

Dec. 1, 2015

Dear Friends & Customers of Janzen Family Farms,

Greetings! It is high time to bring you up to date on crops, events, and people at Janzen Family Farms. Mainly, we wanted to let you know that we have been busy with a transition of farm participants: Norm Oeding, our farm operator-manager since 2007, retired in August. At the same time, the Klingenberg family of Klingenberg Farms (KF) took charge of our certified organic cropping and tending of the JFF grass-fed beef herd. KF consists of Vernon and Carol, sons Derek and Grant, their wives Kara and Allie, respectively, all the grandchildren, and a full contingent of machinery. Vern, who has lots of cow-calf experience, is now in charge of the grass-fed herd. Also, our cattle pens are now being rented by Grant, who raises “natural beef,” which harmonizes with the philosophy of our organic farm and 100% grass-fed beef. Meanwhile, John Janzen is now fully retired as professor of anthropology at the University of Kansas and is able to devote more time to farm affairs. Kristi Janzen still manages the farm website from Maryland.

Amid these changes, rest assured that our 100% grass-fed herd will remain in the same locations, eating the same grass. We are confident that the animals will have the same high quality of care and food, and you, our customers, will not notice any differences in the meat. Also, our crops remain certified organic.

We hope you enjoy these photos: Below, the photo shows the August roundup of our 100% grass-fed herd of 22 cows, 1 bull and 19 calves.

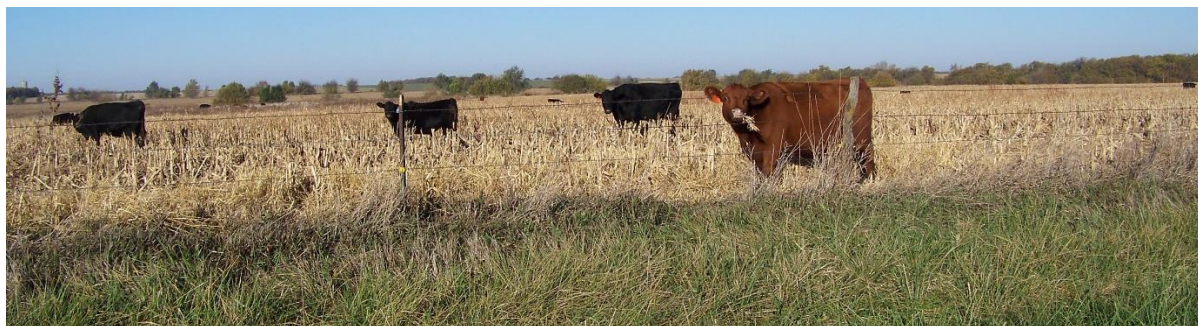


We briefly bring the cattle into the yard for check-ups, tagging, vaccinations and castration of males. Throughout, the mothers stay close to their calves. The procedure is completed in less than three hours, with the herd back in the pasture by late morning.

At right, you can see our vet, Jessica Laurin, DVM, observing, while Derek inspects an ear tag.



Below, the herd is feasting on native grasses and sorghum stubble after the roundup.



Crop Update

We enjoyed an abundant fall harvest of organic soybeans and sorghum. The planting of a triticale cover crop and winter wheat took up a lot of time and energy.

At right, you can see our organic soybeans being unloaded in Hutchinson.

The photos below, taken by Henry A. Janzen, show us loading wheat onto a semi trailer on its way to market.



New Contact Information

The farm lost telephone and internet service for several weeks but this is being restored. Please check the farm website at www.janzenfamilyfarms.com for updated contact information.

For now, please continue to contact us at (316) 799-2585. You may also email us at john@janzenfamilyfarms.com or kristi@janzenfamilyfarms.com.

Holiday Orders

Christmas and New Year's are around the corner! Please order now for your holiday meals! Let us know if you are interested in delivery, and we will try to arrange a convenient drop-off.

Inspiration

Recently, we have been inspired by two very different sources, which we'd like to share with you:

- The first is Daniel Lieberman's book *The Story of the Human Body*, reviewed by Allan Nation in the August 2015 issue of *Stockman Grass Farmer*. Lieberman is a Harvard biologist who focuses on the lingering impact on modern humans of hunter-gatherer genetic makeup and the importance of diet in the health of modern populations.
- The second is Kim Meisinger, Kansas City therapist-healer (www.kchealer.com) and customer of JFF grass-fed beef, who wrote us a letter of appreciation. Meisinger is a therapist of urban humans who are often unsure of how to conduct their lives in the environment in which they live, faced with a great range of foods available to them.

Lieberman and Meisinger both emphasize several common features on the importance of eating (and living) rightly. Beyond the common-sense mention of regular exercise, getting enough sleep, and avoiding chronic stressful situations and relationships, they both focus on the deleterious effects of sugar and saturated fats in today's foods, leading to some of the worst "diseases of civilization" such as diabetes, heart diseases and stroke, and some degenerative neurological conditions. Both, and Nation's review, emphasize the importance of "good fat" as found in wild meat in the case of hunter-gatherers, and grass-fed meat, available to today's food shopper. Grain, the diet of the Neolithic agricultural age continuing till today, is somewhat problematic in certain forms, suggests Lieberman. Both authors emphasize the importance of Omega 3 fatty acids as found in meat not raised on grain, along with fresh fruits and vegetables, limited dairy and grain-derived foods, as the essential ingredients of a healthy diet.

In her letter about our JFF grass-fed beef, Meisinger adds, "It is superior in taste, texture and nutrition. Reasonably priced, it also supports the local economy.... Thanks again John! I am deeply grateful for the beef you provide for my family."

Thank YOU, Kim Meisinger!

And THANK YOU TO ALL OUR CUSTOMERS!

You are what allow us to continue farming, and we are truly grateful.

Merry Christmas & Happy Holidays!

John M. Janzen & Kristi B. Janzen