

Having trouble viewing this email? [Click here](#)



July 2011 Beef Sale

[Join Our Mailing List!](#)



Enjoying the sunshine and fresh air on the pasture. --Photo by Bill Lubing

Hello friends,

Here are a few items we thought you'd like to know about.

Tax Time Means a Beef Sale!

We are in peak season and property taxes are due. We currently have seven beef quarters available for delivery on July 30th and August 1. Buy a quarter beef and save \$50.00 off of the total price. Buy a half beef and save \$125.00.

Sale and security deposit must be in place by July 23. Cutting instructions must be received by 6:00 pm on July 25.

New Racine Farmers' Market

We are happy to add a new market to our schedule. The year 'round [Racine County Indoor/Outdoor Farmers' Market](#) is located at 1614 South Street, in Racine. Located in the old produce warehouse behind the Dairy Queen at the intersection of Douglas Ave. and South Street, we're excited be vending at this market.

This new location will enable us to reach our Oak Creek, Racine, Kenosha, and Chicago customers much more easily and effectively. We are starting out on Saturdays only and will soon be vending on Tuesday, Friday, and possibly on Sundays.

Note: Please see below for our full market schedule.

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.

Farmers' Markets

Preordering at
www.naturalmeats.org
is recommended

**We are asking that all orders be picked up
at local farmers markets. We are currently
at 10 different markets per week
to make this easy for everyone.
--Thank You!**

Tuesday:

[Verona Farmers' Market](#), 3:00 pm-7:00 pm, Hometown Junction, 306 S. Main St.

[Watertown River Park](#), 7:00 am to 12:00 noon.

Wednesday

[Lake Mills](#), Wednesday, 2:00 pm to 6:00 pm, In the Commons Park on the North side across from the Library.

Madison (East), [Capitol View Farmers' Market](#), 3:00 pm - 7:00 pm, Sharpsburg Drive in Grandview Commons, Madison, WI.

Thursday

Madison (West), [MadWest Farmers' Market](#), 4:00 pm-7:00 pm, 55 S. Gammon Rd. (in the parking lot of Lussier Com. Ed. Ctr.).

[Mount Horeb Farmers' Market](#), 3:00 pm-6:30 pm, 100 block of North 2nd St. Old Schoolhouse under the Water Tower.

[South Milwaukee](#), 3:00 pm-7:30 pm, 11th Avenue at Milwaukee Avenue.

Saturday

[Milwaukee, Cathedral Square](#), Kilbourn Avenue, 1/2 block East of Jefferson Street. 9:00 am-1:00 pm (608 558-5566). ORDER in advance for best results.

[Racine County Indoor/Outdoor Farmers' Market](#), 1614 South Street at Douglas Ave. 7:00 am - 2:00 pm.

[Waukesha](#), 7:00 am-12:00 Noon at the River Front Plaza.

[Wauwatosa](#), 8:00 am-1:00 pm at the far East end of Watertown Plank Road next to the "Little Red Store" in the Village.

Ordering and Pickup are Easy!
Order on-line then, whenever possible,
pick up your order at the
farmers' market
closest to you!

For more information on farmers' markets go to:

www.naturalmeats.org/ORDER Select "A._FARMERS_MARKETS"

To order on-line, go to <http://www.naturalmeats.org/webcart/order.aspx>

We'll see you at the market!



Ground Beef Gyros --Photo by Pam-I-Am

Ground Beef Gyros

by Cyrene

Ingredients

- 1 (8 ounce) container plain yogurt
- 1/3 cup chopped seeded cucumber
- 2 tablespoons finely chopped onions
- 1 garlic clove, minced
- 1 teaspoon sugar

Directions

1. In a bowl, combine first 5 ingredients.
2. Cover and refrigerate.
3. In separate bowl, combine ground beef and seasonings.
4. Mix well.
5. Shape into 4 patties.
6. Grill, covered, (you can also use a toaster oven or broil these) over medium to high heat for 10 to 12 minutes or until meat is no longer pink, turning once.
7. Cut patties into thin slices.
8. Stuff into pitas.
9. Add lettuce, tomato, and onion.
10. Serve with yogurt sauce.

Adapted from www.food.com



Crock Pot Beef Chuck Barbecue. --Photo by Kittencalskitchen

Crock Pot Beef Chuck Barbecue

by Kittencalskitchen

Ingredients

- 1 (3 pound) boneless beef chuck roast
- 1 teaspoon fresh ground black pepper
- 1 small onion, chopped
- 1 small red bell pepper, seeded and chopped (can use a green bell pepper)
- 1 cup barbecue sauce
- 1/2 cup apricot preserves
- 1 tablespoon fresh minced garlic
- 1 tablespoon Dijon mustard
- 1 tablespoon brown sugar
- 10 sandwich buns, sliced in half

Directions

1. Cut the roast in quarters then place in the crock pot.
2. Sprinkle the roast with black pepper.
3. Sprinkle the chopped onion and bell pepper around the roast.
4. In a bowl combine the BBQ sauce with apricot preserves, garlic, Dijon mustard and brown sugar; pour over the roast.
5. Cover with lid and cook on LOW setting for about 6-8 hours or until the meat is tender.
6. Remove the roast and slice thinly, then return to the crock pot and stir with the sauce; cover and cook for another 30 minutes.
7. Skim the fat from the sauce.
8. Serve the sliced beef with the sauce on buns.

Adapted from www.food.com



Lazing around. Photo by Melissa Smith

Final Word ...

We are hoping your summer is going well. It's the season for barbecuing, family, and great times outdoors.

We so appreciate your support. Hopefully we'll be seeing you at one of the many farmers' markets we attend. If you haven't done so we invite you to visit us at [Paoli Market](#), at 6895 Paoli Road in Paoli. Call us at 845-FOOD (3663) for more information.

Thank you,

Ken and Sherrie Ruegsegger

[Find us on Facebook](#) 

"The block of granite which was an obstacle in the pathway of the weak becomes a stepping-stone in the pathway of the strong."

~Thomas Carlyle

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!](#)

[Forward email](#)

 SafeUnsubscribe

Trusted Email from
[Constant Contact](#)
Try it FREE today.

This email was sent to krfarms@tds.net by krfarms@tds.net |
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Ruegsegger Farms | 75 York Valley Road | Blanchardville | WI | 53516