

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

February/2017

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On The Farm...

There is always a lot going on around the farm, even in the winter. We have been putting out hay nearly every other day during January, mostly due to the cold weather. During a 'not so cold' January we would probably only need to put out hay every third day, or so. Cattle instinctively eat more during cold weather because their digestive processes generate much needed body heat.

As long as they have some shelter, maybe just an area along a tree line to break the wind, cattle can withstand temperatures down to about -20° F. That notwithstanding, we still worry about them when it gets down close to 0° F.

This years calves are growing well and all seem healthy and happy. They are due to be weighed again

this month. Appropriate weight gain, which in this area with Fescue pastures, is about 1.8 - 2.0 pounds per day is a good indicator of overall calf health. Just like people, when they are not feeling good, they eat less and therefore gain weight at a lower rate.



Another good indicator of calf health is their eyes. A healthy calf will have clear and bright eyes. Now that I think about it, I guess that's pretty much true for people as well.

Previous Newsletters Now On-Line...

For those of you who have recently subscribed to our newsletters, and are interested in seeing previous issues, they are now archived on our website at <http://www.fiveoaksbeef.com>. Once on the website, locate the menu item entitled "Archived Newsletters".

Five Oaks Beef Inventory...

Beef package sales continue to exceed expectations, for which we are very grateful and thank you all very much. As a result, though, our Beef Package inventory is low. Managing our inventory is challenging in that being out of a single cut of beef may prevent us from selling a package, even though we have all the other cuts in stock.

This month we are going to be implementing a new approach on our website that will hopefully allow us better utilization of our existing inventory. We will be marking each Beef Package on our website with a color-coded icon to indicate the status of the package. Green will mean that we have all the beef cuts necessary to sell that Beef Package “as is”. A yellow indicator will mean that we have most, but not all, of the cuts for that Beef Package. For these Beef Packages, we will offer to substitute cuts of equivalent value or discount the package by the amount of the missing cuts, at your option. A red indicator will mean that there are too many missing cuts and the package cannot be purchased for immediate delivery.

As always, though, you may order full Beef Packages for future delivery. We always try to keep future availabilities and delivery dates posted on the Homepage of our website so remember to check these dates when you visit the site.

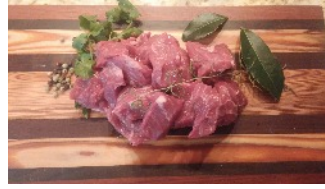
Additional Individual Cuts...

One of the items that customers have requested is the ability to purchase additional individual cuts when they purchase a Beef Package. This would be very difficult to do on our website as there are so many combinations of individual cuts that someone may want to order along with their Beef Package.

We think a better approach will be, during our confirmation phone call (always within 24 hours of your online order), to offer additional individual cuts at that time. Individual cuts will be those that are available to be delivered with your Beef Package and these will be priced based upon our current inventory levels and demand for the individual cut.

On Sale Now...

We find ourselves this month with quite a bit of lean Stew Beef in inventory so we are going to be offering it at the great price of \$5.29 per pound, when you buy 5 pounds or more, through the end of February. The



Stew Beef is really flavorful and comes packaged in about 1 to 1 ½ inch chunks. Packages range from about 1 ¼ to 1 ½ pounds. They are very versatile and can be used for many dishes

beyond just Beef Stew. They are great sliced into strips for Tacos and Fajitas. The same strips work great for Stir Frys. Makes a fantastic chili. You can slice them a little thinner and you're ready for some Philly Cheesesteak sandwiches.

The Stew Beef is part of a number of Beef Packages but to take advantage of this special offer for just Stew Beef, call us at (252) 257-5994.

Special Cuts...

Not all the cuts of beef that we receive from our processor are included in the Beef Packages that you see on our website. If you are interested in less common cuts like Beef Shanks (for Osso Buco), Oxtail, Sliced Beef Liver, Skirt Steak, Hanger Steak and whole Beef Tongue give us a call for pricing and availability (252) 257-5994.



New Beef Packages...

In the next few weeks we are planning on creating a number of new Beef Packages and perhaps modifying some of our existing ones. The point is to try and provide an offering of Beef Packages that most appeal to “you” our valued customers, so we thought we would ask you to design your own special Beef Package.

Send us an email (doug@fiveoaks.farm or linda@fiveoaks.farm) and tell us what cuts and quantities your “Ideal Beef Package” would contain. You may even tell us what you think ‘your’ package should

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cost, though we can't promise that we will agree with your pricing ☺.

Thanks...

A quick thanks to all who have commented on and made suggestions for this newsletter. Your feedback helps us to keep it useful, helpful and informative. Thanks! Send your comments and suggestions to doug@fiveoaks.farm.

Did You Know...

Did you know that cattle are classified as ruminants, along with sheep, goats, deer, giraffes, antelope and camels. Ruminants are mammals that have digestive systems uniquely designed to allow them to eat and process plant material. The primary component of this digestive system is a four chambered stomach. The chambers are the Reticulum, Rumen, Omasum and Abomasum.

The Reticulum is sometimes referred to as the 'hardware stomach' as it is the first chamber and often catches non-digestible objects that cattle may find and eat in a pasture. This includes small pieces of fence-wire, nails, bottle caps, etc. These materials will remain in the Reticulum forever which is why it is so important to make sure that these non-digestibles are kept out of pastures.

The Reticulum and the Rumen (the second chamber) both collect forage combined with saliva and store it until it can be regurgitated and re-chewed by the animal. The re-chewing of this regurgitated forage (also known as cud) further breaks down the plant matter. When re-swallowed, it moves to the Omasum (third chamber) where most of the liquid is removed. It then passes to the Abomasum (fourth chamber) where even more liquid is removed and the plant matter passes into the small intestine where nutrients are absorbed.



We hope that you will find the content of this newsletter both interesting and informative and we always welcome suggestions for content or style. If you would like to unsubscribe, however, you may do so by clicking [here](#) and typing Unsubscribe in the subject line.

Beef you can trust!