



FARM NEWS

Good Day! This is the first e-newsletter from Foxwood Farm. We hope to inform you of our comings and goings, let you in on our next venture and create an all around community of our customers! You'll notice there are several sections of the newsletter and it's just the right size to print out on your printer.

Since this is the first letter, we think introductions should be made.

Foxwood Farm is a fifth generation farm with roots dating back to 1903. Over the years, it has seen many faces of farming, including dairying, egg production, crop farming and beef herds. Right now, the farm is in the transition of being handed down to the next generation.

Dave and Judy Weiss currently own Foxwood Farm and are working with us, Andy and Becky Sell, to take it over. Becky grew up here and has always wanted to return. Andy married in and has really found his niche in life as a beginning farmer. We have a twenty month old daughter named Elly and are expecting our second child in mid-February! Exciting times!



RECIPE CORNER

This section will give you a recipe to work with that involves one of our products. We have our very own "Test Kitchen Chef" in one of our customers, Sharon. She has graciously volunteered her time and cooking expertise to help us come up with unique and fun recipes for you! Thank you Sharon! This month, we feature our first product: the free-range egg. Enjoy!

Apple-Filled French Toast

Ingredients for Base

- (1) loaf 12 oz French bread cut in 1 inch thick slices
- (1) 21oz can apple pie filling
- (8) eggs
- (2) cups milk
- (2) cups half and half
- (2) tsp vanilla
- (1/2) tsp nutmeg
- (1/2) tsp cinnamon

Ingredients for Topping

- (1/2) cup butter, softened
- (1) cup brown sugar
- (2) TBSP dark corn syrup
- (1) cup chopped pecans

Directions

Butter a 9x13 pan. Put 1 layer of bread slices in pan. Pour apple filling over it. Put on another layer of bread. Mix eggs, milk, half and half, vanilla, nutmeg, and cinnamon. Pour over bread, cover and refrigerate overnight. Just before baking combine topping and spread on toast. Bake uncovered at 350 for 50 minutes till fluffy and golden.

CUSTOMER BIO

Here you will find a little info about each other. Each month, we hope to interview one customer or family in order for everyone to get to know each other. We have a diverse and wonderful group here and want everyone to feel included! This month, we have chosen to interview our test cook, Sharon, as she is a close friend of many years.

Name: Sharon Schraufnagel

Lives in: Omro, WI

Lives with: My daughter Liz and two cats Sami and Grace

Favorite Hobby: Food, thrifting, vintage clothes, reading, making cards

Favorite book: "East of Eden" by John Steinbeck

Favorite Magazine: I love magazines, but if I was stranded on a desert island with only one it would be "Cooks Country."

Why Sharon buys from Foxwood: Because I know the animals have been treated humanely, it's better nutritionally, [the food] tastes better, it's better environmentally to farm organically, and you're my friends and I want you to succeed!

Biggest influence on your life in the last year: God

Favorite Season: Any season but winter!

OF INTEREST

This section highlight links, books, magazines or events that we think are pretty cool. Feel free to suggest things of interest for the next newsletter.

www.foxwoodfarm.blogspot.com

This is our blog about life on the farm. We try to update it weekly, but sometimes it's less based on how busy we are. We would love to have you visit and maybe get a comment or two! It's a great way to get to know us and learn more about what and why we farm.

www.grit.com

In addition to blogging independently, we also blog for a great rural magazine called GRIT. We highly recommend checking them out, or even subscribing. (We contribute photos, illustrations and even an article in the printed magazine from time to time).

[GrassWorks Annual Conference](http://www.grassworks.org/)

Steven's Point, WI will be host to a full weekend of speakers teaching about the benefits and wonders of grass-based farming. We will be making some of the days ourselves as this is an invaluable event for further sustainable education. <http://www.grassworks.org/>

[The Farm To Consumer Legal Defense Fund](http://www.farmtoconsumer.org/)

We are members of this non-profit organization that stands up for the rights of consumers to choose healthy, off-farm food products. They are a team of lawyers that work within the by-laws of all 50 states in order to protect the interests of small farms like us and the people who want to buy from them. Did you know that it's considered illegal for us to sell milk off the farm? As consumers, they'll protect your rights, too. For more information, please visit their website: [www.farmtoconsumer.org.](http://www.farmtoconsumer.org/)

GREEN LIVING

Here you will find tips on how to live smarter, more efficient and more environmentally friendly lives. Since we're all feeling the cold this winter, we'll first focus on how to save on heating bills.

- If you don't have the means to upgrade to energy efficient windows, consider putting plastic over the ones you have. A few bucks from the store, a hair-dryer and one afternoon will cut down on drafts and seeping cold air for the rest of winter.
- If you have heavier curtains, pull them closed at night. This cuts down on heat loss during the night. In the morning, open them back up and allow the sun to pour in. Working with the natural ebb and flow of the sun's energy is called "Passive Solar."
- Got any windows that you never look out of? (like basement or spare room windows). Take some bubble wrap (that you haven't already stomped flat!) and secure it directly over the unused windows. This actually creates another layer of insulation that still allows light to come in.

BARTER CORNER

Our goal for this section is to help build community. Everyone needs something and everyone has something. If you want to list a need or something you'd like to part with, email us and we'll post for the next newsletter. This could include, but is not limited to the following:

crafting/tradesman skills
garage sale items
household items
clothing
family needs
overstock of something
animals

Here at Foxwood Farm, we are currently in need of a grain/flour mill. This would be for home use. If you know of one that needs a new home, please let us know!

All Barter Corner requests can be emailed to thefoxwoodfarm@gmail.com with the subject line "Barter." Please include some sort of contact info with your request so that we can get people in touch with you.

PRODUCT NEWS

This section talks about current products Foxwood Farm offers.

Eggs: Our hens are staying warm in their new home. We moved our flocks to a re-purposed jobsite trailer and they've been loving it. We still open the door to let them free-range, but overall, they've opted to stay inside where it's warm. Can you blame them? The eggs still taste amazing! You can pick them up here in our garage any time.

Grass-fed Beef: We butchered our first grass-fed bull this winter and have all the cuts for sale here at the farm. If you are interested, please email for a price list. Or, if you'd like to get in on the next one, we'll sell it by the whole, half, quarter and eighth. That is more economical and a quarter animal will last the average family for a year. This meat is incredibly lean and tasty; nothing like the grain-fed meat you'll find in the supermarket.