



Farm & Garden Newsletter

Hi friends,

Happy May! Our season is in full swing at Sunrise Ranch. The greenhouse is fully planted for the season. Tomatoes, eggplants, peppers, and cucumbers are all growing fast. I ate my first ripe super sweet cherry tomato this week and it was amazing. We look forward to sharing tomatoes with all of you in the coming weeks.



It's been an interesting start to spring this year in the garden with all the rain and snow. Derik and team are working hard to transplant veggies when it isn't raining. They planted 1,500 strawberry plants last week!

I hope you will come visit us at the market for produce, plant starts, grass fed beef & lamb, and breakfast burritos.

We will be at the **Larimer County Farmers Market** starting Saturday, May 22.

Saturdays
9 a.m. - 1 p.m.
200 West Oak Street
Fort Collins, CO

We will also be at the **Loveland Farmers Market at Fairgrounds Park** starting Sunday, June 6.

Sundays
9 a.m. - 1 p.m.
700 West Railroad Ave.
Loveland, CO

There is one change to the market for us this year. Chris and I will be training a new team to work the farmers markets this summer. It is bittersweet for us. We absolutely love connecting with our local community each week, but we need to spend more time growing produce for you in the greenhouse.

Bruce, A.J., Jewel, and Catherine will be running the booth in our place. I know they will do an excellent job.

We will miss seeing all of you each weekend, but you will still see Chris and me at the farmers market from time to time.



Do you want to start your own garden this year? Check out all of the plant starts we have at our [online store](#): peppers, tomatoes, herbs, and flowers. We will be bringing plants to the farmers markets as well.

We are getting closer to opening the farm stand on the Sunrise Ranch property. This week Chris, Brian and I are installing the installation for a walk-in cooler for all of our veggies. Our plan is to have it open soon. We will post on our social media when it is officially open.

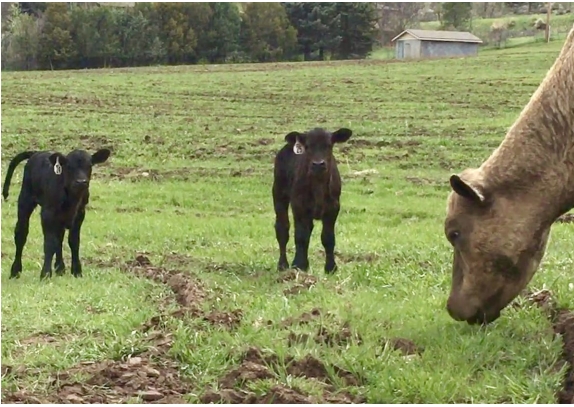


If you want to get your hands dirty and learn about growing food. We are inviting volunteers to come help in the garden and greenhouses this season. We especially need help with harvesting on Fridays. [Apply online](#) if you are interested in helping out and learning all about growing your own food.

Follow us on [Instagram](#) and [Facebook](#) for the latest updates on farmers markets, the farm stand, and greenhouse and garden production.

On The Ranch

I went and found Sarah on the ranch to see what's happening with our animals and pastures.



This spring, we are all about the calves. We've already had two calves born early! Our calves decided to start making their appearance on April 29. The due date was May 24th! Calving started a bit earlier than we anticipated but all calves are healthy and doing amazing! And did I mention adorable?

The pastures have been getting some well deserved attention compliments of the yeoman plow.

A huge thank-you goes out to Patrick Padden for all of his help and expertise, and for doing a lot of tractor driving.

Keyline plowing cuts thin rows into the soil, increasing water filtration, and distributing water more evenly across the land. Keyline design helps increase vegetative growth and increases diversity of plant species.



And finally, we have started processing our beef and plan to refresh our inventory by the end of June. Email us at sunrisebeef@sunranch.org to get on our waiting list for quarter beef packages.

Online Store

We have made ordering super easy! You can take the beautiful drive out to us (just 18 minutes from Lake Loveland) or we can deliver!

\$15 off orders of \$100 or more in May

PROMO CODE: MAY21

\$10 off orders of \$100 or more in June

PROMO CODE: JUNE21

This applies to all items: beef, lamb, vegetables, garden plant starts, pantry items, prepared meals, and soaps and candles!

[Order for Delivery or Pick-up](#)

In the Kitchen



Chris here.

With all of the aromatic herbs coming out of the garden, I want to share a tip from my kitchen to yours.

One of my favorite ways to add flavor to our food is to infuse butter or oil with our fresh herbs. Rosemary added to some olive oil can make any dish taste better.

My personal favorite thing to do is to make sage brown butter. Simply melt some butter in a shallow pan and add some sage; the more you add, the stronger the flavor. Sauté on low until the butter starts to take on a golden-brown hue. You can then strain it or just add it to whatever dish you are making.

Lettuce wraps with some of our steak and sage butter is one of my regular go-to meals. Try it out!

Thank you so much for your continued support,

Jackie Alvine
Greenhouse Manager

Chris Browne
Assistant Greenhouse Manager