

Murphy Farms Rebuilding

Murphy Farms Has Rebounded from the Storm with New Products and a New Store in Walters

After a devastating storm in May, Murphy Farms has rebounded with several new products and a new on-site store at the farm, five miles west and one mile north of Walters on Hwy 277/281.

Expanded products include baked goods from certified organic milled grains, grass-fed beef, and hydroponic green vegetables. Old favorites are still for sale at the Murphy Farms Store: Heirloom fruits and vegetables, raw honey from their own bees, and homemade preserves.

Store hours are 6:00 am to 8:00 pm every day.

Join the **VIP Text List** by texting **88202** and entering "murphyfarms"

Website: <http://www.murphyfarmsorchard.com>

Facebook: <https://www.facebook.com/murphy.farms.3>

Home-grown "real food" is a key to good health. Dr. Birdwell encourages everyone: *"Take advantage of this local treasure and visit the Murphy Farms Store soon!"*



Artisan cherry tomatoes, grass-fed beef and hydroponic lettuce at Murphy Farms

Gazpacho: It's Salad In A Bowl

FEATURED RECIPE



Chilled Gazpacho Soup is a refreshing and healthy dish that's quick and easy to make. Try Terri Bartlett's simple recipe.

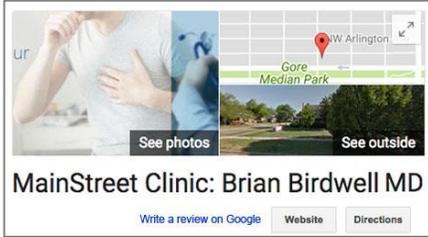
Ingredients

- 1 small-med. red bell pepper
- 1 small-med. green bell pepper
- 1 medium cucumber, peeled
- 1 medium carrot, peeled
- 2 or 3 green onions (w/about 1 inch of green tops left on)
- 2 stalks celery
- 1/4 cup cilantro, chopped
- 1/2 tsp finely chopped jalapeno pepper
- Juice of one lemon
- 1/2 cup cold water
- 1 28-oz. can diced tomatoes
- 1 large avocado (should be ripe, but still firm)
- Salt and pepper to taste

[Instructions on back page](#)

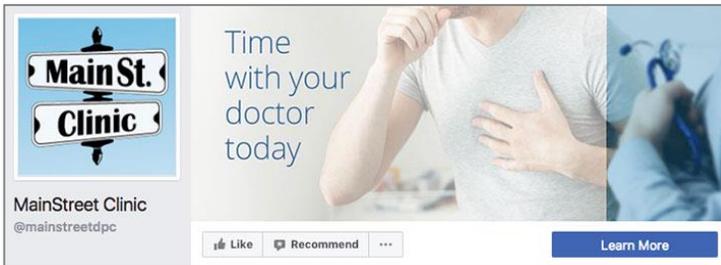
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Featured Recipe: Terri's Gazpacho

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Chilled Gazpacho Soup is a refreshing and healthy dish that's quick and easy to make.

Instructions

Chop the bell peppers, carrots onions, cucumber, and celery into large pieces. Place in a blender or food processor. Add the lemon juice, water, and cilantro. Blend to desired smoothness (I like my gazpacho "chunky"). Add the tomatoes, jalapeño, salt and pepper, and "pulse" the blender for about 5 seconds more. Chill for at least an hour before serving; the colder the better! Provide slices of avocado for garnish. Serves 6.

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