

Bechard Family Farm Newsletter Spring 2010



Happy Spring! With the ever-amazing newness of spring, breath-taking sights delight us at every turn. New life is all around us. From first daffodils to new redbuds, spring is coloring the world around us! We are enjoying every minute of sunshine and are making lots of new progress around the farm. Recently we have new fences around flowerbeds and veggie gardens, and most exciting of all, our new FARM STORE is now OPEN! In addition to all the products produced here on our farm, we will have lots of extra goodies like books for country living and how-to skills, Appalachian music CD's, and hand made items. We invite you all to come out and see it, have a look around, and enjoy a breath of fresh air.

2010 is the beginning of our 11th season producing nutritious and delicious meats. We are excited about what this year will hold! Since we began farming in 2000, our family has been dedicated to producing healthy foods – we want to feed your family the same way we feed ours. We know you work hard like us, making family as important as your health. That is why we don't take short cuts. We take the time to do any job right so you can know and trust the farmer who raises your food. Whether you are new to the world of grass-fed meats, and looking for a healthy alternative to factory-farmed foods, or a loyal friend we have known for years, we are looking forward to meeting your needs this season.

We continue to offer 5 different pasture-raised meats: **chicken, turkey, beef, lamb, and pork.** The *fresh* chickens and turkeys are sold on a pre-order basis. Frozen chickens, turkeys, and all other meats are sold 'as available' year round.

ALL Bechard Family Farm animals live on chemical-free pastures getting lots of sunshine, grass, and fresh country air...*not* routine antibiotics, hormones, or medications. Our meats are good for you AND they're delicious! Our beef and lamb are grass fed their entire lives. The chickens & turkeys live in floorless shelters that are moved to fresh grass every day. The shelters protect them from predators and inclement weather while still allowing access to fresh grass and bugs. The chickens & turkeys are fed our custom feed mix to insure that it contains no antibiotics or recycled animal proteins.

Our family butchers the chickens and turkeys here on the farm. You can pick up your order here at the farm and take advantage of our "Pick-up day at the farm" price, or for your convenience, we also deliver fresh chickens to Springfield. *Please see the schedule for details.* We pack the birds on ice so that when you pick them up, they will be VERY cold, but not frozen. Chickens or turkeys that are delivered OR picked up at the farm *after* the scheduled pick-up dates will be charged the delivered price.

We are eager to begin our 8th year working with Mama Jean's Natural Market! They are great folks with a fantastic selection of natural foods to complement your grocery list along with our fresh, grass-fed meats. Mama Jean's at 1727 S. Campbell continues to host our Springfield poultry deliveries. Customers meet us in the parking lot between 4-6 PM on the scheduled pick-up dates.

Don't miss our Award Winning Whole Wheat Bread, made with freshly ground wheat kernels. We grind the grain the morning the bread is made. This guarantees you the freshest bread possible. We bake the bread fresh, so please call ahead.

There is nothing better than homemade jam on a slice of fresh, toasted bread! We have a great selection you can choose from: Applebutter, Blackberry, Blueberry, Gooseberry, Peach, Raspberry-Rhubarb, Red Cherry, Red Raspberry, Rhubarb, Strawberry, & Strawberry-Rhubarb!

Here in our farmhouse kitchen, we make a large selection of handcrafted lye-soaps. Our soaps contain a skin-pampering blend of oils. With their generous, fluffy lather, they are a gentle alternative to commercial skin care. Visit www.countrybubbles.com and find soaps just right for you. You're sure to enjoy Country Bubbles Soaps!

Are you interested in Raw Milk? Contact us for more information on our sweet, grass-fed Jersey milk and cream.

If you have questions that are beyond the scope of this short newsletter, please feel free to contact us by phone or visit our information-packed web site at www.bechardfarm.com. Thank you for trusting us with your business and thank you for buying LOCAL foods!

Sincerely, Armand & Teddi Bechard and family

OUR 2010 PRICES ARE AS FOLLOWS:

Poultry Prices

	<u>Pickup at the Farm</u>	<u>DELIVERED Fresh OR picked-up Frozen</u>	<u>Notes:</u>
1) CHICKEN	\$2.95 per pound	\$3.15 per pound	May thru late October
2) TURKEY	\$2.95 per pound	\$3.15 per pound	Thanksgiving

Everything Else

	<u>At the FARM</u>	<u>DELIVERED</u>	<u>Notes:</u>
3) BEEF*	\$5.50 - \$18.00 per pound	same	sold by the ½ or ¼ or piece
4) LAMB*	\$6.50 - \$10.00 per pound	same	sold by the whole or ½ or piece
5) PORK*	\$4.00 - \$7.00 per pound	same	No MSG in the sausage!
6) EGGS	\$3.50 per dozen (at farm)	Available at Mama Jean's	Available at Mama Jean's
7) BREAD	\$3.75 per loaf	same	Baked fresh, please call ahead!
8) JAMS	\$6.25 per jar	same	11 different flavors of jam!
9) SOAPS	\$4.00 each	same	UNSCENTED plus MANY fragrances!

***For Beef, Lamb, or Pork, please call for [availability](#) or for [prices by the CUT](#).**

Our 2010 Chicken & Turkey dates

<p>Pick-up day at the Farm 13700 Athens Road. Conway, MO</p>	<p>Springfield delivery at "Mama Jean's Natural Market" 1727 S. Campbell, Springfield, MO</p>
<p>The processed chickens will weigh between 3.0# to 5.0# (4# is average).</p>	
<p>At the farm from 3 to 7 p.m. ONLY</p>	<p>Out of courtesy to the store, PLEASE direct all questions to the Bechards.</p> <p>At the store from 4 to 6 p.m. ONLY</p>
<p>CHICKEN</p>	
<p>Pick-up day at the Farm Tuesday May 11, 2010 Tuesday June 15, 2010 Tuesday September 7, 2010 Tuesday September 28, 2010 Tuesday October 19, 2010</p>	<p>Delivered at Mama Jean's Wednesday May 12, 2010 Wednesday June 16, 2010 Wednesday September 8, 2010 Wednesday September 29, 2010 Wednesday October 20, 2010</p>
<p>TURKEYS</p>	
<p>Monday November 22, 2010</p>	<p>Tuesday November 23, 2010</p>