



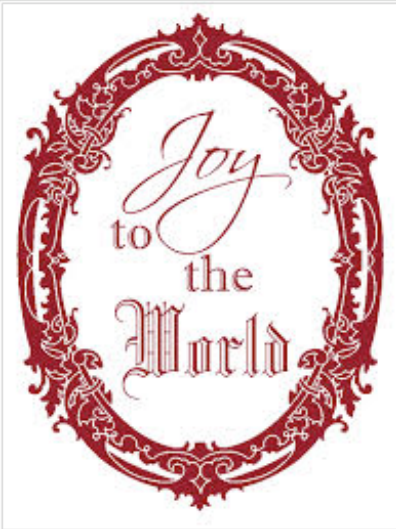
# EAGLE CREST FARM

A local, family-owned farm in Virginia

*"Taste and see that the Lord is good." - Psalm 34:8*

**Issue 4, December 2014**

**[www.eaglecrestfarmva.com](http://www.eaglecrestfarmva.com)**



## MERRY CHRISTMAS

**We want to wish you and your family a very joy-filled Christmas season as you celebrate and enjoy the amazing gifts of love, salvation, forgiveness, peace, joy, and grace - gifts from God for all to enjoy!**

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**Let it snow,  
Let it snow,  
Let it snow!**

# THE INCREDIBLE, EDIBLE EGG

## Incredibly Healthy

Even though eggs did not come first\*, they are still quite valuable. According to mercola.com “the evidence clearly shows that eggs are one of the most healthful foods you can eat, and can actually help prevent disease, including heart disease. Eggs are an incredible source of high-quality protein and fat.”

Eggs have six grams of high-quality protein, which when eaten for breakfast, can help sustain mental and physical energy throughout the day. They are also rich in choline, which promotes normal cell activity, liver function, and the transportation of nutrients throughout the body. Eggs also have all nine essential amino acids.

## Eggs from the Factory or Farm?

Did you know that America is one of the ONLY countries in the world that refrigerates eggs. If you travel to Europe and other countries, you will find the eggs on the store shelves or sitting on the counters at room temperature.

Unwashed farm eggs have a natural layer of protection made by God that

prevents contamination. And hens that are raised in a free-range environment rarely carry the salmonella bacteria. Whereas in industrial concentrated animal feeding operations (CAFOs), the risk of salmonella is quite high. CAFOs raise caged hens with as many as 30,000 to millions of hens in one building in very tight quarters. Disease is rampant and the birds are filthy in these conditions. They're also more likely to be antibiotic-resistant strains, due to the flock's routine exposure to such drugs. According to mercola.com, it is due to these disease-promoting practices that the US also employs egg washing - a technique that's actually BANNED in Europe because it may actually make the eggs more susceptible to contamination with bacteria.



**Farm  
Fresh Eggs**

## Refrigerate or Not?

In America, we are required to refrigerate store-bought eggs because of the factory practices. However, farm-fresh eggs that have not been washed do not need to be refrigerated. The data varies, but it appears that unwashed, farm eggs can be stored at room temperature from 3 months or longer. If washed, they can last in the fridge for 2-3 months.

At our farm, we do not wash our eggs, and we keep them at room temperature before delivering them to customers. We do our best to provide you with healthy, “egg-celent” eggs!

## How to Hard Boil and Egg:

- Take room temperature eggs and put them in boiling water that has a little salt in it. Boil for 17 minutes.
- Immediately put them in a bowl of ice water for 17 minutes.

**The shells will easily come off the eggs without all the mess. Enjoy!**

## How to tell the difference between hard boiled and raw eggs:

- Lay the egg on its side and spin it quickly. A hard boiled egg will spin fast, and a raw egg will spin slowly.

## FRESH FROM THE FARM



We have chickens available all year. \$4/lb for whole chickens, and cut-ups are also available. We now have nutritious chicken stock available: \$7 for almost 2 quarts.



We are increasing our egg layer flock in hopes of supplying the increasing demand for eggs. Our eggs are \$3 per dozen.



We have a variety of nutritious, homemade breads made with freshly-milled flour. We make Wheat, Ezekiel, Raisin, and Banana breads, plus dinner rolls. Loaves range from \$5-\$7.



## Q.What do farmers do in the winter?

### A.REST!

We're looking forward to the winter months as a chance to rest, slow down a little bit, and prepare for the coming spring. As of right now, we only have egg layers to take care of during the winter. That means, no garden to maintain, no chicken shelters or turkey shelters to move every day, no fence to move, no feed bags to carry, and no processing. We definitely enjoy all that work, but it's also nice to have a little rest. And it's nice to have some time to get ready for next season. This winter we'll be putting together bee hives and frames for our new bees arriving in the spring. And we'll be building a new brooder to house the extra chicks we'll be raising next year. We are also designing a new gutter garden system that Ben is looking forward to building. Plus, with all the snow during the winter, we have wood piles to maintain for the wood stove, and snow to plow. It's also a time to enjoy the fruits of our labor, like a delicious chicken dinner with homemade rolls and strawberry jam. Every season has its blessings, and we look forward to enjoying them.



What do  
farmers do in  
the winter?





## How our family Celebrates Christmas:

Our family LOVES Christmas! We listen to Christmas music all year round, and we decorate at the beginning of November so we can enjoy it longer. Christmas is very important to us, and here are some ways we make Christmas special at our house:

1) The first decorations we pull out are the nativity sets. We talk about each figure in the set, what they represent, why God chose them to be a part of the Christmas story, and what we can learn from each of them. Then each child gets to go and set up a nativity set in the house (we have a lot!)

2) We take out the Jesus figurines from each nativity set when we're decorating. Then, when I'm wrapping the presents, each member of the family gets one of the Jesus figurines wrapped in with their presents. While opening their gifts they are also "looking for Jesus", and then they remember that Jesus is the best gift of all. When they find their Jesus, they put it in the nativity set.

3) When we decorate the tree, we first talk about what the tree represents - Jesus died on a tree, and He gives us eternal life, which is represented by the evergreen. Then we put the lights on and talk about Jesus being the Light of the world, bringing light into our darkness, and how we are to also be

lights. We put a star at the top to remind us that "wise men still seek Him". We then hang all our angel ornaments around the top of the tree to represent the angels that heralded His birth, then all our nativity related ornaments. Finally, we hang the ornaments that remind us of all the gifts and blessings God has given us throughout the years and we thank Him for each one.

4) For gifts, we give all of our children three gifts (just like Jesus received). One is a Christian Christmas book, one is their stocking, and then one special gift. We also draw names so that each child only has one person to buy or make a special gift for. They are the MOST excited about the gifts they're giving.

5) We bake a Jewish coffee cake complete with candles and sing happy birthday to Jesus at our Christmas family dinner.

6) Each season, in place of doing school in December, we focus on a special theme about Jesus and make gifts for the grandparents around that theme. In the past we've studied shepherds and sheep, stars, the names of Jesus, the Jesse Tree, and Christmas hymns.

There are many ways to make Christmas special. We hope your family enjoys a Christ-centered Christmas this year.



## CLAIRE'S CORNER

Written by Claire, age 9

Our dog Chief has been doing a good job of chasing away the foxes so they don't eat our chickens. But one week, Chief had to be penned up because he had just been neutered. One day during that week mom burst through the door and shouted, "A fox! It grabbed a chicken, but Daddy yelled at it and it ran away." We kids jumped out of our seats, put on camouflage, and went outside to wait for the fox to come back. We were going to try and catch the fox or hit it with a pole. We think we found the fox's den, which is in a big pile of branches. We had to keep guard all week until Chief could run around again. But thankfully the fox hasn't come back since.

Another day, Chief was in his pen and we were looking out the window and saw a big, dark-colored bird flying in the woods where the chickens like to hang out. It was flying among the trees. We yelled for Daddy and he told us to run outside and chase it away, but it was too late. The hawk had killed a chicken. The chicken was too big for the hawk to carry it away. We scared the hawk off, but it didn't fly very far away. We were sad to lose another chicken.

Now we try to leave Chief out as much as possible. And when we do have to pen him up, we've moved his fence so it's right in the middle of where the chickens like to hang out. We're so glad we have Chief to keep the foxes and hawks away.



## Farm Devotional: “Be still and know that I am God.”

One of my favorite Christmas hymns is “Silent Night.” “Silent night, Holy night, **all is calm**, all is bright...” Words such as “calm,” “peace,” and “rest” are soothing to our souls, but can often be hard to find in our busy, harried lives.

Winter is a season of rest, when God causes the animals to hibernate and the trees to be dormant. He sends a blanket of snow that creates a quiet stillness across the landscape. God knows that we need rest, both for our bodies and our souls. In Psalm 46:8 God says, “**Be still** and know that I am God.” When we are so busy *doing* things, we can often forget to just be still, to calm down, to rest in our sovereign Lord.

I am certainly guilty of this. I am a very task-oriented, to-do list, let’s-get-it-done and done fast kind of person. I’m so thankful for Sundays to have a day to intentionally rest and to focus on God. And I’m looking forward to these winter months when the pace slows down and I can hopefully find more time to just be still and get to know God even more intimately. I hope that you are also able to enjoy this season of rest and that you will enjoy more than just one silent night where all is calm.

### Sowing Seeds: What Does God Want For Christmas?

What does God want for Christmas? He already has everything He needs, so what does He want that we could give Him that He doesn’t already have? Let’s come back to this in a minute.

We, on the other hand, are needy. We also know that God loves us and tells us to do things for our good and His glory while believing in His son Jesus:

“He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.” - Micah 6:8

Ps 115:1:

“Not to us, Lord, not to us  
but to your name be the glory,  
because of your love and  
faithfulness.”

**Your heart!  
And your faith  
in action.**

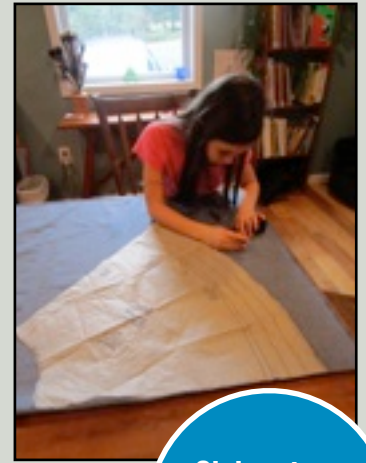
“For God so loved the world that He gave His only begotten Son, that whosoever believes in Him shall not perish, but have everlasting life.” - John 3:16

Therefore, we know what God wants for Christmas! He wants us to glorify Him through good deeds done in faith. And not because He needs you to do this, but because He loves you! Merry Christmas



**Grant is ready  
to go hunting**

**Caleb is our  
strong wood  
stacker**



**Claire stays  
busy sewing  
skirts**



**Elise loves to  
entertain us**



**Quinn is  
ready to start  
helping make  
bread**



## **Eagle Crest Farm**

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