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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:

Over the years and especially at market during the summer months we receive numerous comments about the appearance of organic produce as it is not always as aesthetically appealing as its conventional counterpart. We understand that when someone looks at a produce display that aesthetics certainly plays a part in its appeal. However, it is necessary that consumers also understand that by their very nature organic produce will probably never look "perfect" like some of the conventional produce does. Part of the reason for this is the fact that open pollinated seeds are much more prone to variations in appearance, color and maturation dates. Seeds are harvested at the end of the season, but growing conditions change every year which is imprinted in the seed. Another factor is that open pollinated seeds are not grown in the huge quantities that conventional seeds are. Most conventional seeds companies are owned by a few major corporations which strive for uniformity as this makes for easier harvesting and marketing. Organic seeds are grown by more farmers' which increases the variability in the growing conditions, etc. The result is that organic produce may have more blemishes, less uniformity in shape, color and size and varying resistance to pests. However, the up side is that it is grown in healthier soil, does not harm the environment has more nutrients and usually more

flavour. If you would like more information on growing heritage or open pollinated seeds try Sue Stickland's "Heirloom Vegetables." It is a fascinating read not only on growing vegetables but also includes some interesting facts about their origins.



**Cauliflower:** Described by Mark Twain as "nothing but cabbage with a college education" cauliflower is almost identical to broccoli, except that it does not develop side shoots after the first harvest. Like broccoli, cauliflower was not popular in North America before the 19th century, but was widespread in Europe since the 15th century.

Cauliflower is a highly nutritious vegetable and has many nutrients that can help fight disease. This vegetable contains vitamin C and folate. Folate helps the blood work more efficiently and is often recommended to prevent anemia. Folate also plays a role in proper tissue growth and if eaten along with other antioxidants such as vitamin E and betacarotene, will help keep your immune system strong. Studies have found that three florets of cauliflower a day will provide you with 67% of your daily vitamin C requirement.

### Cauliflower Curry

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 large chopped onion             | 1 tsp ginger powder*     |
| 1 sm can of stewed tomatoes       | 1 tsp turmeric           |
| 1 sm cauliflower, cut into pieces | 2-3 tsp chili powder     |
| 2 sm potatoes, cut into cubes     | 5-6 tblsp oil            |
| 2 tsp cumin seeds                 | 1-2 cups of water        |
| 1 tblsp garam masala              |                          |
| or curry powder                   | salt and pepper to taste |
| 1 tsp garlic powder*              |                          |

Heat the oil in saucepan on medium heat. Add the cumin seeds, garlic powder, ginger powder and chopped onion. Fry it for 3 minutes or until golden brown. Once the onion is golden brown, add the tomato, turmeric, chili powder and fry for 5 minutes. Add the cauliflower, potato and fry for another 7-8 minutes. Add about 1-2 cups of water \*and let it simmer for 6-10 minutes.

\*Fresh garlic or ginger may be substituted.

\*chicken or vegetable stock may be substituted for water and gives this dish more flavour.



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