

# Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

May/2017

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## On The Farm...

Life is very good at Five Oaks Family Farm and we sincerely hope that it is as well at your place! We received some much needed rain and the temperatures are great. Pastures are green and growing and the cattle are clearly enjoying the sunshine and the fresh forage.

Some of you may remember that in last month's Newsletter, I reported a set of great looking, healthy, twin bull calves born last month and how unusual an event this is! Well, with near complete amazement, and in defiance of all odds, I can report ANOTHER set of twins born on April 17<sup>th</sup>!

In last month's Newsletter, I mentioned the term "freemartin" in the context of the first set of twin calves born this year. Freemartinism is the normal outcome of mixed gender twin calves in cattle in which the bull calf is unaffected but the heifer calf

is born sterile and most often with undeveloped or missing reproductive organs. In most cases, the heifer calf will develop normally but will never be able to reproduce.

The important fact here is that this only occurs when a bull calf and a heifer calf share the uterus and connecting placental membranes.

Twin calves of the same gender are not affected by 'freemartinism'.



## Great News...

We are very excited about The Hen & The Hog restaurant in Halifax, NC featuring Five Oaks Beef on their luncheon menu! If you haven't tried The Hen & The Hog, you really should! It's a great restaurant in downtown Halifax with a host of 'farm to table' offerings that are as delicious as they are fresh and healthy. All of Executive Chef, Rae Parker's dishes are 'southern in-

spired' and created with a carefully curated selection of North Carolina's finest local food products. We strongly recommend The Hen & The Hog and if you happen to be there for lunch, you should try the 'Five Oaks Dip', a fantastic rendition of the classic French Dip sandwich!

To learn more about The Hen & The Hog, check out their website at <http://www.thehenthog.com/> or on Facebook at <https://www.facebook.com/The-Hen-The-Hog-2157991247759503/>.

## Thanks Again...

Thanks to all of you, Five Oaks Beef is continuing to grow! We are so very excited about the opportunity to provide great tasting, healthy and local beef to so many and we thank you for your support.

We now have 49 head of cattle under management and are looking to expand, once again.

We are actively looking to acquire, either through purchase or rent, another 40 acres in our local Warrenton area! If you are in this area with us and if you happen to know of pasture for sale or rent, please let us know. Thanks!

## Save Money when the Cows are Red...

As most of you know, our goal at Five Oaks Beef is to have healthy, delicious, local beef available all the time, but as we grow, we are seeing sales more and more often exceed supplies. Starting today, when you order one of our great beef packages, marked on our website with a Red Cow (which means the package is currently out of stock and only available for future delivery), you will receive a 5% discount off of the already low package price. We do ask that this offer not be combined with other discounts or promotional pricing.



## Beef Trailer...

Those of you who live in the Warrenton / Lake Gaston area may have seen our new 14', enclosed Beef Trailer around town! We are in the process of finishing the



interior and installing freezers for beef transport and cabinetry for storage. We're quite excited about this new capability which will

streamline our deliveries to you.

## Did You Know...

Many people use the terms Hamburger and Ground Beef interchangeably. In many ways they are indeed very similar in that the USDA mandates there can be no water or fillers added to either Hamburger or Ground Beef. Similarly, Hamburger and Ground Beef cannot contain more than 30% fat. But here's the difference. Ground beef can only contain fat attached to the beef being ground. It can contain no 'outside' fat. Hamburger, on the other hand, can contain fat from other parts of the same steer or heifer or even other steers or heifers. The result is that Hamburger is a less consistent product and is not a good choice for people who are interested in 'single sourcing' their beef.

Single Sourcing is a growing movement of people interested in being able to trace the meat on their plate to a specific, single animal. We are proud to say that at Five Oaks Beef, all our beef is Single Source.

## 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),

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# Beef you can trust!

or 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.



We currently have a customer on our cow-pooling list who would like to share a Split Side (quarter) of beef with one or two others. The Split Side generally offers about 100 pounds of great beef at a very good price. Split two ways, each person would receive about 50 pounds of beef, which would require about 2-3 cubic feet of freezer space.

Send me an email at [doug@fiveoaks.farm](mailto:doug@fiveoaks.farm) if you are interested.

## **Warren County Farmers Market...**

Five Oaks Beef is now a proud member of the Warren County Farmers Market. We will be at the Farmers Market on the first Saturday of every month offering our regular packages and a great selection of individual cuts. We will usually have samples to try!

This is a small, young Farmers Market with a variety of fresh, locally produced products from great vendors. The market is open every Saturday morning from 8:00 AM to 12:00 PM. Please join with us in support of this local market to help it grow!

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# **Beef you can trust!**