

# GUS'S FARM NEWSLETTER

JANUARY 2021



## CURRENT INVENTORY

- Ham Steaks/ Roasts
- Pork Chops
- Country Style Ribs
- Regular Ribs
- Hot Sausage
- Sweet Italian Sausage
- Bulk Breakfast Sausage
- Liver
- Maple Syrup

\* Email us today to place your order

*“The shorter the chain between raw food and fork the fresher it is and the more transparent the system is.”*

*–Joel Salatin*

## WHAT'S NEW ON THE FARM?

Although I have enjoyed the family time, farm planning, and “honey doo list” projects that winter's weather provides an opportunity for, I am also quite grateful for this emergence of both bare ground and warmer weather. The brush clearing is starting to become noticeable which is very encouraging. However, this month will be a shift in focus as the gilts' (female pigs that have not given birth yet) due dates approach. Long time friend and farmer, John Divoll, just delivered an order of lumber he cut and milled on his farm in Royalston, MA. We will be using the lumber to build rugged open sheds on skids for the pigs to farrow (give birth) in. This will give the pigs and piglets an elevated and dry shelter within their pasture during their most vulnerable time (birth). We also plan to use these simple structures for raising poulets (baby turkeys) in the summer before they are big enough to go on pasture. We are planning to offer Pasture Raised Turkeys in time for Thanksgiving 2021, and we have plenty of projects to keep us busy until then.

Be sure to check out our website: [www.gusfarm.com](http://www.gusfarm.com)



## BREAKFAST CUPS

~ PERFECT FOR LIFE ON THE GO ~

& LEFTOVER HOLIDAY HAM

### Directions

### Ingredients

\*1 dozen of eggs

\* $\frac{1}{2}$  cup of whole milk

\* $\frac{1}{2}$  lb. of **Gus's**

**Farm Ham Steak** (or  
leftover Ham Roast)

\* 1 cup of broccoli or  
spinach (the cook's preference)

\*4 ounces shredded  
sharp cheddar cheese

\* Salt & Pepper to

1. Pre-heat oven to 350 degrees and either spray a 12-cup muffin tin with a generous amount of cooking spray or line with parchment paper muffin liners.

- *I recommend using parchment paper muffin liners because the Breakfast Cups can stick to the pan and be tricky to remove*

2. Whisk together eggs and milk. Stir in diced ham, chopped broccoli, and salt & pepper to taste.

3. Divide egg mixture evenly (about  $\frac{1}{3}$  cup each) then sprinkle with sharp cheddar cheese.

4. Bake for 25-30 minutes. Let cool for 5 minutes before removing from the pan to serve.

5. These are best fresh from the pan, but can also be refrigerated and reheated for a quick on the go breakfast or snack.

## Refer a Friend

Our best form of advertising comes from loyal customers like you that share your positive experiences with others. Tag a friend in our Instagram post @gus\_farm today that doesn't already follow our account or send us an email with a friend's name and email address to be added to our monthly Newsletter. Your name will be entered into a raffle for the choice of winning a hunter's hat, Gus's Farm t-shirt that we will ship directly to you. (Or, if you live local \$20 worth of product of your choice) Winner will be announced Sunday morning 1/3/2021.

As always, thank you for the support.



## Common Question of the Month:

**\*Now that the holidays are over are bundles no longer available?**

Unfortunately, we are all out of the promised items listed in the holiday bundles. However, if you'd like to place an order (especially if you're a new customer and are not sure what exactly you want) you can still request a **"Variety Package"** worth the bundle amounts: \$50, \$100, & \$150. This will allow us to make a bundle for you that include a variety of cuts that allow you to know in the future exactly what you like. You can always add specific requirements for your bundle to make sure it is custom fit for you as a cook & consumer as well. We find customers are happy when they leave knowing they will have lots of options later on in the kitchen.