



COLORADO GROWN

Food from Farm to Home

We are a distribution service located in Buena Vista at the base of the magnificent Collegiate Peaks in Chaffee County. We provide wholesome, healthy foods from a network of Colorado farmers. We will deliver on a monthly basis to a location near you. Please complete the attached order form and email your order to David Lynch at farmerlynch@msn.com.



Be sure to let us know what other items you would like us to provide!

Raw Milk

Raw milk from Ebert Family Farm is produced from Jersey cows raised on a 600-acre farm in Byers, CO. The cows enjoy plentiful pasture and are fed on a minimum of grain. Milk is



tested regularly to ensure its safety. Cow-shares are the legal method in Colorado to have access to raw milk directly from the farm. One cow-share is equivalent to one gallon of milk per week. You pay \$40/month/share for 4+ gallons/month. As a cow-share owner you may also order cream, yogurt and butter.

www.ebertfarms.com



Cheese

Windsor Dairy offers farmstead cheeses made from 100% certified organic milk from their grassfed swiss cattle with old world cheese cultures. The raw milk cheeses are aged over 60 days. Jack (mild), cheddar

and colona (sharp) cheeses can be ordered in 8 oz, 12 oz and 1 lb quantities for \$15.00 per pound. www.windsordairy.com

Organic Breads

Hungry Mother Foods offers organic breads of superior quality. Using only fresh active yeast, our breads have exceptional flavor. Dakota, 7-Grain, Oat Sunflower Molasses and Spelt breads are offered at \$5.50-\$6.50/loaf. Organic granola is available too at \$6.50/lb. www.hungrymotherfoods.com



Garden Greens

Fresh organic herbs, salad greens and tomatoes are available year-round from Erin's Organic Geothermal Greenhouse in Nathrop, Colorado.

Geothermal water from Antero Hot Springs provides the primary source of energy for the greenhouse operation. erin@rockymountains.net / (719) 530-1173

Fruit Shares

Fresh picked apples, cherries, peaches and plums raised by growers on Colorado's western slope are available from mid-June through October.

weathervanefarm@gmail.com



Raw Honey

Honey produced at Dan's Organic Gardens in Loveland, CO is superb raw, unheated honey. Available in pints (\$6.50/pt) and quarts (\$13.00/qt). To find out more, contact Dan at (970) 663-0848.

Eggs

Weathervane Farm produces eggs from happy hens that get to scratch in the earth, forage on pasture, sleep on roosts and lay eggs in nesting boxes. *Just like the good old days!* \$3.25/dozen.

weathervanefarm@gmail.com



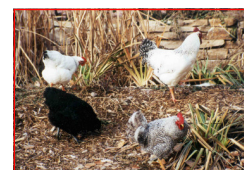
Custom Lamb & Beef

I raise lambs and cows on the meadows of Cottonwood Creek just west of Buena Vista. The animals are grass fed and provide high quality meat that is superior to

conventionally raised animals. Half or whole lamb is available on a custom basis at a \$1.45/lb live weight. Quarter, half or whole beef is available at \$1.40/lb live weight. farmerlynch@msn.com

Chicken

4-5 lb broilers are naturally grown at the Wisdom family farm in north-eastern Colorado. Wisdom Natural Poultry offers exceptional meat chickens reared on pasture and grains that are free of antibiotics, preservatives, and other feed additives. jcwisdom@kci.net / (970) 774-7492



Grass-Fed Beef

Landmark Harvest provides grass-fed beef that is naturally grown without the use of pesticides, growth hormones, antibiotics or grain. These animals are raised and finished on their natural diet of grasses and clovers. www.landmarkharvest.com

Buffalo

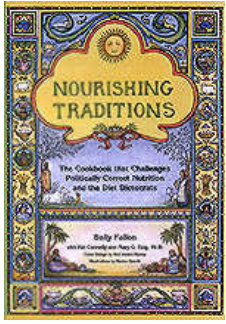
Rocky Plains Bison offers buffalo meat from purely pastured animals. Bison are raised on their native grasses in the Pawnee Grasslands of northern Colorado without the use of any growth hormones, stimulants or antibiotics. www.rockyplains.com



Pork

Rocky Plains pigs are pastured and raised on all natural feeds with no synthetic additives. www.rockyplains.com

Recommended Reading



Nourishing Traditions by Sally Fallon with Mary G. Enig, PhD
(revised second edition, October 2000)

The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats

This well-researched, thought-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Sally Fallon dispels the myths of the current low-fat fad in this practical, entertaining guide to a can-do diet that is both nutritious and delicious.

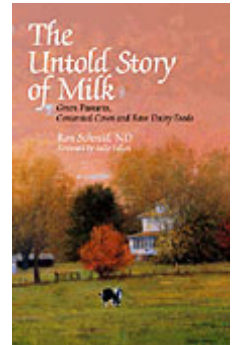
Topics include the health benefits of traditional fats and oils (including butter and coconut oil); dangers of vegetarianism; problems with modern soy foods; health benefits of sauces and gravies; proper preparation of whole grain products; pros and cons of milk consumption; easy-to-prepare enzyme enriched condiments and beverages; and appropriate diets for babies and children.

Sally Fallon is the Founder of A Campaign for Real Milk (www.realmilk.com) and President of the Weston A. Price Foundation (www.westonaprice.org). She is the editor of the Foundation's quarterly magazine *Wise Traditions in Food, Farming and the Healing Arts* and has published articles in a number of alternative health publications including *Nexus Magazine*, *The World & I* and the *Townsend Letter for Doctors and Patients*. A resident of Washington D.C., she is the mother of four healthy children. **Mary G. Enig, Ph.D., of Silver Spring, Maryland**, is an expert of international renown in the field of human biochemistry and lipids.

The Untold Story of Milk by Ron Schmid, ND

Green Pastures, Contented Cows and Raw Dairy Foods

"This fascinating and compelling book will change the way you think about milk. Dr. Schmid chronicles the role of milk in the rise of civilization and in early America, the distillery dairies, compulsory pasteurization and the politics of milk, traditional dairying cultures and the modern dairy industry. He details the betrayal of public trust by government health officials and dissects the modern myths concerning cholesterol, animal fats and heart disease. And in the final chapters, he describes how scores of eminent scientists have documented the superiority of raw milk and its myriad health benefits.



Raw milk is a movement whose time has come. This book will serve as a catalyst for that movement – a movement that could change the life of every individual who comes to fully understand the value of raw milk from healthy, grass-fed animals."

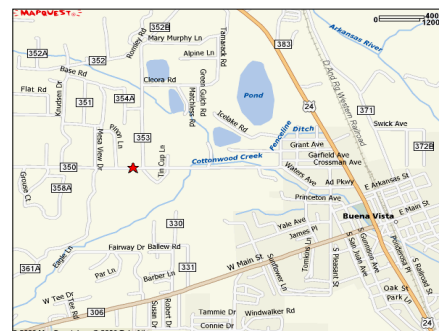
— SALLY FALLON, author of *Nourishing Traditions* and President of the Weston A. Price Foundation

Ron Schmid, ND, naturopathic physician, writer, teacher, and farmer, has prescribed raw milk for his patients for nearly 25 years. The author of *Traditional Foods Are Your Best Medicine*, Dr. Schmid is a graduate of the Massachusetts Institute of Technology and the National College of Naturopathic Medicine and has taught at all four of America's naturopathic medical schools. He's the former Clinic Director and Chief Medical Officer at the University of Bridgeport College of Naturopathic Medicine.

Come See Us!

15264 County Road 350
Buena Vista, CO 81211

For directions to the distribution center,
[click here](#) or call (719) 395-5814.



For more information, please contact David Lynch at farmerlynch@msn.com or (719) 395-5814.