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Beef • Pork • Poultry & Eggs • Veal • Lamb • Sausage • Bison • Ostrich • Dairy

**February 2011**

Join Our Mailing List!



Warm under the heat lamps, our new chicks will be full grown before you know it.

Good morning friends,

**The 'Not So Bad' Part of Winter**

Well here we are in the "dead" of Winter, mid January and expecting the coldest night of the year. For me... I love it!

Yes, the cold is uncomfortable for man and beast. But if you dress for it and prepare yourself and your surroundings, it is not all that bad.

On our farm all the equipment needed to clean the pens, move snow, and feed the cattle will be finished today. We will not need to start the big equipment until Monday when they are forecasting temperatures in the 20s. Meanwhile the cattle have put on their winter coats, the chickens have an extra layer of down, and the sheep have wrapped themselves in an extra thick wool blanket.

### **Tax Season Means CSA Specials**

The part of Winter I do not like as much is property taxes. With the big expense of feeding more than a ton of hay a day we always struggle having enough funds to support our local government.

For this reason we are inviting you to purchase one of our unique CSA memberships yet this month. If you already have a CSA, you may update it now as well.

This is (normally) the only time of year we allow credit card use to purchase a CSA. If you need to use a card, we will accept a card for a CSA purchase up until January 31, 2011. If you do not need to use a card, we do prefer checks. Our CSAs are available for store pick up, home delivery (within our regular routes) or any farmers' market pick up. If you have any questions please do not hesitate to call me directly at (608) 558-5566.

Thank you

*Ken and Sherrie Ruegsegger*

## **Products in Volume**

### **100% grass-fed Angus Beef**

2 quarters available in February

### **Berkshire Pork**

4 sides available in February

### **Corn finished Lamb**

4 sides available in February

### **Chicken**

Buy 10 get one free. Must order  
by 2/4/11 to get a free one

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## **Always Available**

Soy-free Eggs

Whole

Chicken, Turkey, Pheasant, & Ducks

Cuts

Beef, Pork, Lamb, Chicken, Turkey,  
Buffalo, Elk, Rainbow Trout,  
and much, much more!

**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.

***February Case Specials***

*Order by the Case and Save!*

***Order Deadline is this  
MONDAY, JANUARY 24  
at 4:00 PM***

***For a printable version of this list***

***[Please click here.](#)***

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

February Extra Specials Effective Ship Dates Saturday January 29-Friday February 25, 2011

PROD #	M3	SIZE	BRAND	PRODUCT	WRHS	INFO	REG CS
<b>BULK</b>							
0657569		14#	BULK B	BANANA CHIPS,OG,SWT		O2	\$38.10
0534206		15#	BULK F	MIXED NUTS,R/S,DELUXE			\$105.69
0626606		25#	BULK H	BEANS,OG,PINTO		O2	\$33.35
0653667		27#	BULK K	PUMPKIN SEED,OG,RAW		O2	\$155.04
<b>FROZEN</b>							
0433433		12/7.7 OZ	ALEXIA	POTATO BITES,SPICY			\$47.42
0514653		12/8 OZ	ALEXIA	MOZZARELLA STIX			\$47.42
0514679		12/8 OZ	ALEXIA	MUSHROOM BITES			\$47.42
0175364		6/16 OZ	APIZZA	PIZZA,REVOLUTION			\$71.00
0175422		6/14 OZ	APIZZA	PIZZA,CHEESE & HERB			\$67.77
0941849		8/9.1 OZ	APIZZA	PIZZA,TOM SCE&3 CHEESE			\$59.34
0295071		12/8 OZ	BLAKE	MAC & CHEESE,OG,VEGGIE		O3	\$62.28
0295097		12/8 OZ	BLAKE	MAC & CHEESE,OG,CHKNB&BROC		O3	\$62.28
0577858		6/11 OZ	CAESAR	MANICOTTI,WF,GF		gw	\$30.64
0577874		6/11.5 OZ	CAESAR	LASAGNA,VEGETABLE,WF,GF		gw	\$30.64
0577882		6/11 OZ	CAESAR	STUFFED SHELLS,WF,GF		gw	\$30.64
0175083		12/12 OZ	CSCADE	FRZN JCE,OG,GRAPE		O2	\$49.94
0223545		12/12 OZ	CSCADE	FRZN JCE,OG,ORANGE		O2	\$49.94
0373886		12/12 OZ	CSCADE	FRZN JCE,OG,APPLE		O2	\$49.94
0502682		12/6 CT	DEWAFE	PANCAKES,A+ CINN,SWT POTA		K	\$34.56
0502922		12/6 CT	DEWAFE	PANCAKES,WHOLE GRAIN	CYDAIG	K	\$34.56
0315929		12/10 OZ	ETHNIC	CHICKEN MASALA		gw	\$52.43
0550145		12/10 OZ	ETHNIC	LEMONGRASS&BASIL CHICKEN			\$52.43
0959965		12/6 OZ	EVOL	BURRITO,OG,BASIC BN & CHS		O3	\$34.55
0960286		12/6 OZ	EVOL	BURRITO,OG,VEGGIE FAJITA		O3	\$34.55
0960310		12/6 OZ	EVOL	BURRITO,OG,TFU SPNCH SAUT		O3	\$34.55
0560201		12/16 OZ	GRAIN	AMAZAKE,ALMOND SHAKE		Kg	\$37.56
0601245		12/16 OZ	GRAIN	AMAZAKE,GIMME GREEN		Kg	\$37.56
0404707		8/9.5 OZ	KINNIK	DONUTS,CINNAMON SUGAR,GF		gwd	\$44.83
0404863		8/11.3 OZ	KINNIK	DONUTS,CHOC DIPPED,GF		gwd	\$44.83
0821918		8/12 OZ	RUDI'S	ENG MUFFIN,OG,WHEAT		O2	\$28.98
0821934		8/12 OZ	RUDI'S	ENG MUFFIN,OG,MULTIGRAIN		O2	\$28.98
0821959		8/12 OZ	RUDI'S	ENG MUFFIN,OG,SPELT		O2	\$28.98
0220327		12/10 OZ	SNOPAC	PEAS,OG,GREEN		O1	\$31.58
0417360		12/10 OZ	SNOPAC	SPINACH,OG,CUT		O1	\$32.60
0107136		12/8 PK	TOFUTI	CUTIES,MINT CHOC CHIP		d	\$49.76
0208272		12/4 PK	TOFUTI	CONES,CHOC COVERED DF		Kvd	\$59.31
0208439		8/12 PK	TOFUTI	FLOWERS,CHOC COVERED		vd	\$46.14
<b>PERISHABLE</b>							
0909283		12/6 OZ	CSCDFR	YGRT,FF,MARIONBERRY		K	\$10.57
0909325		12/6 OZ	CSCDFR	YGRT,FF,APRICOT MANGO		K	\$10.57
0909358		12/6 OZ	CSCDFR	YGRT,FF,CHERRY VANILLA		K	\$10.57
0444406		6/16 OZ	KALONA	COTTAGE CHEESE,OG,4%	CYDAIG	O2Kgwc	\$24.84
0260596		12/8 OZ	LISANT	ALMOND CHEESE,CHEDDAR		gwcl	\$39.60
0443267		12/8 OZ	LISANT	ALMOND CHEESE,MOZZ		gwcl	\$39.60
0967893		6/64 OZ	RICEDR	RICEDREAM,ORIGINAL,FRESH		Kd	\$23.50
0967919		6/64 OZ	RICEDR	RICEDREAM,VAN,FRESH		Kd	\$23.50
0292243		6/64 OZ	SILK	ALMOND MILK,AL NTRL,ORGNL		d	\$23.03
0292268		6/64 OZ	SILK	ALMOND MILK,AL NTRL,VAN		d	\$23.03
0167171		12/10 OZ	STNFLD	SMOOTHIE,OG,PEACH		O2g	\$22.99
0167221		12/10 OZ	STNFLD	SMOOTHIE,OG,BANANA BERRY		O2g	\$22.99
0106344		12/5.3 OZ	TOTAL	FAGE,GRK YGT,CHERRY,2%			\$21.13
0106393		12/5.3 OZ	TOTAL	FAGE,GRK YGT,HONEY,2%			\$21.13
0328153		6/59 OZ	UNCMAT	JUICE,OG,PULP-FR,ORANGE		O2K	\$38.72
0328179		6/59 OZ	UNCMAT	JUICE,OG,W/PULP,ORANGE		O2K	\$38.72
0628297		6/59 OZ	UNCMAT	JUICE,OG,GRAPEFRUIT		O2	\$38.72
0741595		6/14 OZ	WODSTK	TOFU,OG,FIRM,WATER PACK		O2K	\$13.82
0741637		6/14 OZ	WODSTK	TOFU,OG,EXTRA FIRM,WATER		O2K	\$13.82
0247932		12/4/4 OZ	ZENSOY	SOY PUDDING,OG,VANILLA		O2d	\$38.68
0968248		12/4/4 OZ	ZENSOY	SOY PUDDING,OG,CHOCOLATE		O2Kd	\$38.68
<b>GROCERY</b>							
0478479		6/26 OZ	AM	PANCAKE MIX,OG,MULTIGRAIN		O3K	\$22.49
0478578		6/26 OZ	AM	PANCAKE MIX,OG,GF		O3Kg	\$32.36
0478305		6/26 OZ	AM	PANCAKE MIX,OG,BUTTRMLK		O3K	\$22.49
0479766		12/14.7 OZ	AMY'S	CHILI,OG,STHWSTN BLK BEAN		O3vg	\$34.87
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
0437079		6/8 OZ	ANNCHN	RICE NOODLE,PAD THAI		g	\$16.05
0437137		6/8 OZ	ANNCHN	RICE NOODLE,MAIFUN BRWN		g	\$16.05
0578948		6/6.3 OZ	ANNCHN	RCE EXPRESS,BLK PEARL RCE		gw	\$16.51
0823781		6/6.3 OZ	ANNCHN	RCE EXPRESS,SPRTD BRWN RC		vgw	\$16.51
0114256		6/16 OZ	ANNIES	DRESSING,ITALIAN,LIGHT			\$30.77
0321828		6/16 OZ	ANNIES	VINGRT,RASPBERRY,LF		g	\$30.77
0831883		6/16 OZ	ANNIES	VINGRT,LITE HONEY MUSTARD		vg	\$30.77
0177071		12/11 OZ	BARB	PUFFINS PEANUT BUTTER		Kvwd	\$47.75
0519090		6/9 OZ	BARB	PUFFIN PUFFS,FRUIT MEDLEY		K	\$23.87
0528888		6/9 OZ	BARB	PUFFIN PUFFS,FRUIT MEDLEY		K	\$23.87

**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)

### January Markets:

#### Milwaukee Market

**South - Saturday, January 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.

### February Markets

#### Milwaukee Market

**Downtown - Wednesday, February 2 and 16: Grand Ave. Mall,**  
275 West Wisconsin Ave. Milwaukee. Inside Second Street Door.  
10:00 am - 2:00 pm.

#### **East - Saturday, February 12: Discovery World**

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

#### **South - Saturday, Every Saturday: St. Ann's Center**

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

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#### **Harvest of Hope** (by church)

**Sat. Jan. 29:** 10:00 am - 2:00 pm  
St. Thomas Aquinas, 602 Everglade Dr , Madison

**Fri. Feb 4:** 4:30 pm - 7:00 pm  
St. Mary's Catholic Faith Community, 9520 W. Forest Home Ave , Hales Corners, Wi.

**Sat. Feb 5:** 9:00 am - Noon  
St James Lutheran, 425 S. Main St. Verona , Wi

**Sun. Feb 6:** 9:00 am - Noon  
Memorial United Church of Christ ,5705 Lacy Road Fitchburg , Wi

**Mon. Feb. 13:** 9:30 am - 12:30 pm  
St. Mary Nativity, 313 E. Wall St , Janesville , Wi . 53545

**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

### **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!*

### **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)

## **Recipe: Honey Roasted Pork Loin**



Honey Roasted Pork Loin --Photo Caroline Cooks

## **Honey Roasted Pork Loin**

By Lisa in Oregon

### **Ingredients**

2 pounds pork loin (boneless)  
To taste salt and pepper  
1/4 cup honey  
2 tablespoons orange juice  
2 tablespoons olive oil  
1/2 teaspoon thyme  
1/2 cup chicken broth

### **Directions**

1. Preheat the oven to 375.
2. Season the pork and place in a roasting pan.
3. In a separate bowl, mix together the honey, juice, oil and thyme.
4. Pour over the pork.
5. Add the broth to the pan.
6. Bake until internal temperature reaches 150 (45-60 minutes).
7. Baste frequently.



8. Strain the pan juices into a saucepan.
9. Reduce until slightly thickened.
10. Serve over the sliced pork.

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

## Finally ...

We have begun renovating the new kitchen at the store. The new convection oven is in full use making quiche, muffins, breads, and more; requests are always welcome. Fresh salads and made to order sandwiches are always available as are different home made soups.

We are planning on having fresh quiche at St. Anne's Center this Saturday as well as at the store (4 flavors) every day.

Thank you, again, for your support. We appreciate it from the bottom of our hearts!

Thank you,

*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  
Paoli, WI 53508  
608-845-FOOD (3663)  
Open Monday-Friday 10-6  
Saturday 8-4



*Eating locally is a moral and spiritual responsibility.*

Join Our Mailing List!

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