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News and Views

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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:

Life is starting to get pretty busy at the farm. Dieter has most of the vegetables started in the greenhouse and a lot of the earlier plantings are doing very nicely. The basil, peppers and tomatoes are thriving and are beautiful already. Unfortunately, we lost some of our onions when the temperature dipped to -7 a few weeks ago, but most of them are coming back and should recuperate within the next week or two. A lot of our bedding plants this year will be going to Roots to Shoots which is the former Valley Supply in Barnhartvale. Otherwise, you can catch us at the Saturday's Farmers' Market starting May 12th. If you have any special or bulk orders please feel free to phone us and arrange a time to visit us at the farm.

Next week we will be receiving our baby chicks. It will be a new learning curve for us since Pat is leaving. (I am sure I will be phoning her frequently for advice!) We are doing just a small amount this year, though we plan on having enough eggs to continue putting them in the boxes. We will also be doing only enough meat birds for ourselves and will see how it goes as far as managing the poultry before deciding to do more. We are still bringing in a couple dozen turkeys and depending how well things go we should have quite a few ready for Thanksgiving. Our resident geese are happy to see spring. (Gandolf, Greta and Ganse), though all their attempts to have goslings have failed. The geese have laid many eggs over the past few months, but to no avail. Our remaining Muscovy female duck, Blondie, has been sitting on eggs for the last two weeks which should be close to hatching. We are very much looking forward to seeing ducklings once again roaming around the farm. We lost several of our ducks and chickens this year due to a barn owl that has been hanging out in the neighborhood. We were first alerted to his presence when there was an horrendous amount of squawking coming from the chicken coop one afternoon. We managed to chase him from the coop with a broom, but he has been in the area ever since. I imagine he will stick around as long as the pickings are good! We will keep you posted.
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Radishes

The ancient Greeks esteemed radishes so highly that they presented radishes made from gold to the god Apollo. Nowadays in western society radishes have lost this lofty place and are viewed as a minor addition to potato or green salads and an easy vegetable for children to grow.

Radishes were grown in China about 2,500 years ago and from there they spread to Japan, then through Central Asia to the Mediterranean and finally to Northern Europe and North America. Salad radishes like French breakfast, common in North American supermarkets are grown in spring through fall, though in hotter climates they tend to bolt in the heat of the summer. Daikon, an oriental variety, are grown more like carrots and are usually only sown in early spring. They make for delicious apples with cream cheese dip or can be cooked like rutabaga and added to mashed potatoes.

Radishes are low in saturated fat and cholesterol. They are high in dietary fiber, vitamin C, folate, potassium, riboflavin, vitamin B6, calcium, magnesium, copper and manganese. 7 radishes has approximately 15 calories.

Radish Dip

2 cups of washed and trimmed radishes
 1/2 cup softened cream cheese
 1/4—1/2 cup sour cream
 1 tsp chopped chives
 Salt and freshly ground pepper
 Hot pepper sauce (optional)

Dry radishes thoroughly. Chop coarsely, beat together cream cheese, sour cream, chives and combine with radishes. Season with salt, pepper and a dash of hot pepper sauce if you like. Other chopped vegetables can be added, eg, peppers, carrots and scallions.

Hints:
 Crisp radishes in ice water. Keep roots refrigerated, they will keep about one week. Tops can be used in soups.

Please help us keep costs down and return your bins!!! Thank you!