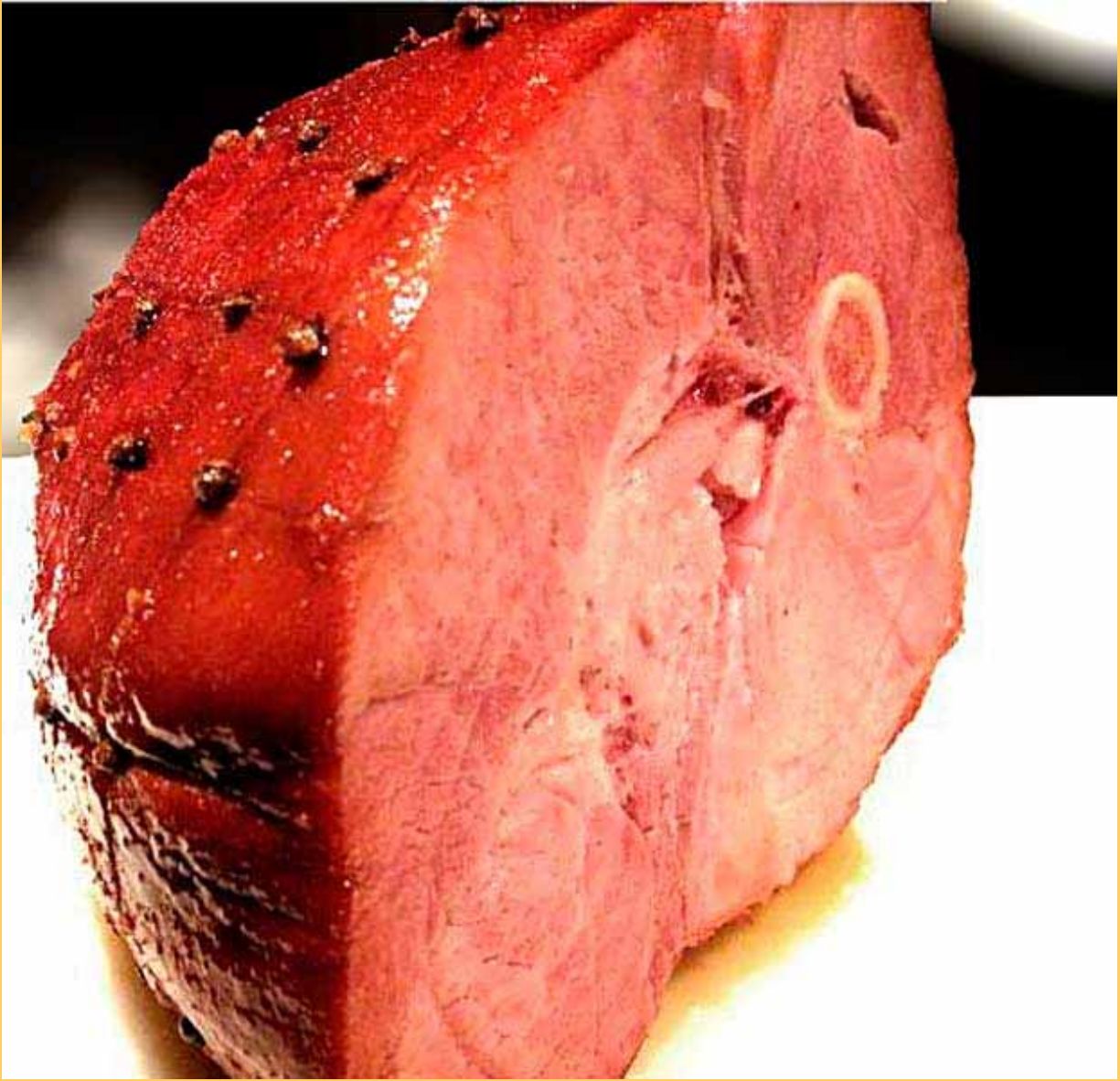
- Kenosha (Downtown)
- Lake Mills (Home delivery)
- Madison (Home delivery)
- Milwaukee (Several locations)
- We will deliver to Madison Tuesday night as usual
- Racine (Near Highway 20 and Green Bay)
- Watertown (South side)
- Wauwatosa (Near 68th and Milwaukee)

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.

We'll see you at the market!



Louisiana Baked Ham --Photo by Love to Eat!!

Louisiana Baked Ham (Perfect for Easter!)

by William (Uncle Bill) Anatooskin

This is a delicious ham that can be served with a nice [garlic gravy](#). Delicious!

Ingredients

7 -10 pound bone-in ham, pre-cooked
30 whole cloves
1 large onion, sliced
3 cups brown sugar, lightly packed
4 tablespoons all-purpose flour

3 tablespoons honey
3 teaspoons dry mustard
1/4 cup white vinegar

Directions

1. Preheat oven to 350 degree F.
2. Score skin on ham in a diamond pattern.
3. Insert cloves where score lines cross.
4. In a roasting pan, place ham and add onions.
5. Roast in preheated 350 degree F oven for 1 hour.
6. In a mixing bowl, combine brown sugar, flour, corn syrup, dry mustard, and vinegar. Mix well to combine.
7. Remove ham from oven.
8. Pour brown sugar mixture over ham.
9. Return ham to oven and increase heat to 450 F. Cook for another 30 minutes, basting at least twice during this cooking period.
10. Remove ham from oven and continue basting as ham cools and until glaze starts to harden.
11. Remove sliced onions and reserve to make gravy.
12. Slice and serve ham hot or cold.

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



Here is a small sampling of the gluten-free products we carry at the store. These items can be ordered for delivery as well.

--Photo by Bill Lubing

Finally ...

**Spring has finally sprung
at Ruegsegger Farms!**

Hearing the birds singing outside of our bedroom window in the early morning is one of

the most earthly sounds ... what a way to wake up.

We just completed our newest greenhouse; actually I call it a cold frame because it is attached to the house. Something I have envisioned for about 30 years was to walk out my patio door and into a glass room full of plants. It is not yet full but at the moment it is housing 225 heirloom tomato plants ranging from 5" to just over 12" tall.

The "Granary" greenhouse that we built last year is full of mostly peppers, but also contains cabbage, cucumbers, watermelon, Brussels sprouts, and many more veggies. Today we cleaned out the cold frame below the "granary greenhouse" as all those peppers will be overcrowding the greenhouse by next week. There are still many more seeds to plant.

We have planted most of the potatoes. Eighteen of the raised beds contain peas, radish, kohlrabi, and !?! ... I'm sorry but at 12:30 am I just cannot remember what else was planted today.

We uncovered the garlic only to see that it is already 4" high. The spinach should be poking through any day now. I expect to see the onion sets shooting up green by the end of the week as they were in the ground on March 17th and we had a good rain the other day.

Our first calf was born on Sunday. Those baby beef calves are the coolest animals. They are strong, healthy, fast, and mostly just adorable. There are several lamb on pasture, pigs will be [farrowing](#) any day now.

The new pig pastures worked so well last year that we hope to add two more lots this year. The combination of all that extra grass and finishing on all barley for the grain portion of their ration has given our pork a flavor that has driven sales through the roof.

We are constantly stiving for less GMOs all the time. We must all try to avoid them at all costs before our food supply (not to mention our safe food) is vulnerable to be wiped out by mans' greed. Please support banning GMO alfalfa. Also avoid as much corn, soybeans, and GMO sugar beets as you can. These are dangerous foods.

Back to the beauty of the land: I saw a huge bed of flowers all in bloom today. They were on the South side of a building but nonetheless, a sure sign of Spring.

As mentioned in the opening, we may need to stop offering our CSA options later this month. So many people have found out that with our CSA you can order what you want and when you want that we have been selling them faster than we ever anticipated.

We still have several CSA shares available and are offering them on a first come, first served basis. They will become available again at a later date as the current ones are fullfilled. The cost is likely to go up as is everything else agricultural. Your best bet is to buy now, save, and have a secure, safe food supply for six or twelve months.

We thank you for your continued support at our store in Paoli, the Harvest of Hope Markets in Madison and Milwaukee, and our weekly markets in Milwaukee. Please remember that we have soy-free eggs plus other products available Wednesday, Friday, and Saturday at [Sweet Water Organics](#) on South Robinson in Bayview.

Thank you,

Ken and Sherrie Ruegsegger

Find us on Facebook 

"Life is like an onion.
You peel it off layer by layer
and sometimes you cry."

~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



Eating locally is a moral and spiritual responsibility.

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