



# THE FRESH TAKE

YOUR GUIDE TO THE FRESHEST, LOCALLY GROWN PRODUCE

SPRING 2011, ISSUE 1

## WE'RE SO FRESH!

Seems like we're all bombarded with information about nutrition, health and diets these days. But often, the wisest menu choices are right in our own backyard. We're talking local produce with natural benefits including just-picked freshness, healthy food production methods, lower environmental impact, plus the support of a family farm where you know the food source.

If you're looking for the freshest local produce, convenient one-stop shopping, and a taste of days gone by, visit Belue Farms. You'll find fresh seasonal produce, Milky Way Farm raw milk, Amish cheeses and butter, free-range eggs and pasture-raised meats, and a wide assortment of salsas, jams and jellies, chowchow, teas, easy dessert and dip mixes, baked goods, cider and gift ideas, plus local honey and specialty gift baskets. There's nothing fresher under the sun.

### FROM THE RECIPE BOX

#### HEALTHY STRAWBERRY MILKSHAKE

INGREDIENTS:

- 1 c. strawberries, frozen
- 2 c. raw milk
- 1 tbsp. raw honey
- 1 tsp. vanilla extract

Blend all ingredients in blender until smooth. For an extra-thick shake, add additional frozen berries.

Serves 2.



### WHAT'S IN SEASON?

## STRAWBERRIES!

*Belue Farms expects its strawberry bounty by mid-April this year. We're known for our berries, and have frequently heard customers say, "the best I've ever had," "perfect from the first berry to the last," and "the sweetest strawberries we've found." Fresh strawberries are an excellent source of vitamins A, C, B2, B5, plus manganese, potassium and folate. Add vitamins B6, B12, D and E, protein, iron, calcium and minerals from a glass of raw milk, and you have the perfect snack! Belue Farms' strawberry season runs through early June, so get yours while they last!*

### HOURS

Monday thru Saturday,  
8:00 a.m. – 6:00 p.m.

## THE RAW TRUTH ABOUT MILK

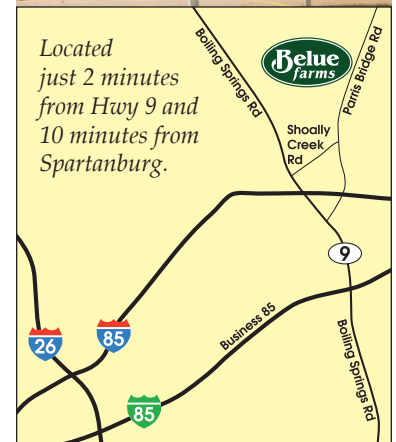


If you thought you'd never enjoy milk again due to allergies, maybe it's time to try raw milk. Raw milk is unaltered milk taken straight from the cow. Minimally processed (not pasteurized or homogenized to blend the milk and fat), it has no additives and contains natural lactobacilli bacteria to help digest lactose. Also,

when cows are pasture-grazed, their raw milk has been known to reduce allergies and milk reactions.

Belue Farms offers only Grade A raw milk from Milky Way Farm based in Starr, SC. Milky Way cows are not only pasture-grazed, but receive no hormones or steroids. To assure purity, the SC Health Department tests Milky Way milk monthly for bacteria and yearly for TB and Brucellosis, plus the farm voluntarily tests its milk annually for Johnes disease to ensure the healthiest cows and milk available.

Milky Way raw milk is also unique in that it's chilled within seconds of leaving the cow. (No other SC raw milk dairy offers this process.) Rapid chilling prevents bacteria from multiplying and allows Milky Way milk to last three to four weeks in a refrigerator at 40 degrees or below. But after one taste, we bet you'll drink it long before that!



Located just 2 minutes from Hwy 9 and 10 minutes from Spartanburg.

