

# A Year of Hope



Happy New Year! We are filled with hope and excitement as 2022 comes to fruition! We face new challenges and new obstacles but trust that God will provide. We are eager to share with you some new products that we will be offering and update you on our regular products as well. We are so grateful for your support and pray,

**John 12:36**

“May the sweetness of the Lord be upon us; may He prosper the work of our hands.” Psalm 90:17

*“While you have the light, believe in the light and become children of light.”*

## 2021 Highlights:

- Learned that we have a new little farmer due mid July 2022.
- We processed meat birds in record time!
- Goats were out on pasture and trained on portable electric fence.
- Jacinta sold her first garden produce (pumpkins and potatoes).
- Jacob found a cool fossil rock in the pasture.
- Rotational grazing proved its worth in drought conditions and allowed us to have fresh grass every day until October, even with almost no rain.
- We started to grow microgreen for our family.



Jacob's interesting find in the pasture, a fossil perhaps?

## **\*Price Increase\***

Please be aware that we had to raise our prices. Chicken feed prices have gone up another 20% (since 2021) and Pig feed has increased over 50% since 2020.

We do sincerely apologize for any inconvenience.

\*Please note that if feed prices increase drastically from now until July we may need to increase our prices more, but we will personally notify you of any changes.

# Introducing Microgreens!

**What are microgreens?** They are simply shoots of salad vegetables harvested just after their first leaves appear.

**Why would I want to eat microgreens?** These baby plants pack a powerful punch of nutrition to any diet.

They not only make your plate look beautiful but they bring a fresh flavour of spring to any meal.

**What are the health benefits of microgreens?** The nutrient contents vary depending on what type but most are concentrated in potassium, iron, zinc, magnesium, and copper. They have higher mineral, vitamin, and antioxidant levels than the same quantity of mature plants.



**Fun Fact!** Microgreens can be up to **9 times greater** in nutrient value when compared to their mature variety and **40 times higher** in vitamin and antioxidant levels.

**How do I use microgreens?** Microgreens can easily be 'piggy-backed' into any meal. Use in salads, wraps, sandwiches, smoothies, garnish your finished dish or nibble on as a fresh snack.

**How do I order?** Send us a text or call **306-231-4006** or message us on Facebook. You will receive your order at your door for FREE! We harvest the day before delivery so you have fresh market garden goodness as easily as possible. Just WASH, EAT and ENJOY!

**Sunflower Shoots, Pea Shoots or Salad Mix - Small - 85g - \$5 or Large - 200g - \$10**

**Radish, Mellow Broccoli Mix or Broccoli Brassica Mix - Small - 40g - \$5 or Large - 100g - \$10**

## **4 Week Subscription**

Choose the amount of containers and the types of microgreens you receive weekly.

**2 Small Containers per Week - \$35**

**3 Small Containers per Week - \$50**

**4 Small Containers per Week - \$65**

**2 Large Containers per Week - \$70**

**3 Large Containers per Week - \$100**

**4 Large Containers per Week - \$130**

*\*or substitute a large for 2 small containers*

*\*Please allow a couple weeks for your subscription deliveries to start.*



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

Find us on Facebook: [@PurePasturesSK](#)

Check out our website: [www.purepastures.ca](#)

Subscribe to our [YouTube](#) channel too.

# Chicken: 2022 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 15, 2021\*\*\*\***

I would like to order \_\_\_\_\_ birds at \$4.00/lb.

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

I would like my chickens in: \_\_\_ June \_\_\_ July \_\_\_ Divided Between \_\_\_ Doesn't Matter

# of birds X \$5 = \_\_\_\_\_ Deposit due with order

To order **eggs: \$5.00 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 \$3.00/lb (+\$0.95/lb butchering) per hanging weight (roughly 180lbs a hog) which includes basic cut and wrap. Grinding, sausage, curing and bacon are available at additional costs. Pork will be ready in the fall.

**\*\*\*\*Hog Orders due March 15, 2021\*\*\*\***

I would like to order: \_\_\_\_\_ whole hog (approx.: \$700)

\_\_\_\_\_ half hog (approx.: \$350)

#Hogs X \$75 \_\_\_\_\_ Deposit due at order

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

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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. SoK2A0**

**Ph: 306-682-0775      Send eTransfer to: [speters@purepastures.ca](mailto:speters@purepastures.ca)**

**Please feel free to call with any questions or concerns.**