

2049 Skaalen Road
Stoughton, WI 53589
Email –
family@trautman.net
Website -
www.trautmanfarm.com
Store Hours:
Wed: 5:00pm to 8:00 pm
Sat: 9:00 am to noon



Important:

- ◆ As of April 1, 2007 our egg prices will be changing.

\$3.50 Dozen

\$2.00 ½ Dozen

- **Sorry** there will no longer be a .25 cent credit for returned cartons at this time.

- **Now** taking pre-orders for whole, half and cut chickens.

- **Beef** still available for summer grilling. See Website or call.

Chem-Free Lawn Care

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.

Please contact Scott about what you can start doing – now, for a “greener” future for your yard.

Date: April 15, 2007 Volume 1 Issue 1

2007 – A New Year and a Destination



2007 promises to be another exciting year. Our soils continue to get better and better, we will double our grazing lands, and we will surely meet many new people as our farm store becomes more a part of our farm. We are so thankful for your business, and hope we can earn more of it in 2007, as we tirelessly work to raise the bar on quality, service and friendliness. We'll be asking – what can we do to earn your meat business, and what other items of health and quality can we provide. We understand how busy you are, but also your desire for quality food at a fair price.

The ideal would be a weekly, bi-weekly or monthly trip to the farm to stock up your meats, cheese, eggs, butter and our other natural food, health and green lifestyle products. We're trying to create a package for you of goods that are worth the trip; we ask you to think of the many trips you make in a day, a week, a month – a trip to our farm for quality foods is important. And don't discount a visit to the farm – it should always be a pleasure for you and your family to see our beautiful animals, our green pastures and our friendly family greets you. We hope you'll consider “slowing down” for even a few moments in a hectic day and enjoy our wonderful farm. Resolve to establish the habit this year; you won't regret it.

Don't let these thoughts stop you:

- “I hate to bother you with a call/we refer to just come to the farm” We now have public farm store hours, Saturday mornings 9am – noon, and Wednesday evening 5pm-8pm. We are very responsive to email and don't mind the call, but you are welcome to just drop in during public store hours.

- “I just don't have freezer space for a lot of meat” Consider coming weekly, bi-weekly or monthly for your meats; view it as an alternative to one grocery shopping trip.

“Aren't your meats expensive?” Ask why what's in the store is so cheap. Know that what we raise on the farm is not even remotely like the food in the store. Pick up a copy of “The Omnivore's Dilemma” to get an idea. The benefits of eating food from our farm – immediate benefit is great taste, long term benefits include the health benefits or organically grown, grass-fed foods, as well as – for you, your children and grandchildren – include respect for the environment.

Every dollar is a vote – it's not helping just to wish farmers well, or wish so many chemicals weren't used, vote your dollars and you will see more of this.



Visit Our Farm Store

We are now open for you to stop by during store hours without having to call first.

Wednesday – 5:00pm to 8:00pm, Saturday – 9:00am to Noon

Come for your weekly meat needs (beef, pork, chicken), eggs, raw honey, sea salt, popcorn and other healthy needs. We are always looking for items of interest to add to our shelves. Please give us your suggestion



Pastured Pork

Sign up Now!

This was such a great hit for us in 2006; we will be doubling our inventory for 2007.

Once again, we will be taking pre-orders for whole or half hogs. Please watch our website, www.trautmanfarm.com for more information as to when harvest will take place and pricing.



CSA – Community Supported Ag

Are you looking for a way to get weekly vegetables this summer? Do you hate to grocery shop? Support your local vegetable farmer and join a CSA (Community supported Agriculture). This way you are connecting directly with the farmer, you know where your products are coming from and how they are grown. There are many farms surrounding the greater Madison area to choose from and I am sure there is one that is just perfect for you.

Trautman Family Farm will be a pick-up site for “Blue Moon Community Farm” this year. It may not be too late to join if you are interested. Email bluemooncommunityfarm@yahoo.com.

Shaklee - Think Green

Many of you probably know of Shaklee. We have been buying their products for ourselves for years and decided to become a distributor to share them with you. They are a green company and produce many wonderful items for your health, beauty and home needs. Check out their new home cleaning products in our store.



Poultry Pre-Orders

Spring is fast approaching and we need your help to determine how we are going to process our chickens this year. In the past we have processed them as whole birds. Please let us know if we offered; whole chickens, half chickens, cut chickens, whole breast (1 per package), legs w/ thigh and wings. What would you buy? How much and how often? Send your comments to family@trautman.net.

We are also currently taking pre-orders for whole, half and cut-up chickens. A deposit of \$5.00 per bird for a whole and \$6.00 per bird for a half or cut chicken.

Farm Life: A happy life we'd like to share with you



Recipes

No Fail Crock Pot Beef Roast:

- defrost a Trautman beef roast, approx. 3 lbs
- brown roast on all side in olive oil
- Sprinkle with seasoning of your choice

While browning, add the following to crock pot and mix:

- 2 cup beef broth
- 1 can cream mushroom soup
- 1 package – onion soup mix

Place roast on top and add vegetables if desired. If limited on time, as I always am, cook on medium high to high for approx. 4 to 5 hours. Or on low to meduim for 8 to 10 hours.

I highly recommend any of the roasts from out farm. We carry: chuck, arm, rump, rolled round and sirloin tip. Everyone is delicious!

Yummy Banana Bread

Beat first 6 ingredients together until blended:

- ½ cup butter
- 1 ¼ sugar
- 2 eggs
- ½ cup sour cream
- 1 tsp vanilla
- 1 cup mashed ripe bananas

Stir in the dry ingredients:

- 1 ¾ cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- pinch salt

Pour into greased and floured loaf pan. Bake at 350 degrees for approx. 55 to 60 minutes. Enjoy!

Marian's Meatloaf

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|------------------------------------|-----------------------|
| - 2/3 cup soda crackers – crushed | Sauce: |
| - 1 cup milk | - 3 Tbsp. brown sugar |
| - 1 to 1 ½ lb Trautman Ground beef | - ½ cup ketchup |
| - 2 eggs beaten | - 1 tsp mustard |
| - ¼ cup onion – chopped | |
| - 1 tsp salt | |
| - pepper to taste | |

Soak crackers in milk. Add meat, eggs, onion and seasonings. Mix well and shape into loaf. Place in greasd baking dish. Pour sauce over meatloaf and bake at 350 degrees for 1 ½ hours.

