

## Harborside Farms

### Newsletter

Issue #2 Volume #1

Two orange glorious circles stare up at from your frying pan, they sit so perfect when cracked into the hot cast iron pan that had a touch of last nights left over good fat in it. The whites hardly spread around the pan, the orange centers stick there like they are just sitting up as proud as can be....yes this is what farm fresh eggs do in a frying pan. Hard to believe but true, the visual is awesome let alone the taste.

We have had farm fresh eggs in our lives for as far as I can remember.

Having laying hens on our farm is great! Let alone for the egg factor but also for what enjoyment they bring. Everyday we head out to the hen house with a fresh pail of compost ( kitchen scraps) and waiting with all time excitement is all the little hens, this is the highlight of their day ( or so I think). They all scramble to scratch through the mushy mess to see what treats I have brought them today. Besides their feeders full of hemp and grain and fresh water this is a super food for them in the winter months.

Around 11am we go through the hen house again, by this time the hens have laid all their eggs and let me tell you collecting these little treasures has great rewards. It just feels good knowing that we are providing all those hens with a safe place to be, good food and fresh water. They are happy, and the happier they are the more eggs they lay. We are up to 27 eggs a day all sizes and colors. Proud we are! Our farm fresh/ gate eggs are \$3.25 per dozen.

Peeling a fresh egg is not so much fun, if you buy your eggs fresh let them sit in your fridge for a month then hard boil them, they peel better the older they are.

### **Our next delivery dates are**

**March 10<sup>th</sup>, 20<sup>th</sup> and 25<sup>th</sup>.**

Check out the web site for locations near you.

We would like to suggest some great restaurants in the city, **Bistro 7 ¼** on Osborne. **Lobby on York**, and **The Tallest Poppy** on Main. All of which have very different menus but great food prepared by chefs in know.

**Easter Hams are ready! We have prepared Easter hams, with our no nitrate recipe. We also have Ham steaks available as well, \$4/lb.**

**Try our Roscrea Ham, New recipe! Cloves, nutmeg and white pepper are some of the distinct flavors you will taste. The king of Irish Hams! \$5.75/lb**

Harborside Farms/ [www.harborsidefarms.com/](http://www.harborsidefarms.com/) 825-2465/ harborsidefarms@gmail.com

We have been lucky enough to make friends with some Fishermen up north, they too struggle with the fluctuating prices. Working with them we hope to change that. Did you know that most of their fish gets shipped to the states? Order Fresh Whitefish from us for only \$2.50/lb year round and lets see if we can help these northern fishermen out by keeping their fish price consistent while eating healthy fresh Manitoba fish!

Some changes on our web site you may not have noticed, we now have ½'s and whole animals for sale. The pork is \$2.99lb cut and wrapped. The beef is \$3.50lb cut and wrapped. We are getting to the end of our beef animals though. Hopefully spring arrives quickly and starts growing grass quick.

*“One Half of knowing what you want is knowing what you must give up before you get it.” - Sidney Howard*

A good read: **The Omnivore's Dilemma**, by Michael Pollan.

“Thoughtful, engrossing....you're not likely to get a better explanation of exactly where food comes from.” – *The New York Times Book Review*

Take care  
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