



WELL FED FARMS 2018 NEWSLETTER

Tucked in the news last week was a story about the latest addition to Yosemite National Park — a Starbucks cafe. How better to get in touch with the beauty and wonder of the natural world than through the homogeneity that only the corporate world can provide? To quote one recent visitor, “I think it’s good. Because no matter what Starbucks you go to it’s all the same. Same quality, and you know what you are getting as soon as you walk in.”

That is one point of view, but there are many of us who see the world from a broader angle. Certainly we do well to focus on quality in our lives, both in what we create and in the experience we seek out. The distinction to be made though, is that in a root sense, true quality is best defined by its dynamic nature. If something is always the same, if our expectation or perception of it is of sameness, then it lacks this important aspect of quality. It becomes one-dimensional and lifeless.

Yosemite is not lifeless though. It is awe-inspiring and can easily touch us in the depth of our beings. This wonderful place does so in large part because it does not fit well into a container of predictability. Its beauty is unique. Even within a fixed place, it is constantly changing: over geologic time, from season to season, and even daily, hourly as the weather shifts and as the sun and moon each rise and set. One could visit and experience it a thousand times, and each time it would be different, and no less amazing for those differences. Quite the opposite in fact.

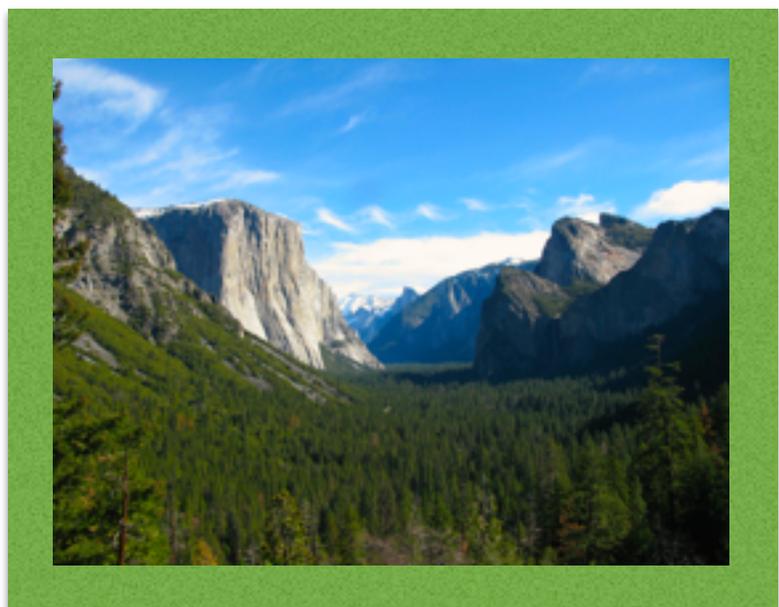
Food can be seen in a similar fashion. It can be made to appear and taste exactly the same, time after time, as Starbucks and most large scale producers aim to do. In fact, it is a commonly held belief in the corporate world that consumers respond better to products that are consistently mediocre than to those that are often excellent but vary over time. There is a type of comfort and security in this that can seem like quality, knowing just what to expect when spending one’s hard-earned money. It is a static quality though — one without depth.

When looking for good food though, depth is precisely what to seek out. Change and variety in food that is tended with care represent a direct connection to the living, vibrant landscape where it was grown. And those of us who seek and appreciate true quality in food embrace this dynamic nature. Eggs whose color and taste change with the seasons. Meat with fattiness and flavor that shift based on the animals’ bloodlines and variety in their diets. Flours that bake into different bread depending on the fertility of the soil where the wheat was grown and the weather during the growing season. These are the things that stimulate our tastebuds, nourish our bodies, enrich our souls, and strengthen our connection to the world around us.

It’s not for everyone though. For some folks, a cookie-cutter cup of coffee from Starbucks, spiked with sugar and artificial flavoring, is a good way to go. If, however, you prefer coffee that is tasty and interesting enough to drink black, if you enjoy music that makes you stop and actually listen, if you go to places like Yosemite to be outdoors, get pine needles in your hair and dirt under your fingernails, there are people who grow food that you will love. And they’re not far away!! You can find them at your neighborhood farmers market, through a local CSA or right here, raising animals out on green pasture and growing crops in rich, organically tended soil. We are happy to be among their number, and we are pleased to be able to bring quality food to your table.

Happy Spring!!!

-Erik, Malawi, and the Well Fed Family



Pasture-Raised Pork

When was the last time you were driving through the country and saw a bunch of pigs happily running around outside? If you can't remember, you're not alone. That's because roughly 97% of pigs in this country are raised indoors, packed tight into concentrated animals feedlot operations. The exception to this rule can be seen during the late Spring, Summer, and Fall in Skagit County where Well Fed pigs contentedly root, nap, and frolic outdoors in the way nature intends.

Our pigs are a Berkshire/Duroc cross that yields delicious, rich, marbled meat. Like our chickens, they are fed a non-GMO diet and spend their entire adult lives out on green fresh pasture. Our pork can be purchased at the farmers market in Anacortes, or for the best deal, pre-order by the whole or half animal below. We bet you've never tasted bacon this good!

Pricing/Ordering Info

Pork prices are based on hanging weight. This is approximately 90-120/lbs per side or 180-240/lbs for a whole pig. We can go on either the small or big side if you have a preference.

Base Price - \$4.75/lb hanging weight
Slaughter Fee - \$60 whole/\$30 half
Butcher Fee - see below

A non-refundable deposit of \$125 per side is required at the time of order.

The pigs will be slaughtered on the farm in late October and then taken to Del Fox Meats in Stanwood, our butcher of choice, where they will be custom processed based on your instructions.

Cut and wrap costs start at \$0.63/lb with extra charges for curing, smoking and sausage making. We will contact you to discuss your preferences. Payment for cut & wrap is made directly to the butcher and is due at the time of pick up.

2018 Farm Updates

Within the whole of the farm, there are many different enterprises that each have their own needs, benefits, and considerations. Consequently, there is a continual evolution that occurs to find the ideal balance of pigs, chickens, eggs, veggies, experimental projects, markets, etc. at any given time. This year, that process has resulted in a few noteworthy changes.

Farmers Markets — After a trial run selling at the Edison Sunday Market, we've opted to pull back and focus on two core markets: Anacortes on Saturdays and Lake Forest Park on Sundays. For our North County customers there are still good options to get your Well Fed fix.

Farm Fresh Food Box — This project started as an experiment last year with our neighbors down the road at WD Foods. It went well, so we've decided to keep it rolling. The general principle - each week during the growing season, we offer a box with 6-8 varieties of whatever is fresh and tasty. These will be listed on the bulletin board at the store. If you're interested, place your order with the folks at WD by noon on Monday, we deliver your box there on Wednesday morning, you can pick it up that day whenever is convenient. Like a CSA, you get the best of what we have to offer each week, at a better price than what we can offer selling piecemeal at the farmers markets or through retail. Unlike a CSA, you can decide to order on a weekly basis allowing the flexibility to skip weeks if you're out of town or just have a full fridge.

Farm Stand — Nothing all that fancy, but we will be setting up a small, self-service stand at the farm at 17858 Sam Bell Road in Bow. Starting in June, stop by whenever you like to pick up a dozen eggs or some fresh veggies.

Chickens — Broilers have been a staple of the farm from the get go. As we grow though, however, it's become clear that raising them in larger quantities during a finite growing season significantly limits opportunities to develop other parts of the farm. Consequently, we plan to scale back the number of broilers we raise this year. **The good news** — We will still raise one large batch of birds for harvest early in the Summer, which will be reserved for you, our core customers who pre-order from us each year. Your loyal support has been invaluable to the success of the farm, and to express our thanks, we will continue to raise tasty, pastured birds specifically for you. **The other news** — Chickens we be available by spring pre-order only from now on. Once we've sold through our limited back stock, chicken will no longer be available for purchase at the farmers markets or out of the freezer later in the season. So please make sure to order everything you'll want for the year up front. If you have questions or would like information about payment plan options, please give us a call. Thanks for your understanding!!

Please return this form with a deposit check.

**Make checks payable to Well Fed Farms. Our mailing address is:
17858 Sam Bell Rd. Bow, WA 98232**

Name: _____

Phone: _____

Address: _____

Email: _____

Referred By: _____

Comments:

	Deposit Price	Quantity	\$\$ Total
Chickens	\$7.00/per bird		
1/2 Pig	\$125		
Whole Pig	\$250		
			Total Deposit \$ _____

Chicken Pick Up Date	July 7th	July 12th
Please Check One		

The remainder of the cost for your order will be based on the weight of the animals and is due at time of pick-up.

**Thank you making good food a priority in your life!!
Please feel free to contact us for further information.
We are happy to answer questions.**

17858 Sam Bell Rd. Bow, WA 98232
360-708-0520 | farm@wellfedfarms.net | www.wellfedfarms.net