

What is Your Color?



This year, Lone Star Family Farms did a Real Colors® workshop with all employees. Real Colors® is a personality type test that identifies four personality types common to all people using the colors Gold, Green, Blue, and Orange. Through the test, all participants gain an understanding of the four colors, discover where they fall as an individual on the Real Colors spectrum, learn to recognize characteristics of each of the four colors, and

discuss with each other what it is like to be each color. This was a value add to our employees that gave them a better understanding of themselves and their fellow peers to know how to interact better with each other. It was entertaining as well as it has proved to be a useful tool to all of us that we bring up on a regular basis.

Since 1993, over 1.5 million people in businesses, professional organizations, universities, and government agencies throughout North America have used Real Colors and its principles to improve and enhance their personal and professional relationships. The techniques learned through Real Colors can help bring about lasting, positive change, resulting in higher levels of success for all.

You can learn more about Real Colors® at: realcolors.org

Recipe from Stephanie's Kitchen



Pork and Hominy Stew

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| 2 tablespoons olive oil | 2 tablespoons chili powder |
| Pork Roast cut into 1 inch cubes | 4 cups chicken broth |
| 1 onion chopped | 2 cans hominy, drained and rinsed |
| 4 garlic cloves minced | |

In a large pot, heat the olive oil on medium high heat. Add the pork, season with salt and pepper, and cook until pieces are brown, about 8 minutes.

Remove pork from pot and add the onion and garlic. Season with the chili powder and sauté until soft, about 4 minutes. Add 2 cups of the broth and cook, stirring and scraping up the browned bits. Add the meat and remaining 2 cups of broth and stir together. Stir in hominy and mix well. Let simmer on low heat for 1 1/2 hours. If more liquid is needed you can add water into the pot.

Serve with cornbread or tortillas chips.

First Aid CPR AED Certified



Sometimes you just never know when you might need the skill to administer CPR. Lone Star Family Farms employees took some time in February to become certified First Aid CPR AED. Each trained at the Moore County Hospital and now carry their certification cards for verification of their certification.



Certified 7 years for Environmental Cropland

Certified 6 years for On Farm Security

NON GMO Project Verified

Lone Star Family Farms has become a source for NON GMO Project Verified corn. You see it on the products you purchase at the store and may wonder what that means. When you purchase a product with this label, you are buying a product that has ingredients that have 0.9% or less of genetically modified sources. For the farmer, that means that in order to be NON GMO Project Verified, you must first plant a NON GMO seed. When harvesting, you must check every truck load of corn through specific processes and procedures using approved tests to determine if your corn is 0.9% or less NON GMO. The data from each truck tested is submitted to the NON GMO Project for their review prior to giving approval to use their logo for our product. Having a NON GMO Project Verified label does not necessarily mean that it is healthier for you and your family. That is a topic up for discussion for many and is a personal decision you must research for yourself. We have choices in our country and we must be thankful we have the right to choose the food we eat. At Lone Star Family Farms, we help provide those choices.

-Rebecca Crownover





Summer Fun

To end the busy summer of irrigation and to kick off the beginning of harvest, all employees and their families joined together at the Sunray Swimming Pool for some relaxation and fun.

Annual Christmas Party

Lone Star Family Farms hosted its annual Christmas party for the employees on December 19th. Below are the winners of the Irrigator of the Year awards as well as some pictures from the party.

**Irrigator of the Year:
Highest Yielding White Corn**



Josh May

**Irrigator of the Year:
Highest Yielding Yellow Corn**



Martin Espino



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