

The Rooster's Crow

Autumn Tips

Pump up the Protein

When the chill sets in and the bugs disappear with all their wonderful protein benefits, it is important that you make sure your flock is getting what they need! We recommend a feed with at least 18% protein in the cold months to insure proper immunity and feather health. Some wonderful treats are Salmon, Tilapia, and scrambled eggs. The protein also gives them the energy they need to help stay warm and have full bellies!

The Great Pumpkin!

What a great time of year...

Pumpkins aplenty! Did you know not only are pumpkins a great boredom buster for your flock but have wonderful health benefits? Pumpkin seeds and seeds found in other squash are rich in amino acid-cucurbitacin which is a natural de-wormer. Leaving the worms paralyzed and then passed in the droppings. Gross! Who knew! They are also a great source of Vit A, Vit E, Vit C, antioxidants, lutein, and beta-carotene.

All feed is 20% off for the month of October!



Breath In, Breath out!



Fall is an amazing and beautiful time of year! Warm days, crisp cool nights, the leaves put on their best show, and the harvests are bountiful! We should all enjoy and soak it in while we can, as will your flocks! With fluctuation in

temperature, as flock keeper, we need to be extra vigilant with husbandry practices and ventilation. Chickens can generate a great deal of water vapor from their breath and droppings. While chickens have perfected the art of "breath in, breath out", all this vapor makes for a humid coop. High humidity especially, in the cold months, makes chickens more susceptible to respiratory illness and frostbite. Proper ventilation will remove this dampness from the air. Chickens can withstand surprisingly low temperatures as long as the air is dry. Take advantage of one of these beautiful fall days spend some time with your feathered family members, giving their house a deep clean and make sure they are getting fresh air from somewhere high up their coop. Autumn is also a great time for Bi yearly boosters. "Rooster Booster" makes 2 great products: B-12 and Poultry Cell. Also, plenty of minced oregano & garlic a couple times a week. Providing your chickens with the extra care will give them the boost their immune systems need, for the long months ahead.

Pumpkin Granola Bars for your Fabulous Flock!

Prep Time: 15 min

Ingredients:

- 6 cups of five grain oats
- 1 cup of pumpkin flesh or canned pumpkin
- 1 teaspoon Cinnamon
- ¾ cup of molasses
- 1 teaspoon of clove powder

Cook the oatmeal and while it's hot add the molasses and the rest of the ingredients. Mix, mix, mix! Spread into a Pyrex. Let it cool and harden. Cut, serve, and watch the excitement! Happy, Healthy Hens give back!

Be on the lookout!

Our brand new Etsy shop is on the way! You can visit it from our website! Be sure to check it out for your farm girl fix! We also have our Fall line of nest box herbs loaded with pumpkin seeds, shaved cinnamon sticks, birch bark, dehydrated apples, bananas, and flowers. One of our new favorites is our Cricket Cuisine, great for the cold months and visually stimulating! It is chock full of protein, carbs, and good fat. Find these online or right from the farm! **All feed is 20% through October!**



Don't be a chicken!

A lot of people have been asking recently on how to let your spring chickens out to free range. You do it just like that, let them out! I don't blame you for being worried, I was petrified, it's a scary thing to open that door and watch all your little fluffy butts come running out at full speed! Trust me, they love you and their coop and don't want to go anywhere! The first few times will be the scariest, start slowly. About an hour before dusk open the door stay with them and watch how much love it! They know when to go home and they watch for predators too. They will alert you if somethings up. Shaking a favorite treat at them also helps with coop training. They might do crazy stuff at first till they learn the ropes. I had one fly on the roof of my coop, guess what? She came down! I had another almost fly in the pool, but she landed on the edge and lived! It will be ok! It doesn't take long for them to relax and know your yard. Soon they'll be laying under bush just enjoying the breeze! They need this time to run, forage, and indulge on bugs and greens. This is a very important part of their mental and physical health to be happy and productive birds. So don't be a chicken, let them be a chicken!

By contributing writer and first time flock owner:

Lauren Widemire

Enjoying the fruits of your labor!

It's canning and pickling season so here's a recipe just for you, because sometimes it is about YOU!

.bamboo steamer .mason jar

.8 eggs .15 oz can of beets

.1 cup of sugar .1 cup of apple cider vinegar

.sliced onions, garlic, cloves or cinnamon to taste (optional)

Rinse your eggs under warm water and steam for 20 minutes. Then plunge them into ice water. Peel the eggs and put them in the Mason jar. Mix the beets, sugar, and vinegar in a saucepan and warm so the sugar melts, let it cool. Spoon the beets in the jar on top of the eggs and pour in the liquid. Be sure your eggs are covered in the liquid. Put the jar in the fridge and wait. It will take about 3 or 4 days for the brine to reach the yolk. **Enjoy!**



A Peek Inside



Be looking for our next newsletter which will cover the winter months ahead, seasonal items and recipes! Don't forget to email us your Sacred Space and check out our Etsy shop! Enjoy your fall Y'all!



A Sacred Space

There is no doubt that after spending a few moments with your flock your blood pressure lowers and you feel Zen. Men have “man caves” or garages for their escape. Us chicken folk, well have our coops! This sacred place connects us all, it's something we have in common, a shared passion. Something we love to talk about, think about and decorate! We would love to see yours and share it in our Newsletter! If you would like to have your coop featured send us some pics, tell us a little bit about who you are, introduce your flock, but most of all your sacred space! If selected to be in the next newsletter you will receive a Cedar Crest Farm Goodie bag with Seasonal Flock Herbs, Cricket Cuisine treat bag and a Healthy Scratch sample!

De Luce Coop

Flock Keeper: Lauren Widemire



This seasons Sacred Space Is “De Luce Coop” the home of 10 Eggstraordinary Hens! Lovingly dubbed as the “Fairy Tale Coop”. It got its name from the owner's beloved dog Lucy who passed during its construction. The coop is 13'x8' with a 16'x8' welded aviary off the back and built by her husband and father. It's fully insulated inside with two ventilation fans in the ceiling and 4 windows. Trimmed with cedar, an old ladder to dry herbs on, the nest boxes are old hat boxes from the 1800's and it has a crystal chandelier! The roost is a tree the owner cut down from their yard, Au natural! The roof is old slate tile and it has a copper cupola. This sounds more like a real estate listing than a chicken coop! It is her favorite place to be and favorite thing to talk about! All 10 Hens were picked up at 2 days old from our farm and are extremely friendly, more like dogs than chickens! It is most defiantly “a sacred space”! Thanks for sharing Lauren!