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Fourth of July 2011

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Our chickens enjoy protected pasture living. We move the houses three times per day so they always have plenty of "the good stuff."
--Photo by Melissa Smith

Hello friends,

Have a safe and enjoyable weekend. We're offering a huge variety of steaks, patties, and brats. In addition, we'll be bringing a good supply of these Fourth of July staples to our three Saturday markets:

[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.

[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.

We highly recommend pre-ordering for pickup at the store or at any of the three markets. We're experiencing heavy demand and it would be most unfortunate if you were not able to get your expected Fourth of July fixings! You can order at www.naturalmeats.org.

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.



We're fortunate to have a cool streaming running through the farm. For those not as fortunate, please take care in the hot weather.
--Photo by Bill Lubing

Wisconsin Emergency Management and the National Weather Service are urging state residents to protect themselves from the increased levels of heat and humidity forecast late this week and over the holiday weekend. Temperatures are expected to rise to the upper-80s to mid-90s on Friday and reach the 80s over the July 4th weekend, and stay warm at night.

In 1995 two major killer heat waves affected most of Wisconsin, resulting in 154 heat-related deaths and over 300 heat-related illnesses. Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes and severe storms.

To help keep cool this summer, here are some tips to keep safe in hot weather:

- Never leave children, disabled persons, or pets in a parked car - even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!
- Keep your living space cool. Cover windows to keep the sun from shining in. If you don't have an air conditioner open windows to let air circulate. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than upper floors.
- Slow down and limit physical activity. Plan outings or exertion for the early morning or after dark when temperatures are cooler.
- Drink plenty of water and eat lightly. Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
- Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
- Don't stop taking medication unless your doctor says you should. Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.
- Infants should drink breast milk or formula to get the right balance of water, salts and energy. You may supplement your infant's fluids with an additional 4 to 8 ounces of water per day, but don't dilute formula beyond what the instructions say (unless instructed by your doctor).
- Taking a cool shower or bath will cool you down. A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

Symptoms of heat-related illness and what to do:

- Heat Cramps - cramps or muscle spasms in the abdomen, arms or legs.
 - Solution: Stop activity. Cool down, drink clear juice or sports drink.
- Heat Exhaustion - heavy sweating, paleness, muscle cramps, weakness, dizziness,

headache, nausea, fainting.

o Solution: Cool down, seek medical attention.

- Heat Stroke - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

o Solution: Call 911 and cool the victim with shower or hose until help arrives.

(Courtesy: Wisconsin Department of Health Services)

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.

[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!



Delicious Southwest Burger --Photo by CulinaryExplorer

A Smorgasbord of July 4 Recipes

Are you looking to do something special with your burgers this July Fourth? Perhaps you need to update your appetizer repertoire and don't have time to thumb through shelves and shelves of cookbooks.

Imagine our dilemma, then trying to pick out that one recipe that would be the best overall suggestion for this Fourth of July recipe. We found a solution that we hope you'll enjoy. Here's the link:

[Summer Grilling](#)

Have a yummy Fourth of July!

Recipes from [food.com](#)



Cow with Calf. --Photo by Bill Lubing

Final Word ...

Just speaking for ourselves, here. There's one simple truth that so many of our politicians, from both sides of the aisle and in between the aisles, don't know about our country. It's not the politics, it's the people.

We love our country because, despite what you may hear in the media, we love our neighbors. We love our neighbors not because of their politics. We love our neighbors because we trust them. They're here for us.

When a fence goes down in a storm we can count on help from a nearby farm. When we could use an extra hand with planting, we see a familiar pick up truck come rumbling to a stop in front of our place. Out come dad and the kids. They gladly give and we gratefully accept.

At harvest time we reciprocate with joy. If the rest of the brood needs watching when a sick child needs a run in to the doctor, we are there for one another.

What is so great about our country is that, at the end of the day, most of us still trust one another.

You all know the way we operate. It's farmers' markets and the store. An order made is an order delivered is an order paid for. We trust our customers because, in a way that feels very real, you're our neighbors.

We count on you. You count on us. We communicate and feel the connection that you share with what we do. What a wonderful way to transact business!

We love selling at the markets because in so many ways they offer the same sense of community, the power of pulling together, we used to feel at genuine threshing bees.

For us the ultimate blessing, the greatest joy that our country gives to us is that we feel safe. Not so much because of what goes on in Washington, hardly that. But because try as some might to tell us it ain't so, it is about community, about caring, about sharing.

It's about the people. That has always been the strength of our nation. It will always be the bond that holds us together. It is the core of the nation that we all love.

Have a safe, thankful, and fun Fourth of July celebration!

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



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