



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

Thistle Farm, 710 Dairy Road, Kamloops BC V2B 8N5 (250) 579-9617

News from the Farm

In spite of the unseasonably cool temperatures, we have had a very productive spring.

In March we received two energetic WWOOFers (Willing Workers on Organic Farms) who assisted greatly in the construction of our two new greenhouses. Soon after Dieter started his planting and we are now in the midst of preparing the fields to transplant all the seedlings.

In addition to that we were able to finish our production shed this winter. This involved the completion of our office and accommodation for our WWOOFers.

We are also thrilled to have my sister, Patricia, back. She finally left Prince George to find some nicer weather here in Kamloops. Patricia is an amazing asset to this farm. Our daughter Kaitlin is also back to help for the summer season. She

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will be assisting with Dieter at market and me in the office.

We also have finished our spring farm tours. Westmount Elementary came out May 13 with 40 students consisting of grade ones and grade threes. They visited the baby chicks, turkeys, and learned about the greenhouses.

The latest good news at the farm is that our turkey hen is nesting and soon we will be grandparents!!

Nutritious Nibbles

For this week's recipe we have chosen spinach. Spinach was first cultivated by the Persians in what is now known as Iran. It came from Central and South-west Asia and wild varieties are widespread through Asia, North Africa, Iran and Europe. Spinach is to be grown as a cool weather crop in rich, moist soil.

Leafy greens are tasty and nutritious. Spinach boasts such health benefits as protecting against osteoporosis, heart disease, colon cancer, prostate

cancer, breast cancer, arthritis, and other diseases. (For more information of health please visit WHFoods.com)

Not only is spinach healthy but it is also delicious. It can be used in salads, soups, pasta dishes and almost anything else. The recipe we have chosen is simple, delicious, and nutritious.



Spinach and Sundried Tomato Frittata

SELF | April 2007

Yield: Makes 4 servings

Ingredients

- Vegetable oil
- 2 teaspoons olive oil
- 1 small shallot, chopped
- 1 cup packed fresh spinach, chopped
- 4 whole eggs
- 4 egg whites
- 8 sun-dried tomato halves, chopped
- 1/2 cup grated Asiago
- 2 tablespoons chopped fresh basil

- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 4 slices whole-wheat toast

Preparation

Heat oven to 425°F. Coat 4 small baking dishes with vegetable oil. Set aside. Heat oil in a large pan over medium heat. Cook shallot until soft but not brown, 2 to 3 minutes. Add spinach; cook 2 to 3 minutes. Remove from heat. Lightly whisk eggs and egg whites in a bowl. Stir in sun-dried tomatoes, cheese, basil, spinach mixture, salt and pepper. Spoon into baking dishes; bake until firm in the center, 12 to 14 minutes. Serve each with 1 slice toast.

Going Bananas Over Organics

We have the pleasure of announcing that soon we will be receiving fair trade, certified organic bananas from Peru. This has been made possible by the efforts of Randy Hooper from Discovery Organics and his team.

Randy and his team spent most of their time in Piura, as well as the towns of Sullana and Salitral, hunting down banana cooperatives.

What they discovered is that the “these hardworking people have devoted their lives to growing bananas, joined together in cooperatives, proud, hard-working, humble, living in poverty, not even knowing wealth. Nearly every banana

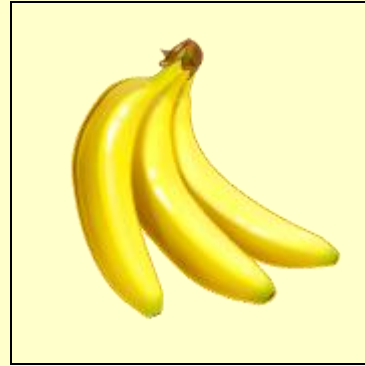
grown in northern Peru is certified organic, and 90% of the production is controlled by one major U.S. Corporation who controls the production, movement of product, payment and price. Yet, these proud cooperatives, BOS SQS, APPBOSA, APPBOSJ, APBORT, CEPIBO etc have been pleading, with the world organic community, and with their corporate “masters” to allow them to market their own product – to be proud to put their own names on their boxes – to let the world know who they are and it is them, and not a US corporation, who grow these beautiful products.”

“...this is totally revolutionary what we are doing.”



Nearly every banana grown in northern Peru is certified organic

The Asociation de Bananeros Organicos Solidarios de Salitral, Querecotillo y Santa Cruz (BOS) are today packing a full container of fair trade organic bananas, trucking them to Paita, set to arrive in Vancouver on June 8th. We at Thistle Farm are proud to be in business with partners like Discovery Organics who make a special effort to ensure that the product you receive is grown under ethical conditions.



Local Events

Farmer's Market

We attended our first farmers market of the season on May 16th. The vendors offer a variety of products from bedding plants to fresh fruit, vegetables, meat, baking, eggs, and dairy products. There are also specialty items such as locally made noodles, salsa, condiments and even dog treats. The farmers market runs from April till October.

Availability:

Saturday 8:00 am to 12:00 pm

Wednesday 8:00 am to 2:00 pm

Location:

Saturday: 200 block St. Paul Street

Wednesday: 400 block Victoria Street

Relay For Life

Once again Thistle Farm is donating fresh produce to the participants of Relay for Life. We are very proud of our contribution to this event as like many others we have been touched by cancer in our family.

The Canadian Cancer Society *Relay for Life* is a celebration of survival and a tribute to the lives of

loved ones who have been touched by cancer.

Teams of people commit to raising funds and fighting back against this disease as they participate in a 12 hour non-competitive relay by taking turns walking, running or strolling around a track in your community.



You can sign up to team captain, team member, survivor, volunteer, or donate on the Canadian Cancer Society's website.

Date:

Saturday June 13th, 2009

10am – 10pm

Location:

Riverside Park, Kamloops

If you have any questions please contact

Kamloops *Relay For Life*

Nancy Plett

Phone: 250-374-9188

Email: kamloopsrelay@bc.cancer.ca

Tar Sands and Oil Shale Production

Tar Sands and Oil Shale production are two of the dirtiest forms of extracting oil from the earth. Tar sands oil production generates almost three times more global warming pollution than does conventional oil production. Tar sands oil production is already the single largest contributor to the increase in global warming pollution in Canada. It is so polluting because of the enormous amounts of energy needed to extract, upgrade, and refine the oil. It takes 5 barrels of water and enough natural gas to heat a home for one to five days just to create 1 barrel of oil. And yet the

Canadian government's most recent fiscal budget includes plans for a Major Project Management Office to "streamline the review of natural resource projects, and cut in half the average regulatory review period..." * So much for our government's environmental initiatives.

*The Tyranny of Oil by Antonia Juhasz



Reminder

Delivery Bags

As some of you may have noticed we have begun using brown paper bags for our deliveries. This is partly to reduce our use of plastic and partly due to the poor return on the plastic bins and having to absorb that expense as even the deposit does not cover the cost of more than two bins. We do appreciate having the brown paper bags returned, although they can also be recycled. Those customers that do occasionally receive the plastic bins PLEASE return them.

Thank you very much for your co-operation!

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