

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

November/2016

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On The Farm...

We at Five Oaks Family Farm are looking forward to the Holidays and hope that you are as well.

We had our Vet out a few weeks ago to do pregnancy checks for our cows and all are doing fine.

While we had them gathered for the Vet visit, we vaccinated and examined them in preparation for weaning the calves later this month.

Weaning is important to the cow's and the calves health. The rumen (stomach) of a calf that nurses too long will be slow to develop and may have trouble with digestion as they are transitioned to grass and hay. Nursing a calf for too long also takes it's toll on the mama's overall body condition and health.

There are a number of different techniques for weaning, some more stressful on the calves and their mamas than others. There are a number of reasons we at Five Oaks Family Farm work so hard to reduce animal stress. One is that it is just the most

humane way to treat the animals and another is that animal stress is detrimental to the ultimate quality of the beef. More on stress in a future article.



Probably the worst (highest stress) way to wean calves is the simplest and unfortunately the most prevalent.

With this high stress approach, the calves are completely and abruptly separated from their mamas. On weaning day, the calves are loaded on a truck and taken to market, or at least to another remote part of the farm where the calves are no longer able to nurse or even see, touch, smell or hear their mamas.

We use the least stressful, and in our opinion, best approach to weaning our calves. It's called 'Fence-line Weaning' and with this approach, the calves are still physically separated from their mamas, but only to an adjacent pasture so that mama and calf can still see, touch, hear and smell each other through the fence. This is by the far the least stressful, but you can be sure that neither mama nor calf are happy about being separated for the first time and can be quite vocal in expressing their dissatisfaction with the new arrangement! ☺

Thanks...

If you have purchased Five Oaks Beef, you recently received a Customer Satisfaction Survey via email link. The survey was completely anonymous but the number of completed surveys indicates that almost all of our existing customers took the time to help us understand how we are doing. We really appreciate your feedback. The results are amazingly positive and we feel very fortunate to have such a great client base! We will continue to review and aggregate the results, deciding how we can improve, and publish the summarized results in the December newsletter.

Dry Aged Beef...

As some of you may know, Five Oaks Beef is 'dry aged' for about 14 days before it is vacuum sealed and flash frozen. Dry aging is a process that the feed-lot / supermarket supply chain finds too costly to employ, but to which we are committed.

The process requires careful control of both temperature, airflow and humidity during the aging. Temperature is maintained between 39 and 45 degrees with a relative humidity of between 80 and 85%.

The aging process allows a controlled evaporation of a small amount of the moisture in the beef, usually less than 5%. The evaporation darkens the color, concentrates the flavor and increases the tenderness of the beef.

We at Five Oaks Family Farm are committed to this aging process and we use it for all our beef, including our Premium Ground Beef!

New USDA Guidelines...

The USDA storage guidelines for frozen beef have been updated. According to the USDA, frozen beef stored properly will retain all its freshness and flavor for 9 to 12 months!

The guideline also states that frozen beef, stored properly, can be kept 'indefinitely' without danger of spoilage.

This is significant to us, and to you, because you can purchase your beef in larger quantities, thereby saving money and knowing that it will stay fresh longer!

Single Source Beef...

There is a growing interest among both consumers and upscale restaurants in what is being called 'Single Source Beef'. The term applies primarily to ground beef and whether or not it comes from a single animal, in which case the beef is 'traceable' to its source on the farm, or from huge vats containing beef from tens or even hundreds of animals, in which case it is not traceable.

With Single Source being the obviously preferred situation, it's nice to know that the industry is beginning to follow our lead (well, that may be a slight exaggeration ☺) as all our beef, not just the ground beef, is single source and / or traceable back to a specific animal on our farm. In fact, the animal identification number is, and always has been, on the packages that you receive.

Gift Certificate Program...

Great news! We are introducing a Gift Certificate Program just in time for the Holidays! What better gift

Beef you can trust!

for family, friends or even employees than 100% Natural, delicious and healthy Five Oaks Beef?

The Gift Certificates will be available for purchase on our website, or of course by phone if you prefer to call. You can purchase Gift Certificates in \$25, \$50 and \$100 amounts to allow your recipient to apply the certificates toward a package of their choice. Or alternatively, you can purchase Gift Certificates specific to any of our great beef packages; e.g., A Rancher Package Gift Certificate or a Cowboy Package Gift Certificate. In this case the card value will reflect the package price and applicable NC state food sales tax.

The Gift Certificates are purchased just like any of our great beef packages. If you would like the Gift Certificates personalized, just leave us a note in the 'Note To Seller' area during checkout with the name(s) of your recipients and we will personalize them. The Gift Certificates will be emailed to you for delivery to your recipients.

We think these are a great gift idea and hope that you agree!

New Packages...

Based upon your feedback, we have restructured and improved some of our great Beef Packages. Please check them out on our [website](#)!

A Great Fajita Recipe...



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.

Ingredients:

½ pound steak or roast, thinly sliced into strips
1 each Onion, Green Bell Pepper and Red Bell Pepper, thinly sliced
Corn or Flour tortillas

Marinade:

2 tablespoons olive oil
¼ teaspoon sumac
¼ teaspoon cumin
¼ teaspoon lemon pepper seasoning
¼ teaspoon onion powder
¼ teaspoon oregano, leaf
¼ teaspoon garlic powder
¼ teaspoon Adobo seasoning
½ teaspoon salt
2 tablespoons cider vinegar
1 tablespoon balsamic vinegar
2 tablespoons lemon juice
2 cloves garlic, minced
¼ teaspoon liquid smoke
¼ cup chopped cilantro plus an additional ¼ cup to sprinkle on top after cooking

Toppings:

Sour Cream, Salsa, Guacamole, Black Beans, Grated cheese and/or Lime wedges.

Directions:

Combine the marinade ingredients in a glass bowl and add the thinly sliced meat into the marinade mixture. Allow the meat to marinate for at least 45 minutes.

Heat the outside grill pan or a large indoor grill pan to medium-high heat. Place the onions and peppers into the bowl with the meat / marinade and toss to coat.

Remove the meat and vegetable mixture from the marinade and place on the hot grill pan, discarding the marinade. Grill until cooked through, about 3 minutes. Remove from pan, sprinkle with additional cilantro and serve with warmed tortillas and garnish with the toppings.

Beef you can trust!