



Knight Family Farm Newsletter* – March 13, 2017

“The past two weeks have not worked out for us to get to Lexington for pick up so I had to get eggs from Kroger. Even though they were organic they weren't good. My son didn't know that I had to buy eggs from Kroger and one morning he brought his plate over and asked what was wrong with his eggs.”

[the next day...]

“When I served his breakfast this morning I told him that I would have Knight Farm eggs tomorrow. He replied, “Good! Those things we've been eating are NOT good. They are little, pale in color, and have little flavor.” - T.T in Lexington.

Goose vs. Rooster vs. The Storm

Two weeks ago during all of the big storms, we all took a few minutes to watch the much-anticipated storm finally blasting in to our farm. Out here on the farm, on a ridge in the middle of the forest, at the edge of the Appalachians, that's pretty much how storms come in, as there is nothing around to diminish the impact. Cautiously looking out our front window, we saw the still-light rains being blown over our rounded chicken hoop-houses. The powerful winds caused the rains to hug the contour of the curved shape as they passed over. It looked like an aerodynamic illustration that you might see in a car commercial or something. It was fun to watch, even as our own house shook in the winds.

The chickens love to be outside as much as they can, so many of them stayed out until it was really almost too late to get back inside their house. Naturally Mother Goose also stayed out with them. And then, of course, one of the roosters had to stay out as well. Sometimes they compete with each other as to which one will be the true Protector of the flock. :)

As the winds got closer to a dangerous level, finally the last hen went inside and it was just Mother Goose and a rooster outside. But now the winds were blowing so strong that Goose was being driven backwards, away from the house. She is a lot bigger than a chicken, with much bigger wings. So she naturally tried to flap her wings and push herself forward, but the wind was so strong that the more she flapped, the more she kept being blown backwards further.

It was a tense moment for a while – mainly inside our house, though. My tender-hearted goose-lover Sarah was very concerned that Goose wouldn't be able to make it

back inside, and that Goose needed Sarah to come out and help her. I finally convinced Sarah Goose would be ok, though I could still feel the worry coming from Sarah. (Being blessed with 4 daughters, I've developed a sense for these things... :) Finally the wind settled just long enough for Goose to make it into their house. Rooster won this time, as he was the last one to go in.

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
Top Round Roast	\$9.00 / lb
Sirloin Roast	\$9.00 / lb
Tri Tip Roast	\$10.50 / lb
Beef Brisket	\$7.50 / lb
Flat Iron Steak	\$9.00 / lb
Tenderloin/Filet Mignon	\$5.50 ⁺ (\$18.00 / lb)
New York Strip Steak	\$5.20 ^{**} (\$13.00 / lb)
Rib Eye Steak	\$10.50 ^{***} (\$14.00 / lb)
Minute Steak	\$7.50 / lb
Stew Meat	\$7.50 / lb
Fajita Strips	\$8.50 / lb
Sirloin Tips	\$9.50 / lb
Short Ribs	\$6.00 / lb
Beef Heart	\$3.50 / lb
Beef Tongue, Oxtail	\$4.50 / lb
Bones for broth	\$2.50 / lb
Beef Suet	\$3.00 / lb

Lamb Loin Chops\$14.50 / lb

Lamb Rib Chops\$14.50 / lb

Gift CertificateAny 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

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