

Schreiber & Sons CSA

It's a Culinary Adventure

Schreiberandsons.com

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The topic of this update is what we call “add-ons.” Our members have expressed interest in sourcing products, in addition to our fruits and vegetables, that are local, seasonal and sustainable. In a survey at the end of last season, 75% of members indicated they would appreciate access to alternate local products including meat, cheese, flour, eggs and wine. Interestingly, the last product, wine, was of the least interest. Apparently, it is easy enough to source local wines, so this won't be an option right away. If you DO have an interest in adding wines to your local product list, let us know. Our location and my work have afforded many friends in the wine industry, so if we want to go this direction, we can. For now, getting the cheese is in the future. The products we are able to offer this year include:

Shepherd's Grain Wheat. Five pound bags of Washington (there are a couple of northern Idaho growers involved) produced wheat flour. The wheat is sustainably grown. The price for this product has not been established.

Free Range Eggs. Eggs from Benton County, free range chickens, happily living at Greene Hill Farms, can be obtained through Schreiber & Sons. The minimum is one dozen eggs. The price is \$4 per dozen

Free Range Chicken. The chicks are also available from Greene Hill Farms. However, in order to get them, you must pick up your order at their farm (Schreiber & Sons is not set up to handle fresh meat). The instructions for doing this are below. The minimum order is one chicken. The price is \$3 per pound. (For more information go to greenehillsfarm.com.)

Columbia Basin Organic Beef. This is the real striking deal that we have been able to establish and we are still working on the process for obtaining your beef selection. This may be the only way to access organic beef in the Tri-Cities! The minimum order will probably be 5 or 6 pounds. The beef cuts will be limited to hamburger, roast and a few cuts of steak. The meat will come to you frozen. The price is pretty expensive due to

the costs of getting the meat. Our starting price will be \$6 per pound for hamburger and roasts and \$8 per pound for steaks. (We've tried the meat at home and I can attest, there IS a difference in flavor, color, quality. This is some of the best beef I have ever tasted.)

The wheat, eggs and beef will be picked up with your box. If you have ordered an add-on, it will be placed in the *Will Call* area--separate from the usual pick-up spot. To ensure the freshness of the beef, you will need to pick up your box within a very specific time frame.

Schreiber & Sons has no financial interest in Shepherd's Grain, Greene Hills Farm or Columbia Basin Beef. We know the people involved in these businesses; we like the people involved and they share our values. We know they provide a premium product. If you buy any of these products and you have a problem or are unhappy with the product, we will return your money.

To place your order, you will have to call or email the office; we will confirm your order either by phone or by email. There will be a minimum volume required per purchase. Orders can be made on a week-by-week basis, or you can request a product (eggs for example) to be included in your box on a regular schedule.

Shepherd's Grain. Shepherd's Grain comes from an alliance of progressive family farms dedicated to practicing sustainable agriculture. The growers believe it is possible to raise a product in a responsible manner, that is not only great tasting, but also more nutritious. Local to the Northwest, Shepherd's Grain is working to create a sustainable relationship between the grower, the baker and the customer ,to the benefit of all. Products made from Shepherd's Grain can be found in local universities, select restaurants, and in many of your favorite bakeries (ie: Shepherd's Grain breads used to be available at Yokes. Several Portland pizza establishments feature the flour in crusts).

Karl Kupers and Fred Fleming, founders of Shepherd's Grain are both descendants of farming families; they both love working the land and an honest day's work. Another thing they have in common is that they both want their land to remain productive for decades to come and their wheat to be sold at a fair price. These little ideas soon sprouted into a big concept. The big concept was to change the way their forefathers farmed to give the land greater longevity and the people a transparent price. These goals have helped pave the way for a new way of farming, called sustainable agriculture.

Karl and Fred loved the idea of sustainable agriculture so much that they completely transformed their farms, starting with the way they till their land. Direct seed, or no-till farming (which eventually gained national recognition as a means to sequester carbon), is a critical component of all Shepherd's Grain farmers.



Not only is Shepherd's Grain wheat good for the environment and the economy, but it also tastes delicious. "We decided to grow sustainable wheat and were happy to discover that it tastes good too!" exclaimed Fred. Many artisan bakeries have been impressed with Shepherd's Grain product. One baker tried blending them together and found they make a good, flavorful and functional flour. So on top of being eco-friendly the wheat is excellent for baking. Diversity is the future of agriculture. Today there are 28 growers who farm wheat for Shepherd's Grain. They all use sustainable agriculture farming methods and they are all certified by the Food Alliance Association. The Food Alliance inspects all of Shepherd's Grain farms to make sure they are following protocol, which verifies their reliability. At the end of the day, Fred says, "we grow wheat, wheat that represents locally grown, family farmers". When you become this kind of food activist, you also become a disciple to save family farms. Fred and Karl are doing exactly that, one farm at a time.

Greene Hills Farm is a small family farm just west of Benton City. Surrounded by cherry orchards and vineyards, GH Farms raise pasture grazed chickens for eggs and meat. Unlike commercial “free-range” chickens that are raised in cavernous barns with minimal access to small yards, their chickens spend all day roaming chemical-free pastures eating grass, clover, and insects. Not only are farm fresh eggs delicious, but recent research shows that eggs from pastured chickens are:

- twice as rich in vitamin E
- up to six times richer in beta carotene (a form of vitamin A)
- four times richer in essential omega-3 fatty acids
- higher in folic acid, B12, lutein and zeaxanthin
- average only half as much cholesterol as conventional eggs

Greene Hills Farm raises Cornish cross meat chickens, the standard meat breed used in the U.S. Their meat chickens spend the day outside on fresh clean grass. At night they roost in a converted R.V. trailer, which allows the chickens to move to clean pasture as needed. Exercise and a varied diet contribute to that great chicken taste and texture that previous generations enjoyed. At 8 weeks, the chickens are humanely slaughtered, and carefully processed by hand on the farm. A stress free life (and death) and careful processing ensure a tender, tasty chicken, free of antibiotics, pesticides and chlorine (conventional chickens are disinfected with chlorine which is why the EU prohibits U.S chicken imports).

Reserve your chickens now for summer time barbeques! They will be processing chickens on May 16, 17 and June 6th, and 7th. Visit their website to place a \$5.00 per bird deposit, which will be applied to the final price of \$3.00/ lb (finished weight is around 4-5 lbs). Greene Hill Farms will contact you regarding the date to pick up your chickens from our farm. Bring a cooler, because chickens will be fresh. For more information call at 509-588-2794 or check out website: www.greenehillsfarm.com

Columbia Basin Beef is raised in Benton County from two to three years old cows that have been raised organically. Currently there is no way to produce organic beef anywhere near here because there is no slaughter facility that is organically certified anywhere close to here. We are working with the producer and with a local butcher and helping them to become organically certified.

The animals that are being butchered are certified organic, however, until the locker is certified organic, the beef itself cannot be called organic meat (even though it the cow

itself was organic.) The locker is getting its organic inspection today (the 14th) and so for now we call this meat from an organic cow. Once the locker passes inspection and is certified, we will call it organic beef. We have eaten this meat and it is striking. I was raised on a beef farm and ate beef every day of my life growing. It is hard for me to say, but this meat is some of the best tasting meat I have ever tasted.

By supporting this effort you are creating a way to make organic beef available in the Tri-Cities.