

Pastured Eggs for 2009



Pastured Products since 1986

Dear Prospect Heights CSA Members,

We send thanks to Ted and Jan and your Core Group for welcoming us back as your egg-share supplier.

Our hens live as natural a life as we can provide, eating locally mixed grain, with minerals and vitamins, while foraging for grass, clover, seeds, bugs and worms. They receive no antibiotics or other medications.

They graze on our fields for three seasons, in a movable shelter surrounded by movable fencing. They go inside the shelter at night, for protection from predators.

They reward us with the best eggs we've eaten, with a healthful bonus. Eggs from pastured hens are known to be higher in Vitamins A, E, D, carotenes, and Omega-3 fatty acids, and lower in saturated fat and cholesterol, compared with conventionally produced eggs.

We're happy to offer this bounty to you — eggs with thick whites, rich yolks, strong shells, and wonderful flavor.

The cost of a single 22 week share is \$99, or \$4.50 per dozen, an increase from the summers of 2007 and 2008, but the same price per dozen as the winter 08-09 share.

About Our Farm

We searched for two years before settling in Easton, southern Washington County, in December of 1985. Neophytes, we had only vague ideas about what we might do with our farmland, and we had no idea what a special community we had found.

We've always used pasture, even before we knew about the healthful benefits pastured products offer to humans. We were certain that pasture was best for the animals, and we enjoyed seeing them outside on the green grass.

We now produce about 170 lambs each year, and eggs from 500 hens. This year, we're also adding geese to the farm, and will send information later this spring.

Elihu Farm will always be a farm because we've protected most of our land from development by donating an easement to the Agricultural Stewardship Association. Our peaceful marsh will always shelter birds and flowers and frogs, because it's now part of the Federal Wetlands Reserve.

Our New Partner

Ted has expanded his vegetable farm again, but we decided not to expand our chicken flock this year. With Ted and Jan's blessing, we found another farmer, Dick and Peggy Ayers and daughter Karen, of Brookside Farm in Argyle.

They're long time farmers in Washington County, and have been raising chickens for eggs for several years. Their hens are the same type as ours, and they raise them on pasture. We and the Blomgrens have tried their eggs. The verdict: Yum.

Share Details

Delivered weekly to your CSA site with your vegetables for the 22-week season. Primarily large to extra large size.

Guaranteed fresh. Minimally washed. No chlorine used. Usually packed in paper cartons. (We will reuse or recycle all cartons returned to us.)

Order Form

Please select your order for 22 weeks.

- _____ One dozen per week, \$ 99.00
_____ Two dozen per week, \$ 190.00
_____ Half dozen per week, \$ 53.00

Terms:

Half payment due with order.
Balance due by May 15

CSA: Prospect Heights

Name: _____

Address: _____

Phone: _____

Email: _____

**Please make payment and send to
Elihu Farm**

*Bob & Mary Pratt ~ Elihu Farm
654 Beadle Hill Road (Easton)
Valley Falls, New York 12185*

518-753-7838 ~ elihufarm@localnet.co