

Canal Junction Farm Club

Canal Junction Farm Club was formed on February 28, 2009. Canal Junction Farm Club is a private club. You must join to participate. You are welcome to visit the farm. Be sure to call ahead to make arrangements for a convenient time.

The sale of raw milk is illegal in the state of Ohio, thanks to a law passed about 15 years ago based on an unfounded fear of raw milk, or more likely to cut the competition from small dairy farms, thousands of which went out of business following the passage of the law.

Our purpose:

- To obtain healthy food from Canal Junction Natural Meats and Farmstead Cheese for our members;
- To educate our members on the health benefits of raw dairy products and grass-fed meats;
- To promote and preserve unregulated direct farmer-to-consumer trade that fosters the availability of locally grown or home-produced food products, without interference from local, state, federal, and international regulations.

Member responsibilities:

- Complete an application form and remit it with payment of entrance fee of \$10.
- Obtain a "Herd Share" contract with Canal Junction Natural Meats and Farmstead Cheese.
- Members are aware of, and accept the risks of eating raw foods.
- Members are buying only for their own use, will not resell.
- Members are acting on their own behalf, not as agents of any private, governmental, or other organization.
- Members will be responsible for pick-up of all foods in a timely manner. Canal Junction Natural Meats and Farmstead Cheese are not responsible for foods once delivered.

Procedures:

- Join our club by filling out & signing an application and paying the entrance fee.
- To obtain fresh dairy products, purchase a share in the C/J Natural Meats dairy herd. Herd Share documents are available from Ralph or Renae. You may obtain these documents when you pick up your first order.
- The price lists for meats, cheese, and other farm products are at www.cjgrassfed.com
- Kris sends an e-mail reminder a week before the pickup day.
- Orders are placed with Kris Johnson, preferably by the Friday before pickup day.
- Pickup is once every two weeks on Wednesday. Every effort is made to accommodate special pickup needs.

Officers & Board:

President: Ralph Schlatter

Vice President: Renae Schlatter

Secretary: Selinda Schulz

Treasurer: Karen Lyke

Membership Chair: Kris Johnson

Member-at-large Vicky Shoup

For question concerning membership or to obtain an application, contact:

Kris Johnson

419-836-7637, cell 419-320-2309

Kris.johnson@ecunet.org

P.O. Box 355

Williston, OH 43468

www.MercyViewMeadow.org

Members of Canal Junction Farm Club obtain farm fresh foods from C/J Natural Meats & Dairy, the family-owned farm of Ralph & Sheila Schlatter, daughter, Renae, Chief Breadmaker, and son, Brian, Master Cheesemaker.

Ralph reports:

Canal Junction Natural Meats is part of our family-owned farm operation. We are located just south of the historically rich junction of the old Miami and Erie and Wabash Canals, thus the name C/J Natural Meats. In addition to our main dairy enterprise, we utilize rotational grazing in the production of beef, poultry, lamb, pork, turkey and brown eggs.

Pesticide and Herbicide Free

The production of carefully selected grasses and legumes on our land has enabled us to eliminate the use of herbicides, pesticides, and the tillage that causes erosion. This method has proven to be extremely environmentally friendly. It is a sustainable way to farm in addition to providing a way to help preserve the rapidly disappearing American family farm. Most importantly for the consumer, though, is the end result: a better food product.

Superior Nutrition

Research is showing us, that animals that consume these forages produce a finished product that is nutritionally superior to factory-raised animals. Meat and eggs from grass-fed animals are higher in necessary key vitamins such as beta-carotene and Vitamin C.

No Synthetic Hormones

We use no synthetic hormones in the production of our dairy products. Practices included in our cheese making include using only animal rennet. We realize some people object to the use of animal rennet, but that is what cheesemakers have used for centuries. Vegetable rennet comes from genetically modified organisms. Therefore we will not use them. Our cheeses are as unique as the names.

Correct Fatty Acid Ratios

Not only are they higher in vitamins, they are lower in the Omega-6 fatty acids, and a rich source of "good" fats, such as Omega-3 fatty acids and Conjugated Linoleic Acid (CLA). For example, a hen that forages on grass will have 20 times more Omega-3 than a caged one.

This is also true of dairy products and meats from other animals that consume green leaves consisting of grass and other legumes.

Omega-3 fatty acids play a vital role in every cell and system in the human body. Along with CLA, they are nutrients that have been proven to have the ability to reduce the risk of cardiovascular disease, cancer, diabetes, obesity, Alzheimer's Disease, and other debilitating conditions

Advantages of high quality Fresh Milk:

- All nutrients easy to absorb
- Valuable enzymes that enhance digestion are intact
- Friendly bacteria - good for gut, keep pathogens at bay
- Fermented fresh milk is even easier to digest - yogurt, kefir, clabbered milk
- Long history of use in treating disease
- Best food for babies who can't be nursed, pregnant and nursing mothers and growing children

C/J Natural Meats & Dairy

Ralph & Sheila Schlatter

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