

# Farm Connection

## Your Meat CSA

Country Haven Farm

2010 Winter Issue 8

Marr's Valley View Farm

Wow! It certainly looks like December now! Being that there's so much of it today, I thought I'd talk about snow and what it means on the farm.

Here's a picture off of our front porch this morning. The radio reported 16" and we must have about that much. For our sheep, snowstorms don't mean much. They hail from the highlands of Scotland and have centuries of genetics that prepare them for bad weather.



Our sheep need basically three things....forage (food), water and mineral. With those three things in adequate supply, they can pretty much withstand anything. Here you see the rams eating their breakfast this morning. As you can see, their winter coats insulate them



so well that the snow doesn't even melt off their backs. Their 8+" of wool protects them from the wet as well as the cold. If you dig your fingers down through their woolly coat, you'll find them warm, dry and toasty. (A sheep's normal temperature is around 103°.)

The ewes that were shorn in October (refer to Newsletter No. 6) are in the two barns you see above with access to the outdoors. Their coats have already regrown to about 2" long. They're still in breeding groups until this weekend but then they'll all be moved to the lambing barn which is the one on the left. Once that's completed, the rams will have access to the rearing barn which is on the right.

About the worst thing for sheep is being closed up inside a barn. Sheep are prone to respiratory ills especially pneumonia. Bacteria love moist, stagnant environments. Closed barns with animals inside create a perfect breeding ground for them. Everyday, regardless of what's happening outside, the barn doors are opened to provide fresh, circulating air to keep our sheep healthy. We're proud to say we haven't had a case of pneumonia for many years.

Another interesting thing about our sheep is how they like their water. When snow is available, our sheep prefer it over liquid water. I'm sure it's another carryover from their ancestors who probably had a difficult time finding water in their rocky homes. We do offer fresh water to our sheep everyday, but when there's snow on the ground, that's their

preference.

So I guess, winter's here for this season, but that's always exciting for me as that means soon the farm will come alive with all the spring activities. You can't have one without the other!

From our families to yours...we wish you all a safe and Merry Holiday Season!

### Sponsor a Friend

We still have a few winter shares available. For December, if you sponsor a friend to join our Winter CSA, we'll give you and that friend 5% off your Summer CSA share starting in May, 2010. For example, if your friend signs up for a share before the end of 2009, (any share size) telling us you are their sponsor, when you and/or they sign up for your summer share (any size) in 2010, you'll each receive 5% off your share....you and they save from \$24 to \$39! Just a way for us to say "thank you" for helping spread the word about our CSA!

### Pick Up Schedule

Your meat will be delivered frozen to the host families on Thursday, December 10th. Please pick up your share at your designated location between 3pm and 6pm that day.

Farm pickups can be made after 5pm.

If you will be delayed, please contact your host so they can protect your product. Here are their addresses and contact information.

Shorewood Pick-up – Martha Davis Kipcak, 4043 N. Downer Ave., Shorewood, WI 53211  
Cell Phone: 414-628-3456

West Milwaukee Pick-up – Jennifer Girtler, 2845 S. 70<sup>th</sup> St, Milwaukee, WI 53219  
Cell Phone: 414-364-4775

Any questions – call us at 920-253-8515.