

The Free Range Butcher

ISSUE 1 — DECEMBER 2008

www.freerangebutcher.com.au

Welcome and thank you!

ABOUT BARRABA

Our farm is located in the town of Barraba which is located on the Fossickers Way between Manilla and Bingara, and 548km north of Sydney.

With rich basalt soils and above average rainfall, it's not surprising that the town's primary industry is agriculture.

The area's population has risen from 1500 in 1986 to 2370 today.

The name 'Barraba' derives from an Aboriginal term, said to mean 'camp by the riverbank'.

Welcome to the first edition of the newsletter from The Free Range Butcher. This monthly newsletter will keep you up to date with what's going on at The Free Range Butcher, including; new products, new locations, recipe ideas and information on what's happening on the farm.

As many of you know, November marked the first official month of trading for The Free Range Butcher. We have been delighted with how well our products have been received by our customers and thank you for all of your feedback and support. The organic and farmers markets have

provided us with a great opportunity to meet many of our customers face-to-face and we love seeing you return each week.

This month we're also very pleased to announce the availability of online ordering via our website. You can find out more about this option in the story below.

Can you believe Christmas is just around the corner? We will be taking a few days off over Christmas so final orders for Christmas need to be placed by 15 December, for delivery on 17 December. Our last market day for this year will be Sunday, 21 December at Frenchs Forest. Pick up and delivery orders will resume the week of 12 January 2009.

Best wishes for the festive season and happy eating!



Ben Clinch
Farmer/Director



Our market stall at Frenchs Forest

Online ordering now available

In response to customer request, we have just introduced online ordering via our website at www.freerangebutcher.com.au.

On the website you'll find all of our products listed and you can easily create your own order by placing your items in the shopping cart. Home deliveries are done on Wednesdays between 5pm and 9pm or you can nominate to pick up your order at one of the farmers markets we attend.



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Christmas Ham

If you're like most people, you'll probably indulge in some great ham this Christmas. If you purchase a whole ham, here's a guide for the best way to store your ham:



- Rinse your Ham Bag* in a solution of water and one tablespoon of vinegar and squeeze out the excess.
- Remove the ham from the plastic wrapping and wipe it clean with a damp cloth.
- Place your ham in the Ham Bag and refrigerate.
- Rinse out your Ham Bag every 3 days to retain freshness.
- Keep your Ham Bag moist.

ENJOY!

* Ham Bags are available in most department and homeware stores for about \$5.00

Farmers Markets

You can visit us at the following markets:

Thursday

Hornsby, 8am—4pm

Friday

Bondi Junction, 9am—5pm

Saturday

St Ives, 8am—2pm

Sunday

Frenchs Forest, 8am—1pm



Recipe of the month

Herb and garlic barbequed lamb

With summer here, we're all entertaining and eating outdoors more than normal. This dish is perfect for those occasions—very simple and very delicious!

1. Place lamb in large shallow dish, pour combined oil, garlic, mustard, wine and rosemary over lamb. Cover; refrigerate 3 hours or overnight.
2. Remove lamb from marinade; place marinade in small saucepan and reserve.
3. Place lamb, covered with foil, on heated oiled barbeque; cook for about 30 minutes or until cooked as desired; turning halfway through cooking time.
4. Brush lamb all over with jelly; cook, uncovered, until jelly melts and forms a glaze. Stand lamb, covered, for 10 minutes before slicing.
5. Meanwhile, add stock to reserved marinade; bring to the boil. Reduce heat; simmer, uncovered, for 5 minutes. Serve sliced lamb with sauce.

Ingredients

2kg butterflied leg of lamb
1/4 cup olive oil
3 gloves of garlic, crushed
2 tablespoons wholegrain mustard
3/4 cup dry white wine
1 tablespoon finely chopped fresh rosemary
2 tablespoons mint jelly
1/4 cup chicken stock

TIP The lamb can also be cooked, covered, in a hot oven for about 25 minutes or until cooked to your liking.