

Promoting health and protection of the environment through education and the provision of quality organic produce from our farm to your table

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News from the Farm

Though June started out rather cool and cloudy we have enjoyed some beautiful sunshine and heat during the latter part of the month. This has translated into great growing conditions for all our vegetables and by the end of the month we should be bringing new potatoes, zucchini, broccoli, kale, beets, peas, herbs, beans, and baby onions to market. Dieter and Kait are looking forward to seeing everyone at both the Wednesday and Saturday Farmers' Markets. As we mentioned in our last newsletter, we had hoped to have some little turkeys running around this month. Unfortunately nothing came of all our turkey hen's efforts and after awhile she appeared to lose interest in her eggs and left the nest. We're not quite sure whether the eggs got too cold in early May or if the male turkey just wasn't doing his job! Better luck next time! We have been extremely fortunate this year with our young WWOOFers*. We received another 3

Nutritious Nibbles

This time of year everyone loves baby potatoes. So for this month's recipe we are featuring those delicious little nuggets. Potatoes are said to be the easiest of all vegetables to grow, given that they have sufficient water. Potatoes originated in the High Andes in Peru, Columbia, and Bolivia. Potatoes were brought to North America in the early 18th century by Irish immigrants who settled in New England. Today potatoes are one of the most popular foods throughout the world.

If potatoes are eaten healthfully, i.e. without

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(from Germany) last weekend and they are all very hard workers and delightful young people. We have enjoyed many activities around the area with our young visitors. We did a day trip to Margaret Falls near Salmon Arm, a hike to the Hoodoos just a few km from the airport and another little hike to Jamieson Creek Falls. They also took in Canada Day at Riverside Park and enjoyed themselves very much. If anyone has any ideas for activities that are close to this area we would love to hear about them.

*Correction to last month's newsletter WWOOF stands for (World Wide Opportunities on Organic Farms)

butter, sour cream, bacon bits or being deep fried, they have amazing health benefits. They are a high-fiber food and offers protection against cardiovascular disease and cancer. They are also a great source of vitamin C (They were used by Spanish Explorers to prevent scurvy). Potatoes also are a good source of vitamin B6, copper, potassium, and manganese.



To enjoy all the benefits of the potato leave the peel on.

Warm Green Bean and Potato Salad

ABOUT.COM | 2009

INGREDIENTS:

- 4 cups sliced potatoes
- 2 cups fresh trimmed green beans, cut in 1/2-inch lengths
- 4 to 6 slices bacon
- 1/2 cup minced red onion
- 1/4 tsp. black pepper
- 1/4 cup vinegar (wine vinegar or balsamic vinegar are good)
- 1/4 cup extra virgin olive oil
- 1 teaspoon salt
- dash garlic powder

PREPARATION:

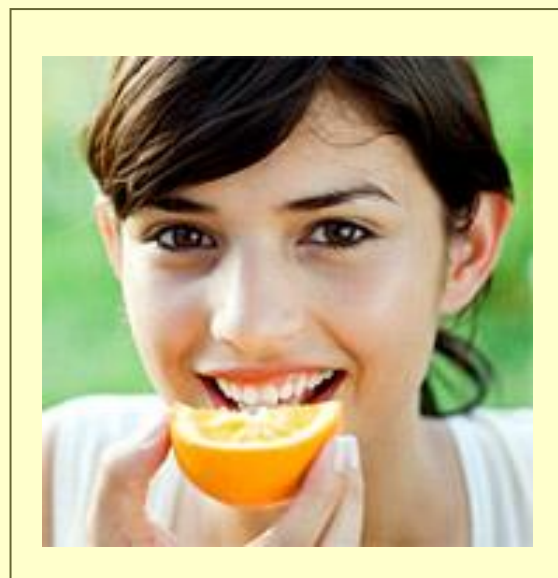
Peel potatoes, halve then slice in 1/4-inch thickness. Place potatoes in a large saucepan; cover with water. Bring to a boil; cover and boil for 5 minutes; add green beans and more water to cover, if necessary. Boil for about 10 more minutes. Fry bacon and drain; set aside. Reserve 1 tablespoon of drippings. In a small bowl, whisk olive oil and bacon drippings slowly into the vinegar; add salt, pepper, and garlic powder. Pour over vegetables. Crumble bacon over and toss gently. Taste and adjust seasonings. Serve warm or room temperature.

C Your Heart

Women's Health | 2009

Treat your beat: Young women who consume the most vitamin C have the healthiest blood pressure number *Nutritional Journal* reports. The study tracked 242 female volunteers for 10 years until they were 18 to 21. The blood pressure of those with the most vitamin C in their bloodstream was four points lower, on average, than that of women with the least. The vitamin decreases levels of C-reactive protein, a marker of inflammation (one cause of hypertension) says study co-author Gladys Block, Ph.D., of UC Berkley.

“Young women who consume the most vitamin C have the healthiest BP numbers.”



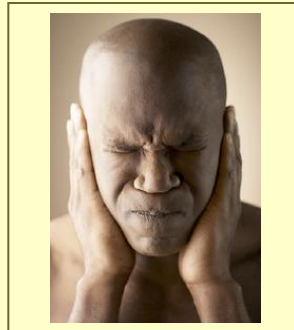
Silent Treatment

One of the advantages of living on Thistle Farm is the opportunity we have to interact and enjoy our beautiful surroundings. Listening to birdsong in the early morning hours, watching the deer graze on the hillsides, and enjoying the buzz of bees as they search for honey enables one to witness firsthand the amazing beauty and complexity of life. In addition to the pure aesthetic pleasure there are also many other health advantages to living and working closer to nature. In fact it has been found that noise pollution i.e. construction, honking cars, and roaring air planes is very detrimental to human health.

Sudden noise triggers a fight-or-flight response: The heart pumps harder, blood pressure rises, and the body releases stress hormones including adrenaline and cortisol. High levels of cortisol have been linked to impaired cognitive performance, blood sugar imbalances, and increased abdominal fat. It is the inability to predict the sound that brings on the response.

In 2007, researchers in Europe monitored nearly 5,000 people who lived close to six major airports, measuring their blood pressure as ambient noise rose and fell. "The higher the noise levels, the higher the risk of hyper tension (a major risk factor for heart disease)," explains study leader Lars Jarup, Ph.D. Even when the participant slept through a take-off or landing, their blood pressure rose.

From this study other researchers have found that 3 percent of all fatal heart attacks can be attributed to noise. Another researcher found that 4,000 in California alone die prematurely each year due to noise pollution. Talk about the opposite of a "silent killer"



3 percent of all fatal heart attacks have been linked to noise pollution

Women's Health 2009

How to noise proof your health:

- Sleep with earplugs
The clatter you cannot control is more stressful than the noise you can control. Block noise out and get a good night sleep with some good ol' earplugs.
- Get Zen
Try to enjoy more quiet time during your day. Go for a hike or a walk and enjoy the sounds of nature. You can even spend the day with Mother Nature while helping weed the garden at Thistle Farm. Come see how your food is grown, get lots of exercise and enjoy the beautiful North Thompson Valley. Volunteers are always welcome at Thistle Farm!



Warbler at Thistle Farm

Local Events

Sun Peaks 2ND Annual Wine & Culture Festival

Location: Sun Peaks Resort

When: July 17 – 19

The 2nd Annual Wine & Culture Festival is a collaboration of British Columbia's boutique wineries, local cuisine, arts and crafts, and the symphonic sounds of ensembles from the Kamloops Symphony Orchestra. Set amid the renowned Alpine Blossom Season, the Wine & Culture Festival is sure to tempt all of your senses. Activities include performances by the Kamloops Symphony Orchestra, Art Shows, Quilting Class & Quilt Show, Salmon Barbeque, interactive wine seminars as well as a craft & Farmers Market.



Look for us at the Sun Peak's Farmer's Market

For more information please contact the Sun Peaks Activity and Information centre.

Phone: 250-578-5542

Email: activities@sunpeaksresort.com

Quick Facts

Did you know that the economic impact of farmers' markets in B.C. is over \$118.5 million and nationally it is \$3.09 billion.* By supporting your farmers' markets you are supporting your community and that benefits everyone!

*2006 UNBC study of 105 farmers' markets in B.C.

Sugar beet grown and processed in Alberta by Rogers Sugar will now be genetically engineered. This is in spite of over 4000 emails, letters and cards sent to the company to protest this decision. However Monsanto's huge lobbying efforts have convinced the sugar companies to use GE sugar beet due to its resistance to Roundup and its promise of easier weed control. Because processed food ingredients in Canada are not labeled it makes it harder for consumers to know what is going into their food. Communities are asked though to encourage their local bakeries and confectionary makers to reject GE sugar. For further information contact the Canadian Biotechnology Action Network at www.cban.ca/sugarbeet.

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to return*



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