

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

April/2018

In this issue...

On The Farm...

Rate Five Oaks Beef On Facebook...

Warren County Farmers Market...

Stew Beef. The Under-Appreciated Beef...

Five Oaks Beef Soon To Be At The Lake Gaston Seafood Market...

Free Delivery...

Did You Know...

Free Five Oaks Beef Liver Program...



On The Farm...

Here on the farm we are seeing more and more nice weather days inter-mixed with the not so nice ones. It finally feels like Spring is close.

The last of our Spring calves was born a couple of weeks ago and I am pleased to report that Momma and baby are doing fine! He is a good looking bull calf with a lot of energy.

When cows are about ready to calf and just before labor begins, they usually leave the herd to find a 'private' spot to give birth. In fact, watching for this separation from the herd is a good way for us to anticipate calving. Once she calves and cleans her baby, she will encourage the calf to stand and nurse. This is a critical point in the whole process because a calf that doesn't nurse within the first hour or so of their life will not receive the Colostrum initially present in their momma's milk. This Colostrum contains essential

antibodies necessary to stimulate growth and protect the newborn calf from diseases.

Momma and calf will remain apart from the herd until such time as momma believes the calf is ready. There is a delicate balance that she maintains between the danger to the calf from predators while they are apart from the herd and the inadvertent danger to her calf, still unstable on his or her feet, from being accidentally knocked over, stepped on or kicked by another cow or larger calf in the herd.

The decisions she makes in protecting and caring for her calf can broadly be categorized as 'mothering skills'. We believe that there is a great deal to be learned about a cow's mothering skills from how long she waits before she and her calf rejoin the herd. Too quickly might indicate a lack of concern for her



calf's safety. Too long might indicate overly protective behavior which can ultimately be a detriment to the calf's development.

Another, of many, indications of mothering skills is how the cow will react when we approach the newborn calf. A good mother will usually position herself between a 'possible threat' (us) and her calf. If she is unconcerned about our approach it could indicate a problem. If she were to charge at us or snort or otherwise assume an aggressive posture it would definitely indicate overly protective and definitely undesirable characteristics! If she is 'overly' protective, firstly it can be dangerous for us and also it can be difficult for her calf later when the calf must begin to fend for itself and establish it's position in the herd hierarchy.



Rate Five Oaks Beef On Facebook...

We have been posting for Five Oaks Beef on Facebook for about a year now and it has been

become a great way for us to stay in touch with our customers, announce special promotions and solicit feedback.

We know you are busy but would very much appreciate a minute or two of your time to rate Five Oaks Beef on Facebook. To rate us, just go to <https://www.facebook.com/FiveOaksBeef>, scroll down to the 'rating' area. Choose from 1 to 5 stars (we hope you will choose 5, of course ☺) and write a sentence or two about your experience with Five Oaks Beef. Thanks!

Warren County Farmers Market...

It's sometimes a little hard to imagine, specially this morning with the outside temperature at about 31° but the Farmers Market is scheduled to open for the season on April 21! We know that most of you do shop at the Farmers Market regularly during the season and we always enjoy seeing you there! For those of you who haven't been to the market, we really encourage you to stop by on Saturday mornings between 8:00 am and noon. The market is small but growing rapidly and offers great local farm to table products!

Stew Beef. The Under-Appreciated Beef...

Of all the cuts of beef, we believe Stew beef is quite possibly the most under appreciated.



So, what is Stew Beef? It is relatively inexpensive and very versatile. Stew beef consists of small, about 1", chunks of lean beef that has been trimmed from all over, even the rib and loin areas that ultimately become Ribeyes, New York Strips and Filet Mignon. It has all the great flavor of these more expensive cuts of Five Oaks Beef but sometimes a little less tender, but still overall a great value. It's great for beef stew, obviously, but is also great to make chili, beef stroganoff, beef bourgignon and can be cut into smaller chunks and marinated for some pretty good Kabobs on the grill! If you haven't already, we really recommend that you give it a try.

Five Oaks Beef Soon To Be At The Lake Gaston Seafood Market...

Linda and I are very excited to announce that Five Oaks Beef will be available, starting around the 1st of May, at the Lake Gaston Seafood Market. The market will be open on Friday afternoons and all day Saturday and is part of 'The Corner Lot' which is a great local family venue offering great seafood (and soon great beef ☺), soft-serve Ice Cream and toppings, Sno Balls in 36 flavors, a flea market and miniature golf! They're located just a few miles north of the Eaton Ferry bridge on River Road. A great destination for the whole family! Check it out!

Free Delivery...

Our customer base is expanding rapidly so many of you may not know that we deliver Five Oaks Beef, free of charge to your home or business in the area.

We routinely deliver several times a week in Warrenton and all around Lake Gaston. And remember, there is no minimum order to take advantage of free delivery!

Did You Know...

A 1200 pound steer or heifer will drink as much as 25 gallons of water per day in warm weather! When the 25 gallons of water and the 125 pounds of grass he/she will eat per day are combined with enzymes and bene-



ficial microbes in the ‘rumen’ (one of the 4 chambers of her stomach) he/she thrives, grows and produces what will later be great beef! Just one of so many wonders of nature!

Free Five Oaks Beef Liver...

We have, what we are told, is some great beef liver available each time we ‘harvest’ a steer or heifer! Linda and I don’t each much liver but we know that many of our friends and neighbors do! It really doesn’t sell all that well so we have decided to offer it in our local community for free!

Feel free to call (252) 257-5994 any time to see if we have liver available or even better, send Linda an email (linda@fiveoaks.farm) and let me know you are interested in the free beef liver, leave your number and we will call you when it is available!

Beef you can trust!