



EAGLE CREST FARM

A LOCAL, FAMILY-OWNED FARM IN VIRGINIA

ISSUE 6

"TASTE AND SEE THAT THE LORD IS GOOD"

JUNE 2015



WORKING ALONGSIDE OUR SONS AND DAUGHTERS TO PROVIDE HEALTHY, LOCALLY-GROWN FOOD FOR OUR FAMILY, FRIENDS, AND COMMUNITY

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PASTURED POULTRY



ORGANIC FRUIT



HONEY

Organic Fruit: Keep in Reach of Children



“A little dirt never hurt anyone.” Have you ever heard that phrase? I think there’s a lot of truth to that, however when talking about organic farming we aren’t talking about dirt. We’re talking about pesticides, chemical fertilizers, and other strong agents that you

would never want in reach of your children, and especially not ingested. However, according to the USDA, Consumer Reports, and the Environmental Working Group, most non-organic produce contain residual pesticides even after washing. The long term effects of consuming these pesticides has not been sufficiently studied, but they obviously can’t be good for you and do have a negative effect of some kind.

To make wiser consumer choices here is a list of produce with the highest level of pesticide contamination. The following list is based on information and studies by the USDA, Consumer Reports, and the Environmental Working Group.

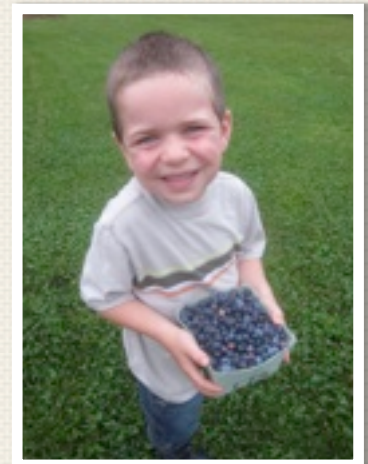
1. Nectarines – 97.3% of nectarines sampled were found to contain pesticides.
2. Celery – 94.5% of celery sampled were found to contain pesticides.
3. Pears – 94.4% of pears sampled were found to contain pesticides.
4. **Peaches – 93.7% of peaches sampled were found to contain pesticides.**
5. **Apples – 91% of apples sampled were found to contain pesticides.**
6. Cherries – 91% of cherries sampled were found to contain pesticides.
7. **Strawberries – 90% of strawberries sampled were found to contain pesticides.**

8. Imported Grapes – 86% of imported grapes (i.e. Chile) sampled were found to contain pesticides.
9. Spinach – 83.4% of spinach sampled were found to contain pesticides.
10. Potatoes – 79.3% of potatoes sampled were found to contain pesticides.
11. Bell Peppers – 68% of bell peppers sampled were found to contain pesticides.
12. **Red Raspberries – 59% of red raspberries sampled were found to contain pesticides.**

Here at Eagle Crest Farm, we believe it’s important to provide healthy food for our family, friends, and community. As we grow strawberries, blueberries, raspberries, blackberries, grapes, peaches, and apples, we want to grow them organically without any contamination from chemical pesticides or fertilizers. Our weed killer is our children who are diligently weeding our garden every day. And we use an all organic spray on the fruit trees to help with bugs and worms. It uses neem oil, which is a vegetable oil pressed from the fruits and seed of the neem tree.

To fertilize our garden, we use manure from grass-fed cows that have been fed an all-organic diet that we then mix with our leaves, twigs, and grass clippings to make a natural compost. We also use an organic fertilizer for our blueberries that require a more acidic soil.

So when you purchase and eat fruit grown on our farm, you won’t have to worry about any chemicals. There may be a little dirt on them from growing in the garden, but hey, a little dirt never hurt anyone.



Fresh from the Farm:

PASTURED CHICKEN:

We process a batch of chickens once a month. If you would like cut-ups, please let us know. Our GMO-Free chicken is \$4/lb. We also have Organic chicken available for \$5.25/lb.

PASTURED TURKEY:

Reserve your Thanksgiving and Christmas turkeys now. We sold out early last year, so please reserve yours as soon as possible so we know the right number of turkeys to raise. Our GMO-Free turkeys are \$5/lb and average between 17-25lbs.

ORGANIC FRUIT:

We have fresh strawberries available all summer. We will also have blueberries available, along with raspberries (wild and from our garden), and hopefully peaches as well later this summer. All our fruit is grown organically (though we are not certified organic).

LOCAL HONEY:

We have five hives full of busy bees. We are hoping they will produce a good honey crop this year with God's help. If so, we hope to have honey available in July/August. We know there is a large demand for honey, so please reserve yours as soon as possible. We will send out an email letting everyone know if and when we have honey available. Honey is \$9 per pound or \$40 for five pounds.

FARM FRESH EGGS:

We will hopefully have eggs available for sale again in September. Check out the September newsletter for more information.

FARM FOODS



GMO-FREE PASTURED CHICKEN - \$4/LB
ORGANIC CHICKEN - \$5.25/LB



RESERVE YOUR PASTURED
TURKEY NOW - \$5/LB



ORGANIC STRAWBERRIES,
BLUEBERRIES, RASPBERRIES, PEACHES



HONEY - \$9/LB OR \$40/5LB

PASTURED POULTRY

How We Raise Our Poultry:

- We receive the chicks from a hatchery in Ohio, and raise them from two days old
- We supplement their pasture with non-GMO grain from a local mill. (We also have one batch of chickens that has been fed 100% organic grain.)
- We use no antibiotics, steroids or hormones
- Once old enough to pasture, they live in a portable shelter that is moved twice daily to fresh grass, and are given free range of the pasture to feed on grass, clover, and bugs.
- At 8 weeks we process the chickens by hand as a family using the most humane methods.

Claire's Corner

by Claire, age 9.9



Summer is a wonderful time! Swimming pools will be open and summer activities, such as canoeing and camping, will start. Also, the wild raspberries and blackberries we find in the woods will be ripe. We're excited about the wild berries because when we play in our playset and in the woods we can eat the berries. We will also sell them at the farmer's market with the berries we also grow in our garden, and we don't have to worry about any sprays on them. Our farmer's market has been going very well. Now that summer is here we will be able to sell our fruit. We are so happy to see the strawberries turning red and the berries growing. We are excited to sell them at the market and to make jam to sell. Summer tastes so good!



FARMERS MARKET

OUR FAMILY IS NOW PARTICIPATING IN THE STRASBURG FARMERS MARKET EVERY SATURDAY FROM 9-12PM. IF YOU'RE LOCAL, WE'D LOVE TO SEE YOU AND HAVE YOU STOP BY OUR TABLE. THIS HAS BEEN A FUN WAY TO MEET NEW FRIENDS AND SHARE OUR FOODS WITH OUR COMMUNITY.



HONEY BEES

AFTER LOSING ALL OUR HIVES LAST YEAR, WE STARTED AGAIN WITH FOUR HIVES. WE MOVED THEM TO A SUNNIER LOCATION, AND BEN HAS BEEN DOING A LOT OF STUDYING AND RESEARCH IN HOPES OF MAKING THIS YEAR A SUCCESSFUL ONE. BEES ARE DELICATE, BUT AMAZING CREATIONS OF GOD! IF ALL GOES WELL, WE'LL HARVEST IN JULY/AUGUST.



GUTTER GARDEN

WE'RE TRYING A NEW WAY OF GROWING STRAWBERRIES USING A GUTTER GARDEN (THOUGH WE'RE ACTUALLY USING PVC PIPE BECAUSE GUTTERS WERE EXPENSIVE). WE'RE GROWING THE STRAWBERRIES IN THE PIPES THAT ARE MOUNTED ON POSTS 4FT OFF THE GROUND. THEY REQUIRE LESS COMPOST SOIL THIS WAY, WILL HAVE FEWER WEEDS, AND THE CHICKENS WILL STAY OUT OF THEM. HOPEFULLY IT WORKS!

FARM DEVOTIONAL: FOUR SEASONS

I LOVE LIVING IN VIRGINIA. I FEEL LIKE WE GET THE BEST OF ALL FOUR SEASONS HERE IN VIRGINIA. AND I FEEL LIKE I CAN TRULY APPRECIATE THE BEAUTY AND VALUE OF EACH SEASON THIS WAY. IT SEEMS THAT WHEN IT'S TIME FOR THE SEASONS TO CHANGE, I'M READY FOR THE NEXT ONE.

A FRIEND RECENTLY ASKED ME WHICH SEASON OUR FAMILY WAS IN RIGHT NOW. IT WAS A TIMELY QUESTION CONSIDERING THE SEASONS IN NATURE WERE CHANGING FROM WINTER TO SPRING, AND NOW WE WILL SOON BE ENTERING THE SEASON OF SUMMER.

I WAS GRATEFUL TO BE ABLE TO ANSWER MY FRIEND THAT I FELT LIKE WE WERE IN A SUMMER SEASON. I FEEL LIKE THERE HAS BEEN A LOT OF GROWTH GOING ON IN OUR HEARTS THROUGH GOD'S SANCTIFYING POWER, AND NOW I CAN START TO SEE THE FRUIT DEVELOPING FROM THAT GROWTH. AFTER A LOT OF PREPARATION, I FEEL LIKE WE'RE FINALLY ABLE TO SEE SOME FRUITS OF OUR LABORS BOTH ON OUR FARM AND IN THE LIVES OF OUR CHILDREN (AND OURSELVES).

SUMMER IS A GREAT SEASON TO BE IN!! BELIEVE ME, I'VE BEEN THROUGH SEVERAL WINTERS IN MY LIFE WHERE THERE DIDN'T SEEM TO BE ANY GROWTH HAPPENING AND THE SUN JUST DIDN'T SEEM TO SHINE AS MUCH. I'VE ALSO BEEN THROUGH SPRINGS WHERE THE HOPE OF GROWTH IS EVIDENT AND THOUGH THERE ARE STILL COLD DAYS, I CAN FEEL THE WARMTH MORE AND MORE. AND I'VE BEEN THROUGH AUTUMNS WHEN THE LAST OF THE FRUIT HAS BEEN HARVESTED AND YOU CAN FEEL THAT THE GROWING SEASON HAS COME TO AN END.

SUMMERS ARE SEASONS WHEN LIFE IS GOING WELL. BUT I'M AWARE THAT EVEN IN SUMMER THERE CAN BE STRONG STORMS THAT CAN GREATLY AFFECT THE CROPS OF OUR HEARTS AND LIVES. I LOOK FORWARD TO ENJOYING THIS SEASON OF SUMMER AND I WANT TO BE MINDFUL TO REMEMBER ALL THE BLESSINGS OF SUMMER SO THAT I CAN RECALL THOSE BLESSINGS WHEN I AM IN A WINTER SEASON.

WHAT SEASON ARE YOU IN? EVEN IN WINTER THERE IS GROWTH HAPPENING THAT WE CAN'T SEE. AND GOD SAYS IN ECCLESIASTES THAT FOR EVERYTHING IN LIFE THERE IS A SEASON. MAY GOD BLESS YOU IN WHATEVER SEASON YOU ARE IN NOW.

SOWING SEEDS

“You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.” Rev. 4:11

As I sit on my front porch and watch the clouds drift overhead and listen to the contented clucking of chickens in the pasture, I am reminded of the verse above. We take this calm orderly world for granted everyday, but we are truly witnessing the power and wisdom of God on display wherever we look. He holds everything together and gives us exactly what we need in order to know Him better.

On the other hand, an atheist could look at this beautiful world and say that there is no God simply because they don't see Him. If

this is the truth, then everything came from nothing. My question for the atheist then would be: “What does nothing make?” I asked my 3yr old this question recently, and she correctly answered : “Nothing.”

Revelations 4:11 is the truth, and yes, it does take faith to believe it, but it also takes faith to believe that nothing made everything. Which takes more faith to believe? If you use the sound mind that God gave you, I am sure that you will see the beautiful and simple truth of the Bible.



Eagle Crest Farm

A Local, Family-Owned Farm in VA

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