



JERICHO SETTLERS' FARM

22 Barber Farm Road Jericho, VT 05465
jsfarmvt@gmail.com (802) 899-4000
JerichoSettlersFarm.com

July 28, 2008

Fields, not feedlots....

We raise all our animals on pasture. Why? Well, let's start with the story of grassfed beef verses feedlot beef.

Cattle in feedlots live hundreds to the acre which is unhealthy. They get antibiotics daily to deter disease and stimulate appetite.

In feedlots, large quantities of manure are produced that require extensive waste removal and thus fuel consumption, while increasing contamination risk of nearby water sources.

Feedlot cattle eat corn, chicken manure, animal bi-products - foods they aren't meant to eat.

Cattle on corn diets have high intestinal acidity, a perfect climate for e-coli strains known to be dangerous to humans.

Huge quantities of fossil fuels are used to produce corn for livestock who are then shipped long distances to market.

Corn fed beef is high fat and high calorie protein.

Feedlots are high stress and bad for animal welfare.



Our pastured cattle live in small groups with about two acres per animal. They eat grass, drink water, and get a taste of salt.

Our cattle's manure is spread by them throughout the fields where the pasture plants and soil microbes utilize it for nutrition.

100% grass fed beef eat grass in the spring, summer and fall and hay in the winter.

Beef animals that eat only grass have rumens that are unfriendly to the e-coli that is dangerous to humans. Their meat is very safe.

Grass fed animals eat grass produced with solar energy! We use a little fuel to cut hay for winter feed but that's it.

Switching from corn fed beef to grass fed beef saves 17,000 calories a year! (That's 5 lbs!)

Cattle are born to live on grass and to graze from place to place with their buddies. Our cattle live as a herd. Calves are born on pasture and stay with their mothers and the herd for their lifetimes. Out on the fields you can see our cattle smile!



Jericho Settlers' Farm

100% Grassfed Beef

We have some tender, delicious, nutritious beef heading your way soon for those of you who have ordered 20 lb. shares and custom whole/half animals. We expect to start filling beef shares by the end of this week, or early next week. Once we get word from the butcher that the meat is ready we will notify you to arrange a pickup time for your order. If the meat is ready in time we will try to coincide the meat pickup with your regular CSA pickup time.

We still have 20 lb. box shares available for \$165 if you would like to order one. The animals we just processed were beautifully finished on summer's prime pasture. Their meat will be finely marbled, full of flavor, and tender.

Fresh Chickens Available!

We will continue to have fresh chickens available to fill your shares and/or for purchase for the next 2 weeks. You may pick them during your regular CSA pickup or on Friday, Saturday, or Sunday from 10 a.m. to 6 p.m.

Green Bean and Potato Amandine

1 pound green beans, cut in half
1 pound of new potatoes, cut to about 1" pieces
1/2 cup water
1/4 cup slivered almonds
3 tablespoons butter
1 teaspoon lemon juice
1/4 teaspoon seasoned salt

Steam beans for 8 to 10 minutes or until beans are crisp-tender; remove beans and set aside. Meanwhile in a saucepan bring water to a boil and add potatoes – cook until just tender, about 8 minutes. Drain and set aside. In a large skillet, cook almonds in butter over low heat. Stir in lemon juice and seasoned salt if desired. Add beans and potatoes and heat through. Variation: Add finely chopped summer savory when adding lemon juice and salt.

In case you're still trying to use up those cabbages.....

Sesame Cabbage & Green Beans

1 lb. green beans, trimmed
2 T peanut oil
1/4 head cabbage, shredded
1 tsp. sugar
2 T soy sauce
2 tsp. dark sesame oil
1 T sesame seeds
Freshly ground black pepper

Blanch beans in boiling water 3 - 5 min. Rinse under cold running water & set aside. In a small bowl combine sugar, soy sauce, sesame oil & pepper to taste. Heat peanut oil in a large skillet until quite hot. Add the cabbage and blanched beans and saute until cabbage wilts but is still crisp, about 5 min. Add soy mixture & toss. Sprinkle w/sesame seeds & serve hot or at room temperature.

Red Cabbage with Apricots and Balsamic Vinegar

6 tbsp. butter
1 med. red onion, thinly sliced
1/2 tsp. ground allspice
1/4 tsp. ground nutmeg
1 head red cabbage, quartered, cored and very thinly sliced
3/4 C thinly sliced dried apricots
1/4 C apricot preserves
1/4 C balsamic vinegar

Melt butter in heavy large pot over med. heat. Add onion, allspice & nutmeg and toss 1 min. Add cabbage and apricots & sauté until well coated, about 2 min. Add apricot preserves and vinegar and toss until juices are reduced to a glaze and cabbage is crisp-tender, about 6 min. Season with salt and pepper.

Zucchini & Cheddar Soup

from CSA member Renie Ashley

3 cups chicken broth
1 1/2 pounds zucchini and summer squash (about 3 medium), cut into 1-inch pieces
1 Tbs. chopped fresh dill or 1 teaspoon dried
3/4 cup shredded Cabot's Hunter's Seriously Sharp Cheddar Cheese
1/4 teaspoon freshly ground pepper

In a medium saucepan, bring broth, zucchini and dill to a boil over high heat. Reduce to a simmer, cook (uncovered) 7-10 minutes until zucchini is tender. In batches, puree in a blender until smooth. Return soup to pan, slowly stir in cheese over medium-high heat until cheese is incorporated. Remove from heat, season with pepper. Serve hot or chilled. Serves 4

Adapted from:

The Eating Well Diet by Dr. Jean Harvey-Berino with Joyce Hendley (Vermont Authors!)

Green Beans with Apple, Garlic, Sage

from CSA member Victoria Beliveau

1 pound whole green beans
4 tablespoons olive oil
2 cloves garlic, sliced
1 apple, chopped fine
2 tablespoons chopped fresh sage
Salt and pepper to taste

Steam or boil green beans to desired tenderness and set aside. Heat oil, sauté garlic for 2 minutes. Add cooked green beans, apple, sage, salt and pepper. Cook together until beans are well covered in oil. Remove from heat, cover, and allow beans to become aromatized by the sage.

HERB HINTS:

- ◆ Summer savory is a nice complement to green and/or yellow beans.
- ◆ Sage is a nice complement to roasted potatoes. Dill is a nice complement to boiled and/or salad potatoes.
- ◆ Cut some lemon basil into your salad for a refreshing zip.