



Ashton Glen Farm

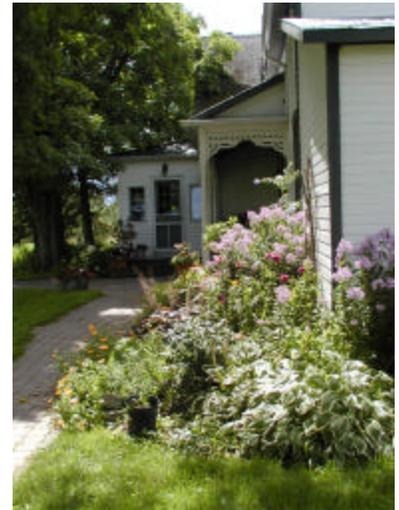
Organic Grassfed Angus

Natural Yorkshire Pork

www.ashtonglenfarm.ca



Spring has finally arrived and new growth has burst out everywhere. I continue to be amazed every year at this awesome display of the power of nature. It also signals the beginning of a new set of chores,



fencing to be repaired, equipment to be serviced and ready for haying, manure to be composted, gardens to be prepared and so on. Although it is hard work, there is also great peace to be found in our participation in this annual cycle of life. We are glad that you can share, virtually or otherwise, in our farm's yearly rejuvenation.



Many of you have written asking about when things will be ready. We are very strict about our processes for producing quality food. We only sell beef after the cattle have been on green grass for a minimum of 6 weeks and we never ever feed cattle corn or grain. This results in the high quality beef that you have come to expect. Pigs of course love grains and they eat it every day, with a side of salad.

So, here's the scoop. We are now taking orders for sides of pork for pickup in September (the pork for this June is sold out). We are also offering sides and quarters of beef for delivery in late October. You can get more information at our website, www.ashtonglenfarm.ca Note that quantities are limited and we do expect to sell out.

As for markets where we sell the individual cuts, our first market date is Saturday July 25 at St Paul University on Main Street. If you haven't been, it is an excellent market with a good number of produce vendors including several organic farms. You can also get eggs, flowers, baked goods, and apples. This market is in the park like setting of the university, we love selling there. I will update you on the Lansdowne Market as the date gets closer.



Why People Buy Our Beef (from the marketing research department of Ashton Glen Farm)

1. Great taste. Our customers find our beef is tender and delicious. It tastes like food your great grandparents would have eaten. 21 day dry aging is a part of our process.



2. Grassfed beef is good for you. Unlike corn and grain fed beef, which factory farming has turned into a product which is questionable in terms of health, grass fed meats have been consumed by omnivores for millions of years. If you don't know about the difference between the two, you might want to learn. (see reading section)

3. Grassfeeding beef is good for the environment. We practice rotational grazing and zero tillage (more about this in our next newsletter)

4. We follow the organic standard. A whole host of poisons and chemicals are not in our beef.

5. Animal welfare. We treat our animals with compassion and respect.



Postscript to Haying 101



At last writing we were halfway through our first cutting of hay and it was shortly after Canada Day. If you remember, the summer of 2008 was quite wet. We did not finish the first cut until almost Labour Day, as our next 3 days of sunshine window did not occur



again until late August. Almost 2 months late! In the end we put up 100 tons of round bales for the cattle and 400 square bales for the horses and pig salad. Any farmer will tell you though, that too much rain is a much better problem to have than not enough. It was an unusual summer, but we got the hay off eventually.

Have you Read?

This last winter seemed a little longer and a little colder than usual. We burnt 19 face cords of wood which is also a slightly more than normal. There is nothing better than sitting in front of the woodstove with a good book on a cold winter day. From this years reading I would like to recommend 2 books.

- o In the nonfiction category, Michael Pollan put out "In Defence of Food" in 2008. This is a well researched follow up to "The Omnivores Dilemma" and advocates eating things your great grandparents would have recognized.

- o In Canadian fiction Joseph Boyden followed up "Three Day Road", one of the better books I have read, with "Through Black Spruce" which won the 2008 Giller Prize. It is the story of a modern day Cree who lives on Hudson's Bay near Moosonee.

In fact, if you are compiling a summer reading list, you could put all 4 on it.

Here's hoping that you have a wonderful Spring and we look forward to seeing you again this Summer.....Dave and Diane Smith, Jamie and Danielle