

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

November/2017

In this issue...

On The Farm...

**The Taste / Tenderness
Continuum...**

Dinner On Us...

**The Wreaths Across
America...**

**Five Oaks Farm Fast
Flash Sales...**

Did You Know...

Announcing BYOB ...

**A Christmas Wish For
All...**



On The Farm...

Our watering systems have been 'winterized' and hay for the winter has been purchased and is in the barn to protect it from the elements.

Soon it will be too cold for many of the daily chores around the farm, so they will wait for Spring. This year we will have 5 separate pastures so most of our effort will be toward making sure that each pasture continues to have shelter from the weather and always has hay available. Cattle eat about 5-10% more when it's cold. Digestion of the additional food helps them to maintain a comfortable body temperature.

Linda and I have been raising beef cattle for quite a few years now and have come to believe that we have a pretty fair understanding of cattle behaviors in a whole host of different situations. This fall, however, has

shown us a whole new aspect of problematic behavior.

Organizing our herd between our two farms created what for us was an unusual situation wherein we had 17 recently weaned young calves sharing our Five Oaks west pasture and west corral area. No adult cattle were among them.

We have had problems with calves damaging fences, once even culminating in a 'temporarily' successful escape. ☺ We have had calves repeatedly climbing into feed bunks, sometimes with just their forelegs and sometimes



all four legs which can destroy the hard plastic bunks. We have calves climbing into hay rings, seemingly in some kind of a bovine king of the mountain game, and leaving behind manure which of course, ruins the hay.

We have been struggling to understand why these calves have been such an unusually unruly bunch and finally, after a couple of glasses of wine the other night, there came an epiphany! The answer turned out to be quite simple. It is lack of adult supervision.

What we have in that west pasture is a whole group of 17 totally unsupervised adolescents, with way more energy than common sense! The results have probably not been too different than if they had been unsupervised human children! ☺

We will be moving 3 adult cattle into the pasture with them soon and though we suspect the calves will not be thrilled, we do expect to see a dramatic improvement in behavior!

The Taste / Tenderness Continuum...

Great flavor and tenderness in beef are no accident! We at Five Oaks Family Farm work hard and take great pride and care in our management practices. Management practices, which we sometimes refer to as our 'program' is how we care for, how we feed, when we feed and what we feed our cattle, always striving for that perfect amount of marbling of the meat that



will result in the best possible taste and tenderness for our customers!

There are a lot of variables. Even under the same management program, beef from a heifer is different than that beef from a steer. They generally have different amounts of muscle and body fat with heifers carrying slightly less muscle and a little more body fat.

Even the beef from two steers may have somewhat different characteristics, even with the same management practices.

The one thing you can count on, however, is that great beef flavor and tenderness are always inversely proportional. What this means is that the cut of beef with most great 'beefy' flavor will tend to be the cut that is a little less tender. The other side of the coin is that a particularly tender cut, a filet mignon for example, will not have as much flavor as a pot roast or a beef shank!

The key to enjoying a wide range of cuts of beef is to choose the right cooking method. Basically, tender cuts are grilled or broiled and less tender cuts are braised (cooking in a liquid at low temperatures for longer times). Cuts in the middle, like roasts are great roasted or baked.

We've found that some people always prefer a particular cut, which for them is the perfect balance of taste and tenderness. Others prefer the entire spectrum of beef. Linda and I are more often than not in this second group. There are days when nothing but a grilled Ribeye and a baked potato will do and others when a savory pot roast with onions, potatoes and carrots is even better!

Dinner On Us...

Well November has come and gone and we are tallying results in our fun Dinner On Us promotion. The promotion is for a drawing for a \$200 Gift Certificate to The Second Empire restaurant.

For those of you not already familiar with The Second Empire, it is a great, upscale restaurant located in the historic Dodd-Hinsdale house, downtown on Hillsborough Street. You can check it out at <http://www.second-empire.com/the-restaurant/>.



Within the promotion, for each \$20 of beef ordered, or delivered, in November, we assign one ticket (up to a maximum of 5 tickets) for the

drawing.

We are very fortunate to have Craig Hahn, Executive Director of the Warren County Chamber of Commerce selecting the winner for us. Craig will select the winning ticket from a bowl of eligible participants! The

drawing will take place at the Chamber of Commerce office in Warrenton on Thursday, December 14 at 11:00 AM. If you are in the area, please feel free to drop by. We will be notifying the lucky winner later that afternoon.

The Wreaths Across America...

The Wreaths Across America is a great organization that endeavors each year to place wreaths on the graves of every fallen hero at Arlington National Cemetery and an additional 1,200 cemeteries across the country. This is one of our favorite charities! If you are interested, a wreath can be purchased for \$15 and there are opportunities to volunteer to lay wreaths. The last day to donate or volunteer is December 16. You can check them out at www.wreathscrossamerica.org.

Five Oaks Farm Fast Flash Sales...

We have just introduced a new program to alert customers to special, short term (4 hour only) sales.

These quick 'pop-up' sales offer deep discounts for a particular item that we have in stock, while supplies last! We have done three of these flash sales so far and plan on doing one about every week or week and a half. The sales are announced via email and on our Facebook page at <https://www.facebook.com/FiveOaksBeef/>.

Remember, we send no unsolicited email! Those who receive the Farm Fast Flash email are those who have asked to be on the 'specials' email list. If you are not on the list, or are not sure if you are on the list, but would like to be, just email me at doug@fiveoaks.farm and I will get you signed up.

Watch for the next Farm Fast Flash coming soon!

Did You Know...

Calves are born, normally after a gestation period of 9 ½ months. The calf is positioned in the uterus such that the calf emerges from the birth canal forelegs first, right side up in a sort of 'diving position'. Most calves are born at night and almost always to a mother who is standing.

Announcing BYOB...

Five Oaks Beef has always offered great variety packages of our 100% natural, healthy and delicious beef.

For a limited time only, we are offering a Build Your Own Beef package where you can choose from our great individual cuts, currently in-stock, to make your own package. The program offers a 3 tiered discount wherein the more you spend, the more you save!

As you add cuts to your package and the price reaches \$25, you will get a 10% discount. Add more cuts to reach \$50 and get a 15% discount on your entire package. Spend \$100 or more and you will get a 20% discount on your entire package!

A great chance to save on Five Oaks Beef during the holidays!

A Christmas Wish For All...

Linda and I would like to wish everyone a Merry Christmas and we ask that you remember that in this world, there are always far more things that unite us than divide us, always more smiles than tears, more joy than pain and more happiness than sadness. Be happy!

Merry Christmas To All!



Beef you can trust!