



TRAUTMAN
family farm

2049 Skaalen Rd,
Stoughton, WI
53589

Store Hours:
Wednesday:
5:00PM to 8:00 PM
Saturday:
9:00 AM to Noon
Or By Appointment

Introducing 100% Grass fed Dairy. Come out and see!

- **100% Grass Dairy -- NO GRAIN** of any sort
- **Certified organic herd**, Jersey crosses
- **Calf on cow:** Calves stay with mama for about 8 weeks.

Our core belief with our dairy and beef -- is that cows are *ruminants*, that they are *uniquely*, and *perfectly*, designed to process forage, and that if the thought and energy is put towards perfecting the forage and the dairy system around forage, ultimate value will be found, for farmers and consumers.

The healthful benefits of 100% grass milk are becoming clear, as science catches up to practices.



Our oldest cow; : Lilly (5 yrs) and Rhoda (16 yrs)

www.trautmanfarm.com

Date: March 25, 2009

Important Information:

- **25% off Last season: Beef, pork, lamb, chicken wings, popcorn... Call, e-mail or stop in for availability. Limited Quantities.**
- **May 2009— Eggs will be available again.**
- **EASTER HAMS! Call Today!**

Did you miss the fall beef and pork harvest? It's not too late.....

Boxed and ready to go.

Quarter sides of Grass fed beef are still available. Sizes range from 124 lbs/HW to 145 lbs/HW. They are mixed 1/4's so you will receive a variety of steaks, roasts, ground beef, stew meat, soup bones, short ribs and liver.

Half side Pastured Pork also available. Sizes range from 101 lb/HW to 117 lb/HW. They are a standard mix of cuts; chops, roasts, bacon, pork sausage, links, bulk Italian sausage and smoked ham. Call or e-mail for pricing.

Meat Bundles to satisfy every lifestyle:

10 lb Sampler—\$70.00

(4 GB, 1 Roast, 2 pack steaks)

20 lb Ground Beef—\$95.00

25 lb Beef/Pork - \$140.00

(10 lbs GB, 6 lbs roasts, 2 lbs steak, 2 lbs pork chops, 2 lbs breakfast sausage, 2 lbs bulk Italian sausage, 1 lb wieners or brats)



**Best Organic
Wieners in town.**

Farmers Market Information:

You will now find us at the **Madison Eastside Market** on S. Ingersoll Street. The Eastside market is Tuesdays from 4:00 pm to 7:00 pm.

Unfortunately, we will not be attending the Stoughton Farmers Market this season. The foot traffic last year was just too slow and the mornings now interfere with our milking operation. Our farm is just a few minutes from downtown Stoughton and the farm store is open Wednesdays and Saturdays for your convenience. So, we hope to see you at the farm soon. **THANK YOU FOR YOUR SUPPORT!**



Pastured Poultry: Go or No Go?

We are still undecided if we will be raising pastured poultry this year. The labor, time constraints and cost of feed from last year made it a money losing venture. We have found a source for the Heritage birds again this season, but need to know from you, how many are willing to place pre-orders with deposits, to guarantee the sale of the birds. \$10 deposit, end price \$4.50/lb for wholes (4-5lbs) or cut up \$4.75/lb. Please send us an e-mail and let us know your thoughts at

family@trautman.net. Thank you!



Photo from 2007—Pastured Poultry

Natural Lawn care—with farmer Scott

You can have a nice lawn without all of the chemicals! Ask us about our program to improve your yard and garden soils – just as we have our pastures.

Working with nature takes time. As with conventional agriculture, if you use the chemical fertilizers and pesticides, you'll need them. But with some careful investment, the need for chemicals will go away, and leave a much more alive yard. Give any "natural" program at least 3 years to work.

Please contact Scott about what you can start doing – now, for a "greener" future for your yard. This is not an organic blend, but a good non-harmful top quality fertilizer and soil amendment.

13-9-10 Lawn Fertilizer with micronutrients \$19/bag/40lbs. Covers 4000sq feet for one application; up to 3 applications per year.

Add **Charcal** calcium in early spring: \$20/bag/50lbs, covers 4000sq feet.



Recipe: Herbed Stew (use lamb, pork or beef)

1 lb meat cut into 3/4" cubes
2 Tbl—cooking oil
2 cup—beef broth
1 cup—dry red wine
2 cloves minced garlic
1 tsp—dried marjoram (crushed)
1 bay leaf
2 cup—peeled potatoes cut into 1/2 " cubes
1 1/2 cup—sliced carrots

1 1/2 cup—celery cut into 1/2" slices
1/2 cup—chopped onion
1/2 cup—sour cream
3 Tbl—flour

In a large saucepan brown meat, half at a time in hot oil. Drain any fat. Return all meat to pan and add broth, wine, garlic, marjoram, bay leaf, 1/4 tsp salt and

1/4 tsp pepper.

Bring to a boil, reduce heat, cover and simmer for 20 minutes. Stir in potatoes, carrots, celery and onion. Return to a boil. Reduce heat, cover and simmer for about 30 minutes until tender. Discard bay leaf. Mix sour cream and flour. Stir in a 1/2 cup of hot liquid from pan. Mix well and return flour mixture to pan. Cook and stir until bubbly for about 1 minute. Serve over rice, noodles

Fun Photos



A Diversified Farm....

"You guys do so much different stuff, wouldn't it be better to just do one thing, like most farms do?"

We sure don't think so. For example, dairy is in a terrible downturn. If all you have is dairy, you are in trouble. So for us diversification is many things, but not the least, spreading our income across several enterprises.

Diversification works for us too, where one enterprise complements another. We grow some grains in our crop rotation, and those get fed to the pigs and chickens.

And having a wider range of products for our customers, all grown at our farm, is a convenience to the customer as well.



Trautman Family Farm's 7th season! Has it really been that long? We have lots of photographs, that we've taken from the start of our farming venture. We see them often as they are the screensaver on our computer in the kitchen. And as our children grown in these pictures, so does the farm: greener, healthier, more ordered. Thanks to all of you that have made this possible. We can only hope we have enriched your lives as much as you have enriched ours.

Weston A. Price Foundation—Nutritional Sanity

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the human diet through educa-

tion, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-



supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health;

For more information:

[Http://www.westonaprice.org](http://www.westonaprice.org)