

DOVE SONG DAIRY



Not Just Kidding News

Song of Solomon 2:12

"The flowers appear on the earth; the time of singing has come and the voice of the turtledove fills the land."

Spring 2009

Spring has definitely arrived at the farm. One step inside the barn and you can see all the little baby goats and even a few kittens. Outside the flowers are starting to shoot up and we're excitedly looking through seed catalogs and planning out this year's vegetable garden. In the store we just got in a new batch of local raw honey from former National Honey Queen Renee Troutman. Mother's Day is right around the corner and we have some vintage tea towels and aprons that Mom is sure to love.



Cleaner Cleaning

**Spotlight on :
Distilled White Vinegar ~**

This natural super cleaner can clear away mold, mildew, E. coli, salmonella, soap scum and more just as effectively as its toxic counterparts. Even your kids can help clean. If some gets on their hands or in their mouth it's okay, it's just vinegar.

We use it as an all purpose disinfecting cleaner in a spray bottle. Mix 1/4 cup for every 2 cups of water. Spray on windows, countertops (except marble), sinks, toilet bowls and appliances.

The next time you mop instead of a traditional floor cleaner try adding 1/4 cup of vinegar in your bucket of warm water. If your floors just aren't clean unless they smell of citrus or pine just add a few drops of lemon, grapefruit, sage or spruce essential oil. All have antibacterial properties. Don't use vinegar on wood floors, repeated use can strip it.

It's great in the laundry room, too. Add a tablespoon during the rinse cycle to naturally soften your clothes.

Gluten Free Goodness

Our Gluten Free Guru, Patty Trimble, has added a new creation to her Pat's Baked Goods line. Gluten Free Molasses Ginger Cookies. Just like her other baked goods, the cookies are made with highly nutritious, mostly organic and incredibly delicious ingredients. The cookies are sold in a pack of 8 for \$4.35 and we have samples for you to try at our store. She is working on chocolate chip cookies next so look for them soon.

While you're at our store make sure to check out Pat's other gluten free items like pizza, bread and waffles. We have other gluten free products like Mary's Gone Crackers, brown rice pastas and our own homemade puddings.

Incredible Eggs

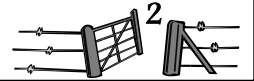
Our little red hens are enjoying the warmer weather. Now that the ground has thawed they spend their days digging and scratching in the dirt, clucking happily, looking for yummy bugs to eat. They also eat our own homemade feed, made without corn, soybeans, antibiotics or hormones.

Vitamin D, which many people are low on, can be found from two sources; sunlight and certain foods. Eggs are an excellent source of vitamin D and recent studies have shown that eggs from pastured chickens have much higher levels of vitamin D than chickens raised in factories. They also contain more vitamin A, vitamin E, beta carotene and omega-3 fatty acids. Find out more at www.motherearthnews.com/eggs.



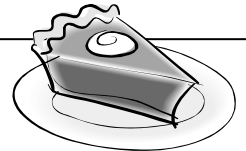
Daisy Mill Flour

In our constant search for nutritious, quality, local food we've discovered Daisy Mill Flour. They are located in the town of Annville in Lebanon County. Founded in the 1750's, it is the oldest continually operating flour mill in the United States. They mill their wheat the old fashioned way with century old rollers slowly at a low temperature so none of the nutrients are lost. The flours are certified organic and kosher and they're never bleached, bromated or enriched. We have their Organic Whole Wheat Pastry Flour, Organic White Pastry Flour and Organic All Purpose Spelt Flour. Check them out at www.daisyflour.com for nutrition information, recipes and photos of the original mill.



Auntie Em

Come on out and try Auntie Em's Silver Screen Pie of the week. She has free samples of the featured pie and the ingredients are listed. Past favorites include Phantom of the Apple (caramel apple crumb), A Coconut Custard Named Desire and Meet Me in St. Lemon (lemon custard with raspberry sauce). Whole pies are available for purchase starting at \$15 (prices vary depending on the ingredients). Emily needs your order and any dietary concerns one week in advance. She can use a variety of sweeteners; honey, agave, maple syrup, sucanat or sugar. Her famous all butter crusts can be made with white, whole wheat or spelt flour. At Auntie Em's "there's no taste like home."



Eat Meat

Our freezers are stocked with our own USDA inspected meats. We raised pigs, veal calves and goats organically (non certified), naturally and humanely. The goats and pigs were raised outside on pasture and the calves were raised free range. They were all milk fed, up until they were butchered, on our goat milk. The pigs and goats were fed our own homemade feed rations made without corn or soybeans. We painstakingly care for our animals so we never have to use antibiotics or growth hormones. Since they are healthy we don't worry about the meat getting infected with E. coli or salmonella.

The hams and bacon are naturally wood smoked and cured with honey. None of the meat has sugar, corn syrup, nitrates, artificial colors or flavors. We have hams, pork chops, bacon, roasts, sausage from the pigs starting at \$3.75 a pound. The veal is sold ground, in cutlets, steaks and roasts starting at \$5.50 a pound and the goat meat (called chevon) is ground, cubed, in steaks and roasts starting at \$6.75 a pound.

Store Hours

Monday, Wednesday & Friday from 9:00 am to 7:00 pm

Saturday from 9:00 am to 5:00 pm

DOVE SONG DAIRY

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PA's Finest Raw Goat Milk
and
 Artisan Goat Milk Cheeses

Organic & Gluten Free Foods
 Pastured Meat & Eggs
 Local Raw Honey
 Handcrafted Goat Milk Soaps
 Homemade Baked Goods

"If people let the government tell them what foods to eat and what medicines to take, their bodies will soon be in as sorry state as are the souls of those who live under tyranny."

Thomas Jefferson