

Local News from Idaho's Bounty

January 2010

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2010 Board Members

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Idaho's Bounty would like to welcome our new board members.

Clarence Stilwill
Kaz Thea
(re-elected, secretary)
Jami Adams
(re-elected)

These following members will continue to serve their terms.

Kelley Weston
(President)
Chris Williams
(Treasurer)
Tim Sommer
Mike Heath

The Co-op would like to recognize and appreciate the expertise these seven board members bring to the organization and for generously giving their time in guiding the Co-op.

Hello Idaho's Bounty Co-op member,

Welcome to 2010 - when making your New Year's resolutions, don't forget to consider spending more of your grocery dollars on local food. Check out what Idaho's Bounty's goals and projects are for the coming year!



- Expand product selection to offer more shopping choices
- Improve website for easier shopping (clarity to product descriptions & producer practices)
- Provide more opportunities to shop local foods
- Continue to act as a resource for other food Co-ops and to help them start their own online Co-op
- Strengthen our local foodshed by selling more of our producer's products in state
- Raise 50k to cover our 2010 expenses
- Continue to grow sales to reach break even by 2011

We look forward to this 2010 journey with you, our fabulous members. Thank you for your orders!

Byte of the Month: Review Your Invoice

HAVE YOU EVER . .

Received items in your Idaho's Bounty bag that you didn't think you ordered?

Missed items you thought you ordered larger quantities of?

An easy way to avoid this is to follow the below steps when you are ordering.

Click on the "View Invoice" link before you logout.

Take a look at all your items here and make sure:

- That you didn't forget anything on your grocery list
- That you have the correct quantities
- That you didn't order anything you didn't mean to

This will help your basket be exactly what you'd like it to be and help the Co-op not to end up with mis-ordered items.

We appreciate your help!

Producer of the Month: Golden Premier Farms



Meet our newest egg producers, Norman & Beverly Kump of Golden Premier Farms out of Jerome.

Egg Production Questions Answered

Q: Why aren't there always eggs available to purchase on Idaho's Bounty?

A: Chickens molt, usually in the late fall/early winter, and in the heat of summer, which slows production and causes them to lose their feathers, then grow new ones. Molting occurs to give chickens a rest, and to avoid baby chicks being born in difficult conditions.

Q: I've noticed differences in the color of the egg yolks...why?

A: Egg yolk color varies by variety of chicken, but is most affected by diet. In the summer when chickens have access to grass, fresh greens, and insects, their yolks will be more orange in color. In the winter their amount of greens usually declines, and may result in a more yellow colored yolk.

Thanks to Norm Kump and Tona Stilwill of Fair Mountain Farm for answering our egg questions!



Norm, 61 and retired from his career in construction, has been in the egg business on and off through-out his whole life.

It started when Norm was a young boy in Jerome, after his dad broke his back, had surgery and was down for 10 months. In a tight financial situation, Norm's mom worked, and 11 year old Norm, in addition to his paper route began raising chickens and selling eggs. He got the chickens from neighbors who taught him how to raise them, and he soon began selling the eggs to neighbors and friends. He learned to mix his own feed using whole grains, and gave all the money to his mom. Norm sold eggs almost through high-school - for about 6 years total. After graduating from Rick's College in Rexburg, Norm went on an LDS mission to Ohio, where he also started an egg route.

Norman and his wife Beverly have been back in Jerome for about 5 years. They bought an 80 acre farm, remodeled it, added a shop and barn, a green house and an art room. They have again been raising chickens for eggs for just over 2 years.

Norm is diabetic and enjoys eggs so he wants them to be as healthy as possible. He continues to mix his own feed from whole grains that have been cleaned to remove the culls and outer shells. The feed consists of wheat, oats, minerals, oils, sunflower seed, organic non-GMO corn & soy, and alfalfa. When the Kumps water the grass, they glean the earthworms to feed them to the chickens for an extra treat. In the summer the chickens also eat bugs and grass.

The Kumps currently have 30 hens, a combination of three breeds - Golden Sex-Links, Rhode Island Reds, and and Buff Warrington - all brown egg producers. They used to sell to friends and neighbors who came to their house, but now that they can offer their eggs to Idaho's Bounty customers they plan to increase their flock to 100 hens to meet the demand for eggs.

The chickens mostly stay indoors in the winter, because walking in the snow can cause foot problems. They go out some days when it's nice and warm, but are mostly in their heated, well-lit barn.

Norm and Bev don't use any chemicals or detergents to wash their eggs, because they can be absorbed into the egg through the porous shells. Norm disagrees with using cleaning agents as is normal practice with commercial eggs.

When people come buy eggs from norm, they want to know, "What's the difference between your eggs and eggs at the grocery store?" The difference is:

- *Higher quality and freshness:* Eggs are often 4+ weeks old in the store. To test the age of your eggs, place one in a jar of water, if the egg sinks, it's fresh, if it floats it's at least 6 weeks old.
- *Taste:* There is a huge difference in the taste of Norm and Bev's eggs vs. commercial.
- *Health:* We are what we eat, and so are the animals. Unhealthy food creates unhealthy animals, and pasture raised chickens produce eggs with lower cholesterol and saturated fat and higher vitamins A and E, omega-3 fatty acids, and beta carotene.

Bev and Norm are enjoying their new greenhouse and art room, and are happy to continue on their tradition of raising chickens. They are also raising rex rabbits and plan to sell the meet as soon as their kitchen is commercial certified. Keep your eyes out for that treat, and in the meantime continue to enjoy your fresh eggs.

Volunteer Spotlight: Gay Riley



Idaho's Bounty Potluck

Thursday,
January 28.
Ketchum.
6:30 pm.

**The residence of
Dale & Peggy
Bates.**

More details to
follow.
Please bring a
local dish to
share. Don't
forget your
serving utensils!



Gay has been volunteering with us since last winter. Though we all come to delivery days anxious to taste her gourmet lunches, which she is so generous to prepare weekly, her long time experience with event planning has been instrumental in helping us orchestrate our best and biggest events: our Dinner in the Field and the Taste of Idaho's Bounty. Gay brings a fabulous smile, a great attitude and works incredibly hard to help the Bounty. We couldn't be more grateful.

From Gay . . .

As Steven McFadden says in *The Call of the Land: An Agrarian Primer for the 21st Century*, "Agriculture is the foundation of our civilization. Everything else depends on our ability to meet the primary needs of clean food and water." I couldn't agree more.

What excites me the most about helping Idaho's Bounty bring local food to local people, by participating in the weekly sorting and distributing, is that it lets me be a direct link between our farmer/producers and our member/consumers. What could be more immediate and rewarding?

I think we can all appreciate - intellectually - how important it is to move toward shopping more seasonally and much closer to home. But what I want everyone to know is how great the Idaho's Bounty food is. The freshness, the taste, the variety, the quality. I am sure that anyone who experiences it would be an immediate convert.

Again, from McFadden, "We need to find a way to eat well and wisely into the future". We all need to be full participants in that future.

My life in the valley? Family, friends, food. And, of course, some work, outside play and a little knitting.....

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Thanks Gay!

Photo by [Paulette Phlipot](#)

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