

FARM NEWSLETTER

EAGLE CREST FARM



TASTE AND SEE THAT THE LORD IS GOOD

June 2014

Issue 2

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Looking forward to an abundant summer harvest of honey, eggs, jam, and chicken!

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

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FRESH FROM THE FARM

PASTURED CHICKEN

We process chickens twice a month, but have chickens available all the time from the freezer, plus fresh chickens available after each processing day.

How We Raise Our Chickens:

- 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 daily to fresh grass, and are given free range of the pasture to feed on grass, clover, and bugs.
- At 7-8 weeks we process the chickens by hand as a family using the most humane methods.

Prices:

- \$4/lb for whole chicken
- \$4/lb + \$2 cut up fee for bag of cut ups (2 breasts, 2 tenders, 2 wings, 2 legs)
- \$13/lb for bag of breasts and tenders
- \$2/lb for hearts and livers (please order in advance)

How to Order:

- 1) Ask to be put on our mailing list so that you can be notified prior to each processing day, and place your order.
- 2) Call or email us any time you want chicken.

- 3) We are happy to deliver the chickens if you aren't able to pick them up.

PASTURED TURKEY

We will be receiving our turkey poults in August. If anyone would like to reserve a Thanksgiving turkey, please let us know. We will be ordering 12 turkeys, but we can increase that order if needed. The turkeys will be between 15-20lbs when full grown. They will be raised the same way as our chickens. Please contact us to put in your order for your turkey.

HONEY

If God provides the honey, we should have it available sometime in July/Aug. We are selling the honey for \$8/lb or \$35/5lb. We know there is a high demand for honey, so if you would like to go ahead and reserve some honey please contact us and let us know how many pounds you would like.

EGGS

The egg layers should start laying around July. We hope to have as much as 3 dozen eggs a day available for sale. We will be selling them for \$3/dozen. If you haven't already told us you would like eggs, please contact us so we can let you know when they're available. And if you can save your egg cartons we could really use them.



CLAIRE'S CORNER

MY LOVE OF FAMILY FARMS

I like our family farm because we all work together as a family. We all work together doing drilling projects, feeding chickens, building brooders, and weeding the garden all together as a family. I like the work, too. The way every morning I grab a hoe and weed two rows of strawberries. I love to do jobs like this: 1. feed and water the chickens; 2. weed; 3. help Daddy with his projects; 4. help Mommy bake and cook. Those are the jobs I like best right now. There are other jobs I'm looking forward to, such as getting the eggs and processing chickens, too!

*- written by Claire
age, 8 (almost 9)*



THE BUZZ ABOUT LOCAL HONEY

For thousands of years, people have been enjoying honey. In the Bible, we see King David, John the Baptist, and even Jesus eating it. It is mentioned as part of a blessing in Deuteronomy 6:3 and as a food that is good for us to eat in Proverbs 24:13. Rich in minerals, nutrients, and antioxidants, honey has been used to nourish and heal the human body in many ways. Many have claimed that it also helps to relieve allergies to pollen if you eat local honey.

We started our bees off this spring by purchasing 4 packages of approximately 10,000 Italian bees each. Each package contained a mated queen which will be responsible for the expansion of the hive because she will lay all of the eggs which will turn into new nectar foraging worker bees. The queen can live for many years while the worker bee typically only lives for about 6 weeks. The hive will prepare for the summer honey season by increasing its numbers in the spring and preparing the honeycomb to store the incoming nectar.

The bees also store pollen from plants and trees within 3 to 5 miles of the hives. The pollen is stored in the hive and used as food for the bees. The honey, on the other hand, comes from the nectar in flowers. Honey bees

must visit about 2 million flowers traveling about 55,000 total miles in order to make 1 pound of honey, so you can really appreciate the honey next time you eat some! As the bees gather nectar from flowers, the nectar is stored and mixed with bee saliva to make the unique product of honey. The nectar is stored in the wax comb until it is dried out to the perfect moisture content, and then they cap the honey so that it doesn't soak up additional moisture while being stored for their survival during the cold winter months ahead.

Large honey producers that sell to grocery stores have found that they can produce very large amounts of honey by simply feeding the bees high fructose corn syrup in such large quantities that the bees will simply store the syrup in the hive and cap it off as "honey". This store-bought "corn syrup honey" is not the real honey that comes from nectar in flowers. Some friends of ours recently gave some store bought honey to one of their children who had an allergy to high fructose corn syrup. They didn't know that the honey had high fructose corn syrup in it, but quickly realized it once the child broke out in an allergic reaction to the honey. When you buy honey from us, you can rest assured knowing that our honey

does not contain high fructose corn syrup in it.

Moreover, we raise our honey here on the farm using organic methods so that our honey is not contaminated with chemicals when we harvest it. We treat them for varroa mites using powdered sugar and we inspect the hives frequently in order to make sure the hives are healthy and thriving. We usually suit up and occasionally use smoke to protect ourselves and calm the bees down, especially when we are harvesting the honey near the end of the season.

If you would like to learn more about bees, we recommend for kids and adults:

"The Honey Makers" by Gail Gibbons
 "The Life and Times of the Honeybee" by Charles Micucci
 "The Beeman"
 "A Beekeeper's Year" by Sylvia Johnson
 "City of Bees" DVD by Moody Science Institute

We're hoping to harvest the honey in July or August this summer, and we will be selling it for \$8/lb or \$35/5 lbs. We hope you enjoy our honey, and if you have any questions or just want to learn more, feel free to contact us.

Fun Facts about Bees

- In the course of her lifetime, a worker bee will produce 1/12th of a teaspoon of honey.
- To make one pound of honey, workers in a hive fly 55,000 miles and tap two million flowers.
- In a single collecting trip, a worker will visit between 50 and 100 flowers. She will return to the hive carrying over half her weight in pollen and nectar.
- A productive hive can make and store up to two pounds of honey a day. Thirty-five pounds of honey provides enough energy for a small colony to survive the winter.
- Theoretically, the energy in one ounce of honey would provide one bee with enough energy to fly around the world.
- Although Utah enjoys the title "The Beehive State," the top honey-producing states include California, Florida, and South Dakota. In 1998, the United States made over 89,000 metric tons of honey. China, the world's top honey-producer, created more than 140,000 metric tons of honey in 1997.
- Bees are not fast fliers; while their wings beat over 11,000 cycles per minute, their flight speed averages only 15 miles per hour.
- In one day a queen can lay her weight in eggs. She will lay one egg per minute, day and night, for a total of 1,500 eggs over a 24-hour period and 200,000 eggs in a year. Should she stop her frantic egg-laying pace, her workers will move a recently laid egg into a queen cell to produce her replacement.



A foraging bee carrying pollen in her pollen sacks back to the hive.



The queen bee has a much larger abdomen than the other worker bees. She has many attendants that feed her and keep her warm.



A drone is a male bee whose only job is to mate with the queen. They do no other work. They are identified by their large eyes and rounder abdomen.

WHAT'S HAPPENING ON THE FARM

CHIEF THE GUARD DOG

We got Chief to help protect our chickens from predators, and so far he's done an excellent job! We haven't lost any chickens to predators yet, and the deer have stayed out of the garden! We just put in an invisible fence for him so that he can know his boundaries to guard. And we're continuing to work on obedience training so he can be a well behaved guard dog.



RAIN BARRELS

Ben and his father were able to finally complete the rain barrel system. The system is up and running, and is working great. With just 1-2 inches of rain, the barrels fill, giving us 770 gallons of water to use on the garden or to water the chickens. What a blessing.



HAPPY HENS

Our 60 egg layers are so fun to watch as they forage around the yard and woods. They have a nice little shady spot in the woods they like to rest in during the day, and then they forage for bugs, worms, and anything else they can find. It's a joy to watch them wandering around the yard at their leisure. Now we're ready for them to start laying eggs. The kids can't wait!



BUSY BEES

Ben was able to install four hives earlier this year, and then also set up a smaller nucleus hive. He continues to learn so much about bee keeping, and we are constantly amazed at these incredible insects that God has created. We are hopeful that all five hives will continue to grow, and hopefully begin making honey that we can harvest in July. Bees are amazing, but they're also very delicate, so Ben has to constantly do hive inspections and keep a close eye on how the hives are doing. We know that many of you are looking forward to the honey, and so are we!



THE FRUIT'S IN A JAM

We lost a lot of strawberry plants this past winter and had hoped they would bounce back quickly, but it doesn't look like we'll have enough to support a pick-your-own crop this year. We'll continue to expand our strawberries, blackberries, blueberries, raspberries, grapes, peaches, and apples in hopes of being able to provide enough organic fruit for our customers next year. In the meantime, we'll use this year's crop to make organic, sugar-free jam. If you would like some strawberry jam, let us know.



El Shaddai: The Lord Provides

by Kelly Cauthorn

I've been reading in my Bible recently about Moses and the Israelites, and how God continued to provide for their needs over and over again with water, manna, quail, protection, and guidance. God was their El Shaddai, and He's our El Shaddai as well.

El Shaddai is a name of God that means "the Lord provides." I've been reflecting on God's abundant provision for our family farm, and I'm just in awe. Our sovereign Lord knows our needs before we do, and He's already provided for those needs in advance, which is just amazing to me! Before we knew we needed a guard dog, He had a pup born at exactly the right time to be ready when we needed it. When we needed new queens for our hives, the King of kings (and queens) had already provided a dozen superseder cells to start new hives. El Shaddai provided rain that not only filled our 750 gallon rain barrel system, but it also softened the ground, which made it so much easier

to dig and bury over 1000ft of invisible fence for our dog. And as we started to wonder about how to sell our chickens and other farm goods, El Shaddai has begun to provide customers.

There are many other examples of God's provision for our family and our farm. What I continue to learn is that God is in control and that He has a plan, and He will provide for and equip those that He calls. We are so extremely thankful to God our provider, and we give Him all the glory and all the praise for providing everything on this farm. Praise God our Provider!



Sowing Seeds

by Ben Cauthorn

Perhaps you are not a believer in the Lord Jesus Christ. You might have some family or friends who are, and maybe you have attended church and are familiar with the Bible. Here is a true story for you: there was once a man who was in charge of guarding some Christian prisoners in jail. About midnight, the Christians were singing hymns and praying out loud, while the jailer was sleeping. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose. The jailer woke up and saw the prison doors open and was greatly alarmed! Not wanting to be held accountable for all the prisoners escaping, the jailer decided to kill himself. However, one of the Christians shouted, "Don't harm yourself! We are all here!" The jailer called for lights, rushed in and fell trembling before Paul and Silas. He then brought them out and asked "Sirs, what must I do to be saved?"

They replied, "Believe in the Lord Jesus, and you will be saved—you and your household." Then they spoke the word of the Lord to him and to all the others in his house. At that hour of the night the jailer took them and washed their wounds; then immediately he and all his household were baptized. The jailer brought them into his house and set a meal before them; he was filled with joy because he had come to believe in God—he and his whole household. (Acts 16:31-34, NIV)

If you are not a Christian, then you are like the jailer sleeping in the dark while the good news of Jesus Christ is nearby. So, I say call for the lights and believe in the Lord Jesus, and you will be saved.

PHOTO GALLERY



Contact us about
purchasing chickens, jam,
honey, bread, and more.
We're happy to deliver to
a convenient location near
you.

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