



March 7, 2007

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



## 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:

This past winter has been a busy one at Thistle Farm and we are very happy to say that we have accomplished many long overdue projects. Dieter has spent most of the time since Christmas in the production shed, dry walling, putting up ceiling tiles, finishing the bathroom and starting on the upstairs. This is very exciting for me as it means I will soon have an actual office! Our sister Pat has been a tremendous help, following tirelessly behind Dieter doing the mudding and sanding. (Not a fun task!)

The downstairs has a much cleaner look now -lending itself more to the hosting of events, meetings, and will have a greater appeal to our visiting school and community groups. Our longterm goals also include a community licensed kitchen and an education centre.

There are of course, still many small finishing touches left to do, but these will hopefully be completed over the next few months. From here on in though, it is a race against time, as tasks start to overlap one another. Seeds need to be planted, the garden needs to be cleaned up, market applications need to be filled and organic recertification forms need to be sent in. It gives us a great sense of satisfaction though, to finally have this major project on the road to completion and to see our vision finally becoming a reality.



**Spinach:** This vegetable is one of the first that can be grown in the Spring and one of the first vegetables available at our local market. At Thistle Farm we are limited to growing spinach in early spring or fall as the hot summers cause bolting and germination is poor.

Spinach was the favorite vegetable of Catherine de Medici. Born in the 16th century, she left her home in Florence to marry the king of France

Not willing to give up one of her beloved vegetables, she brought along her own cooks, who could prepare spinach the way that she especially liked. Since this time, dishes prepared on a bed of spinach are referred to as "a la Florentine."

Wash spinach well as its curly leaves tend to trap sand and dirt. Slightly blanching it helps retain its vibrant color and prevents it from being overcooked. If spinach sits in water too long, it'll lose its nutrient content and flavor. And spinach is packed full of nutrients!

Fresh spinach leaves provides almost 200% of the Daily Value of Vitamin K in one cup and over 1000% of the Daily Value in one cup of boiled spinach (which contains about 6 times as much spinach). This is important for maintaining bone health. Vitamin K1 activates osteocalcin, the major non-collagen protein in bone. Osteocalcin anchors calcium molecules inside of the bone. Therefore, without enough vitamin K1, osteocalcin levels are inadequate, and bone mineralization is impaired. Spinach is also an excellent source of other bone-building nutrients including calcium and magnesium.\*

\*whfoods.org

**Spinach/Turkey Wraps**

1 pkg cream cheese	1 lb sliced turkey*
8 flour tortillas	1 jar salsa
5 oz spinach leaves, trimmed	

Spread the cream cheese on the tortillas. Place some spinach and turkey on each tortilla. Drizzle salsa over the top. Fold in one end and roll up the tortilla to form a wrap.

\*chicken can be substituted for turkey

Recipe can be modified to suit taste and amount. Diced tomatoes, green or red peppers, cheddar cheese are all nice additions.



Please help us to keep costs down and return your boxes in good condition every week.  
 Your cooperation is much appreciated! Thank you for your support!