



Knight Family Farm Newsletter – October 10, 2016

“My son-in-law is allergic to eggs. They cause him digestive issues. But he can eat your eggs without any problems. Also, my daughter and son-in-law are in a CSA. They are supposed to get ‘farm eggs’ as part of their weekly share. They don’t get them, though. They don’t like them after eating yours. They will only eat your eggs.” – R. H. Lexington

The demand for cage-free eggs has been exploding. In March of this year 8.6% of factory farm eggs raised were cage-free. That doesn’t sound like much, but it is 731 million eggs! Most major companies and restaurants have pledged to switch to cage-free eggs by 2025 – even Wal Mart and Sam’s Club.

Are “Cage Free” eggs better?

The reality is that cage free eggs are only marginally better for factory farm chickens in some limited ways. On the other hand, more than 11% of cage free chickens die, compared to 5% of caged chickens. One of the most common causes of death for cage free chickens? Pecking by other chickens. No surprise considering each chicken only has one square foot of space on average. I suspect most people also don’t know that the eggs from both housing methods are still the same low quality factory farm eggs.

While I often don’t care for NPR’s reporting, this article does an excellent job of shedding light on “Cage Free” and other marketing terms used for eggs. Read with caution, though, as you may be disappointed at what you find out about your favorite “Aren’t these better?” store eggs.

<http://www.npr.org/sections/thesalt/2014/12/23/370377902/farm-fresh-natural-eggs-not-always-what-they-re-cracked-up-to-be>



You can stick to your values and eat better too!

Now for the good news! Watching the following video will show that it really IS possible to get what more Americans are wanting: animals treated decently. It IS possible to get what most people probably envision when they buy “cage free” eggs, but it’s not very likely you’ll find them in regular grocery stores.

https://youtu.be/9x_ppo_t898

“The better you treat the animals, the better food they produce!!!!”

On our farm we really do treat our animals with respect. But here’s the neat thing. When it comes to doing right by the animal, you don’t have to have any trade-offs. The better you treat the animals, the more healthy and contented they are, and the better food they produce!!!! It’s not one or the other. **You can have both!** And when you buy eggs and beef from Knight Family Farm, you get both.

Our animals are beyond cage free, free range and even beyond organic. The eggs and beef taste better because they are better. They have more vitamins, nutrients, more “good fats”, less cholesterol and saturated fat. It’s a win-win-win. Better for you, better for the animals and even better for the environment! (But it’s a lose-lose for Big Agriculture and the Health Care Industry.)

Consider forwarding this email to someone you think might care about how animals are treated, or someone who is trying to take care of their body and eat well. Or better yet, someone who is interested in both! :) For each person who ends up placing their first order, we will give you a \$5 credit.

Mill Pond Closing at 6:00

Mill Pond Chiropractic now closes their office Wednesdays at 6:00 pm instead of 6:30. Most people get there before 6:00, but we know it is hard for some to make it there by that time. Please let us know if making it by 6:00 is going to be a challenge for you and we will work with you. We have other options for delivery – such as Gluten Free Miracles and Hamburg, or even to your work place or home for larger orders.

Please send us any orders by Tuesday night, or very early Wednesday at the latest – preferably by 8:00 am. We will be at Gluten Free Miracles Wednesday from 2:30 – 3:30 and Mill Pond Chiropractic from 4:00 – 6:00. Delivery to Hamburg is available if you let us know ahead of time. Call if you have any questions. Let us know if you are interested in delivery to your home, work place or another location.

For the family,

Adrian
www.KnightFamilyFarm.com