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January 2011

Join Our Mailing List!



Under the grip of winter snow.
--Photo by Weaver1820

Good Morning All,

We hope you are all having a great holiday season. The weather cooperated pretty well, a little snow but not enough to keep anyone from traveling in and around the Midwest.

Personally we enjoyed the company of a lot of family and friends we have not seen for a year or more. In peak festivity, we had eaten four, yes 4, holiday meals (or should we say 'Feasts'). This included Ken's mother, siblings, in-laws, nieces, nephews, etc. ... on Christmas Eve.

Christmas morning we were surprised by a visit from Ken's youngest brother, who had not been back to the farmhouse for Christmas since 1976. The children enjoyed the old sledding hill. Afterward we feasted on an eight course old fashioned breakfast that Sherrie had prepared.

For dinner we were invited to a friend's house and were accompanied by two of our sons. Later that day; within 24 hours of our first meal, we had supper with our oldest son and his family who were not able to join us for the other meals and family times.

These were followed by two more Christmas meals, one on Sunday, and one on Thursday evening.

Whether you measure wealth in good family and friends or a bounty of good, clean, safe, local food ... we are certainly blessed by all of the above.

Thank you

Ken and Sherrie Ruegsegger

January Specials

Firewood and Hardwood Pellets

- We are now offering **firewood and hardwood pellets**. These are both of the highest quality and are included for exchange on our CSA.

The firewood is deliverable in South Central Wisconsin, and the pellets may be picked up at the store and are deliverable to Southwest, Southcentral, and Southeast Wisconsin.

Hog Orders

- Orders for one-half or whole hogs are due by January 15. These are the last of the Berkshires until next summer.

If you have any questions about ordering, please contact Lynn between 8:00 am and 5:00 pm Monday through Friday at 608-329-4807.

Root Vegetables

- Just a quick note to let you know that we still have plenty of root vegetables from last summer's harvest. Check the [web site](#) to order.

Paoli Market Specials

- The store will be open from 10:00 am until 3:00 pm tomorrow, January 1. We'll be

offering 10 percent off **all of our meats** that day only.

We're featuring 10 percent off **all dry good packaged items** tomorrow, January 1 and through the **rest of January**. These are in-store specials only. Please mention this eNewsletter offer because it is only good for you, our eNewsletter customers after January 7.

If you have room in your freezer tomorrow offers you a wonderful opportunity to save on meat, and many other items in the store.

Madison Home Delivery Specials

- We are offering free home delivery every Tuesday evening for the Greater Madison Area. A minimum order may apply for the free service.

Our Unique CSA

- January is traditionally the time when folks sign up for our CSA. Read more below about our unique advantages.

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

(Preordering is highly recommended)

January Markets:

Milwaukee Market

Downtown - Wednesday, January 5 and 19: Grand Ave. Mall,
275 West Wisconsin Ave. Milwaukee. Inside Second Street Door.
10:00 am - 2:00 pm.

East - Saturday, January 8: Discovery World

500 N. Harbor Dr., Milwaukee. 10:00 am to 2:00 pm.

South - Saturday, January 8, 15, 22, and 29: St. Ann's Center

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

Madison Market

West - Saturday, January 29: St. Thomas Aquinas

602 Everglade Dr. 10:00 am - 1:00 pm.

Harvest of Hope (by church, all dates)

Sat. Jan. 29: 10:00 am - 2 :00 pm

St. Thomas Aquinas, 602 Everglade Dr., Madison

Sun. March 6: 9:00 am - 12:30 pm

Lake Park Lutheran, 2647 N. Stowell Ave., Milwaukee

Sun. Mar. 20: 8:00 am - 12 noon
First United Methodist Church , 203 Wisconsin Ave. Madison

Note: In February and March there are many more Harvest of Hope markets in Madison and Milwaukee. Please view them at www.naturalmeats.org/ORDER/A.FARMERS MARKETS

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!



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

Recipe:
The Key to Great Soup is
Excellent Home Made Stock



Turkey soup. --Photo by WiGal

If you're looking for that great home made taste in your next batch of soup, forget those lumps of grease and salt they call a bullion cube. The key to a great soup is the stock, quality of vegetables and/or meats, and proper seasoning.

Key to Great Stock

Great stock is made from vegetables and/or quality beef, poultry, lamb, or other animal bones. We make chicken and turkey stock in the store and sell it in one or two pound frozen containers. You can also make your own. Remember, when that chicken or turkey carcass is picked clean after a delicious meal, there is still plenty of goodness to be extracted!

We Offer Great Ingredients

We offer a good supply of bones (marrow, knuckles, ribs without meat, and ribs and marrow with meat) that you can use to make a hearty stock. Many people just drink the broth warm by itself, while most prefer to add veggies or even our already cut up stew meat.

As we mentioned earlier, we also have plenty of root vegetables available from last season, along with the seasonings, spices, and of course, the advice from Sherrie's many years of soup-making experience that will give your soup that comforting home-made flavor. We invite you to check out our huge supply of beans, barley, and cheeses to complement your soup or stew.

Yup, You Can Freeze It

When preparing your own stock, think larger rather than smaller quantities. Unless you plan on making a cream soup, most of them freeze very nicely. Freeze your soup in the same canning jars that you use for storage in the pantry; just make sure to leave at least an inch of head room for expansion.

Remember, liquids expand when frozen. We've learned through experience that skimping on head room leads to cracked jars from the freezer. If you're not a home canner, common plastic containers will work. Just make sure to observe the same head room requirements.

We generally freeze soup in quart jars. Taking them out of the freezer and placing them in the refrigerator a day or two before use allows them to properly thaw while transferring the "cold" energy of the freezer to the refrigerator, saving us a few pennies.

Recipes

Here are some recipe sets that we hope give you inspired, delicious meals based on the most comfortable of dishes, home made soup!

[Recipes to Make Stock](#)

[Mainly Vegetable Soup](#)

[Mainly Meat \(beef\) Soup](#)

[Mainly Turkey Soup](#)

[Mainly Chicken Soup](#)

[Mainly Cream Soups](#)

Recipes from
www.food.com

A Quick Break Before the Cold Returns

These warm days are a welcome break from the long, cold days of winter. Last year I think it was cold from December 1 until early March without a break. So I will take two days of relief.

Yesterday we spent a lot of time cleaning, chipping ice, and removing extra snow and ice. Today we are preparing for everything to freeze again.

What will next week bring? "Home Delivery" resumes on Tuesday. "Farmers Markets" begin Wednesday.

For the cattle as it is for us, this weather is both good and bad. They get a break from sub freezing temps but also endure a wetter type of moisture.

The snow shakes off but rain penetrates the hair coat. The livestock indoors are faced with frost coming out of the walls, which makes more moisture in the air. If not properly ventilated this moisture can cause respiratory issues.

Because we keep our livestock outside as much as possible we do not have automated ventilation equipment in our barns. This means that we open doors and vents part way some times, all the way in warmer weather, and closed tight in cold weather. This also depends on wind, moisture, size of animals, and so on.

In short, very close attention to weather forecasts and knowledge of history in each individual case of building and animal group is necessary.

It's all in a day's work. But not so much work that we can't take a few hours at the end of 2010 to reflect, give thanks, and speculate a little about the coming year. Along with

that, of course, will be those few hours where we can enjoy each other's company in the short break we share before the new year is upon us.

Have a happy, safe, and healthful New Year. And thank you for another year of your continued support!

Ken and Sherrie Ruegsegger

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.

~Margaret Mead~

[Ruegsegger Farms](#)

Ken and Sherrie Ruegsegger
Natural Meats
608-523-4705

[Paoli Market](#) [\[MAP\]](#)

6895 Paoli Road
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608-845-FOOD (3663)
Open Monday-Friday 10-6
Saturday 8-4



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