

IT US AT ONE OF OUR FOUR WEEKLY
MARKETS



A FAMILY FARM FEATURING
FARM TOURS AND FESTIVAL
PASTURE RAISED LAMB, BEEF AND CHICKEN
ORGANIC VEGETABLES

CSA INFORMATION!

Ovis Hill Farmers Market

**Featuring local, pasture raised and grass
fed lamb, beef,**

chicken,

**eggs, and organic seasonal local
vegetables.**

Year Round, Rain or Shine

FLORENCE, SC

at

NATURALLY OUTDOORS

2519 W Palmetto St.

Thursdays 3-7 p.m.

Saturdays 10-2 p.m

Find us on Facebook

www.facebook.com/ovishillfarm

The market this week will feature:

- Good selection of grass fed beef, pastured chicken, but limited

lamb and pastured pork at this time.

- Fresh organic veggies from our network of local farms: growth is

slow, so a few collards, cabbage, radishes, and maybe a few other

greens.

- Egg supply is low, so please pre-order, specifying day and

market, by replying to this email.

·
Happy Cow Creamery supply is good. Milk
and a wide selection of

Cheeses.

·
McCarley Bakery will have fresh baked
goods.

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THANK YOU!

· **NEW CSA INFORMATION!**

- **Meat Shares available and CSA MEAT
DELIVERIES AVAILBLE THIS WEEK,
shares still available! Please contact**

Charlie Caldwell

(charlie@ovishillfarm.com or 843-992-9447)

or see us at market for detailed info. Full share deliveries are usually monthly and run for six months.

- **Veggie Share offers out this week! Please look for detailed information at market or email charlie@ovishillfarm.com. This is a partial planting list for the season: carrots, beets, radishes, turnips, mustard, lettuce, tomatoes, cucumbers, onions, garlic, leeks, cabbage, peppers, eggplant, summer squash, winter squash, zucchini, arugula, spinach, swiss chard, parsnips, green beans, dry beans, broccoli, kale, collards, red okra, green okra, flowers, sweet potatoes, and more..... And shares should start**

**in April and will run into
November. Please check these out!!**

- **RECIPES FOR A COOKBOOK!!**
- **Two longtime customers, both food professionals (educators, nutritionists or dieticians, and also really good cooks) are collaborating on a cookbook focused on the local and seasonal foods available at our markets. Sooo!!! All are invited to submit your recipes using the local food available at local farmers markets! If you email me (charlie@ovishillfarm.com) I will email a template for your recipe or you may pick up a form at our market. If all else fails, you may also just send the recipe to us. If the recipe**

has a history or pedigree, please let us know about it. Thank you!!

RE-USABLE BAGS – PLEASE HELP!

- **Please bring un-needed re-usable shopping bags to share with others. As you will see below, we want to do our best to use as few plastic or disposable bags as possible.**

- **NO MORE PLASTIC BAGS?**

- **As many of you know, there are many countries and a few states that have banned the thin plastic bag because of**

their pollution factor. Most people today have recyclable bags for their groceries and we would like all of our customers to begin using these at the markets. Let's try this: Beginning in January, if you bring your own bag, we will reward you with a quarter at each market visit. In February, you will receive a dime. If you do not remember, we will remind you. IN MARCH, we will no longer use plastic bags, but will have paper bags or boxes for new customers or those who forget. We are not trying to be difficult, but are constantly working towards making our business as environmentally friendly as possible