

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

March/2017

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On The Farm...

As you know the weather has been very unusual this winter. I don't remember a February in which we had so many very warm days intermixed with the very cold days!

This is the time of year when we try to anticipate how much more hay will be needed before there will be enough pasture grass to sustain the herd. We can't afford to run out but we don't want to have too much still in inventory when we no longer need it.

We have moved some of our herd to the new farm just southwest of Warrenton and they are settling in nicely.

Calving season will begin shortly and we are expecting to see the first calves in about two weeks. As those of you who have been reading this newsletter for awhile may recall, we

leave the bull in with the cows for about 3 months.

Cows can only conceive during their estrous (heat) cycle which occurs very close to every 21 days so with exposure to the bull for 90 days,

there are at least 4 opportunities for each cow to conceive.

This 90 day exposure means of course, that a cow may conceive at any time during the 90 days so the calving

season is also 90 days long, offset from the breeding season by 9 ½ months which is the bovine gestation period.

It would be nice, of course if all the cows calved at the same, or nearly the same, time. There are ways to dramatically shorten the calving season to a few weeks with AI (artificial insemination) and synchronized es-



trous but we choose not to use them, opting for the natural approach.

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 or full animal to take advantage of the lower cost. If you are interested, we currently have a customer who is also interested. Send me an email at doug@fiveoaksbeef.farm and we can make the introductions. It's a great way to save money and freezer space!

Five Oaks Beef Weekly Specials...

The response to our Five Oaks Beef Weekly Specials email has been amazing! We encourage you to call soon after receiving the email to take advantage of this special pricing as our beef is moving very fast. The email goes out once a week, usually on Monday or Tuesday, to those of you who have opted-in to receive it and offers great cuts of Five Oaks Beef at very low prices!

These specials are not available on our website, but only via phone (252) 257-5994 or an email to linda@fiveoaks.farm.

If you have not already opted-in to receive the Weekly Specials email and would like to, just email [Linda](#) or [I](#) and we will add you to the list!

Helpful Hints...

In a hurry to defrost ground beef? We use this approach all the time and it really does work and you don't end up with the edges partially cooked and slimy.

Remove the wrapper from a one pound package of frozen ground beef and place it in a one gallon ziplock bag. Seal the bag leaving about an inch unsealed at the end.

Place the ziplock bag containing the ground beef in the microwave. Start the microwave at high power for one minute. At the end of the one minute, let the

ground beef rest in the microwave for another minute and then turn over and start the microwave again at full power, but only for 45 seconds this time. Let the ground beef stand in the microwave for another minute.

Remove the ground beef, still in the bag, from the microwave and use your fingers to start breaking up the chunks of ground beef, working each 'chunk' into smaller and smaller pieces. When you have relatively small chunks remaining, place the bag of ground beef on the counter and use the palms of your hands to



'knead' the ground beef to further break up chunks. As you do this the ground beef will 'spread' to a thin (about 1/2") layer that just about fills the one gallon bag. You can flip

the bag to work it from the other side. The whole process of breaking the ground beef into chunks and kneading should take no more than about a minute or so and yield 'ready to use' ground beef in less than five minutes!

Note - Microwaves vary so you might have to adjust the time slightly. Let us know how this works for you!

Thanks for the feedback...

The feedback on our new 'Beef Package Availability' coding system (we just call it the Red Cow / Green Cow thing ☺) on the web site has been completely positive and we are really happy that you like it. 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.

We have made a small change to the meaning of the Green Cow. Previously, the cow was only Green if packages were in our freezer and ready to ship. We have changed the meaning of the Green Cow slightly to indicate that beef is either available in our freezers now or will be within the next two weeks.

Beef you can trust!

Here is the exact wording:

🐮 Package is In Stock, or will be soon, and available for delivery within the next two weeks.

Did You Know...

Did you know that cattle have 13 pairs of ribs as opposed to 12 pairs in humans. Steaks cut from the Rib section become more flavorful and tender as you move from front to back along the rib. Ribeye steaks are cut from the 6th rib through the 13th rib and are very tender and flavorful and are always referred to as a 'premium' cut. Steaks that come from the first five ribs (on each side) are called Chuckeye Steaks and are generally less expensive, yet can be nearly as tender and flavorful as the Ribeyes. For example, a 5th rib Chuckeye is nearly indistinguishable from a 6th rib Ribeye. Unfortunately, you can't order steaks from specific rib areas so there is a certain amount of chance involved.



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!