

Lubbers family farm

Spring Newsletter 2011

Whey-Special Pork

We have discovered the wonders of pork pastured outside and fed whey. Whey is what's left after the creamery makes cheese. Whey is extremely nutrient-dense and the pigs love it. Our son says they "go to war" over it. To describe this pork as whey-special doesn't begin to capture the depth of flavor. These pigs are raised outside, as they were meant to be, along the perimeter of our pastures. They keep the forest at bay while they get to root around, eat acorns, roll in the grass, suck up the whey from the creamery on the farm, and generally revel in their piggyness. They are also fed corn that is organic or locally raised in a sustainable fashion and, of course, scraps from the gardens. This is pork at its very best. You can order a whole hog, approximately 200 pounds hanging weight, or a half. The butcher will call you for your cutting instructions (and help you if you're new at this) and call you again when your meat is ready to be picked up. It will be wrapped and frozen. This pork is \$3.35 per pound hanging weight plus a fee from the butcher of \$32.00 for butchering a whole animal (or \$16.00 for a half), and 50¢ per pound for cutting and wrapping. (Additional fees may apply for special requests such as smoking.)

Succulent Beef

We will be offering only succulent beef this year. We have become major fans due to the tenderness and flavor of this grassfed beef. These animals are born in the spring in a neighbor's field just down the road. They spend the summer out on pasture drinking mother's milk and eating fresh grasses. The pastures are lush and natural. The calves are not given grain or hormones or antibiotics – only grass and milk. They race around in the sunshine "bucking up a storm." Because these animals are relatively young (this is NOT veal!) their meat is especially tender. Recently a chef declared it the best beef she has ever tasted. Don't miss the opportunity to enjoy the best! You can order a whole at approximately 300 pounds hanging weight or a half or a split half (a quarter with meat from both the front and rear portions). The butcher will call you in the fall for your cutting instructions, and will help you if you're new at this. He will call you again when your meat is ready to be picked up – it will be wrapped and frozen. The price is \$4.75 per pound hanging weight plus a fee from the butcher of \$83.00 per whole animal for butchering (\$41.50 for half or \$20.75 for a split half) and 47¢ per pound for a half or whole (or 50¢ per pound for a split half) for cutting and wrapping. (Extra charges may apply for special requests—grinding, etc.)

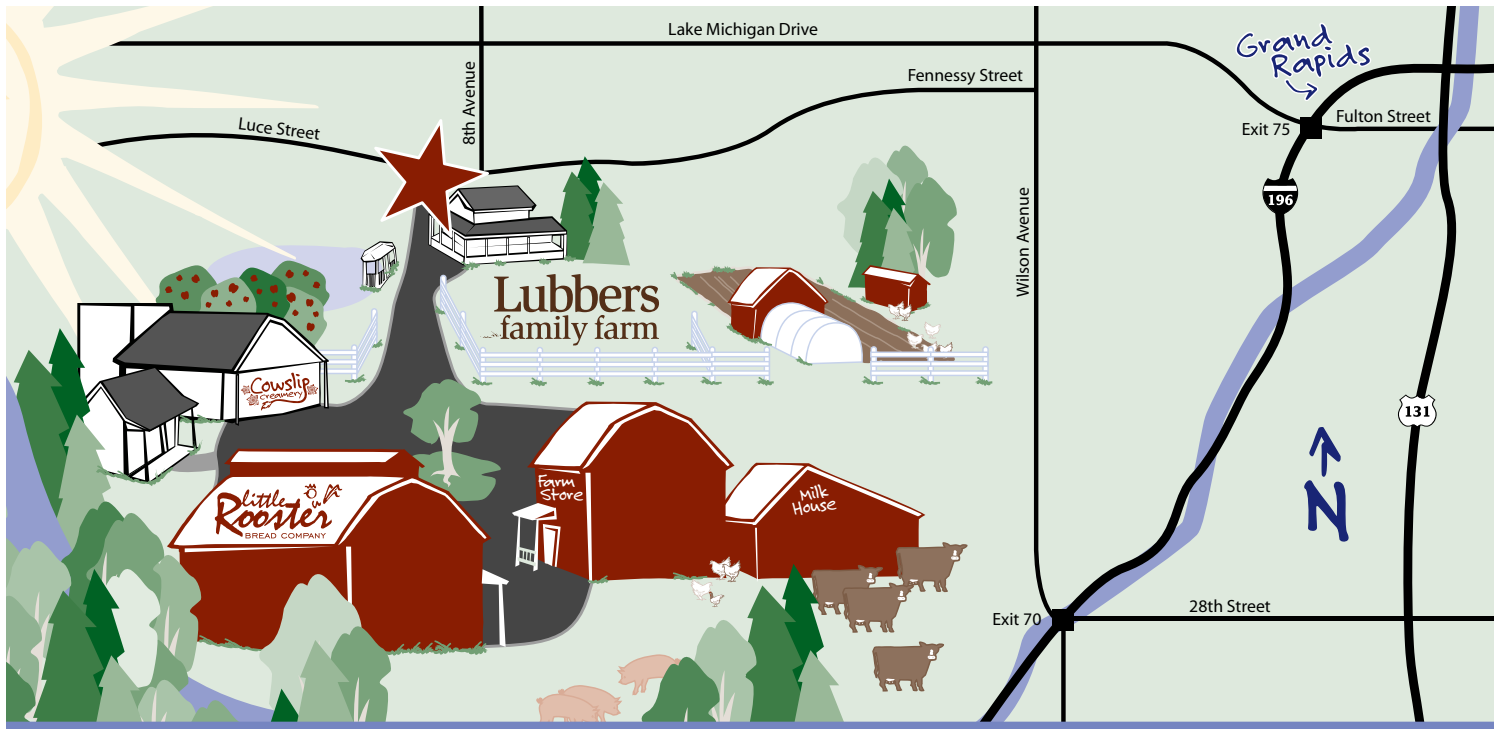
Grassfed Lamb

The lambs are born in the spring here in West Michigan on a friend's farm. They spend the entire summer out on lush pastures frolicking in the sunshine. Their entire diet is mother's milk and fresh grass – no grain, no antibiotics, no synthetic additives of any kind. It's hard to imagine a more nutritious meat, full of flavor. This is lamb as it was meant to be. You can order a whole lamb (about 45 pounds hanging weight) or a half. The butcher will call you in the fall to get your cutting instructions, and then he'll call you again to let you know your meat is ready to be picked up. If you haven't done this before, he will walk you through it. This meat is wrapped and frozen. The price is \$5.00 per pound hanging weight plus a fee from the butcher of \$45.00 per whole animal for butchering (or \$22.50 for a half) and \$45.00 for cutting and wrapping.

Dear Real Food Lover,

*St. Phocas was a second century farmer who offered respite to travelers and who fed his crops to the poor. When soldiers came to execute him (he was considered a threat to the established order of his time), he greeted them with hospitality, fed them and housed them. When they realized he was Phocas they offered to lie, saying they could not find him. Believing the soldiers would eventually be found out, Phocas refused, but he did have one request. He asked that his body be placed in his garden to feed the soil that had fed him so well. We have drifted far from embracing the importance of the soil, from holding it in reverence, from understanding its vital role in life. Read *Dirt* by William Bryant Logan. The book will inform your view for years to come. To ensure that the soil continues to gift us with life-giving sustenance, we must gift back to it what it needs to thrive. In honor of Phocas and his steadfast gifts, Cowslip Creamery has named its first cheese after him. It is an offering of the soil, through the cows, from this place.*

Jeff and Karen Lubbers



The Farm Store

This summer's exciting news is that we will be opening a Farm Store! It will offer our grassfed meats, aged cheeses, fermented breads, pastured eggs, raw farm honey and other offerings from area farmers. It will also offer an opportunity to see the farm, feel its vitality, experience the abundance of a land well honored. We will be sending out additional details in a separate mailing later this spring. Watch for it and experience food at its source.

Cowslip Creamery

Cowslip Creamery is nestled in a lovely outbuilding on our farm. Guided by the passion of Jana Deppe, certified cheesemaker, we make cheese the old-fashioned way, by hand, using fresh milk from the herd of cows on this farm and other area small family farms. We are making fine raw milk aged cheese in the Alpine tradition. Our first offering is Phocas, an extraordinarily approachable cheese made in the traditional Alpine Valley way with a slight washed rind blush. A touch of sweetness, a mild earthy taste with a hint of floral notes and a beautiful, oh-so-slight piquant finish offer a true terroir. Check our website, www.cowslipcreamery.com, to find where to buy this amazing cheese and to learn more about it. Experience real cheese, from the pasture up.

Little Rooster Bread Company

The Little Rooster Bread Company makes bread the old world way, through slow fermentation. We use eggs from the farm, local honey, and organic whole grains milled by a Michigan company. There are no preservatives or any other synthetic additives. Little Rooster is proudly named after an auspicious little rooster who struts around the farm announcing his supremacy. Check our website, www.littlerooster.net, to find where to buy these real breads. Bread is a staple, choose well.

Email: info@lubbersfarm.com Phone: (616) 453-4257

www.lubbersfarm.com

Fresh Milk

Our cow share program is currently full. We do have occasional openings and maintain a waiting list. If you would like your name added to the list, please let us know. We would then contact you when an opening occurs.

Ordering and pick-up:

A nonrefundable deposit is required with your order, first ordered, first served. You will be charged separately for the butchering and processing of beef, lamb and pork and will be paying the butcher directly for these costs at the time of pickup. The remaining balance on the meat will also be paid at that time. Please return the completed form with deposit to:

Lubbers Family Farm, 862 Luce Street, SW, Grand Rapids, MI 49534

Name _____

Address _____

Phone _____

Email _____

Whey-Special Pork

whole, \$50 deposit half, \$25 deposit

Succulent Beef

whole, \$100 deposit half, \$50 deposit split half, \$25 deposit

Grassfed Lamb

whole, \$50 deposit half, \$25 deposit

Thank you!