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## News and Views

*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:

It is with great sadness that we announce the departure of our sister Patricia from Thistle Farm. In the fall of 1994 we bought the property with her with the idea of enjoying a simple, rural lifestyle. Dieter then got bit by the gardening bug which led to the establishment of Thistle Farm in 1998. Patricia became intrigued with raising poultry and has been the supplier of all the Thistle Farm eggs. Once retired, she was able to devote more time to her painting and also took on the role of our delivery person. She has unfailingly delivered our vegetables to customers for the last 5 years with the same trustworthiness and dependability as she delivered mail to Kamloops residents for the previous 27. She has also been our premier weed wacker and her hard work will be truly missed. However, as with all relationships, there is evolution and she has decided to move on and will be living in Prince George by the end of the month. She has promised though, to not be a stranger and will be a regular visitor to Thistle Farm. Fortunately, we have many, many wonderful memories of experiences that we have shared together to tide us over between visits.

**We wish her much deserved happiness and many exciting experiences in her new venture. dk**

(ps-as we will be training a new driver, please allow for some bumps along the way! Thank you for your understanding.)



### Kiwi

The kiwi or Chinese gooseberry, is native to the Yangtze Valley in northern China and was brought to New Zealand by missionaries at the turn of the century who renamed it for their national bird. The fruits potential was soon realized and exported to California.

According to Dr. Barry Sears in his book *The Top 100 Zone Foods* kiwi has 120 percent of the RDA for vitamin C. Not only does kiwi help boost your immune system, it is rich in dietary fiber, is a good source of potassium, copper, magnesium, vitamin E and manganese. For the sweetest, fullest flavor, choose plump, fragrant kiwi fruit that yield to gentle pressure. Unripe fruit has a hard core and will have a more astringent flavor. If you do need to ripen them, leave them at room temperature for a few days or up to a week, but not in direct sunlight or heat.

Kiwi is easy to prepare and even the peel can be eaten, (just wash off the fuzz) Peel kiwi and then slice into salads, fruit dishes or make a smoothie. Flesh can be scooped out of the skin.

### Hot Kiwi Dipping Sauce

This sauce can be used as a dip for chicken skewers, buffalo wings, or as a glaze for grilled chicken, fish or vegetables. Can also be used as a dip for crackers, chips and other snacks.

2 tbsp red bell pepper, chopped  
 1/4 bunch fresh cilantro  
 1/8 small sweet onion  
 1/2 jalapeno pepper, seeded\*  
 2 tomatillos, chopped

2 tbsp brown sugar  
 2 tbsp green jalapeno pepper jelly  
 1-2 kiwis, peeled and mashed with a fork  
 1 tsp fresh lime juice

Place the bell pepper, cilantro, onion, jalapeno pepper, tomatillos, lime juice, salt, brown sugar, and jalapeno pepper jelly in a blender or the bowl of a food processor. Blend until all ingredients are smooth. Pour the blended mixture into a bowl and add the mashed kiwifruit. Stir until well combined.

\*wear rubber gloves when seeding hot peppers.



Kiwi has enzymes that act as a food tenderizer. When adding to fruit salad, add kiwi at the last minute.

**PLEASE RETURN YOUR BOXES-THANK YOU!!**