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August 2011

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An assortment of wonderful heirloom tomatoes. --Photo by Bill Lubing

Hello friends,

Heirloom Tomatoes *(Recipe below)*

We're experiencing an abundant tomato harvest this year, with literally tons of heirooms being harvested. We're celebrating with a sale:

HEIRLOOM TOMATOES \$2.50/pound; Canners \$1/pound

Beef *(Recipe below)*

We have a good supply of Beef quarters and halves:

Order by 8/15 (order placed & deposit received) and save \$30

Blueberries

We have a limited supply of sweet, plump blueberries:

\$32.00 / box. Pre-orders are recommended

Now is the time of year to put food up for storage. Whether you can, freeze, or dehydrate, our heirloom tomatoes will be greatly appreciated during those cold winter months when the fresh tomatoes are long gone. Of course, there are plenty of heirloom tomatoes to

enjoy now.

We like to pour a tablespoon or two of olive oil on a dinner plate, add a little home made pesto, then top it with sliced heirloom tomatoes. It's perfect just the way it is!

Blueberry jam is always a treat. Or if you want to save them for baking, smoothies, or just good eating, spread the blueberries out in a single layer on cookie sheets, freeze them, then transfer the berries to plastic freezer bags.

There's plenty of good grilling time left this summer. What could be better than our pasture-raised beef! Remember, order by August 15 to save \$30!

Save the Date!

Join us on Sunday, September 18 for our **Customer Appreciation Day at the Farm**. Rain date is September 25. Enjoy family camping on Saturday night!

Remember ...

On-line ordering is available 24 hours a day at www.naturalmeats.org.

If you need help ordering or have any other questions please don't hesitate to call Lynn between 8:00 am and 5:00 pm Monday through Friday at 608-329-4807.



We sell a huge variety of canned pickles, relishes, and jams.

**Save 10 Percent
On All Cases
of 2010
Pickles, Salsas,
Jams, and More!**

Farmers' Markets
Preordering at
www.naturalmeats.org
is recommended

We are asking that all orders be picked up

at local farmers markets. We are currently
at 10 different markets per week
to make this easy for everyone.
--Thank You!

Tuesday:

[Verona Farmers' Market](#), 3:00 pm-7:00 pm, Hometown Junction, 306 S. Main St.

[Watertown River Park](#), 7:00 am to 12:00 noon.

Wednesday

[Lake Mills](#), Wednesday, 2:00 pm to 6:00 pm, In the Commons Park on the North side across from the Library.

Madison (East), [Capitol View Farmers' Market](#), 3:00 pm - 7:00 pm, Sharpsburg Drive in Grandview Commons, Madison, WI.

Thursday

Madison (West), [MadWest Farmers' Market](#), 4:00 pm-7:00 pm, 55 S. Gammon Rd. (in the parking lot of Lussier Com. Ed. Ctr.).

[Mount Horeb Farmers' Market](#), 3:00 pm-6:30 pm, 100 block of North 2nd St. Old Schoolhouse under the Water Tower.

[South Milwaukee](#), 3:00 pm-7:30 pm, 11th Avenue at Milwaukee Avenue.

Saturday

[Milwaukee, Cathedral Square](#), Kilbourn Avenue, 1/2 block East of Jefferson Street. 9:00 am-1:00 pm (608 558-5566). ORDER in advance for best results.

[Racine County Indoor/Outdoor Farmers' Market](#), 1614 South Street at Douglas Ave. 7:00 am - 2:00 pm.

[Waukesha](#), 7:00 am-12:00 Noon at the River Front Plaza.

[Wauwatosa](#), 8:00 am-1:00 pm at the far East end of Watertown Plank Road next to the "Little Red Store" in the Village.

Ordering and Pickup are Easy!
Order on-line then, whenever possible,
pick up your order at the
farmers' market
closest to you!

For more information on farmers' markets go to:

www.naturalmeats.org/ORDER Select "A._FARMERS_MARKETS"

To order on-line, go to <http://www.naturalmeats.org/webcart/order.aspx>

We'll see you at the market!



Heirloom Tomatoes with Balsamic Vinaigrette. --Photo by BecR

Red and Yellow Heirloom Tomato Platter with Balsamic Vinaigrette

by BecR

This salad is lovely in its rustic simplicity! The tarragon adds a delicate anise note, different than the usual basil and tomato combination. Just add crusty chunks of bread to soak up the aromatic dressing. It's practically a meal in itself.

Ingredients

- 4 large ripe tomatoes, thinly sliced
- 4 large ripe yellow tomatoes, thinly sliced
- 1/4 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 3 tablespoons minced fresh tarragon (or snipped fresh parsley)

Directions

1. Arrange the tomato slices in an overlapping single layer on an attractive platter.
2. Drizzle evenly with vinegar, then with the olive oil. Sprinkle with salt and pepper, and garnish with freshly snipped tarragon or parsley.
3. Let dish stand at room temperature for about 15 minutes to allow the flavors to meld.

Adapted from www.food.com



Bierocks (German Hamburger and Cabbage Filled Rolls).
--Photo by bunnyburn

Bierocks

by FlemishMinx

This is a staple food in the small Kansas (primarily German-American) town where I was born, and is now a favorite at my house here in Belgium. The recipe comes from my Grandma Rosie. My mother uses a box of hot roll mix for the roll portion, but as that is not available to me, I have included the hot roll recipe from the *Better Homes and Gardens New Cookbook*. Your yield will depend on the size of rolls you make, but I would estimate about 15 to 20.

Preparation time includes time for allowing dough to rise (estimated). Don't let the length of the recipe (or my assembly instructions) spook you. It is really very easy and the assembly is fun for kids, too! In my opinion they are just as tasty cold as warm from the oven.

Ingredients

- 4 cups cabbage, cut fine
- 1/2 cup onion, cut fine
- 2 tablespoons olive oil
- 1 pound hamburger
- Salt and pepper
- Cayenne pepper (optional)

Dough

- 4 1/3 cups all-purpose flour
- 1 package active dry yeast
- 1 cup milk
- 1/3 cup sugar
- 1/3 cup butter
- 1 teaspoon salt
- 2 eggs

Directions

1. FILLING: In a large frying pan, cook the cabbage and onion together until the cabbage is completely softened and golden.
2. This process can be hastened by adding a half-cup of water (or so) and covering the pan, but eventually cook all the liquid off before proceeding.
3. Season with salt, pepper, and cayenne, if desired.
4. In a separate pan, brown the hamburger.
5. Season with salt, pepper, and cayenne, if desired.
6. Mix the cabbage/onion with the hamburger thoroughly.
7. You may complete this part of the recipe in advance, refrigerating until needed, or just before you are ready to assemble the rolls.
8. DOUGH: In a large mixing bowl combine 2 cups of the flour and the yeast.
9. In a saucepan heat milk, sugar, butter and salt just until warm (115-120 degrees F) and butter is almost melted; stir constantly.
10. Add to flour mixture; add eggs.
11. Beat at low speed for 1/2 minute, then three minutes at high speed.
12. Stir in as much remaining flour as you can mix in with a spoon.
13. Turn out onto a floured surface.
14. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total).
15. Shape into a ball, and place in a greased bowl; turn once.
16. Cover and let rise in a warm place until double (about 1 hour).
17. Punch down and cover; let rest 10 minutes.
18. ASSEMBLY: Roll out the dough into a large rectangle, and a thickness of about 1/4 inch.
19. Cut into squares of 3 inches by 3 or 4 inches by 4.
20. By the spoonful, place some filling mixture into the center of each square, apportioning all of the mixture among the squares.
21. For each, bring the two opposite corner ends of the dough square up to meet one another, then do the same with remaining ends and pinch them (all 4) together with your fingers.
22. You will see that you now have open slits along the diagonals; pinch these together as well, making a seam of each.
23. Water on your fingertips will facilitate them staying "glued" together.
24. The end product should be a square with a seam running from each corner to the center where all four are joined.
25. Set the squares on a baking sheet (if you had trouble keeping the seams closed, you can flip them over so that the seams are against the baking sheet, thereby keeping all the filling in place and making a nicer presentation).
26. Let raise 30 minutes.
27. Bake in a pre-heated oven at 375 °F for 30 minutes or until golden brown.

Recipe from www.food.com



Beef Fajita Salad --Photo by yogicclarebear

Beef Fajita Salad

by looneytunesfan

This easy salad features colorful peppers, beans, tomato, and tender strips of beef. The beef marinates for only 10 minutes, but gets great flavor from the lime juice, cilantro and chili powder.

Ingredients

- 1/4 cup lime juice
- 2 tablespoons minced fresh cilantro
- 1 garlic clove, minced
- 1 teaspoon chili powder
- 3/4 pound boneless beef top sirloin steak, cut into thin strips
- 1 medium green pepper, julienned
- 1 medium sweet red pepper, julienned
- 1 medium onion, sliced and halved
- 1 teaspoon olive oil
- 1 (16 ounce) can kidney beans, rinsed and drained
- 4 cups torn mixed salad greens
- 1 medium tomato, chopped
- 4 tablespoons nonfat sour cream
- 2 tablespoons salsa

Directions

1. In a large resealable plastic bag or bowl, combine the lime juice, cilantro, garlic, and chili powder; add beef. Mix contents then refrigerate for 10 minutes, mixing once.
2. Meanwhile, in a nonstick skillet, cook the peppers and onion in oil over medium-high heat for 5 minutes or until tender. Remove and keep warm. Add beef with marinade to the skillet; cook and stir for 4-5 minutes or until meat is tender and mixture comes to a boil. Add beans and pepper mixture; heat through.
3. Divide the salad greens among four bowls; top each with 1-1/4 cups beef mixture, 1 tablespoon sour cream and 1-1/2 teaspoons salsa.

Adapted from www.food.com

How About a Free Ride?

Come out to [Paoli Park](#) on August 20 and enjoy a free canoe ride down the Sugar River! Canoe trips depart at 9:00 am, noon and 3:00 pm. Be sure to arrive early to reserve your spot. This event is free and open to the public.

Register to win gift certificates to [Ruegsegger Farms](#), good at [Paoli Local Foods](#). Stop at Paoli Local Foods, buy a glass of organic milk or cup of organic fair trade, fresh brewed coffee to get one of Shelby's home made cookies on us. Or buy one of Hal's brownies and get a free cup of organic fair trade, fresh brewed coffee or a glass of organic milk.

Come early and come hungry for a sandwich or our daily special. Make a day of it. If it is hot, we have air to cool you down. If it is cold (you say "yea right!" Well, two years ago it was wet and cold, believe it or not) we will give you a free coffee with any purchase.

Final Word ...

The Top Ten Health Reasons to Eat Grassfed beef

©2011 American Grassfed Association

According to a 2009 study conducted by the USDA and Clemson University, grassfed beef is better for human health than grainfed beef in ten ways:

1. Lower in total fat
2. Higher in beta-carotene
3. Higher in vitamin E (alpha-tocopherol)

4. Higher in the B-vitamins thiamin and riboflavin
5. Higher in the minerals calcium, magnesium, and potassium
6. Higher in total omega-3s
7. Better ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84)
8. Higher in conjugated linoleic acid
9. Higher in vaccenic acid
10. Lower in the saturated fats linked with heart disease

What does that mean for consumers?

[Read the Whole Article Here](#)

Thank you,

Ken and Sherrie Ruegsegger

Find us on Facebook 

"The block of granite which was an obstacle in the pathway of the weak becomes a stepping-stone in the pathway of the strong."

~Thomas Carlyle

Ken and Sherrie Ruegsegger
Natural Meats
608-523-4705

[Paoli Market](#) [\[MAP\]](#)
6895 Paoli Road
Paoli, WI 53508
608-845-FOOD (3663)
Open Monday-Friday 10-6
Saturday 8-4



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