



December 2, 2008

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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: Another year has flown by and it is hard to believe it is already December. In spite of a very slow start this spring due to the cooler temps we managed to salvage our season with a good harvest in the fall. We are still able to find the odd bit of kale and arugula to add to our salads though the deer are quickly finishing it all off. However, it is December and we are thankful that the potatoes, carrots and greens lasted as long as they did.

Since the end of market we have been busy around the house getting all those jobs done that don't get attended to over the summer. We are having the outside of the production shed finished and are busy working on the inside so that we can move the office from the house into the top floor of the production shed. I am sooooo looking forward to that! We also want to remind everyone to check out the website for the **Christmas and New Years' delivery schedules** so that you know when to expect your deliveries.

Please ensure also that you have provided protection for your produce and fruit from the elements and animals during the winter months. Many of our customers find that coolers work very well as they do both. We wish you all a healthy and restful winter season!

Dieter and Deb



Veggie of the Week-Butternut Squash

All squashes and pumpkins originated from South America and spread northward. Squash, corn and beans were the staples among Native Americans and were taken back to Europe by the Spanish invaders in the 16th century. Of all the groups in the vegetable world pumpkins and squashes dominant as far as diversity of shape, size and color. Butternut squash, part of the winter squashes, is one of the top 10 foods for Vitamin A content with 1 cup providing almost 150% of your RDA and only 63 calories. This squash is also a good source of Vitamin C, several Vitamin Bs, potassium, manganese, fiber and omega 3 fatty acids.

Butternut squash lends itself to many different dishes, from soups, to desserts. The easiest way to prepare of course, is to cut in half, scoop out the seeds and bake it for about 45min. @ 350 degrees or until tender. You can then add some butter or herbs.

Another favorite recipe of mine is to peel the squash and then cube it into 1 1/2 in cubes. Steam slowly in saucepan til almost fork tender, then transfer to a larger, more shallow pan, draining off any excess water. Add a few tablespoons of butter or some olive oil and a few pinches of curry spice. Let the squash finish cooking til tender. Add salt and pepper if desired.

If you have some other items that you are baking, you can do the same with the squash. Peel the squash and then either cube it or slice in 3 in lengths x 1 inch. Layer a buttered casserole dish with the squash, then sprinkle blue cheese over top. (The amount you use depends on how strong a flavor you want, probably not more than 1/4 -1/2 cup.) Next sprinkle about 1/2 cup of sunflower seeds and bake for approx. 45 minutes. This is a lovely combination of flavors and textures.

Did you know that organically grown crops use 25% less energy than their conventional counterparts.



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!