

Spring Newsletter 2010



Dear Real Food Lovers,

In 2008 Ecuador took steps to make food sovereignty a part of their constitution. They were the first country to do so and serve as a model for the rest of us. They also drafted companion legislation that protects biodiversity as a collective intellectual property and that recognizes the rights of nature. Food sovereignty is defined in a variety of ways, but generally embraces the right of people to define their own food, provides access to safe, nutritious and flavorful food for all, and insists on sustainable and local agriculture. It also insists that food not be seen as an item of trade on the world stage and that all parties have a place at the table when determining food policy, including future generations. It is only with the advent of industrial agriculture that food sovereignty has become a real issue. Think about the regulations and prohibitions surrounding raw milk. Groups are emerging to protect the farmer's right to sell food directly to the consumer and the consumer's right to purchase that food. One of the best is the Farm to Consumer Legal Defense Fund. (Check them out at www.ftcldf.org.) We have a way to go to catch up with Ecuador, but we can, and we need to.

Karen and Jeff Lubbers

Fresh Milk The cow has long been revered as the foster mother of the human race. Certainly she has been critical to our health and well-being. We milk Jerseys, a heritage breed with an extremely high cream content. They are out on pasture all summer, where they are rotationally grazed, and fed hay in the winter. None of the pastures are treated with fungicides, pesticides or synthetic fertilizers. The dairy cows are supplemented with small amounts of organic grain along with minerals. The cows are not given estrogens, growth hormones or anything designed to push production. Michigan law prohibits the direct sale of raw milk. You can, however, purchase a lease hold interest and pay a farmer a boarding fee to feed, house and milk the cows. You then come out once a week to collect your milk. We offer both a full interest and a half interest. A full interest costs \$12.00 per quarter (every three months, which is how we bill) and a half interest costs \$6.00. The boarding fee for a full interest is \$143.00 per quarter (again, every three months) or \$78.00 for a half interest. A full interest allows access to two gallons of milk per week and a half interest allows access to one gallon per week. Workshops are offered free of charge to cow share members. We show you how to make butter, yogurt, buttermilk, crème fraiche, sour cream, simple cheeses and ice cream. Please feel free to contact us with any questions you may have about this offering!



We have some really exciting plans for the farm this year. We will be establishing a creamery here on the farm that will use some of our fabulous Jersey milk to make excellent raw milk cheese. We are entering a joint venture with Barbara Jenness who, with her Dancing Goat Creamery, is a recipient of an American Cheese Society award. Watch for future announcements of an Open House and the availability of really good cheese from an artisan farmstead operation, Cowslip Creamery.

Cheese Swap

**Saturday, August 21,
5:00 p.m. until 7:00 p.m.**

Slow Food Potawatomi and Lubbers Family Farm will again be hosting a Cheese Swap. All are welcome. Bring your own homemade cheeses, favorite purchased cheeses, and/or anything made using the cheese in a dish to share. Also bring your own beverage (wine is a wonderful accompaniment) and place settings. Barbara Jenness (American Cheese Society award recipient) will be regaling us with a short talk about cheese and providing a taste of the cheese from Cowslip Creamery and a tour. We will be meeting under the apple trees at Lubbers Family Farm for an incredibly unique event with amazing good taste, beautiful surroundings and lovely music. Admission is \$5.00 per person or \$10.00 per family. This is a fund raiser for Slow Food Potawatomi. Be sure to make a reservation on the order form. Look for more details closer to the event at <http://slowfood-potawatomi.blogspot.com> or on the Slow Food Potawatomi Facebook page.

Farm Tour

**Saturday, September 11,
2:00 p.m.**

We strongly believe people should have the opportunity to see where their food comes from. Accordingly, we will be holding a farm tour again this summer. You will take a wagon ride through the pastures to see the cows and pigs, get an opportunity to tour the dairy operation, see where your bread is made and how the farm operates as a whole organism. Samples of some of the foods are provided along with some lovely, local music. The tour is free, but you must register. Be sure to complete the appropriate box on the Order Form.



Lubbers Grassfed Beef

We will be raising our wonderful beef again this year. These animals are born in the spring and spend the summer on untreated pastures nursing and learning how to eat grass from their mothers. During the winter they are fed hay, also from untreated fields. The following spring they are out on pasture in paddocks that are rotated daily. They are not given grain, antibiotics or hormones. They are given fresh grasses, fresh well water, sunshine and minerals. Their meat is healthful and flavorful. You may order a split half (¼ beef about 100 pounds hanging weight), a half or a whole. You will be contacted at the end of summer for cutting instructions (don't worry – the butcher will walk you through this) and called when your beef is ready for pick up. This meat will be packaged and frozen. The price is \$3.20 per pound hanging weight plus a fee from the butcher of 52¢ per pound for processing and \$70.00 per animal for butchering (\$35.00 for a half and \$17.50 for a quarter). Because we stay in balance with our land the supply of beef is limited and sold on a first-come, first-served basis. Order early! We will also have available a very limited supply of succulent beef this year. These calves are fed milk from their mothers and are out on pasture. (This is not veal!) The meat is very tender. The price is \$4.75 per pound plus the butchering and processing fees described above. Enjoy, knowing you're eating the best available nutritionally, flavorfully and environmentally.

Grassfed Lamb

The lambs get to spend the summer out on pastures untreated with synthetic fertilizers, pesticides or herbicides. They are not given hormones or antibiotics. Being ruminants they are also not given grain. They are given fresh grass, water, sunshine and plenty of room to frolic as only a lamb can. Their meat is flavorful and nutritious. You can order a whole lamb (about 45 pounds hanging weight) or a half. You will be contacted by the butcher in the fall for cutting instructions and then called when your meat is ready to be picked up. The meat will be wrapped and frozen. The price is \$5.00 per pound plus a butchering and processing fee of \$80.00 per animal (\$40.00 for half). There is a limited supply of this excellent meat.

Pastured Pork

When the weather gets warm enough our mix of heritage pigs heads outside for a summer of happy rooting around. They are pastured along the edges of the fields where their natural rooting behaviors keep the forest from taking over the pastures. They are fed local or organic grain, bread scraps from the Little Rooster Bread Company, of course, and probably most important, excess milk and whey. It is not an understatement to say that whey-fed pork is way good. You can order a whole (approximately 100 to 150 pounds hanging weight) or a half. The butcher will call you and help you through the many options with pork if you're new at this. Unless you tell him otherwise, he uses all natural ingredients and NO nitrates or nitrites. The meat will be wrapped and frozen when you pick it up. The pork is \$3.35 per pound hanging weight plus a fee from the butcher of 46¢ per pound for processing and \$27.00 per animal for butchering (\$13.50 for half). Other charges may apply for special requests.

Poultry

To make room for the Cowslip Creamery, turkeys and chickens will not be offered for sale. We will continue to raise heritage laying hens whose eggs are available to cow share members and the bakery. Excess eggs (the hens get really happy in the summer) are sold at the Farmer's Market.

Homesteading Workshops

Food At Its Source

We are often asked for our best advice about seeking nutrient dense delicious foods. The single best thing you can do is raise your own. The second best thing you can do is know the farmer who does. The Homesteading Workshops offer extremely practical guidelines in achieving your own sustainability and food independence on a small holding. They also create a very direct connection to local food, providing a framework for you in making future food choices. The best connection is a direct connection.

Garden Workshop

The Garden Workshop teaches you how to garden in a simple, straight-forward way geared toward producing a large variety of flavorful and nutrient dense foods for you and your family to see you through all four seasons. What soil amendments do you really need? What seeds should you select? What about mulch, manure and irrigation? What about pests? Can seeds be saved? All of the practices taught are organic in their approach. The Garden Workshop is taught in two sessions. You can sign up for one or both. Cost: \$50.00 per person for one session or \$90.00 per person for both sessions.

Session 1: Seed Starting

Saturday, April 3, 2010 • 1:00 - 4:00 p.m.

In this session you will learn about planning your garden and selecting your seeds. You will plant early seeds in the garden (peas, lettuce, etc.) and plant seeds in flats for starting in the greenhouse. Each participant will be given one flat (48 plant potential) to start. You may bring your own seeds or use what we have available. Dress appropriately! This workshop is taught by Karen Lubbers, an owner of Lubbers Family Farm.

Session 2: Planting the Garden

Saturday, May 15, 2010 • 1:00 - 4:00 p.m.

In this session you will learn about working the soil, composting, bed making, planting do's and don'ts, mulching, bug control and irrigation. We will be planting seedlings from the greenhouse and seeds (sweetcorn—yum) that occur in rows, hills and beds. Participants will be given a bag of compost to take with them. This workshop is taught by Jeff and Karen Lubbers, owners of Lubbers Family Farm.

The "How To" of Quick and Easy Meals with Kathy Rafter

Saturday, May 22, 2010 • 2:00 - 4:00 p.m.

Learn how to prepare fast, nutritious and yummy breakfasts, lunches and dinners. (Even snacks!) Discover how to enhance the flavor of your locally grown and raised produce and meat with various herbs and spices, many from your own garden. This class is taught by Kathy Rafter, Natural Health Practitioner, and a founding member of Nourishing Ways of West Michigan. Cost: \$25.00 per person.

Milk Workshop

Saturday, June 12, 2010 • 2:00 - 4:00 p.m.

Ancient peoples learned how to preserve milk by making fermented dairy products increasing both the health benefits and the flavor. You can do the same. This class will teach you how to make your own butter, yogurt, sour cream, crème fraiche, ice cream and simple cheeses. Samples will be provided and participants will be given a butter paddle (one per family). Once you have these basics you will be able to do much more with your milk, and you will have the satisfaction of knowing exactly what is in your dairy products. We use very simple processes that require little extra equipment. Cost: \$25.00 per person.

Cheese Making with Barb Jenness

Saturday, August 7, 2010 • 10:00 a.m. - 4:00 p.m.

Learn about cheese, how to make cheese and have the opportunity to taste a few very special cheeses. There will be an informative lecture on cheese and cheesemaking along with plenty of hands-on cheesemaking activities. The class will make both a soft cheese and a semi-soft cheese. You will be able to see all of the steps of cheesemaking and you will leave with information on books, supplies and recipes. Lunch will be provided using cheese, of course, and food from the farm. The class will be held in the new Cowslip Creamery. This workshop is taught by Barb Jenness, an owner of Cowslip Creamery and owner of Dancing Goat Creamery, a recipient of an American Cheese Society award. Cost: \$95.00 per person.

Preserving the Local Harvest, Naturally

This class will teach you how to preserve the bounty of your local harvest for use during the cold winter months. Techniques taught embrace the old methods of preservation minimizing damage to the nutrients and avoiding preservatives of all kinds. This class is taught in two sessions by Kathy Rafter, Natural Health Practitioner and a founding member of Nourishing Ways of West Michigan. You may register for one or both sessions. Cost: \$35.00 per person, per session.

Session 1: Drying and Lacto-Fermentation

Saturday, August 28, 2010 • 1:00 - 4:00 pm

Learn new ways that honor ancient tried-and-true methods of preserving the harvest...drying and lacto-fermentation. These methods do the most to preserve critical nutrients and enhance them.

Session 2: Freezing and Canning 101

Saturday, September 18, 2010 • 1:00 - 4:00 pm

Attend this class to find out how to keep those fruits and veggies for winter use. Limited freezer space? Learn how to can...a process developed by the Shakers in the 1800s.

All workshops are taught at Lubbers Family Farm. This is a working farm and these courses are hands-on, so dress accordingly. Workshops have a limited enrollment to ensure a quality experience.

Spring 2010 Ordering and Registration



Please return the completed form with deposit to: Lubbers Family Farm, O-862 Luce Street, SW, Grand Rapids, MI 49534.

Thank you!

Meat Ordering and Pick-up: A nonrefundable deposit is required with your order. First ordered, first served. You will be charged separately for the butchering and processing and will be paying the butcher directly for these costs at the time of pickup. The remaining balance on the meat will also be paid at that time. (Check appropriate box(es) below)

Grassfed Beef Whole, \$100.00 deposit Half, \$50.00 deposit Split Half, \$25.00 deposit

Grassfed Succulent Beef Whole, \$75.00 deposit Half, \$37.50 deposit

Grassfed Lamb Whole, \$50.00 deposit Half, \$25.00 deposit

Pastured Pork Whole, \$50.00 deposit Half, \$25.00 deposit

Please enter the number of people planning to attend.

Farm Tour plan to attend on Saturday, September 11 at 2:00 p.m.

Cheese Swap plan to attend on Saturday, August 21 at 5:00 p.m.

Workshop Registration: A nonrefundable deposit for each workshop is required with registration. The remaining balance is due at the workshop. (Check appropriate box(es) below)

Garden Workshops (\$30.00 deposit for both)

Session 1: Seed Starting \$20.00 deposit **Session 2: Planting the Garden** \$20.00 deposit

Milk Workshop \$5.00 deposit

Cheese Making with Barb Jenness \$30.00 deposit

The "How To" of Quick and Easy Meals with Kathy Rafter \$5.00 deposit

Preserving the Local Harvest, Naturally (\$10.00 deposit for both)

Session 1: Drying and Lacto-Fermentation \$5.00 deposit **Session 2: Freezing and Canning 101** \$5.00 deposit

Participant(s) Name

Address

City/State/Zip

Phone

Email

Questions? Email us at info@lubbersfarm.com or call (616) 453-4257