

EAGLE CREST FARM

Taste and See that the Lord is Good



CAUTHORN FAMILY

BEN, KELLY, CLAIRE, CALEB, GRANT, ELISE, QUINN

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

ISSUE 1
MARCH 2014

Fresh from the Farm

Pastured Poultry



Our Cornish Cross pastured poultry has been raised farm fresh. We will have chickens available beginning April 25th. We have several options to choose from. You can choose fresh meat to be picked up or delivered around processing dates, or frozen chicken that can be purchased at any time. Our chickens are **\$4 per pound**, or cuts are available per request.

Bread



Our homemade breads are made from freshly milled wheat berries, which means they are packed with 40 essential nutrients and fiber, and an irresistibly delicious flavor. We have several fresh breads to choose from:

Wheat: Loaf, Dinner Rolls, Hamburger Buns

Cinnamon Raisin Bread

Banana Bread

Ezekiel Bread (a complete protein)

Healthy Crunch Bread

Coming Soon:

We hope to have strawberries available for pick-your-own or delivery beginning in June.



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Learn how pastured poultry produces a healthier chicken (Pg.2)

What's New on the Farm?

Meet the newest additions to Eagle Crest Farm. You'll be introduced to Chief, our livestock guard dog, and to the flock of egg layers he'll be protecting. (Pg. 3)

Also, the bees are arriving later this month, and you're invited to come watch the hive installation. See page 4 for details.

We have an interesting rain barrel system to tell you about, and news about our pastured poultry chicks. (Pg.4)

Claire's Corner

Our daughter, Claire, shares lessons learned from weeding the strawberry beds. (Pg. 4)

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Eagle Crest Farm
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Pastured Perfect Poultry

When you eat a meal, you want to know that it tastes good and is healthy for you and others to eat. Here at Eagle Crest Farm, we raise flavorful chickens the old fashioned way using fresh grass, non-gmo feed, clean air, and lots of sunshine. Because we are using a more natural and healthy way of raising these tasty birds, we have no need for antibiotics, hormones, or other chemicals so that you can feel good about what you are eating.

What is pastured poultry? Pasture raised poultry is different than free-ranged poultry. The pastured method means that our chickens are moved daily to a fresh, grassy pasture so that they have a very clean, and healthy environment to live in. We use a portable shelter that rolls on wheels and is pulled by hand each day between the months of April and September. Because the chickens are moved to a new pasture area each day, they have a clean area to live in, and get the choicest grasses to eat each day. This is different than raising chickens free-range within a static fenced-in area. Chickens that are free-ranged within a chicken yard do not get the fresh grass and new plant growth, and they must live in their own feces. That is why pastured poultry is a healthier, cleaner, and more sustainable way of raising chickens than both the free-range chicken yard method, and the conventional method.

These happy chickens also get non-gmo feed to supplement their grass diet, and we plan on switching to fully organic feed this summer. Pastured chicken will usually cost more than conventional chicken because of the extra feed cost necessary to raise them naturally, especially if using organic non-gmo feed. But as you can see from the following list, it's well worth the cost.



Eagle Crest Farm Chicken

- Unvaccinated
- No medications
- Rest at night - sundown
- No hormones
- Full beak (non cannibalism)
- Clean air and sunshine
- Fresh daily salad bar
- Long keepers (freeze more than a year)
- Low saturated fat
- No chlorine baths (not necessary due to cleaner living conditions)
- Promotes family farming
- Promotes entrepreneurial spirit
- Consumer/producer relationship
- Rich, delicious taste

Conventional Chicken

- Vaccinated (immuno-suppressant)
- Routine medications
- Artificial lighting 24 hrs/day
- Routine hormones
- Debeaked (cannibalism a problem)
- Air hazy with fecal particulate (damages respiratory tract and pulls vitamins out of body, overloading liver)
- No green material
- Short keepers (freeze only 6 mo's or less)
- High saturated fat
- Up to 40 chlorine baths (to kill contaminants)
- Promotes feudal/serf agriculture
- Promotes low wage/time clock employment
- Consumer/producer alienation
- Poor, flat taste

What's New on the Farm?

Chief

Predators. What do you do when you have a farm surrounded by over 200 acres of forest that's teeming with raccoons, foxes, coyotes, skunks, bears, hawks, owls, and other hungry animals that would love a chicken dinner? That's what we asked all our farming friends, and the answer was: "Get a dog."

After a lot of research, we learned about livestock guard dog breeds, and read that Great Pyrenees are the best of those breeds for guarding chickens. Unlike a herding dog that works their flock, these dogs are bred specifically to guard their flock. They are very loyal, very gentle, and have wonderfully calm and friendly personalities. They are a large breed, and have very thick fur to keep them warm all winter as they stay outside day and night to guard the flock.

Chief is around three months old. We've been busy training him in basic commands, and getting him acquainted with the chickens. The kids have really enjoyed having a dog, and are helping us train him. So far, we've been really pleased with what we've



Chief, our Great Pyrenees/Karakachan mix livestock guard dog.

seen. He's been calm around the chickens, and is already desiring to lay outside the chick brooder and keep guard. We are hopeful that he will be able to protect our free range egg layers, and deter predators.



We'll keep you posted on his success.



The Egg Factory

That's what we're calling our chicken coop. We have about 60 chicks that we're raising to be our egg factory layers. These will be free range chickens, feeding throughout the farm during the day (under Chief's careful watch). We have several varieties, including Rhode Island Reds, Black Australorpes, Barred Rocks, and Easter Eggers (they lay the blue and green eggs!). We are VERY excited about the laying hens and having farm-fresh eggs available later this summer.

Ben has been very busy assembling the egg factory, building nest boxes, and building roosts. We've been learning a lot about raising egg layers, and we're thankful for the daily opportunity they provide to teach our children about responsibility, thoroughness, and hard work.

Please start saving egg cartons. We'll need a lot, and would appreciate any you could share. Thank you!

What's New on the Farm?



Claire's Corner



Pastured Poultry Chicks

Our first batch of Cornish Cross meat chicks arrived this month. We plan on raising five batches

of 60 chickens each this year. We learned so much last year, and we have really enjoyed the delicious meat. We're looking forward to raising a healthy flock and having healthy chicken dinners available for our family and yours. See Page 1 "Fresh From the Farm" to find out about ordering your chickens. We will have pick-up dates available for those who desire fresh, not frozen, chickens. And we will also have delivery options available for both fresh and frozen chickens.

Contact us to let us know how many chickens you'd like to order, and to make delivery



Honey Bees

We will be installing four hives in April, with the hope of splitting them into six hives later this spring. Last year, God blessed us with 85lbs of honey from one hive. We are currently sold out of honey, but we hope these hives will provide more honey when we harvest in July. See below for info about attending the hive installation.

Rain Barrels



Ben has worked very hard to set up a really neat rain barrel system using 15 rain barrels. With the help of his father, he was able to complete the project this month

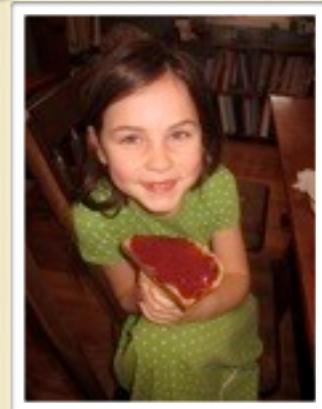
in time for spring rains. The barrels will be able to hold 700-800 gallons of water (from 1.5 inches of rain), which will be used to water our garden this summer.



MEET THE BEES

You're invited to come and meet the bees that will be producing the honey on our farm. Ben will be installing four new hives this year. This is a really neat process to watch. An invitation to meet a queen is not something to be missed!

If you're interested in coming to our bee installation around the middle of April, please send us an email or give us a call for more details.



Work is Hard, but Jam is Sweet

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11

The harvest doesn't have to be just a spiritual one, it can be food too.

In the summer, my worst job was weeding the strawberry beds! Weeding once a week was very hard. I did not like it. But now, in the winter, I am glad I worked hard. If I hadn't, there would be no strawberry jam, and I wouldn't know how good our homemade strawberry jam is. Our favorite morning food is jam on our homemade raisin bread. And we always want mommy to put it on because she does it thicker than daddy.

And sometimes when I'm eating it, I'll wear my summer dress I used to wear to weed the garden to remind me of the hard work that helped me get this jam.

I learned to have a good attitude even when the work is hard. I'm looking forward to weeding this summer. And if I ever forget the lesson, I'll just get a drop of jam to help me remember.

- Claire Cauthorn (age 8)
Claire chose her own topic and wrote this article herself.

Farm Devotional: “I’ve got a Plan”

by Kelly Cauthorn

*“Commit to the Lord whatever you do,
and He will establish your plans.”*

Prov. 16:3



Have you ever tried to tell God what your plans are? Shown Him your agenda, your schedule, your goals? Have you ever said “I’ll never do...”? I remember telling God many times “I’ll never...”, and telling Him what the plan was for my life, only to have Him say, “Oh really?”. I’m SO THANKFUL that God is sovereign and in control, even when I want to be in control. If it weren’t for God’s perfect plans, we would have missed out on three of our five children. We would never have known the many, many blessings that come from homeschooling our children. I would never know the joys

of being a “keeper at home” and learning domestic skills I swore to my mother I would never learn, such as sewing and baking bread. Our list is long of all the ways God has changed our plans, and how every single time we’ve yielded to His plan, how perfect it always is. Starting this family farm is one more item on our list. This was not in our original plan when we got married, and this is more than a fun hobby, this is a calling from God for our family. We don’t know what God has planned for us as we start out on this venture, but we know that if we will constantly seek His will and submit to His plans, then all will be perfect according to His perfect plans. We are walking by faith, and committing every step to the Lord.



Sowing Seeds: Lessons from wheat

Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me. (John 12:23-26)

One of the great parts of making bread is getting to actually work with the kernels of wheat. As our family handles the kernels of wheat, we are reminded of the words of Jesus above when He talks about His coming death and resurrection. He ‘fell to the ground’ but then rose again to new life! In the classic song “Blessed Assurance,” written by Fanny Crosby, she says that Jesus “opened the life gate that all may go in”. His death allows all who believe in Him to have eternal life through His substitutionary satisfaction of God’s standards and justice. Are you putting ALL of your hope to meet God’s standard of goodness in the life of Jesus Christ, given to you as a free gift? And are you putting ALL of your hope to satisfy God’s justice in the death of Jesus Christ, given to you as a free gift?

If you aren’t, then please put your trust in Jesus right now as your personal Savior and read your Bible, starting with the book of John. If you are, then we are family, forever! (See Romans 3:21-26)

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16)

PHOTO GALLERY



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family owned in Strasburg, VA