



the SCOOP

2010 Black Lake Blvd SW • (360) 943-5573
Open Mon - Sat 9 am - 8 pm & Sun 10 am - 7 pm



THE GRASS-FED IS ALWAYS GREENER

Grass-fed, grass-finished, pastured, organic, hormone-free, local! There are a lot of labels out there to decipher. Here's what you need to know about grass-fed labels, the health benefits of grass-fed beef, and how we source our selection of 100% grass-fed beef.



Why grass-fed? Cows are meant to eat grass, and a diet of grain leads to health problems which necessitate the use of antibiotics. All of our beef is raised without the use of antibiotics. Grass-fed beef is higher in heart-healthy Omega-3 fatty acids than grain-fed and lower in overall fat and calories. It's naturally leaner and higher in nutrients. To borrow from Michael Pollan: "You are what you eat eats." Cows evolved eating grass and are healthier when they eat their intended food, making grass-fed beef a healthier option for you and your family. Many companies state that their meat is "grass-fed," which is true of nearly all cattle, in the early months of life. Most cattle live several months at pasture before being sold at auction and moved to "factory farms" to be fattened on grain. This is why you should look for grass-finished beef. There is no regulation of the term grass-fed, so the best way to ensure that you are getting truly grass-fed meat is to trust your butcher and know your farmer. At Farm Fresh Market, we can tell you where your meat is from, how it was raised, and what it ate. We may fall just short of knowing the cows' names, but we can probably find out for you! Plus, all of our beef is 100% grass-fed, grass-finished.

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THE HISTORY OF THE CHEESEBURGER

Let's take some time to appreciate one of the things that makes living in America great: the cheeseburger. September 18th is National Cheeseburger Day! Seems like a good excuse to eat a grass-fed cheeseburger and learn a bit more about the history of the cheeseburger.

1200: Mongol horseman stash raw meat under their saddles during their conquests. After a long day of pillaging the meat would transform into patties tender enough to eat. Through their travels, word of the tender meat patties reaches Hamburg, Germany where it gets the name, Hamburg Steak.

1747: An English cookbook publishes a recipe for hamburger sausage. The recipe calls for minced beef seasoned with suet, pepper, cloves, nutmeg, garlic, wine vinegar, bay salt, red wine and rum, smoked for a week in a chimney.

1802: The Oxford English Dictionary defines the hamburger steak as a "hard slab of salted, minced beef, slightly smoked, mixed with onions and bread crumbs."

1873: The hamburger steak appears

on the first printed menu at Delmonico's in New York.

1900: Louis Lassen creates a hamburger steak sandwich at his restaurant in New Haven. The sandwich consists of ground beef trimmings made into a patty, grilled, and placed between two pieces of toast.

1916: Short-order cook, Walter Anderson invents a bun specifically for hamburgers. His invention is so successful that he founds the first hamburger chain, "White Castle."



1924: At the age of 16, Lionel Sternberger puts a slice of American cheese on a cooking hamburger at his father's sandwich shop in California. It was a hit and they added it to the menu calling it a cheese hamburger.

1934: Charles Kaelin claims to invent the cheeseburger at his restaurant in Louisville, Kentucky stating he wanted to "add a new tang to the hamburger."

1935: Louis Ballast, owner of Humpty Dumpty Barrel Drive-In in Denver files a patent for the cheeseburger. Despite all other claims of inventing the cheeseburger, Louis holds the patent and is considered to its lawful creator.

We don't care who invented them, or where they originated, we're just glad they exist. Whether you top 'em with pickles, onion rings, bacon or even an egg, make sure your beef is 100% grass-fed and grass-finished!

On September 18th, let's all raise a cheeseburger in celebration of a truly great American holiday, National Cheeseburger Day.



STAFF SPOTLIGHT: MEET HANNAH!

Writer, artist, steak-lover, and fledgling photographer, meet Hannah, who is Canadian, speaks fluent French, and cuts a mean tenderloin steak!

What do you do at Farm Fresh Market and how long have you worked here?

I work as a meat cutter, and have been here since June, 3 months.

What drew you to natural foods?

I've worked in a meat department before, and I really enjoyed it. Natural foods are good because you can have more trust in where you are getting the food, how they are treating both the animals and, especially if it's local, you can have more trust in how they are treating the workers as well. It's also more healthy and sustainable. Treatment of workers is one of my

biggest things, on a personal level. I am cognizant of how the people who produce my food are treated. With local foods it's often a family business, so it's easier to know people are treated well.

Are you a native Washingtonian?

I am not. I was actually raised in Canada, I have dual citizenship; I am both American and Canadian. I am from the Great Lakes Region. I was born in Michigan, then moved across Lake Erie, to Ontario, then back to Michigan, where I went to high school and university.

What's your favorite thing about working at Farm Fresh Market?

I like the work that I do. I like how I am trusted to know what to do, and to do it.

Do you have any products you love?

I really enjoy the Stumptown coffee with milk in it, it's the only iced coffee I've been able to find that's not ridiculously sweet. It's tasty! I also like the Nineveh sandwiches.

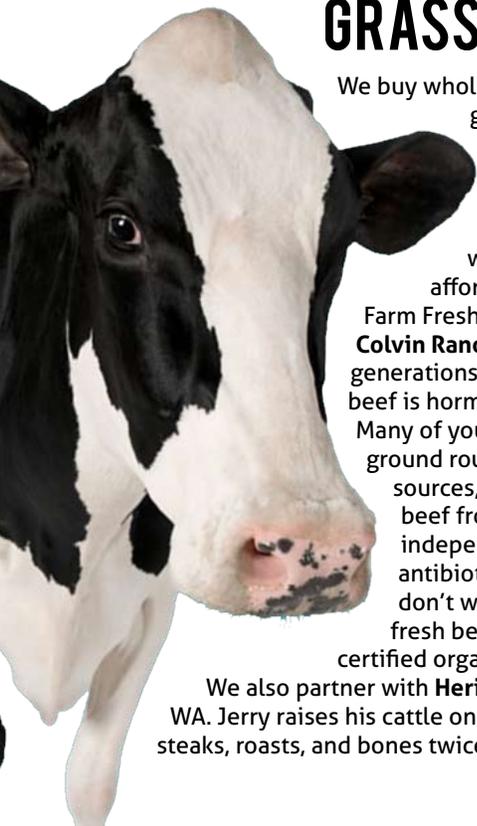
What's your favorite fall meal?

I don't really have a concept of season specific meals, I enjoy comfort foods in the fall! I've recently been making the dish where you make a hole in your bread and fry an egg in it, I made it the other day with leftover curry thrown in, so delicious! I think it's called eggs in a basket?

What do you do in your free time?

I write, and draw. I recently got a camera too, so I've been taking lots of pictures. I've been watching a lot of movies too.

GRASS-FED *continued from page 1*



We buy whole cows from **Stiebrs Farm** in Yelm. Stiebrs raises 100% grass-fed, grass-finished cows. Stiebrs chose not to renew their organic certification, due to expensive and restrictive containment requirements that would necessitate building new fences. They would rather concentrate on continuing to bring you the highest quality, humanely-raised beef. Because we buy whole cows, we carry a wide variety of Stiebrs beef, including steaks, ground, roasts, stew meat, liver and bones. An affordable way to stock your freezer with high quality beef is to buy ¼, ½, and whole Stiebrs cows through Farm Fresh Market.

Colvin Ranch raises grass-fed, grass-finished beef near Tenino. The Ranch was homesteaded by the Colvins five generations ago, and they remain committed to raising cattle in a truly sustainable and humane fashion. All of their beef is hormone and antibiotic free. Look for their ground beef, liver and soup bones in our freezers.

Many of you have come to love and depend on our fresh meat, which is processed daily in-house. We offer fresh ground round, ground chuck, top round steaks, top round roasts, and stew meat. Our fresh beef comes a few sources, including Colvin Ranch and Stiebrs Farm when available. When we are unable to purchase fresh beef from our local sources we turn to **Pacific Pastures** in Northern California, a small company comprised of independent ranches. Their cattle are always grass-fed, raised with high standards, and never administered antibiotics or hormones. The Pacific Pastures label was started for farms that adhere to organic principles but don't want to or haven't yet gone through the rigors of certification. Depending on availability, you can find fresh beef from **Eel River**, the parent company of Pacific Pastures. They raise cattle in a similar fashion, but are certified organic.

We also partner with **Heritage** meats to bring you 100% grass-fed, grass-finished beef from **Jerry Foster's Farm** in Curtis, WA. Jerry raises his cattle on the fertile banks of the Chehalis, and Heritage processes this meat and brings us fresh steaks, roasts, and bones twice weekly. We can also special order nearly any cut of beef for you, just ask!

NEW PRODUCTS

Primal Kitchen Mayonnaise

Healthy mayo that tastes like homemade! Free of dairy, GMOs, soy, canola, gluten, and sugar. Just real delicious mayo.

Harmless Harvest Coconut Water

100% pure raw coconut water with nothing added and nothing taken out! Sourced from tasty, organic Nom Hom coconuts in Thailand.

Miracle Noodles - Fettuccine

Made of a naturally water soluble fiber call Glucomannan that contains no fat, sugar or starch! They have no carbs or calories and are gluten and soy free.

Flackers Savory

Raw and gluten-free flax seed crackers are sprouted and dehydrated to promote optimal health and vitality.

Cocomels Original

These decadent caramels are made with rich coconut cream, giving them a unique melt-in-your-mouth flavor. Made with 3 simple ingredients, they are dairy free, gluten free, and GMO free!

Canyon Bakehouse GF Bagels

The texture and taste of these gluten free bagels are so similar to their gluten counterparts that they could fool even the most discriminating gluten enthusiast.

Cobb's Sunbutter Cups

Finally, Cobb's gourmet dark chocolate cups are available in a delectable legume-free variety! The sunbutter cups have a crunchy coffee chocolate and smooth vanilla/coconut-infused filling. A luxuriously rich and complex treat.