

Our food has a story...

January 2019



Merry Christmas and happy New Year to YOU!! Thank you for supporting us throughout 2018, it is truly an honour to be stewards of the land we use, the animals we raise, and the meat we process. We've prayed for you that God may bless not only the fruits of our labours, but those who enjoy them as well. We had chickens, cattle, pigs, and added GOATS to our farm so much has changed and we'd like to fill you in.

Deuteronomy 28:8

“Yahweh will order the blessing to be with you in your granaries and in your activities. He shall bless you in the land which **Yahweh**, your God, gives you.”



No-Till Garden

We finally built a bit of a wind barrier for our no-till garden which is made up of woodchips from the chicken coop and a hog-barn. The fence we put up seemed to help keep our woodchips in place. We have planted kiwi plants and plan on getting grape vines to grow on it as a trellis. It was a real dry year and realized that we would have done

much better had we watered. What grew turned out well but the quantity was poor.

Having said that, our spinach, kale, lettuce, and greens all stayed sweet throughout the season without needing a second or third planting.

Our raspberries continue to grow and thrive so please let us know if you'd like shoots, come get them for \$1 a shoot!



We didn't get as many potatoes as last year but they were the size of Isaac's head!

Chicken & Eggs

Eggs

\$4 a dozen **OR** buy credit for **\$20** for **5** dozen

Either text 306-231-4006 or message online

Available for pick up or deliver to Humboldt.

Chicken



Our pastured poultry is our most popular product on the farm. This year we were blessed to have so many hands to help! We are so proud of all the youth that are learning where their food comes from and how to process it. Our birds are all sold out but we still have **chicken feet** (which are full of vitamins, trace minerals, collagen, and calcium) **heart, and liver for \$3.00/lb**

The number of chickens we raise has continued to increase each year. Our birds get fresh pasture each day along with local feed ration. They benefit by eating healthy forage, dandelions, alfalfa, clover, and various grasses along with protein rich bugs.

Our birds ranged from 3-6 pounds and sell for \$3.50/lb. You'll find an order form at the end of this newsletter.



Our amazing volunteers that come to help with chicken processing!



“You can’t have a healthy civilization without healthy soil. You can’t have junk food and have healthy people.”

Joel Salatin

Cattle

We enjoyed a conference in February with Joel Salatin and Steve Kenyan, and further more learned how to take care of our pasture just as much as our livestock while including our children. We use rotational **grazing** on our farm, which means we are constantly moving the livestock to fresh rested **pasture** to **graze** and let the previous **grazed pasture** rest so that it can grow back undisturbed. This allows the desired forage to grow strong, the microbes below the surface to multiply, and undesirable forage to be trampled for compost.

First year calving turned out really well! Ten heifers and not one needed assistance to push out any babies. It was a HUGE learning curve on the farm but we’re so thankful for family and friends with more knowledge than us!

We took two cows to butcher and are selling grassfed beef. You can purchase a **50lb** pack for **\$350** or a **25lb** pack for **\$175** which includes:

25% steaks, 35 % roasts, and 40 % ground



Hogs

Hogs again were a joy to have on the farm. They’re so laid back and happy to clean up anybody’s apples or scraps from the garden! It’s always fun to watch them root outside and lounge in their element.

We are still offering **10lb** packs for **\$50**, **25lb** packs for **\$112**, and **50lb** packs for **\$215**.

To order a half or whole hog for the fall please fill out order form at the end of this newsletter.



Goats

Our latest addition to the farm are goats! We decided to jump into the goat meat market and bought a herd of 33 goats in May. With little to no knowledge of how to raise them, we have continued to learn and do research. They are a playful creature that are unlike any of our other animals. Docile as a cow, playful as a puppy, and gentle as a potato... that's right, I don't believe our goats could ever hurt anyone!



We look forward to kidding out in late April-May and see newborn kids all over the place. We also got to learn the art of baling. The physical labour of grabbing bales down in the ditch and climbing upward towards the trailer is an exercise that reminds you of muscles you forgot you had! We once again are grateful for family and friends who helped us gather bales for our goats. We made storage inside the barn for bales and renovated for a new goat space.

We sell goats at **\$3/lb** live weight or butchered with skin on at **\$7/lb**



“Teach a child the way he should go, he will not stray from it while he lives.”

Proverbs 22:6

New Entrepreneurs:

Joel Salatin had inspired us to incorporate the children into the farm and help them feel part of it. Our oldest daughter, Elizabeth, is not a fan of dirt, cow pies, and outside chores. We took notice of her gifts and talents. We prayed about how to get her involved and so we asked her about starting a baking business, every farmer needs to eat and thus began Beth's Baking.

Beth's Baking

Beth's Baking has made macaroons, cookies, coconut balls, cakes, and breads. She loves a new challenge and is willing to learn new recipes to please her customers. Soon she'll be preparing special treats for Valentine's Day and Easter. To order her baking, please text: 306-231-4006



Grade A Pet Treats

Alexis is our second daughter and she soon caught on that a business is profitable when you work hard! Her sister was buying stuff all the time it seemed so we sat down and looked at Alexis' gifts and talents. She has a heart for animals and so she came up with the idea to make pet treats. She baked some horse treats for 4H and soon learned to utilize the less attractive cuts by making jerky for dogs and cats. To order her treats, please text: 306-231-4006



Meat Available

Chicken:

Chicken Feet, hearts, livers: **\$3/lb**

Pork:

10lb Package for \$50:

Chops OR Cutlets + Bacon OR ~~Breakfast Sausage~~ + ~~Ground Pork~~ OR + Smokies

25lb Package for \$112:

Chops OR Cutlets + Bacon OR ~~Breakfast Sausage~~ + Smokies + ~~Ground Pork~~ + ~~Ribs~~ + Uncured Roasts with option to add hocks

50lb Package for \$215:

Chops + Cutlets + Bacon OR ~~Breakfast Sausage~~ + Smokies + Uncured Roasts ~~Ground Pork~~ + ~~Ribs~~ + Ham Steak OR ~~Ham~~ option to add hocks

Liver, Heart, and Tongue \$3/lb

Items crossed out are sold out

Beef:

Rump Roast \$6/lb

Eye of Round Roast \$6.50/lb

Boneless Chuck Blade \$6.50/lb

Round Roast \$6.50/lb

Sirloin Tip \$7/lb

Soup Bones \$3/lb

Heart \$4/lb

Liver \$4/lb

Tongue \$4/lb

Brisket \$7.50/lb

Filet Mignon \$20/lb

Rib Steak \$14.50/lb

Porter House \$14/lb

Wing Steak \$14/lb

Sirloin Steak \$12.50/lb

T-Bone Steak \$10/lb

Round Steak \$6/lb

Stew Meat \$6.50/lb

Short Ribs \$6.30/lb

Tenderloin \$20/lb

Ground Beef \$6.25/lb

50lb pack for **\$350** or **25lb** pack for **\$175** with 25% steaks, 35 % roasts, and 40 % ground

Goat:

Goat is **\$3/lb** live weight

\$7/lb butchered skin on. Please expect 1-2 weeks to get your meat.

To order: Please text 306-231-4006 or call 306-682-0775

Check us out on Facebook @PurePasturesSK

Chicken: 2019 Order Form

When ordering a chicken from us, we purchase a live bird, raise it and process it for you. We will call you the week of processing and you will be required to pick up your order the day of processing. A \$5 deposit on each bird, which goes against the final bill, will be required with your order form. Your bird will be in a durable freezer bag at pick up, we do not provide coolers or boxes for transfer.

**** We do not deliver****

******Chicken Orders due March 1, 2019******

I would like to order _____ birds at \$3.50/lb.

Please circle the month(s) you would like your birds:

I would like my chickens in: June July (or divided between)

of birds X \$5 = _____ Deposit due with order

To order **eggs: \$4 a dozen**,
please text 306-231-4006 or call 306-682-0775

Hogs:

When ordering a hog, we purchase a live pig and raise it to butcher weight. We deliver the live hog to Lake Lenore Butcher where the butcher details will be decided by you. You will be contacted to pick up your processed hog once it's ready. We require a \$75 deposit with order that will go against the total bill. The cost is \$3.30/lb per hanging weight (roughly 180lbs a hog) which includes basic cut and wrap. Grinding, sausage, curing and bacon is available at additional costs. Pork will be ready in the fall.

******Hog Orders due March 1, 2019******

I would like to order: _____ whole hog (approx.: \$600)

_____ half hog (approx.: \$300)

#Hogs X \$75 _____ Deposit due at order

Note: Meat cutting list & options will be provided closer to butchering.

Name: _____ Phone#: _____

Mailing Address: _____ City: _____

Postal Code: _____

Email: _____ (if you would like to join our email list)

We accept cash, cheque, or eTransfer. Cheques can be made out to:

Shawn and Michelle Peters

**Box 3866
Humboldt, Sk. S0K2A0**

Ph: 306-682-0775 Send eTransfer to: speters@purepastures.ca

Please feel free to call with any questions or concerns.