



Vale Farms Fall Newsletter

Nov 2008

What a busy fall! Our garlic crop for next year has been planted (with this years crop completely sold out!), and we've just finished winterizing our water lines and one irrigation reel – just in time for the cold weather! We managed to pick more sea buckthorn berries this year than ever before giving us a record number of nectar bottles, but we are already almost sold out!

Some high winds this summer caused quite the havoc after blowing numerous trees over onto our fences. Many of Don and Charles' hours were spent cutting through the tangle of branches and trunks in an effort to restore the power to our electric fencing systems.



As a trial for next year, we have planted 100 acres of spelt grain (for human consumption!). Hopefully this hardy grain will grow well in our climate next summer and give us a good yield.

The summer is over, but we still can't quite put up our feet and relax. We recently acquired five new rams, just in time for breeding season which starts soon. And, there are still the winter markets in Kelowna to keep us busy.....



Photo left: Don moving the temporary electric fence to give the cattle fresh pasture.

Photo right: Charles and Leanne (below the tree roots) deciding how to move the trees/roots that fell onto the fence.

Kelowna Winter

Farmers' Market Dates

We will be attending the Kelowna Winter Farmers' Market on the following dates:

November 22nd

December 20th

January 10th

February 7th

March 7th

The farmers' market will be at the Parkinson Rec Center in Kelowna, from 9am – 2pm.

See you there!

Lamb is Baaaack!



Our grass-fed lamb is available again! We will have cuts for sale at the farmers' markets in Kelowna (see the box on the left for dates we'll be attending), or feel free to come out to the farm! See our website for a list of available cuts.

Butterflied leg roast or rack of lamb make fabulous holiday dinners! Even a slow-cooked shoulder roast or shanks can have your family following their noses straight to the holiday feast table!

Pet Food Available Now

SPCA cetified, organically-raised pet food is back in stock! Available in 1 lb packages of ground, 100% beef. It's great for your pets, raw or cooked!



November Special – Prime Rib Roast & Beef Shanks – 25% off

Order now or stock up at the farmers' market! Great for cooking on cold winter days.

Try the shanks with the Maple Short Ribs recipe on the next page, it's delicious!

Braised Beef with Rich Gravy and Rice

Serves 4 – On A Budget

This recipe looks complicated, but it's quite simple. Start with the beef, and once it's simmering, make the rice and veggies, then finish off the beef and gravy. The ingredients are inexpensive, and the entire meal can be served in one hot steaming bowl.

1 ½ to 2 lbs **Vale Farms' stew or inside/eye of round steak**, cut into 1-inch cubes

Salt and freshly ground pepper to taste

2 tbsp olive oil

1 medium onion, sliced into thin wedges

2 c. sliced mushrooms (optional)

1 clove garlic, minced

3 c. beef broth plus 1 c., if needed for gravy

4 tbsp all-purpose flour

¾ c. ice water

- Sprinkle beef cubes with salt and pepper. Heat oil in large pan. Add meat, and saute until well browned; remove to a bowl. In pan, saute onions, mushrooms, and garlic until onions translucent.
- Add 3 cups broth, and bring to a simmer, stirring mixture often and scraping up any browned bits. Return beef to skillet, cover tightly, and simmer for 1 hour or more, until beef is tender.
- Periodically check stew to make sure there is ample liquid for cooking the meat and for making gravy afterward. If too much has boiled off, add the 4th cup of broth. If you still need more liquid, add a cup or two of water (you'll want about 2 cups of liquid left in pan after meat has cooked). During this time, make rice and veggies.
- Once the rice and veggies are ready, in a separate glass, whisk flour into the ice water until smooth. Gradually stir this thickener into the simmering beef and broth. Bring mixture to a slow boil and cook for a few seconds, stirring, until the gravy thickens. Serve over rice with vegetables.

For rice and vegetables:

2 c. brown rice

4 c. warm water

1 tsp salt

2 tbsp unsalted butter

3 stalks celery, coarsely chopped

1 onion, finely chopped

3 carrots, shredded

2 sweet bell peppers, green or red, diced

2 tbsp olive oil

½ c. blanched almonds, sliced

- Bring rice to a boil, skim off any residue that rises to top, stir in the salt and butter, cover, lower heat, and simmer until all liquid is absorbed, about 30 to 45 min.
- Just before all the water is evaporated, sauté veggies in oil until crisp-tender. Stir into the cooked rice, and add sliced almonds. Keep warm until ready to serve.

This recipe is from "The Grass-fed Gourmet Cookbook" by Shannon Hayes

Maple Short Ribs (or Beef Shanks)

Serves 4- A nice mild sweet flavour

- Place ribs, onion, celery and peppercorns in Dutch oven. Cover with water. Bring to a boil, cover and reduce heat. Simmer for 1 ½ hours or until meat is tender.
- Remove meat. Pat dry with paper towel. Discard liquid and vegetables, and arrange meat in lightly greased shallow roasting pan.
- Combine remaining 9 ingredients in medium bowl. Pour over meat. Turn to coat. Bake, uncovered, in 325 C oven for 30 min, basting occasionally.

3 lbs **Vale Farms' short ribs or beef shanks**

1 medium onion, sliced

2 celery ribs, with leaves, coarsely chopped

10 whole black peppercorns

Water, to cover

1 ½ c. maple syrup

¼ c. apple cider vinegar

3 tbsp chili sauce

1 small onion, finely chopped

1 tsp Worcestershire sauce

¾ tsp dry mustard

½ tsp salt

1/8 tsp pepper