



Eagle Crest Farm

SEPTEMBER 2015

“TASTE AND SEE THAT THE LORD IS GOOD”

WWW.EAGLECRESTFARMVA.COM



Working alongside our sons and daughters to provide healthy, locally-grown food for our family, friends, and community.

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Reserve your Thanksgiving turkey! We are quickly selling out, so reserve yours now.

We will have chicken, breads, and eggs available throughout the fall and winter.



Contact us at
eaglecrestfarm724@gmail.com

www.eaglecrestfarmva.com

Let's Talk Turkey

Last year, we raised about 20 pastured turkeys, and received great feedback from those customers as seen on the review section of our website--check them out! We are raising about 60 turkeys this year, and we look forward to continuing to provide healthy and delicious turkeys each year going forward for you, your families and friends. We hope you enjoy reading below about the **benefits of pastured turkeys**; if you know of anyone who would like to reserve a pastured turkey for 2016 (we are sold out for this year), please have them email or call us.

1. Improve your own health by eating higher quality meat.

Pastured turkeys feast on greens, bugs, non-chlorinated water, and enjoy sunshine and a very relaxed and low stress environment. We supplement our turkeys with a non-gmo grain from a local mill. According to the nutritional analysis published by the APPPA, pastured chicken has higher levels of vitamins and better nutrition than conventional chicken; I can only imagine that turkey would have the same results. Moreover, our turkeys are not given any antibiotics, steroids, or chemicals, so those chemicals don't carry over into your body either. (1 Cor. 6:19-20)

Most store bought turkeys are injected with vegetable oil, water, salt, emulsifiers, sodium phosphate, and artificial flavorings. Pasture raised turkey, on the other hand, has not been basted or injected. Although pastured turkeys are naturally moist and juicy, some people still prefer to prepare the turkey in a brine to allow more seasoning and moisture to penetrate the meat for 12-24 hours, though many have found this not to be necessary due to how moist pastured turkey is naturally.

* Cooking Tip: Pastured birds cook faster than conventional turkeys, so monitor the internal temperature of the thickest part of the thigh closely until it reaches 165 degrees.

2. Glorify God more by supporting good stewardship of animals.

God wants us to be good stewards of "the birds" as he tells us in Genesis 1:28.



Pastured turkeys are raised in the spacious sunshine and open air (the way God designed it to be) and have clean fresh grass to rest on at night. The quality of life for the birds is much better than commercially raised turkeys who are indoors all their life and in very tight quarters with each other.

3. Strengthen the families in your community.

Your turkey purchase will be supporting a local family, their children, and grandchildren by encouraging them to work together to strengthen their relationships with each other. Families need to spend lots of time together, and working together is a great way to accomplish that! (Deut. 6:6-7) Our children are learning to work diligently and thoroughly on the farm, and we are all growing closer together as a result of the time spent together.

4. Strengthen your local business community.

When you buy a pastured turkey, you are supporting many of the local businesses in the area along with your friends and neighbors who might work at those businesses. Your money is staying local and helping businesses who supply the farmer with food and supplies. We buy our non-gmo grain from a local, family owned farm (Sunrise Farms) in Stuarts Draft VA, and we buy many of our supplies from the local Southern States and Bordens Hardware store in Strasburg, VA.

Thank you so much for supporting our family owned farm; we look forward to serving you in the years ahead!

Fresh from the Farm

Pastured Chicken

All of our poultry is hormone-free, antibiotic-free, steroid-free, and raised on pasture. We supplement their pasture diet with two types of grain. One is a GMO-Free grain, and those chickens are \$4 per pound. The other is a GMO-Free, Soy-Free, Organic grain, and those chickens are \$5.25 per pound.

Pastured Turkey

We start raising our pastured turkeys in July. They will be ready for sale the week of Thanksgiving. Their pasture diets are supplemented with a

GMO-Free grain from a local mill. The turkeys range from 17-26 lbs, and are \$5 per pound. We will deliver turkeys to Strasburg, Winchester, Gainseville, Herndon, Falls Church, and possibly other locations.

Farm-fresh Eggs

We now have close to 300 egg layers (half are just starting to lay and half will start laying in Feb.). Our layers are truly free-ranged, and their forage diet is supplemented with GMO-Free grain from a local mill. Eggs are \$3.50/doz.

Local Honey

There is no honey this year. Our goal is to get our hives to survive the winter, so they need

every drop they have. We're sorry!

Homemade Breads

We mill the organic wheat berries ourself to make freshly-milled breads. The breads are delicious and much healthier this way. We offer a variety of breads including Ezekiel, Wheat, Banana Nut, Pumpkin, and Dinner Rolls.

Low-sugar Jam

We will have raspberry jam available soon. Our jam is made with our organically grown raspberries, and local honey. We don't have a huge supply, so let us know if you'd like some jam.

What's Happening on the Farm?



Finishing up the poultry season

We have one more batch of chickens out in the pasture that will be processed in October, and then our turkeys that will be processed

Thanksgiving week. That will be the end to our 2015 season of raising pastured poultry. When it's all said and done, we will have raised about 600 chickens and 65 turkeys. God has been so good. This is only our second year as a family farm, and our numbers have doubled from last year. We can't wait to see what His plans are for next season (which will start in March). It's a lot of work raising pastured poultry. The chicks are delicate at first, and then once they're in the pasture they need to be moved twice a day, the fence is moved, and they need to be fed and watered throughout the day, and then we process two days a month. So it's a lot of work, but it's our family business, we get to do it all together as a family, and we get healthy meat for our family and yours, which makes it worth it! We are looking forward to a little rest, though, this winter.

Preparing for Winter

Fall is woodcutting season. We work as a family with our brother and parents to cut wood for each of our homes. It's a lot of cutting, chopping, splitting, and hauling, but it's also a LOT of fun. Heating by wood warms you twice: once when you're gathering the wood, and again when you're burning the wood.

We also will be preparing winter shelter for our egg layers. They can't walk in the snow, and with 300 chickens we need to provide a place for them outside their coops to run around in the winter. So this year we're trying something new by hanging a series of angled tarps to provide roofs and one wall, and then filling that space with straw. We can then compost that straw in the spring. This will provide lots of fresh air and exercise for the chickens throughout the winter, while keeping them safe from the snow.



Claire's Corner

Written by Claire, age 10

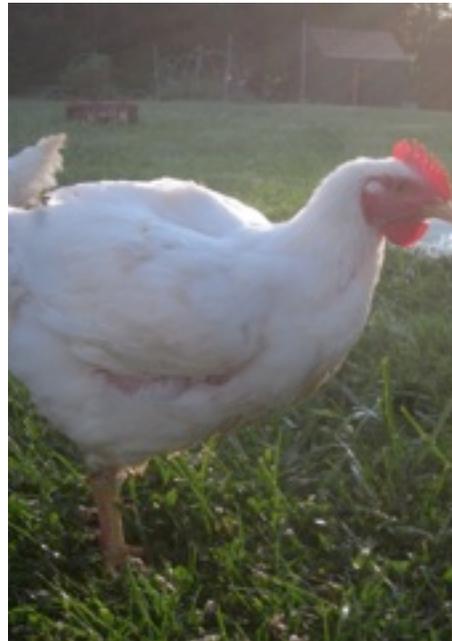
I like gardens, so I decided to experiment a bit with some seeds. I grabbed a handful of mom's hard red wheat berries, and filled a shallow container with dirt and planted the wheat. It went up like a rocket! The next morning there were five tiny sprouts, and that evening there were 19! Now the wheat's taller than my hand.

I moved the wheat outside and planted it in the garden. Next spring I hope to plant some corn.

I also hope that our relationship with God will grow like the wheat seeds. This process is called sanctification. The seed is the word of God and the sprout is our faith. The more we pray and read our Bibles, the more we grow. So let's try to grow tall and strong!



Food for the Fall and Winter



What's available:

Frozen Pastured Chickens

We raise and process enough chickens throughout the spring and summer to hopefully supply the needs of our customers throughout the fall and winter. We have several freezers full of our pastured chickens (both GMO-Free, and Organic, Soy-Free). And we also have chicken stock available for delicious winter soups.

Homemade Breads

We bake our breads fresh each week. We can bake to order (as long as we have a week's notice). You are welcome to order our Ezekiel, Wheat, Banana, and Pumpkin breads, along with our dinner rolls at anytime throughout the fall and winter.

Farm Fresh Eggs

We will have eggs available for \$3.50 a dozen. We put Christmas lights in our coops that are set on a timer, so we

usually don't see too much of a decrease in our egg production during the winter.

How to Order:

Simply call (540.465.2272) or email us (eaglecrestfarm724@gmail.com) to order your chicken, bread, and eggs.

Pick-up or Delivery:

We are happy to deliver your order to Strasburg, Winchester and Gainesville (weekly) and to Herndon (monthly). We can coordinate those logistics with you when you order.

During the fall and winter we WILL have chicken, breads, & eggs available for pick-up or delivery.

Farm Devotional: Reaping a Harvest



“Do not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” ~ Gal. 6:9

Fall is harvest time when farmers bring in the fruits of their labor. On our farm, we have multiple harvest times. One of those is in the summer when we harvest our fruit. This year, our fruit crops didn't do so well for various reasons. However, God provided an abundant harvest of wild raspberries and blackberries that far exceeded our hopes for the plants we planted. Of course, the wild berries come with thorns, prickles,

and some extra effort to pick them, but that's all God asked us to do to reap the abundant harvest He prepared for us.

How does this relate to you? Perhaps it's in your job, or with a difficult relationship, or in your parenting. God has abundant blessings waiting for us. These blessings usually come with a little sanctification, a little extra effort, (a.k.a. thorns and prickles), but if we persevere in that job, or through that relationship, or through the tough times of parenting, then we will reap a harvest if we do not give up.

I heard a speaker say that “hard things are good and good things are hard.” There is A LOT of truth in that. If we want to reap a harvest (an abundant harvest that meets all our needs), then we need to be willing to not give up when doing those hard things that are good.

I pray that whatever thorns, prickles, and extra effort you're facing, that God will strengthen you so that you do not become weary, and you can reap that abundant harvest God has waiting for you. Enjoy your harvest time!

Sowing Seeds: Grace Received

“Out of His fullness we have all received grace in place of grace already given.”
~ John 1:16

“‘Where is your faith?’ He asked His disciples. In fear and amazement they asked one another, ‘Who is this?’....”
~ Luke 8:25

We live in a world of “grace already given”: fresh air, a good nights sleep, good food, fresh water, sunshine, laughter.... These are given to us out of God's grace and not because we have earned them at all. But God doesn't stop there; He knows we need more. Since “all have sinned and fallen short of the glory of God” (Ro. 3:23), He gave us additional grace so that we can be with God forever! That grace is found in answering the disciples question from thousands of years ago: “Who is this?” That is also the most important question that anyone can ever ask! The answer is: God himself in bodily form! Thank the good Lord for grace in place of grace already given as summarized in John 3:16.



Eagle Crest Farm

“Good food for your body and soul”

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