



brookshirefarm.com

Brookshire Farm

Newsletter: Vol. 1 No. 2

Summer 2007

Goats Available for Pre-Order

We are now taking pre-orders for goats. We will have 1 ready in mid-October and 3 more by the end of October. At that time, they will be four months old and weigh approximately 60 pounds. You can expect to get 20-30 pounds of bone in meat from a single goat.

Goats are sold live. The cost will be \$90 if picked up on the farm (let us know in advance and you may harvest the animal yourself at the farm) or \$100 if delivered anywhere in the Lafayette area.

You may reserve your goat now by sending a check for the full amount to:

Brookshire Farm
8916 Brookshire Road
Abbeville, LA 70510

If you are looking for someone to process your goat, we use and recommend Elliott's Slaughter House and Market in Crowley. You can make arrangements with them by calling (337)783-5240. Martin Slaughter House in Carencro has also been recommended to us, or you may find a processor located closer to you by looking under Meat-Retail in the area yellow pages.

Goat Gab

In the spring, Angie and Charlotte came out to pick up their meat and met some of the herd. As you can see, it was love at first feed bucket. (Yes, our goats are grass fed – we use a little feed to train them for handling.)

If you missed our fall beef offering, why not try one of our goats instead? You can reserve one now by phone or email on a first come, first served basis. Let us hear from you soon.



Front row, L to R: Sister, Jim and Sweetie
Back row: Angie, Charlotte and Anne



An Old Farmer's Advice:

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

Beef News



At Brookshire Farm, we are producing beef with a wealth of nutritional benefits. Consumers are tuning in to the benefits of pastured meats. By eating Brookshire Farm beef, you avoid the synthetic hormones, antibiotics, pesticide residues and questionable additives found in conventionally raised animals. Additional nutritional advantages from raising animals on fresh pasture like we do are:

- ❖ Less fat
- ❖ Fewer calories
- ❖ More Omega-3 essential fatty acids (reduces risk of cardiovascular disease and cancer*)
- ❖ More natural CLA (Conjugated Linoleic Acid) (builds muscle, burns fat)
- ❖ More beta-carotene and Vitamin E (linked with lower cancer and heart disease risks*)
- ❖ Lower risk of E.coli bacteria in grass fed ruminants

**Why Grass Fed Is Best!* Jo Robinson, Vashon Island Press. Web site www.eatwild.com

You also have the satisfaction of knowing that raising animals on open pastures benefits the environment. With Management Intensive Grazing and a forage chain that builds organic soil nitrogen and carbon, Brookshire Farm promotes a sustainable farming system that effectively removes carbon dioxide from the air and improves the soil microbial content, biological activity, fertility, structure, stability, resistance to erosion and ultimately bio-diversity and productivity. When you eat our beef, you ensure happy cows on healthy soils.

We are increasing our supply as quickly as we can to meet the growing demand. Fall 2007 calves were pre-sold by the end of May. A deposit of \$200 sent to the farm will reserve a split half (one quarter of a beef.) **We are now taking reservations for Spring 2008.**



Spanish Rice

(Serves 4)

- 1 cup raw rice
- 1 medium onion
- 2 teaspoons salt
- 1-2 lb. ground beef
- Cayenne pepper

- 1 cup tomatoes
- ½ green bell pepper
- 1 teaspoon chili powder
- 2 cups water (or beef broth)

Brown the ground beef in a skillet. Then combine the remaining ingredients. Add cayenne pepper to taste. Cover and simmer for 30 minutes or until the rice is cooked.

¡Aprisa, fácil y delicioso!
(Quick, easy and delicious!)



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