

What is in a label?

If you read “anything” , or listen to the news, or shop in the grocery stores you have probably seen the “Free-range”, “Grass Fed”, “Hormone free”. What are they, what do they mean?

A few years ago I read a book by Jordan Rubin, in the pages of the book the author referred to the terms I mention above, prior to that I cannot say I thought about it much. My grandparent and many of the people surrounding me as I was growing up, raised their own beef, and every fall the meat was put in the deep freeze all ready for the winter – SO I never really thought that the beef being raised for consumers was any different. In the months that followed I found myself reading one book after another educating myself, reading University studies waving thoughts for consideration to the effects of the hormones we are feeding the animals we consume.

It is out of my interest of this topic, coupled by the general curiosity that other have about how things are labeled that we have invited local “grass fed” rancher Charlie Card and Organic Farmers from Greene Hills Farm to come answer questions and offer information on the topics.

Card’s L Hanging S Ranch is owned by local ranchers Charlie and Linda Card, they have locally raised beef available for sell and will have that information this week at the Market.

Many of you have already met Stephanie and Jamie of Greene Hill Farms at the market. We affectionately call them “the egg ladies” but we know they are so much more. Both Stephanie and Jamie have a passion for what they do and are a wealth of knowledge and feel honored that they are willing to share their knowledge.

We invite you to come, learn a little and ask questions.

We hope that you are enjoying the live music at the market this year. We have already heard so many favorable comments, thank you for that. We are so grateful for those that been so willing to come and share their talents.

Our Farmgirl Round-up was a great success. Thanks for the farmgirls that came out and are willing to be a part of this fun program.. We had 64 gals sign up and we are looking forward to having a lot of fun together.

As a little teaser; I have been watching a couple of “chicks” put a beautiful farmers market quilt together that will be auctioned off for a market fund raiser, be watching for when the tickets go on sale, as you wont want to miss it.

See you at the Market!