

EAGLE CREST FARM

TASTE AND SEE THAT THE LORD IS GOOD

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

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The Tribe of Benjamin

What a beautiful summer it has been! The rain barrels have been full all summer, the chickens have enjoyed lush grass and plenty of insects, the eggs have been filling the nest boxes, the smell of fresh baked bread has filled our kitchen, and our children have enjoyed a safe, healthy, and adventurous

summer. Our cup of blessings is overflowing thanks to our awesome God. And yet we are so undeserving. We are the tribe of Benjamin, the least of the tribes. Yet God continues to show us grace and mercy. He is leading us in this farm journey, and we are humbly following. God is good!



FARM FRESH EGGS

Our egg layers free range all over our farm. They are happy hens, and the eggs are delicious!



PASTURED TURKEYS

Reserve your Thanksgiving and Christmas turkeys now. We only have 20, so get your order in soon.



ORGANIC, LOW-SUGAR JAM

Made with organically grown strawberries and raspberries from our garden, and local honey.

Fresh From the Farm

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Pastured Chickens

Our freezers are full with delicious, pasture-raised chickens. These chickens will be available year-round from our freezer to yours. After Sept. 19th, we won't be processing chickens again until April, but we will have chickens available that we have frozen. Call or email us at any time when you're hungry for a delicious and healthy chicken dinner.

Pastured Turkeys

We are raising turkeys for the first time this year. They will be processed on the Monday before Thanksgiving. We only have 20 turkeys available, so reserve your Thanksgiving and Christmas turkeys now. They will weigh between 15-20 lbs.

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.

Organic Low-sugar Jam Free Range Eggs

The children have worked very hard this summer to keep the garden weeded. It's been a laborious task, but now they are reaping the fruit of their labor. We are making delicious, organic, low-sugar jam with the strawberries and raspberries from our garden. We use our organically grown berries, a little bit of local honey, and no sugar pectin.

Our egg layers are laying big, beautiful, delicious eggs in shades of brown, green, and blue. We've received great feedback about how tasty these eggs are. Taste for yourself!



HOW TO ORDER

Ordering is easy! Whenever you're hungry for some chicken, eggs, bread, jam, or one of our turkeys, just send us an email or give us a call.

You are welcome to come to our farm to pick up your order, or we are happy to schedule a delivery that will accommodate you to the best of our ability.

We look forward to hearing from you and providing your family with delicious and healthy food from our family's farm.

Eggs	\$3/dozen
Chicken	\$4/lb
Turkey	\$4/lb
Bread	\$5-\$7/loaf
Rolls	\$5 for 8
Low Sugar Jam	\$3.50

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Fresh Milled Flour Power

Did you know that once wheat has been milled into flour, the flour will lose up to 45% of its nutrients within the first 24 hours, and 90% within the first three days through oxidation. That means that flour you buy at the grocery store has lost 90% of its nutrients!

There are 44 known nutrients that are essential for good health. 40 of those nutrients are found in wheat flour! Commercial wheat milling for white flour removes the bran and germ from the flour, which also removes 80% of its nutrients.

Manufacturers then enrich the commercially made flour to make up for the nutrients they removed, but they only add four nutrients, and no fiber.

Freshly milled flour, on the other hand, retains the 40 essential nutrients and fiber. And when used the same day to bake breads, all of those essential nutrients are preserved in the bread, making for a VERY healthy bread! Even the baking process does not eliminate the nutritional content, but instead locks it in and stops the oxidation of the nutrients.

Nowadays, bread products get a bad rap from various diet fads. However, homemade bread that has been made with freshly milled flour is both healthy and good for you. God specially designed the wheat berry to contain 40 essential nutrients plus fiber that our bodies need. He packed all that goodness into the wheat for our benefit and health. We have been robbing our bodies of this nutrition found naturally in the wheat berry by consuming commercially manufactured flour and bread products.

God says in Isaiah 55:2 "Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare."

After learning more about the health benefits of freshly milled wheat, our family purchased a grain mill and began milling our own flour and baking bread. We have experienced first hand the benefits of freshly milled flour power, and have enjoyed every bite.

Wheat bread - \$5

Ezekiel bread - \$7

Banana bread - \$5

Raisin bread - \$5

Rolls - \$5 for 8

ABOUT OUR HOMEMADE BREADS

All of our breads are homemade by Kelly and our daughters. We have a grain mill, and mill our own fresh flour. We use local, organic honey, real salt, extra virgin olive oil, and other healthy ingredients, such as sucanat instead of sugar in the banana bread recipe. The bread is truly delicious! And you can feel good eating it, knowing that it's packed with vitamins, nutrients, and healthy ingredients. We encourage you to taste the goodness of homemade bread!

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WHEAT BREAD

Our wheat bread is delicious! We use it every day for sandwiches, but it also makes a great dinner bread loaf. Our kids love the dinner rolls as well. Guilt-free deliciousness in every bite!



EZEKIEL BREAD

Based on Ezekiel 4:9, this bread is also a complete protein, making it even healthier. It's made with freshly milled wheat, spelt, barley, millet, lentils, great northern beans, red kidney beans, and pinto beans, natural honey, yeast, real salt, and extra virgin olive oil



LEARN MORE ABOUT THE HEALTH BENEFITS OF FRESHLY MILLED FLOUR

Visit www.breadbeckers.com and request a FREE cd titled "The Bread of Idleness". It's a great resource!

CLAIRE'S



CORNER

Being a farmer doesn't just mean feeding chickens, milking cows, harvesting a garden, and carrying a pitch fork around. There are other jobs too, like being a big sister.

Being a big sister is fun. I don't have to play with dolls by myself or do my work alone. I get to do these things with my sister, Elise. She helps me with my work, she sleeps with me, plays with me, snuggles with me, talks with me, and treats me like a mom. We love each other a lot.

I like being a big sister. I think my job as a big sister is to protect and take care of my younger brothers and sister. Being a big sister is my most important job here on the farm, and I love it!

Where's the Honey?



THE BUZZ FROM OUR HIVES

The buzz is pretty quiet considering we lost 4 out of 5 hives this year. We were very hopeful that this would be a great year of bee keeping. And in many ways it was because we learned so much. But when it came to honey, we didn't harvest a drop.

Bees are very delicate and sensitive, and it takes a lot of work to keep the bees alive, and the hives productive. We're not sure if the long winter and later nectar flow contributed to the problem. We believe they were healthy because we didn't see any signs of disease. They had plenty of space in the hive and minimal disturbance. But for some reason four of the hives absconded, which means they just left without even saying goodbye.

We've talked with other bee keepers and have some ideas of a few things we could try for next year that might encourage the bees to stay and make honey. We've been keeping bees for four years, and each year we've learned a lot. We are looking forward to increasing our hives next spring, and hopefully having honey available next summer. We'll keep you posted!

WHERE'S THE BEEF?

We're considering raising beef cows next year. Are you interested in grass-fed beef?

If so, please let us know by emailing or calling us.

Do you have a preference about the cows' diet? All grass and no grain? or Mostly grass with non-GMO grain?

Farm Devotional: Unique Gifts

by Kelly Cauthorn

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"But each of you has your own gift from God; one has this gift, another has that." - 1 Corinth. 7:7

"There are different kinds of gifts, but the same Spirit distributes them." - 1 Corinth. 12:4

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." - 1 Peter 4:10

Who knew that the ability to take care of a farm and process chickens would be considered a gift, and that it would be useful to a family in need? God knew. And ironically God gave us that gift through the very family he wanted us to help.

When the Morrass needed to spend every moment at the hospital with Alison, they needed someone to help take care of their chickens, cows, and even help process their chickens. This was a way



IN MEMORY

Our dear friend, Alison Morra, has gone to be with our Lord after fighting breast cancer. We miss her very much!

It was Alison who encouraged me to begin milling our own wheat and make our own bread. She taught Claire and I how to use a grain mill. She and her husband and children are the ones who got us started raising pastured poultry and have helped us each step of the way during this farming journey. She taught me how to process a chicken! Now that's a real friend.

Alison loved the Lord, loved her husband and children, and was a wonderful friend. God used Alison to teach me many things, and I'm so very thankful for all that she taught me and for the opportunity to know her. We will miss her!

we could help, and we willingly did all that we could using the gifts we'd been given. I never would have imagined that being able to process chickens or do farm work would become a way to minister to a friend in need. But through that process, I learned that God is

equipping us, preparing us, and gifting us in ways only a Sovereign God can understand. We may not think that our abilities are useful or helpful, but God can use each gift He gives us for His glory. Be willing to use your unique gifts when He calls.

SOWING SEEDS

..."Fear God and give him glory, because the hour of his judgment has come. Worship him who made the heavens, the earth, the sea and the springs of water." -Revelations 14:6-7

Summer baseball is over, but I recently heard a great analogy that relates the game of baseball to our relationship with God. The Holy Spirit allows us to hit the ball and run the bases. First base is the fear of the Lord. We must fear God before we can truly see our great need for Jesus. As we realize that the wages of sin is death and that we are sinful, we cry out like Isaiah did in Isaiah chapter 6 when he wrote: "Holy, holy, holy is the Lord Almighty; the whole earth is full of His glory." At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. "Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty."

Once we begin to fear the wages of our sins, the next place to run to is 2nd base where Jesus is waiting for us. At second base, we find that our sins have been paid for at the cross of Jesus Christ, the lamb of God. Jesus lived a perfect life and yet died the death that you and I deserve so that we can be legally forgiven by the Almighty God of Justice. Second base is what John the Baptist said in John 1:29: "The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" After being forgiven for our sins and saved from the eternal wrath of God in hell, the appropriate response that we should have is to love God in return out of appreciation for what He has done for us. This is 3rd base: loving God and obeying His commands. We have a message on the back of our minivan that says: "He died for me, I'll live for Him." That's the essence of 3rd base. After this, we run to home base: Heaven.

Our spiritual journey is like the game of baseball, but the most important difference is that our relationship with God is not a game; it's a matter of life and death! Take your sins seriously, cling to Jesus, and love God.

Running the Bases

First Base - The Fear of God

Second Base - Jesus Christ

Third Base - Loving God

Home Base - Heaven

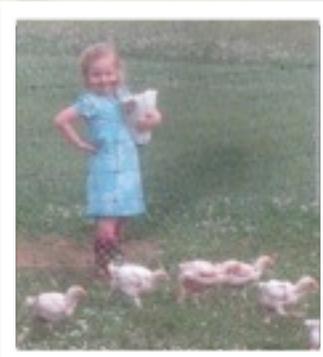
Picture Gallery



The kids love our egg layers. They have become like pets to the kids.



Taking care of the chickens.



Berry picking time!



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