

# Middleton Farm CSA

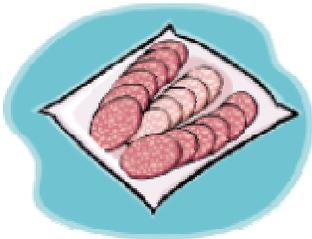
## Newsletter

### What you can expect in this weeks share

...a big smile!



Thanks for a great season!



### Spotlight: Bovines (cont.)

Now that we have learned about the ages of cattle as well as different types, we can now use this information to become a more savvy meat shopper!

Many of us have come in contact with meat prices that sound too good to be true. Chances are, if you look more into what you are buying, you will find the reason why.

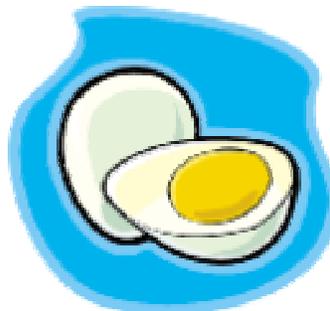
Often we look for deals in our meat and turn to the internet. Craigslist ads offer freezer beef at prices around \$1.50 per

pound hanging weight but what quality is it? Be sure to use the information here to find out exactly what was slaughtered.

Ask questions like, "What breed is it?" This will tell you the portions you should be expecting.

"Was it a male or female and what was their purpose?" Keep in mind, milk and brood cows are usually older when they stop producing meaning a tougher meat. Steers are best between 18 months and 2 years old. Bulls must be a year or less to obtain the same quality of tenderness and some people claim there is a taste difference due to an increase in hormones.

Using this information will make you a more informed shopper and keep you from bad quality meats!



### You may have wondered...

When can I get eggs?

You can find us at the Tridge in Midland from 5-6pm every other Tuesday selling our eggs.

If you are interested in purchasing eggs, please contact Matt with how many dozens you would like so he can bring the correct amount and to get specific dates.

Also, if you know others who are interested in getting farm fresh eggs, please refer them to us!

### Attn: Returning Members!

For those who have already told us you are coming back next year, please be aware that you must **purchase your harvest share in January!**

The Middleton Farm store will offer a 'Returning Members' price for harvest shares. However, come February 1<sup>st</sup>, the offering will no longer be available.

So mark your calendars!

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### For your consideration...

Many people have expressed an interest in having more leafy greens in their harvest shares. We are looking into this but we need some feedback.

Due to the nature of leafy veggies (as well as carrots) the best way to harvest them is on the day you plan on using them. This is because they wilt very quickly (or get rubbery, as with carrots). So in order to get them to you, we will need to go out around 4 o'clock in the morning every harvest share day.

Instead, we would like to consider harvesting in the afternoon and dropping off in Midland on Fridays between 5 or 6pm. This way you can keep your veggies fresh and in good shape. Any leftover veggies can be picked up the next day at the Farmers Market.

Let us know what you think of this option and if you would be willing to participate. Please contact Matt Middleton with your feedback!



### So tell us what you want, what you really really want!

Seed catalogs will be coming in soon!

January is the month of seed catalogs and we will be doing our purchasing in February. So if you have any requests for the 2012 Crop List, please contact Matt Middleton with your requests and suggestions!

### Wanted!

**Spring Volunteers!** - We are currently looking for a few volunteers who are willing to help plant the garden in the spring! Consider getting a group of people together and come up for a couple of hours in the afternoon. Feel the earth in your hands and pick up a few gardening tips in the process!

**Egg cartons** - it would be great if those who have extra cartons would recycle them back into the farm. We appreciate those of you who did bring back cartons to be refilled!

**Freezer** - Currently there is a need for a freezer that has at least 18 cu. ft. for storage. So if you are upgrading, please think of us!

**Working Share Members** - Currently we have a few more working shares available and would like to have them filled before the next crop comes in. Still need 4 or 5 people!

**Support!** - Please support those businesses that carry Middleton Farm products! We can now be found in Midland at Jack's Fruit Market and Nature's Gifts Organic Market.

### Contact Us!

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