

A photograph of a farm scene with a large white tent in the background, trees, and a utility pole under a blue sky with clouds.

Green Family Nut Farms LLC

409 Shoemaker Dr. Middlebury, IN 46540

David: 574-327-5995 – Inessa: 260-977-0906

Hello Friends and Family,

Happy Labor Day week! We hope that your summer was full of good times and resulted in memories that you are still talking about during the coming cold months of winter. Our summer has done that and gone by so quickly that I am past due sending out a farm newsletter. Sorry for the delay. This newsletter will be a little different in that each member of the Green family made a written contribution in addition to posing for the usual fun photos. Inessa will share about her baking enterprise, Inessa's Sourdough, and the kids each provided a quote for a new feature that, at least for now, I am calling *Heard on the Farm*.

The Green family summer was an abbreviated but busy one that began the week after our spring batch of pastured poultry went to freezer heaven and ended when the fall batch of chicks arrived in the mail on August 14. Summer adventures for us included a trip to the Creation Museum, camping with the Harts in Kentucky, the Elkhart County fair, father & son dispersed camping at Nordhouse Dunes Wilderness Area (Luddington, MI), and backpacking & camping on South Manitou Island in Lake Michigan. We've included some photos for your enjoyment at the end of this newsletter, so be sure to check them out. And because summer isn't only about fun times, we also had the opportunity to repair our custom-built chicken tractor after it was flattened in a mid-July thunderstorm. No one was there to see exactly what happened, but it appears that the tractor went airborne and landed sharply on one corner after 20 feet of glorious flight. Most materials were salvageable from the tractor; however, this fall the chickens will have a new tarp protecting them from the sun and rain. Their accommodations are not quite as new and bright, but they still give the little guys and gals access to all the fresh air, sunshine and green grass that they need.



In the June newsletter I mentioned that Inessa has taken her interest in baking with sourdough and launched an entirely new product family at Green Family Nut Farms that she is calling Inessa's Sourdough. I promised to tell you more about it in an upcoming newsletter, so here you go! Below is Inessa's answer to my question, "What would you like to tell people about your product?" In future newsletters we will give her space to explain why fermented foods are healthier for your gut and to talk about how to order bread and other baked goods, but in the meantime please contact her at 260-977-0906 if you have any questions.

My sourdough obsession has flourished since I received my first starter from my sister, Kucheli, over five years ago. I continue to cultivate my understanding of sourdough and my ability to "read" my dough. "It's a science and an art" is a phrase that has stuck with me. Previously, I focused on the "art" of sourdough, tweaking this and that at will. But this year you'll find me paying closer attention to the details such as temperature and humidity levels, techniques in scoring and forming loaves, and "bread schedules." Who knew there was such a thing?!

I find such joy in creating delicious food made from whole, real ingredients. All my baked goods begin with organic wheat berries, which I grind in home, and organic unbleached, flour. My artisan

sourdough loaf has three simple ingredients: flour, water and Himalayan salt. The sandwich loaf ingredients include: flour, water, honey (locally sourced), avocado oil, and salt. These breads are fermented at least 20 hours, which makes it easier for your body to digest.

Next year we would like to begin applying for grants to help cover the cost of expanding operations at our test plot in Millersburg. This year we learned about several opportunities related to installation of drip irrigation, production of compost/biochar and planting of tree crops, but we haven't had the time to follow up with the funding agencies. We are considering hiring a Grant Officer specifically for this task. The position would be part-time and commission based for now but could grow with our expanding operations as the upfront investment in equipment, planting materials and infrastructure will be substantial in the first few years on our future orchard site. This individual will be responsible for researching potential grants, presenting potential grants for consideration, filing grant applications and submitting supporting documentation for grants once they have been awarded. If you or someone you know may be interested in applying, please contact Inessa or myself.

We want to again thank those who purchased pastured poultry from our spring batch in June. Of the 53 chicks that arrived in April, only 5 were left in our freezer after Chicken Day in June; all others had been accounted for. As I mentioned earlier the fall chicks arrived on August 14 and are now out to pasture in our test orchard in Millersburg. We will be processing them on October 9 and are accepting orders for pickup on Fall Chicken Day, the 10th of October. There are currently about 40 birds available to order; if you would like to order 1, all 40, or some number between, **please use the order form at the end of this newsletter**. A couple things to note about the fall batch:

- All birds are Freedom Ranger Color Yields; no White Rangers are available this time.
- We are feeding this batch a vitamin & mineral supplement called NutriBalancer (<https://www.fertrell.com/poultry-nutribalancer>) which has been used by Joel Salatin as a way to reduce the occurrence of lameness resulting from a vitamin & mineral deficiency in chicken feed grown on poor, depleted soil. Please follow the link above for more information and do not hesitate to contact us if you have further questions. In the spring we had 2 birds that went lame and had to be culled just days before going to the processor and after we had fed them for almost 8 weeks.
- The Buy 5 Get 1 Free offer is no longer available as we do not have 2 different birds to choose from; however, we are still able to offer our 3.5% cash discount and 15% bulk order discount
- **For our spring customers you may use your spring order qty to help qualify for the 15% bulk order discount this fall.**
- Chicken hearts, livers and gizzards are available for ordering this time!

Heard on the Farm

"Those were some healthy birds!" – Lester Schrock, owner of Pigeon River Poultry [our processor]

"Even though I would rather be reading, taking care of these chickens can be quite enjoyable." – Merci Green [editor's note: the children were not paid or coerced for positive comments]

"Our black raspberry bushes have their first berries on them. I am looking forward to tasting them!" – Ruth Green

"This batch is very energetic and wild and scared." – Zach Green



Summer Photos



Figure 1 – Camping at Big Bone Lick State Park, KY



Figure 2 – July Storm Damage to the Maples at Family Farm



Figure 3 - Father-Son Camping, Nordhouse Dunes Wilderness Area [Thank you John for organizing this!]



Figure 4 - Sunrise on South Manitou Island

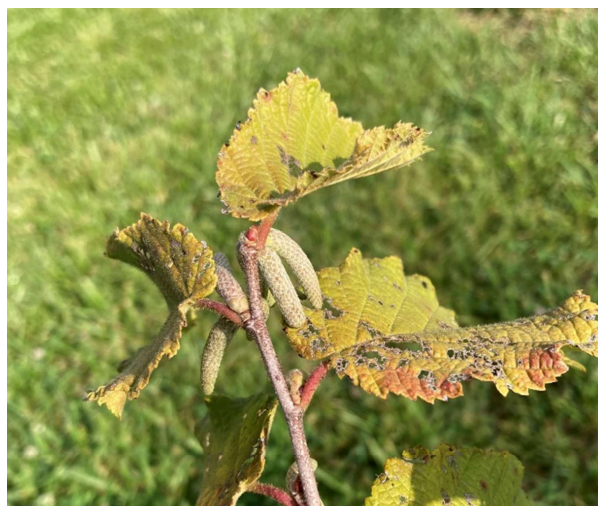


Fig. 5 – Our 1st hazelnut catkins (i.e. male flowers)!

Pasture Poultry Order Info & Form

We have Freedom Ranger Color Yield birds for sale from a free-range hatchery in PA. Because this is a premium product, we are selling each bird at \$5.70 per lb; however, we offer the following deals to those who pre-order their chicken **by October 1** for pickup on October 10:

- Buy 10 or more birds and get a 15% bulk order discount
- Pay with cash or check and receive an additional 3.5% off total sale.

Please fill out the order form below & return it with a \$10 deposit per chicken. When paying by check, please mail your check & order form to our address above. To use PayPal please scan the appropriate QR code below & then text a photo of your completed order form to 574-327-5995.

The QR code will direct you to PayPal's website where you can complete your transaction. Note:

- Our hatchery is Freedom Ranger Hatchery (<https://www.freedomrangerhatchery.com/>).
- The Freedom Ranger Color Yield chicken is a slower growing bird that forages well and is well suited for being raised on pasture. We chose it for its cold hardiness and its healthier meat which has more yellow Omega 3 fat and less saturated fat than a Cornish Cross. See <https://www.freedomrangerhatchery.com/shop/product/freedom-ranger-color-yield/>.
- Our processor is state inspected so we can sell our chicken direct to consumers like you.
- Our target finish weight is **4.5 – 5.0 lb.**, but we will have a range of weights available because the chicks were straight run (i.e. a mix of male and female).
- Whole chickens can be cut into 8 pc for an additional processing fee (\$1.50 per bird)
- Chicken feet can be requested but will cost an additional \$0.50 per bird; additional feet can be ordered for \$1 per pair (assuming availability).
- Chicken giblets (heart, liver & gizzard) can be requested from your bird; the additional cost per bird is \$0.50; additional hearts & livers can be ordered and will cost \$6.50 per lb.

Name: _____ Phone: _____ Email: _____

Number of Freedom Ranger Color Yield birds: _____

Number with Special Processing Requested:

8-pc Cut _____ **Feet** _____ **Giblets** _____

Extra Feet (pairs) _____ **Extra Hearts** _____ **Extra Livers** _____

