

The Free Range Butcher

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www.freerangebutcher.com.au

The game of seasons

BEST SOURCES OF IRON

The best source of iron in the diet is red meat such as beef and lamb. Pork and chicken contain moderate amounts of iron and fish less again. Iron from meats and fish is particularly well absorbed into the body. Some plant foods also contain iron but it is in a different form and less well absorbed. Including meat in a meal with plant foods actually increases the absorption of iron from the plant foods.

Source: National Health and Medical Research Council
www.nhmrc.gov.au

Apologies for the lateness of our newsletter this month, we're just catching up from our recent break. So here's to the married life...all three weeks of it! We thank you all for your well wishes and support. We had a lovely wedding day and a great honeymoon in Bali. We're feeling very refreshed and are excited to be back at the markets, where we look forward to seeing you all again.

I'm pleased to say that the farm is still doing well since the last newsletter. More rain has ensured the continuation of a great season, and at this time of year, with the feed on the ground that we now have, we can look forward to a sound winter.

Farming is a game of seasons... you need to string a few together to really get the animals doing well. The sheep and cows need to be in good condition to ensure a high percentage of conception and therefore lambs and calves on the ground. Then you need continual high protein food (new growth grass) to keep both mums and babies to be, healthy; and finally still more grass once the bubs are on the ground to keep mum in milk and the new baby growing healthy and strong. This should be easy you say! But Mother Nature is not always as kind as you would like, and in the last few years the seasons would come and go, none really stringing together. Rain at the right time is critical, and we are fortunate this year to have things as we wish.

We think also of our fellow farmers and country cousins who lost their lives, loved one's, homes, and possessions in the recent fires in Victoria. Both Dad and I are members of our local Bush Fire Brigade and



Cutting our wedding cake

have seen many times the ever powerful force of fire. The momentum of large fires is incredible and indescribable. I have seen it with my own eyes. Although we have a fire plan for our farm, this event has made us look for improvements. I encourage all of our customers who live in fire prone areas to have a fire plan, even if you think it may never happen to you. A fire plan is essential to save life and property. The day of the fire is too late for planning.

Until next time,

Ben Clinch
Farmer/Director



Sunset at Blue Hills

Hornsby North Public School Autumn Fair

We are delighted to be the major sponsor of Hornsby North Public School's Autumn Fair. The fair is to raise funds to help purchase interactive whiteboards for every class room within the school.

The Fair will be held from **10am to 3pm on Saturday 28th March** within the school grounds between Old Berowra Road / Ida Street / Cawthorn Street, Hornsby.

As well as rides for all ages, and a variety of stalls there will also be entertainment from Hornsby North Public School students and students of surrounding schools.

Don't forget to purchase a steak sandwich or sausage sandwich on the day, we're confident they'll be very good!

Farmers market update

We regret to advise that we're no longer attending the markets at Bondi Junction and St Ives. Unfortunately the markets weren't drawing enough customers to make them viable.

We are still attending the markets at Hornsby (Thursday) and Frenchs Forest (Sunday). We're also investigating new markets and will let you know as soon as they're confirmed. You can also check the 'Where to buy' page on our website for an up to date market listing, and of course you can order online anytime and choose to have your meat home delivered.

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Herb mustard butter

This butter is delicious served generously on a sizzling steak. Butter can be made well in advance and then just used as required. Beat softened butter with other ingredients until combined.

Ingredients

- 250g unsalted butter
- 1/2 cup finely chopped parsley
- 2 tbsps chopped chives
- 3 tsps French mustard
- 2 tsps lemon juice

Recipe of the month

Pork with orange maple sauce

With the warm weather starting to draw to a close we thought we would squeeze in one more barbeque recipe. Serves 6

1. Heat oil in pan, add onion and sauté for a few minutes until soft.
2. Stir in orange rind, orange juice, maple syrup and rosemary.
3. Pour marinade over pork chops, cover and refrigerate for a couple of hours or overnight.
4. Remove chops from marinade and reserve.
5. Barbeque pork chops until tender.
6. Place reserved marinade in pan, and stir in cornflour mixed with water.
7. Stir until the mixture boils and thickens. Serve over pork chops.

Ingredients

- 6 pork chops
- 1 tbsp oil
- 1 onion, finely chopped
- 2 tsps grated orange rind
- 1/2 cup fresh orange juice
- 1/2 cup maple syrup
- 1/4 tsp ground rosemary
- 2 tsps cornflour
- 1/4 cup water

TIP Serve with a chunky green salad and crusty bread.