



Knight Family Farm Newsletter* – November 14, 2016

“You gave me a dozen eggs at Gluten Free Miracles and they were the best eggs I have ever had.” - C. D. Lexington

Sometimes it seems that going from one side of New Circle near the mall, to the other, is about as difficult as going through security at an airport. If you find yourself in that situation, remember you can also pick up your orders at Gluten Free Miracles Bakery and Café Wednesdays from 2:30 – 3:30. They are at 145 Burt Road, across from O’Charleys and behind Jeff’s Car Wash on Nicholasville Rd.

An added bonus is all of the delicious baked goods and healthy meals for lunch or dinner. They also have “Dr. Miller’s Bread” – made from a special blend of gluten-free flour. Tell them you heard about them from us and they will give you a free cookie.

Gone day before Thanksgiving

Our family will be traveling to Arkansas again for Thanksgiving so we won’t be bringing our products to Lexington the week of Thanksgiving - next week. Please plan accordingly with eggs and meat.

If you ever find that your refrigerator is stuffed but you still need more eggs, let me know. There is an easy way to use an ice chest for temporary storage of eggs – or even long-term.

Holiday Baking and Special Meals

A lot of people cook and bake extra during Thanksgiving and Christmas. We have received so many comments from others about what a difference our eggs make when cooking: Deviled eggs and potato salad are naturally yellow, cheesecakes and pound cakes are golden yellow; cakes and other dishes are also lighter and fluffier. Lots of people say they are the best deviled eggs and ask our recipe, but all we use is mayo and mustard. And of course the most frequent comment is that our eggs taste so good and totally different than store eggs, “organic eggs” or even most regular “farm eggs.” People often say that whatever they make with our eggs or beef always tastes better.

If you are wanting something a little different for a holiday dinner this year, we still have a few Leg of Lamb roasts, lamb shoulder roasts, lamb chops and lamb shanks. The grass-fed lamb has a delicious flavor and is surprisingly easy to cook. Beef short ribs, London Broil and Fajitas are some different beef dishes that are yummy but fairly easy to cook as well. Let us know if you would like recipes.

Give Thanks

There are plenty of troubles and uncertainties around us but just about any of us living in America still have so much for which to be grateful. I hope you are able to set aside time to think about and thank God for his many blessings. Our family is definitely grateful that we have come to know so many of you, not only as farm customers, but also many of you as friends. We're blessed, and we appreciate you. Without you our farm wouldn't be possible.

Delivering to Lexington Wednesday

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

Knight Family Farm

Pasture-raised non-GMO jumbo eggs . \$4.00 / dz

Ground Beef	\$6.00 / lb
Roast (Chuck, Rump, Shoulder)	\$7.00 / lb
Tri Tip Roast.....	\$10.50 / lb
Flat Iron Steak.....	\$9.00 / lb
Top Sirloin Steak	\$11.00 / lb
Tenderloin/Filet Mignon.....	\$5.50 ⁺ (\$18.00 / lb)
New York Strip Steak	\$5.60 ^{**} (\$14.00 / lb)
Rib Eye Steak	\$10.50 ^{***} (\$14.00 / lb)
London Broil	\$9.00 / lb
Cube Steak	\$7.50 / lb
Minute Steak	\$7.50 / lb
Fajita Strips	\$8.50 / lb
Sirloin Tips.....	\$9.50 / lb
Short Ribs.....	\$6.00 / lb
Bones for broth.....	\$2.50 / lb
Beef Heart	\$3.50 / lb
Leg of Lamb (bone-in).....	\$11.50 / lb

Lamb Shoulder Roast (bone-in) \$10.00 / lb
Lamb Shoulder Roast (boneless) \$11.00 / lb
Lamb Shoulder Chops \$11.00 / lb
Lamb Loin Chops \$14.50 / lb
Lamb Rib Chops \$14.50 / lb
Lamb Shanks \$4.50 / lb
Gift Certificate Any amount[#]

* Price per steak based on average 1/3 pound steak weight

** Price per steak based on average 6 ounce steak weight

*** Price per steak based on average ¾ pound steak weight

Certificates \$25 or more for new customers will receive a free NY Strip Steak

*Send an email to info@knightfamilyfarm.com if you would like to receive these newsletters each week.