



January 2010 CSA Update

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CSA SALE ON NOW
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*Pasture-raised beef, like ours, tastes better because of the diverse mix of healthy plant life found on our pastures.
--Photo by Bill Lubing*

Good morning friends,

Winter is about half over and we have had a nice break from the bitter cold. So far we have escaped the deep freeze. In my opinion the prolonged 0 degrees will satisfy my desire for minus 20 degrees, at least for this winter.

All the cattle are healthy and the "Soy-free" chickens are laying again.

We have begun work on our new green house and plan on planting seeds in just a few weeks. Baby chicks are due on February 5th and the 14th, baby turkeys on March 5th.

Our first [high tunnel hoop house](#) is scheduled for erection this summer so we will still be able to plant late Fall crops to keep you in supply next Fall and Winter. This means more carrots, potatoes, spinach, lettuce, kale, and much, much more will be available in greater quantities, later in the season.

Farmers' Markets

Madison Market:

January 30th at St. Thomas Aquinas Church, 602 Everglade Drive.
(Just East of Gammon Road on Old Saulk Road, then right on Everglade Drive).

Watertown Market:

At "The Market" on Water Street on February 6th, Time TBA.

Milwaukee Markets:

Grand Avenue Mall, February 3rd and 17th
Harvest of Hope Market February 14th, location TBA.



Last summer's garden was able to supply an impressive variety of fresh fruits and vegetables. With the addition of our first high tunnel hoop house, we'll be able to offer even more.

CSA Sales are Needed Now!

Yes, it's mid January and we are in need of funds for property taxes and buying hay. The cattle are eating more than two tons of hay a day and property taxes are due January 31st.

If you are close to ending your [CSA](#) and were planning on renewing soon anyway, this would be a good time to help us out. If you have been considering a CSA, now is the perfect time to act on it.

Remember, 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 and you even get to choose when you get your CSA packed. Best of all... you save about 10% on your CSA purchases by prepaying.

Now through January 31st, we are accepting a credit card payment of any CSA purchase of \$550 or more. (We normally only accept cash or checks for CSA purchases).

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.

The CSA offered by Ruegsegger Farms falls into a 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.

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. And remember, we're accepting credit card CSA payments through January 31.

**Portions adapted from www.localharvest.org*

Finally ... Our Café is OPEN!

It's not yet completed but seating is available. Come in and enjoy our homemade soups, hot or cold sandwiches, or maybe we'll have a fresh batch of my famous Goulash or Sherrie's Lasagna.

The Café is open during normal store hours:
Monday - Friday 10:00 AM to 6:00 PM, Saturday 9:00 AM to 4:00 PM
Store phone: (608) 845-FOOD

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

[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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