

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

August/2018

In this issue...

On The Farm...

Our Program...

Breeding Season...

Robinson Ferry Is Serving Five Oaks Beef...

Beef Is A Healthy Addition To Any Diet...

Did You Know...

Five Oaks Recipe Of The Month...



On The Farm...

It's been very hot here on the farm and these days we try to schedule most of our outside work for early mornings and reserve the afternoons for paperwork and other inside chores.

We were fortunate to get some rain last week... and boy, did we get some rain! Our pastures here at Five Oaks and also at the farm that we lease were beginning to suffer from the dry, hot weather. A neighbor reported that her rain gauge indicated about five inches of rain in a little over two hours for one of the three thunderstorms that rolled through the area!

The grass is looking much better but we continue to rotate cattle from pasture to pasture. They enjoy being moved as it gives them fresh grass to eat and we like it because it is good for the pasture to 'rest' and grow back in between grazing sessions.

Fresh water is very important to livestock and we spend quite a bit of time, during the summer months, cleaning stock tanks to keep algae levels down. Our stock tanks here at Five Oaks are of the open top variety which makes them more subject to algae problems. They hold anywhere from 100 to about 200 gallons of water and are automatically maintained at an appropriate level by a float valve.



Green Algae, the most common kind of

algae, are single celled plants and grow, like most plants, through photosynthesis – by converting sunlight, carbon dioxide and a few nutrients, including nitrogen and phosphorous into oxygen. Green Algae is not inherently harmful to livestock but it is unsightly and grows very rapidly so we keep the tanks clean. We are also looking at 'shading' the tanks as the

reduction in direct sunlight will slow the rate of algae growth.

Our Program...

Linda and I have been developing and refining our beef production program for over 8 years and we believe that has evolved to the point that it allows us to produce some of the finest beef you can buy! It's clean, healthy and it's delicious with no antibiotics, no steroids and no artificial growth hormones!

Producing consistently great beef is so much more than just raising cattle! Cattle are everywhere... Great beef is hard to find! Producing great beef is managing, to the best of our ability, every aspect of the beef production process, from genetics to breeding to calving



to weaning to herd health to diet and nutrition to a hundred other variables that all contribute to the flavor, texture and tenderness of our great Five Oaks Beef!

Breeding Season...

Well, we are about half way through our breeding season, which for us is three months. This means that our cows and heifers to be bred are 'exposed' to the bull for three months. Exposed just means they are in the same pasture as the bull and nature is allowed to take her course. Cows and heifers have a 21 day estrous (heat) cycle and can only conceive during a very narrow 12 to 18 hour window of that cycle during ovulation. Compare this to a roughly five day window in humans. Based on their 21 day estrous cycle, having the cows/heifers exposed to the bull for three months means that there will be at least three and maybe four 'opportunities' for each of them to conceive. Absent any problems during pregnancy, conception results in a healthy, happy calf being born 9 ½ months later.

So, you might ask, if the 'window of opportunity' to conceive in cattle is so narrow, how is it that breeding occurs relatively easily in healthy cattle? If you did ask ☺, the answer would be that bulls have an acute sense of smell for pheromones, hormonal indicators of the cows current state of estrous. They have this sense as a result of a secondary olfactory system that consists of a tiny but very special pair of organs that lie just above the roof of his mouth and just below his nasal

bone. The organs are called vomeronasal (or sometimes Jacobson's) organs and are used to detect pheromones produced by cows during the 12 to 18 hour window of possible conception.

You can tell when a bull is using his vomeronasal organ to detect a 'receptive' cow because he will exhibit Flehman behavior which is a raising of his head, curling back of his upper lip and inhaling through his mouth. A bull can easily detect a receptive cow at just the right time, over very large distances!

Robinson Ferry Is Serving Five Oaks Beef...

We are very excited to announce that Robinson Ferry Restaurant & Spirits in downtown Warrenton has chosen Five Oaks Beef Premium Ground Beef for their weekly 'Burger of the Week' specials! This week features "The Onion Bloom - Five Oaks Beef burger with bleu cheese, apple bacon chutney, Dijon mustard and an onion bloom on a potato roll"! Makes me hungry just writing about it! ☺



We believe, perhaps somewhat modestly ☺, that our Premium Ground Beef is very good but in the hands of Chef de Cuisine AJ Garrelts at Robinson Ferry, the Burger of the Week is magic on a plate!

Those of you in Warren County already know how fortunate we are to have a great restaurant like Robinson Ferry in downtown Warrenton. For those of you a little farther away in Wake Forest, Raleigh, Durham or Cary, a visit to Robinson Ferry is definitely worth the drive and we highly recommend it! Reservations at (252) 257-1991 are recommended. Check them out!

Beef Is A Healthy Addition To Any Diet...

You already know that a Five Oaks Beef Ribeye steak sizzling on a hot grill is really hard to beat! Great taste, texture and tenderness but as if that weren't enough, it's also good for you!

A three ounce serving (you know I really can't imagine how anyone could stop after only three ounces of that Ribeye, but hey, that's the serving size nutrition-

ists like to use) contains 25 grams (about half your daily requirement) of protein and at least 10 other essential nutrients.

That three ounce serving contains selenium which your body needs to help protect cell walls, vitamins B6 & B12 to help maintain brain function and provide energy, zinc which fortifies your immune system, phosphorus for strong bones and teeth, niacin to help maintain your metabolism, iron which helps your body incorporate oxygen from your body into your muscle tissue and choline for nervous system health.

Who would have thought that anything tasting that good could also be good for you! In next month's newsletter, we can talk about the health benefits of that beer that you're going to have with the Ribeye! ☺

Did You Know...

On average, cows sleep about four hours per day. They can sleep standing up but rarely do. They are herd animals and unless sick or about to calf, always sleep together.

The first cows to come to America arrived with Columbus during his second visit.

Five Oaks Recipe of the Month...

Five Oaks Beef Alambre de Res

Serves: 4

Ingredients:

- 1 tablespoon olive oil
- 1 pound stew beef, cut into strips, across the grain
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 large clove garlic, minced
- 1/2 teaspoon Liquid Smoke, hickory flavor
- 1 medium onion, sliced
- 1/2 teaspoon sugar
- 1 jalapeno, sliced/slivered (more or less to taste)
- 1/2 cup chopped cilantro

1/2 cup shredded cheese, (Monterey Jack, American)

Instructions:

Mix together the meat, salt, black pepper, garlic and liquid smoke and set aside to marinate.



In a large skillet, on medium heat, heat the tablespoon of olive oil, add the onions and sugar and sauté for approximately 3 minutes, until onions are caramelized. Add the jalapenos (to taste) and sauté for an additional 1 minute. Remove the onion and jalapeno mixture and set aside.

Add the beef to the hot skillet, cook over medium high heat, stir frequently to break apart any pieces that may have stuck together while marinating. Stir in half of the cilantro and cook until the meat has browned, approximately 4-5 minutes.

Return the onion mixture to the skillet and stir into the meat. Spread out the mixture, sprinkle with the shredded cheese and cover the skillet with a lid until the cheese melts. Sprinkle with the remaining chopped cilantro and serve with tortillas and salsa.

≈

Beef you can trust!