



Knight Family Farm Newsletter* – December 5, 2016

"I made a lemon meringue pie for Thanksgiving dinner and since I was running low on your 'happy chicken' eggs, I used the regular store-bought eggs for the pie. When I tried to whip the whites into a meringue for the top, they wouldn't whip! It was very frustrating. So I decided to use my happy chicken eggs and they whipped up beautifully in 2 minutes!" – E. J. Lexington

Delayed Trip to Butcher

There is no easy or pleasant way to let you know that we are going to be out of several cuts of beef for about 6 weeks – including ground beef. The last time we were at the butcher there were some bigger problems. When I mentioned them they got defensive and didn't seem willing to address them. In the end, they did agree to address them but we can't get in until January 4. I even checked in Ohio and West Virginia. Most butchers are backed up until February and March.

An avalanche of federal regulations in the 1990s has driven literally hundreds of butchers out of business. Sounds familiar for other industries, doesn't it?? Today there are fewer than 800 in America, down from 1,200 in 1990. Demand for good clean grass-fed beef is making it hard to get butcher services all across the country.

Making it worse, the high demand makes many butchers somewhat similar to monopolies. It's sort of like your local utilities. If you don't like their service, what options do you have? You just have to tough it out.

So I apologize that we will be out of some of your favorite cuts of beef. I will keep you updated if anything changes. The items that we have in stock are listed at the end of each week's newsletter.

Chickens Still Moving to Fresh Pasture

Due to the relatively mild fall, we have been able to keep our chickens moving across the farm to fresh pasture. My daughters and I moved them again just today. This keeps the chickens and their eggs healthier. It is also the biggest part of what makes our eggs taste so good.

I made an abbreviated version of a video showing the process today. It might be interesting and educational to see how my daughters and I work together to produce your eggs. The video is about 5 minutes and can be found

on Youtube at <https://youtu.be/NLx07eBAh-Y>

or on Facebook at

<https://www.facebook.com/KnightFamilyFarmky/videos/1771694216426362/>

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

Roast (Chuck, Rump, Shoulder)	\$7.00 / lb
Tri Tip Roast.....	\$10.50 / lb
London Broil	\$9.00 / 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)
Cube Steak	\$7.50 / lb
Minute Steak	\$7.50 / lb
Sirloin Tips.....	\$9.50 / lb
Short Ribs.....	\$6.00 / lb
Bones for broth.....	\$2.50 / lb
Beef Heart	\$3.50 / lb
Beef Suet.....	\$3.00 / 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

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 3/4 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.