



April 11, 2007

News and Views

Phone: 250-579-9617
 Fax: 250-579-9618
 Toll Free: 1 866 579-9617
 E-mail: thistlefarm@telus.net
www.thistlefarm.com
 710 Dairy Rd.,
 Kamloops, B.C.,
 V2B 8N5



Promoting health and protection of the environment through education and the provision of quality organic produce from our farm to your table.



News from the Farm:

With the effects of global warming so much in the news these days one of the concerns that is shared by many is sustainability. As weather patterns and traditional areas of food production change the cost of importing food will likely increase. This is something that should be considered by all levels of government when planning for urban or industrial development. A recent study sponsored by the Ministry of Agriculture and Lands, based on production and consumption information from 2001 states that B.C. farmers produce 48% of all foods consumed in this province. This includes dairy, meat and alternatives, vegetables, fruit, and grain for food. Given today's production technology it takes over half a hectare of farmland to produce the food for one person for one year. To produce a healthy diet for the projected BC population in 2025, *farmland with access to irrigation will need to increase by 92,000 hectares or 49% over 2005 levels.* It is easy to see that B.C. has a long way to go before it can be self-reliant. In Kamloops, there are several organizations that promote food sustainability. The Kamloops Food Policy Council has been working for many years toward this objective, providing community gardens, kitchens, skill training and awareness. They in turn are providing assistance to a new initiative to form a Co-op whose goal is to market and provide locally grown food. This initiative was spearheaded by Jill Watt, Deb Nicolson and Maria Mazzotta and has already made great strides toward this goal. Called Heartland Foods and Farm Tours they will focus on encouraging local stores and restaurants to buy food grown and produced in this area. It is important that these initiatives are supported so that we do not lose the ability to be at least partially self sufficient for the well being of future generations. They will also be promoting local farms that want to be part of the agritourism sector. Office space is being provided by Food Share and if anyone would like more information you can call Jill Watt @ 250 319-2367.
 dk



Blood Oranges

Citrus fruits have been cultivated in Italy since ancient times and blood oranges are considered the hallmark of Sicilian fruit. They get their name from the red pigment in their flesh which contains anthocyanin.

The Sicilian Red orange is connected to its natural [Mediterranean](#) environment, resulting in fruit with superb flavor that cannot be replicated. These factors position Sicily as the largest producer in the world. It is also why the European Union recognizes the Eastern Sicily area as a Protected Geographical indication, Arancia Rossa di Sicilia, for cultivating Tarocco, Moro and Sanguinello varieties.* Blood oranges were brought to the United States in the 1930's and California and Texas now grow several varieties

Blood oranges contain about 130 % of the RDA for Vitamin C and because of their red pigment contain antioxidants. Oranges also contain potassium and dietary fiber. Blood oranges are slightly less acidic than navel oranges and usually have a sweeter flavour.

*wikipedia

Baby Spinach with Blood Oranges,

Gorgonzola and Toasted Walnuts

Serves 6

7 oz. Baby spinach
 3-4 Blood Oranges (4 sliced, 2 juiced).
 1 1/2 tsp. Sugar
 1/2 Cup Toasted Walnuts
 4 oz. Gorgonzola Cheese

Method:

Slice the oranges into 1/4" slices. In a large bowl toss the spinach and dressing.

Dressing:

Squeeze 2 oranges into a bowl and add sugar, salt and pepper. Whisk in the olive oil and taste to adjust seasoning.

Assembly:

Arrange the tossed Baby Spinach in a small mound and place the sliced oranges (great served warm with the spinach) on each plate and top with small chunks of Gorgonzola. Sprinkle with toasted walnuts and serve immediately.



Did you know that eating fruits containing vitamin C helps your body absorb the iron in spinach?