



Pasture Raised Goose For 2011 and 2012 From Elihu Farm

Products from Our Pastures Since 1986

Dear CSA Members, This is our third year raising geese for year-end and year-beginning dinners. We hope you'll take a few minutes to look over this flier and write or call if you have any questions. We feel fortunate to be able to offer them again from our farm.

Raising the Geese. Our heritage breed goslings, gray and white (Toulouse) and mottled beige-tan and white (American Buff), arrived on lovely mornings in April and May as day-olds from Metzger Waterfowl Farms in California. Despite that shipping distance, they all arrived alive and peeping away at 8:00 a.m. in large boxes at our local Post Office. Right away, we dipped their bills in fresh water in the kitchen as we counted and transferred to larger containers. Then they were off to the sheep barn for "goose starter," a grain mix, and lights for warmth, along with water, water, water, and more water.

They soon learned we were *t-h-e* meal ticket, and chattered away when we were nearby. As they grew, their pen grew, until they were 'feathered out' and large enough to explore the grass near the barn. Geese love grass, and are excellent lawn mowers.

In a short time, we 'weaned' from the brooder, and soon put them to pasture all the time, surrounded by electric net fencing for protection. Vigorous healthy birds, they love their grass, and love their water and more water and more water. They still eat some grain for carbohydrates and to keep them warm.

Goose for Dinner. There's nothing quite like the flavorful dark meat from goose, which is lower in fat than beef or lamb. The fat is semi-solid, mostly just under the skin, and contains over 50% of the beneficial monounsaturated oleic fatty acid, an Omega-3. Rendered semi-solid goose fat is excellent for sautéing vegetables, making pilaf, or roasting potatoes. We expect our geese to be leaner than conventionally raised birds.

Ordering. The geese should run from about 6 to 10 pounds, dressed, cost \$8.50/lb. This is a slight price increase from the past two years to cover our increased costs. Our butcher raised his price by \$2.00 per bird, and feed costs were also higher this year. We can send the birds frozen with Ted's Windflower CSAs at the regular deliveries in December, January or February. Call or write Mary and Bob Pratt to place your order, elihufarm@localnet.com, 518-753-7838, 518-744-3947; then follow with your deposit

*Thank you for considering our geese,
Mary and Bob*

~ Order Form ~ Goose ~ Order by the Weds. before delivery ~

Please select size: Small (6-7.5 lbs) Medium 7.5-9 lbs) Large (9.5-10 lbs)

Delivery date(s): Dec. 17 Jan. 21 Feb. 11

Deposit: \$20.00 Balance due will be billed later.

Name: _____ CSA: _____

Phone: _____ Email: _____

Please make payment to: **Elihu Farm**

Bob & Mary Pratt ~ 654 Beadle Hill Road ~Valley Falls, New York 12185
518-753-7838 ~ elihufarm@localnet.com ~ 518-744-3944