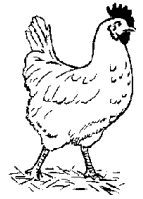


# Norton Creek News

Norton Creek Farm  
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## Our Products:

**Free-Range Eggs** (p. 2). Great-tasting eggs from free-ranging hens. Our secret? Lush pasture that provides the hens with plenty of fresh greens.

**Pastured Broilers** (p. 2). Green pasture also produces superior meat chickens. Our broilers are more flavorful than store-bought chicken.

**Thanksgiving Turkey** (p. 3). We offer pastured turkey from old-fashioned farm breeds for a superior holiday feast.

**Pastured Pork** (p. 3). There's nothing like the luxury of having a freezer full of pastured pork, sausage, bacon and ham. Pasture rearing gives superior meat quality, and the best butcher in the region adds a lot of value, too.

**Books!** Robert's publishing empire, Norton Creek Press, has expanded to four titles, all poultry-related. One is by him (*Success With Baby Chicks*), and the other three are reprints of poultry classics (*The Dollar Hen*, *Genetics of the Fowl*, and *Feeding Poultry*.)

## Who We Are and What We Do

Norton Creek Farm is Robert Plamondon and Karen Black's 37-acre farm in Blodgett, 18 miles from Corvallis. Karen's a full-time farmer; Robert does free-lance technical writing when he's not gathering eggs.

Our farm takes its name from Norton Creek, which crosses our land. All our products come from pasture-raised livestock, from free-range eggs to pastured pigs.

While the general trend in agriculture is toward the use of 100% confinement for livestock (even dairy cows), we've found that pasturing adds quality while

making farming simpler and environmentally friendly.

On pasture, there's an entire ecosystem geared towards absorbing manure, eliminating pollution and shoveling. All our livestock can get real value from a diet that includes pasture plants.

Perhaps more importantly, the addition of fresh green plants to the diet adds quite a bit of flavor to the meat and eggs, while the lack of crowding makes health problems uncommon.

Besides, it's more fun this way.

## How to Order

Our eggs can be bought from us at the Corvallis Wednesday or Saturday Farmers' Markets or at Richey's Market, First Alternative Co-op, or the Blodgett Country Store. Our broilers will be delivered to you at the Corvallis Farmers' Markets. Broilers should be ordered in advance. We generally have a extra broilers for sale to passers-by, but there are rarely enough to last till the end of the market.

Pork and turkey must be ordered in advance. Quantities are limited.

## Year-Round Goodness

While our eggs are available year-round, our other products are seasonal. You can enjoy them year-round if you invest in a good freezer. Meat keeps a lot longer in a stand-alone freezer than in the freezer compartment of a refrigerator. We have eaten chicken that had been frozen for at least a couple of years, and it was fine. We try to eat meat from the freezer compartment of a refrigerator within a few months.

Once you have a nice freezer, be sure to fill it with our fine products!

## News

- Broilers will be available starting April 17.
- We offer turkeys at Thanksgiving only (Christmas turkeys haven't worked out).
- We will have stewing hens, on and off, starting in the summer.
- We will have eggs (and broilers by order) at the McMinnville Farmer's Market, Thursdays June through September.
- Our new publishing venture, Norton Creek Press, will offer books for sale at the Farmers Markets.



*This photo is a few years old, but you get the idea!*



## Pastured Broilers

*Broilers are available April 17 through November 20.*

*Cook pastured broilers as you would any other broiler.*

### What are Pastured Broilers?

Pastured broilers are young chickens raised for meat on pasture. We use modern hybrid "Cornish Cross" meat chickens. We buy broiler chicks locally from Shanks Hatchery and feed them grain and locally milled non-medicated feed from Kropf Feed.

### Why Pastured Broilers?

Pastured broilers taste better. Ours are fresh, too – never more than about 24 hours old when you pick them up.

Pastured poultry is environmentally friendly because the manure is left on the pasture where the birds were raised, in quantities that fertilize the plants rather than building up or running off.

### What You Get

We deliver our broilers as fresh, whole, ready-to-cook broilers. The necks are attached. We do not normally include giblets. (If you want hearts and livers, ask. We do not clean gizzards.)

We sometimes have frozen broilers, from batches that didn't sell out. Please ask.

### How it Works

While we will take broilers to the Farmers' Market on spec, it's best if you order them in advance. Your order needs to be accompanied by a deposit of \$3.00 per broiler. Broilers cost \$2.70 per pound (dressed weight).

We process broilers twice a week, on Tuesdays and Fridays, for delivery at the Corvallis Farmers' Markets on Wednesday and Saturday. All the dates are on the farm calendar on the last page of this newsletter.

Some dates sell out quickly; some do not. If we don't get enough orders for a batch, we may cancel it. In short, order as early as you can!

### Picking Up Your Birds

Pick up your birds at the Farmers' Market in Corvallis. The Wednesday Farmers' Market is at the Benton County Fairgrounds on 53<sup>rd</sup> Street and runs from 8 AM-1 PM. The Saturday Farmers' Market is in downtown Corvallis at the new Riverfront Park (our booth is near the corner of First St. and Jackson Ave.) and runs from 9 AM to 1 PM.

Bring your checkbook and a cooler with at least 5 quarts capacity per broiler. Our broilers will be bagged and chilled. If you aren't heading home for a long time, bring ice, too.

### The Fine Print

If you do not show up at the appointed time, you will forfeit your deposit and we may sell your birds to someone else.



## Free-Range Eggs

*Free-range eggs are available year-round.*

*Cook them as you would any other eggs, but don't be surprised at the deep orange yolks!*

### About Our Eggs

Our flock of free-range hens is one of the largest in Oregon. Our eggs have the "eggier" flavor and the dark orange yolks that are the hallmarks of the true free-range egg, since the color comes from eating fresh green plants. (Most "free-range" eggs come from hens who have access only to a barren yard, and their pale yolks show it.)

Free-range eggs not only taste better, but, most of the time, they are superior in whatever it is that's being touted as this week's key to immortality. They're certainly high in vitamins and have a superior Omega-3/Omega-6 balance to ordinary eggs, and are low in carbohydrates.

### Eggs at the Farmers' Markets

We will be selling our eggs at the Corvallis Wednesday Farmers' Market (8 AM- 1 PM at the Fairgrounds) and the Corvallis Saturday Farmers' Market (9 AM-1 PM at the riverfront, near the corner of First and Jackson).

### Retail Stores, Too!

If you can't get to a farmer's market, you can pick up our eggs at Richey's Market, the First Alternative Co-Ops, and the Blodgett Country Store. All of these are great stores, very supportive of local producers, and we recommend them.



## Pastured Turkey

*We start day-old turkeys in May for the Thanksgiving holiday. Cook them as you would any other turkey.*

Once again we're raising old-fashioned turkeys for Thanksgiving. These are classic farm turkeys. They don't have the spherical outline or the exaggerated breast-meat development of modern hybrids, but are fine birds that taste great, and the amount of breast meat struck us as more than adequate. We're raising Standard Bronzes and Bourbon Reds. Last year they averaged about 15 pounds each, with the hens a little smaller and the toms a little bigger.

These turkeys are raised using methods like those we use with our broilers. They have juicier white meat, darker dark meat, and more flavor than supermarket turkeys. Because old-fashioned turkeys are slow-growing, taking over five months to reach slaughter weight, they're more expensive per pound than our other meats. We're charging \$3.00 dressed weight per pound.

### How it Works

Turkey pickup is at the last Wednesday Farmer's Market, the day before Thanksgiving.

We charge a \$10 deposit per turkey. The average tom at 15 pounds will cost a total of \$45, while 10-pound hens will average \$30. Show up early at the

market on pickup day for best selection.

Cook our turkey just as you would any other turkey of the same size.

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## Pastured Pork

*Pastured in May for slaughter September-November.*

### About our Pastured Pork

Pastured pork enjoys the same flavor advantages as all our other pastured products. Buying half a pig from us will provide you with about 75 pounds of high-grade meat, professionally butchered, including wonderfully cured ham, bacon, and sausage. Our pork is also our bargain meat – it costs about the same as supermarket pork, while our broilers and turkeys cost more. We can do this because pigs are very easy to raise and can be fed inexpensively.

Traditional pig raising involved running the pigs on pasture with the other farm animals. Pigs can derive real benefit from eating grass, and more by rooting for worms and roots.

Our pigs are have given us very little trouble. They're very happy creatures and always seem to be smiling. They go wild with delight when we move them to fresh pasture and romp around joyfully, occasionally pausing to grab a mouthful of grass.

Our butchering and curing is done by the Farmer's Helper, a custom butcher in Harrisburg that is universally considered to be the best in the region.

### How it Works

Most people don't have a large enough family to eat an entire pig in a year, so what we sell are half-pigs. What you're buying is a half-interest in a live pig. On slaughtering day, the Farmer's Helper takes your pig away and converts into pork, bacon, ham, and sausage. You write one check to us for your half-

interest in the pig, and another to the Farmer's Helper for the butchering.

We charge \$2.70 per pound of hanging weight, as reported by the Farmer's Helper.

There's a \$30 deposit per half-pig.

If you buy a whole pig, you can take delivery live. This doesn't work very well with half-pigs.

The Farmers' Helper can prepare the meat your way. They cure the bacon and sausage at different levels of spiciness, for example, and they'll package the meat according to your instructions (wrapping chops in groups of two or five or however many you use for a single meal). They charge (last time I checked) about \$12.50 per half-pig plus \$0.28 per pound for ordinary cuts; the rate for cured meats about \$0.40 per pound. Last year's pigs cost around \$55-60 for processing.

# Norton Creek Farm 2004 Calendar

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30		

OCTOBER						
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17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

NOVEMBER						
S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

We will have eggs and broilers at the Corvallis Farmers' Markets on the dates shown.

**Wednesdays:** Benton County Fairgrounds, 8:00 AM to 1:00 PM

**Saturdays:** Corvallis Riverfront (Front St. and Jackson Ave.) 9:00 AM to 1:00 PM

**Thanksgiving Turkey:** Pickup is Wednesday, Nov 24, 2004 at the Wednesday Farmers' Market at the Fairgrounds. There will be no broilers that day.

**Pastured Pork:** Dates TBD.

### Norton Creek Farm Order Form

Pork and Thanksgiving Turkey must be ordered in advance. Broilers should be ordered in advance unless you're happy with taking your chances.

Date	Qty	Deposit (\$3 ea.)	Date	Qty	Deposit (\$3 ea.)
			<b>Total</b>		

Type	Date	Qty	Deposit Rate	Amount
½ Pigs (\$2.70 per pound hanging weight, plus butchering fees)	August		\$40 per half pig	
	October			
Thanksgiving Turkey (\$3.00/lb. dressed weight)	Nov. 24		\$10/turkey	
<b>Total</b>				

**Customer Information:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone :** \_\_\_\_\_

**E-mail :** \_\_\_\_\_

Send this order form with a check for your deposits to:

**Norton Creek Farm**

36475 Norton Creek Road  
 Blodgett OR 97326  
 541-453-5841  
[nortoncreek@nortoncreekfarm.com](mailto:nortoncreek@nortoncreekfarm.com)  
<http://www.nortoncreekfarm.com>