



Monthly Musings

APRIL 2009

What Have You Got?

We have had a few members approach us about letting people know they have certain products available for purchase. Things like grass-fed beef, duck and goose eggs, veggies or fruits, even tomato plant starters. So we came up with an idea, which a couple of our Battle Creek members are already implementing.

We would like to offer up our delivery times/locations as a kind of unofficial

marketplace. Members who have items to sell or barter could bring their items to their regular deliveries, and we would have a list on the "members only" section of the website for each delivery location, of who has what to offer and how to contact them if you want to special-request anything.

We would prefer to keep it all local—something you make or grow or raise yourselves—so as to support each

other in our individual endeavors. We would probably also need to keep items in our vehicles, so as not to attract too much attention from outsiders.

Please contact us to let us know if you have something you'd like to offer and we'll get a web list started. We hope this idea will be beneficial to all involved. Thanks!

Kefir Grains Available

One of our members at the NW Kalamazoo delivery, Julie Lugauer, has asked me to let you all know that she has kefir grains available for sale, so you can make your own kefir at home and multiply your own grains. They are available for \$10 and any interested persons can contact Julie via email at julesupnorth@yahoo.com.

If you are interested in kefir made with your fresh milk, rather than making it yourself, please contact Judy Ritsema (one of our downtown Kalamazoo members) via email at corehealthcoach@yahoo.com.

We are excited that our cows will soon be back on grass! We hope to schedule the spring farm tour with our farmer soon, so watch for an upcoming email for details. It's usually held on a Saturday morning from 10am—noon.

Bumper Stickers

I know that not everyone is into bumper stickers—especially if they're planning on selling their car in the future. Many of you who have seen the back of my van can guess that I plan to keep that van for a loooooong time. I have all kinds of bumper stickers back there, so people driving behind me have a pretty good idea of where I stand on quite a few topics.

One of my most recent stickers came about through a Facebook group I came across recently. The woman who started the group is part of a herd share program in Wisconsin, and she wanted to do something to help foster the raw milk movement. So she created these bumper stickers and starting in Wisconsin and moving outward, she wants to offer them to farmers and their herd/cow share members.

The size is 2 3/4" x 15", just so you know how much space it will take up on your car. She sent me a few that I can give away, and I can also get them at a bulk rate of \$.68 each if enough of you are interested, so please let us know if you'd like one. Or you can order them directly from her via email at p.schultz@sbcglobal.net (paypal is available) for \$3.50 each, includes shipping & handling, 2 for \$6.00, or 4 for \$10.00.

Notices

- **Spring break is coming soon!** Please let us know at least two days before your delivery if you need to make any changes to your delivery for that week.
- **April share payments** are due on or before your first delivery in April. You may bring payment to your delivery, OR mail your payment to Shawn at 8134 Black Forest Dr, Portage, 49002-5883, OR pay via paypal on our website in the "members only" section (the username is "xxxxx" and the password is "xxxxx").

RAW MILK...Make it Legal!!!