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 Subject: this week's newsletter



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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:

Well looking after baby chickens and turkeys has definitely been a challenge. But I think after 4 1/2 weeks I finally have the hang of it. The biggest concern of course, was keeping the temperature constant when they were just a few days old and with the way the weather has been lately, this has certainly been difficult to achieve at times. Days that are up to 25 and then temps dipping down to 7 or 8 at night. However, after a few mishaps they all appear fairly hale and hearty and have been outside for the last few days enjoying the warmth and sunshine with the rest of us. After reading over some of my Pat's chicken books though, I came upon some interesting facts. And as some of you are egg customers, I am sure you will find this interesting too. Did you know that you can determine the freshness of an egg by placing it in water? A freshly laid egg has no air cell, however, the air cell increases in size as the egg ages. A fresh egg will settle to the bottom of a container of water and rest horizontally. An egg that is 1 week old will rise up slightly at the big end, and an egg that is 2-3 weeks old will stand up vertically. A very old egg will actually float, probably not advisable to eat those ones! So now if you are ever in doubt, you can get a fairly good idea of how fresh your eggs are. dk



Green Onions

Green onions are young shoots of bulb onions and are generally milder tasting. They have a white bulb end with long green stalk and both parts are edible. Green onions are great in salads, as garnishes, or can be barbecued. Onions add a wonderful flavour to many dishes, and are low in calories and cholesterol. They contain fiber, vitamin C and potassium.

Onions are part of the allium family and have been cultivated since prehistoric times. Regarded as something of a cure-all since herbal records began, onions have always been important for the health as well as the diet. Colored onions are contain the flavonoid quercetin which is thought to help fight against many diseases.

Spring Onion Soup

2 cups chopped green onions	1 tbsp lemon juice
2 tbsp unsalted butter	1/4 tsp salt
1 tbsp olive oil	1/4 tsp pepper
1 med onion, chopped	5 1/4 in -thick slices french bread
2 tbsp sherry	1 clove garlic, peeled and halved
3 cans low sodium beef broth	

5 1/4 in thick slices gruyere cheese.

Blanch the green onions. Fill a large bowl with water and ice and set aside. Bring a large pot of salted water to a boil, add green onions, and blanch for 1 minute. Transfer onions to the prepared ice bath to cool. Drain and set aside.

Make the soup. Preheat oven to 450 F. Heat 1 tbsp butter and olive oil in large saucepan over medium heat. Add the onion and cook until golden-about 8 minutes. Add the sherry and cook for 2 minutes, add the beef broth, bring to a simmer and cook for 20 minutes. Stir in the lemon juice, salt, pepper and remaining butter. Rub bread slices with the garlic, place on a baking sheet and toast in oven for 2 minutes. Top each toast with 1 slice of cheese and bake until cheese melts and the tops are golden. Add the green onions to the warm soup divide equally among bowls, and top with cheese toast. Serve immediately.

PLEASE RETURN YOUR BOXES!!!

The price of the boxes are not built into the veggie bins, so it is very important to get our boxes back every week. The price of the boxes has doubled since we have started our program and we have only increased our prices by 10%. So please return your boxes in good condition. Thank YOU!

Thank you for your support!