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May 2011

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There is nothing quite so exciting as that drive through the countryside to pick up chicks at Ruegsegger Farm. Experiences like these last a lifetime. You can see the lights from one of our greenhouses in the background. --Photo by Lee Broberg

Hello friends,

Now's the time to get your seeds, planting stock, compost, and dirt. And we've got plenty!

For the Garden and Yard, Available at the Store or for Delivery ...

- We still have fingerling and Red Pontiac potato seeds.
- Yellow onion sets are still available.
- Heirloom seeds are going fast, several varieties are already sold out.
- These plants are available: Tomatoes, peppers, egg plant, and more. New arrivals daily, all from our farm.
- Red and Silver Maples: 2 years old, 12-24 inches. Only \$8 each.
- Goose berries, dug to order. Only \$10 each.
- Compost: Potting soil, peat moss, solid and liquid organic and natural fertilizers.
- Environmentally produced, safe charcoal.
- *Remember*, Spring is ramping up. We're bringing in more bulk items each week. Don't forget to bring your own containers.

Our Live Chicken List

- Four week old Buff Orpingtons
- Four month old Red Stars and Araucana
- Many breeds of one year olds
- Eighteen and 24 month old Red Stars

For the Table ...

- Beef quarters are available for order now.
- Half pigs are coming soon.
- **Summer Chicken Special:** Buy 10, pick up on butchering day and get one free.
- Please pre-order at www.naturalmeats.org.

Spring Grain Order

We have a huge selection of grains, a few books, equipment specials and other items in our [Spring Grain Order](#). Please get us your order form by Monday, May 9.

A Note on Pick Up Sites

Pick-up sites are now all at Farmers' Markets. Because we are at so many markets this year, and in light of the high cost of gas and labor, we will not likely be able to do home deliveries other than our already usual routes.

Please plan to pick up your orders at the nearest market. And **please!!! pick them up early**. Do not come at the end of a four or five hour market to pick up refrigerated or frozen orders in this warm (*warming*, anyway) weather. The earlier you pick up your order the better for YOUR products. Thank you so much for your cooperation and understanding.

Your help makes a huge difference. Working together we can minimize the effect of these high fuel prices on your grocery bill and on our overhead.

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.

**Better Compost,
Better Gardens**

Available in 60 lb. bags or by the yard.
Pick up at the farm, store,
or have it delivered.

from
Grass-Fed
Cattle

Horse-based

We Have
Laying
Chickens
For Sale.

**Ruegsegger
Farms**
Since 1908

Faoli Market
www.naturalmeats.org
608-558-5566 • Ken & Sherrie Ruegsegger

Farmers' Markets

Preordering at

www.naturalmeats.org

is recommended

Winter Markets (Ending in May)

Bayview (Milwaukee) St Ann's Center, 2801 East Morgan Ave. Every Saturday through May 7, 2011. 8:00 am - Noon

Milwaukee, Discovery World, 10:00 am - 2:00 pm the 2nd Saturday every month through May: (Sat., May 14)

Spring Markets (Starting in May)

Lake Mills, Wednesday, 2:00 pm to 6:00 pm, May 4 - Oct. 26 in the Commons Park on the North side across from the Library.

Mount Horeb Farmers' Market, Thursday, 3:00 pm - 6:30 pm May - Oct, 100 block of North 2nd St. Old Schoolhouse under the Water Tower.

Verona Farmers' Market, Tuesday May 10 - Oct 11 3:00 pm - 7:00 pm, Hometown Junction, 306 S. Main St.

Watertown River Park, Tuesday 7:00 am to 12:00 noon, May through October

Waukesha, Saturday, 7:00 am - 12:00 Noon at the River Front Plaza, May - October

Wauwatosa, Saturday, 8:00 am - 1:00 pm at the far East end of Watertown Plank Road next to the "Little Red Store" in the Village, May 21 - Oct. 15

REMEMBER: FREE HOME DELIVERY: On Tuesday for our Madison Routes. A minimum order may apply for the free service.

For more information go to

www.naturalmeats.org/ORDER/A.MARKETS.

We'll see you at the market!

*-Spring Grain Orders-
Orders Due on Monday, May 9*



Honey Wheat Oatmeal Bread --Photo by fawn512
Click the photo above for a [great recipe!](#)

[*Click for Order Form*](#)

Orders Due May 9

*Call Ken at 608-558-5566 for
Grain Order Info*

Caps, T-Shirts, Sweatshirts, Mugs, Oh My!

Are you a business owner or individual who would like to help support our cause of safe, healthy, delicious food? Perhaps you'd like to help us purchase T-shirts, sweatshirts, caps, and mugs.

We will add your name to our sponsor list that will be published at every printing of the newsletter, on our Facebook Page, on signs at the store, and other places.

Donations of \$20, \$50, \$100, \$250, \$500, and larger will be accepted to go into our "Print fund."

Once these are printed you will receive one, our employees will wear them, then they will be offered for sale. Proceeds from the sale will go directly into printing more and be a renewable fund.

This has been inspired through requests for our logos on apparel for advertising purposes.

Thank you for considering helping our cause. Please let us know if you have any questions.

Ken



A welcome addition to Paoli Market, Lindsay Schmidt

Welcome ...

When folks come into Paoli Market, sometimes it's busy and sometimes it's not. For our employees, it's almost always busy, busy, busy. So we are thrilled to have Lindsay Schmidt interning with us this summer. We feel so fortunate to have someone who is excited about learning, not just the retail end of the business, but who has decided to dedicate her life to the betterment of family farms. As she explains:

I was raised in Iowa City, Iowa before attending the UW-Madison. I've since been focused on learning about small-scale, diversified, restorative farming methods. Recently returning to the Madison Area after nine months of farming in California, I spent time on various farms, including time under the wing of Bob Cannard at [Green String Farm](#) in Sonoma County.

This season I am also interning at [Troy Community Farm](#) in Madison--and am experimenting with the idea of opening a natural farming operation of my own in the future.

I am interested in the importance of soil and hope to continue learning about the health benefits of the meat and produce that are the result of the proper care and maintenance of the native perennials, soil, and land.

I'm very excited about this opportunity to be so directly involved with the distribution of natural, local foods, and look forward to continued learning from the Ruegseggers and their Paoli Market patrons.

We're so happy to have you with us, Lindsay and are sure you're going to love working at the store. After all, our customers are the *best!*

Thank you,

Ken and Sherrie Ruegsegger

Find us on Facebook 

"Today's beautiful moments
are tomorrow's
beautiful memories."

~Unknown~

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



Eating locally is a moral and spiritual responsibility.

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