

# Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

April/2017

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## On The Farm...

We are certainly enjoying the beautiful Spring weather and hope that you are as well! The transition from Winter to Spring has been quite unusual with alternating cold and temperate days.

We find ourselves, here on the farm, in the midst of the Spring calving season. Those of you who have been with us for awhile know that we have split our herd into 'Spring Calving Cows' and 'Fall Calving Cows' in order to keep great Five Oaks Beef available to our customers year around.

Having two calving seasons each year increases costs and workload but we believe it is worth it.

I am pleased to report two very noteworthy recent events. The first is that we have our first occurrence of healthy (possibly identical) twins

born to a cow under our management. The twins were born on 3/19/2017 and both are healthy and happy. Beef cow twins are extremely rare, even more so than in humans, occurring less than 1% of the time.

Both of the twins are bull calves so there is no concern about 'freemartin' problems. We'll cover 'freemartin' twin(s) in a little more detail in next month's newsletter.

The other event is that our first two cows to calf this season were heifers. Heifers are cows that have not previously calved so they are a little unsure about the process and what exactly they should be doing. Heifers are 3 times more likely to have trouble and need assistance with their first calving than older more experienced cows.



I'm pleased to say that both delivered great looking healthy calves, on their own with no assistance required!

## Cow Pooling...

Cow pooling, for those of you who are new to Five Oaks Beef, is our term to describe two or more customers sharing a large order, like a split side (quarter), full side to take advantage of the lower cost and lower freezer space requirement.

We not only permit sharing, we very much encourage it as it makes our great beef available to more customers at a lower price and without overcrowding their freezers. If you are interested, we currently have a number of customers who would like to share specific packages. Send me an email at [doug@fiveoaks.farm](mailto:doug@fiveoaks.farm) and we can make the introductions.

## The Cows are Green...

For those of you who haven't been to the website in a while, on the beef package purchase page, there is now a colored cow for each package indicating it's availability.

There are Green Cows, Yellow Cows and Red Cows. The Green Cow means the beef package is in stock, in it's entirety, and can be delivered in a week or so. A Yellow Cow means that the beef package is mostly available but some of the constituent cuts are sold out but we can offer you substitutions for those cuts. A Red Cow means that most of the constituent cuts are sold out and this beef package can only be ordered for delivery from our next 'lot' of beef.

So... When we say the Cows are Green, we mean that we now have all of our great beef packages in stock for delivery.

## Five Oaks Beef Packages on Sale...

All of our great beef packages are now on sale for **10% off regular price** through 4/20/2017. Summer is just around the corner and it's a great time to take advantage of this great deal to stock up on delicious, healthy Five Oaks Beef packages. Remember, we never use artificial growth hormones, steroids, preservatives or feed-based antibiotics. Never have... never will. It's just great Beef You Can Trust! You can order online at [Five Oaks Beef](#) or by calling (252) 257-5994.

## Did You Know...

**One** - The process of 'calving' in a cow, not too unlike in humans, is always initiated by the calf. Toward the end of the gestation period, which is about 9 ½ months, as the calf continues to grow in the uterus it becomes increasingly stressed by the confinement. In response to the stress, it begins to release a hormone called Cortisol. The cow, connected via blood flow in placental tissue to the calf, senses the Cortisol and responds by releasing more Estrogen into the uterus. This increase in Estrogen triggers cervical dilation and muscular contraction (labor) which ultimately ends with the calf being expelled... or 'being born' which certainly sounds much nicer :-).



**Two** - When you buy a cut of meat, either from us or from your local market, and there appears to be 'blood' pooling in the bottom of the package, the 'blood' really isn't blood at all. The redish liquid is called Myoglobin and is a protein found in animal muscle tissue (meat) that helps transport and bind oxygen and iron within the muscle.

## Back by Popular Demand...

Some you win and some you lose... We thought that switching to boneless Ribeyes and New York Strips would be well received. We even had a few specific requests for boneless Ribeyes and New York Strips.

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# Beef you can trust!

Well, we were wrong and bone-in Ribeyes and New York Strips are back, by popular demand! The feedback we received from you, which we really appreciate, by the way, was strongly in favor of bone-in, so we are going back to that variation. For those of you who are interested, there is substantial discussion on the internet about which the value of the bone to the overall taste of the steak. [Here](#) is one of thousands.



### **Check out our story...**

If you have a minute or two, and are interested, you can check out the very nice newspaper article about Linda and I and Five Oaks Beef that ran recently, on March 15, in our local newspaper, The Warren Record and a neighboring community newspaper, the Lake Gaston Gazette. [Here's a link.](#)

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**Beef you can trust!**