



## Vale Farms (Late) Fall Newsletter

Well, winter is technically here and although as farmers we are always reluctant to see the snow come, we are looking forward to a few months of down time on the farm. Hopefully we can catch up on the reading that we've been putting off all summer, and manage to sleep in a couple times too. But we will still be keeping busy putting together all your orders, feeding the cows (they graze as long as possible, late into November and possibly even into December), and planning for next summer! We had a great season at the farmer's markets in Vernon and Kelowna, and we are continuing to do **deliveries** over the winter to Kelowna, Kamloops and Vernon **every couple of weeks**, so please call if you need anything!

### *Christmas Ideas and Gift Certificates*

Looking for Christmas gift ideas for your friends, co-workers, employees or relatives? We have gift certificates available for our delicious grass-finished beef and lamb. And while you're getting gift ideas, think about switching things up a little from the usual turkey dinner and consider a mouth-watering tenderloin or prime rib roast for Christmas or New Years dinner.



Charlotte Ruechel attended the annual Weston A. Price Conference in Virginia, in the middle of November, which focused on the importance of Vitamins B12, D and A, and disease prevention. Vale Farms purchased all of the lectures on audio CD, with topics including cholesterol and heart disease, cancer prevention and treatment, and holistic dentistry. These will be available to borrow from us in approximately 2 weeks. The following is a brief summary of an article Charlotte brought back from the conference.

### *Our Paleolithic Genome....*

#### *Another way to look at our lifestyle, nutrition and fitness.*

Our genome has really not changed much compared to our Paleolithic ancestors. Just like a cow is designed to eat grass and roam around freely, our genetically steered metabolism is designed to live a hunter-gatherer lifestyle.

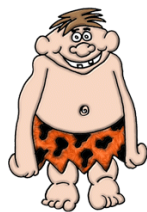
Our pre-historic ancestors lived off simple foods found in nature: game meat, fruits, nuts, berries, some plants and herbs and roots. They had periods of abundance and periods of hunger so their body was programmed to store for leaner times.

Their fitness was maintained through substantial amount of walking and running, lifting, carrying, climbing, stretching, leaping, etc. A Regular cross-training program with aerobics, resistance and flexibility exercises.

As we are now leading this **mostly** sedentary lifestyle on **mostly** processed foods (low in Vitamins, Minerals, Omega 3 and the wrong fats) at a calorie intake mostly above our needs, we still do the "storing thing", promoting obesity and artery clogging.

In short, even though the prehistoric world is gone forever our Paleolithic genome remains. The hunter-gatherer lifestyle can serve us as a **template** to design a lifestyle suitable to our genome, that will keep us healthy and free of degenerative diseases.

*(If you are interested in the complete article, please contact Vale Farms and we will give you a copy. Original article by James H. O'Keefe Jr., MD, and Loren Cordain, PhD.)*



## Healthy Chocolate-Chip Cookie Recipe

- 1 ½ cup Butter, softened
- 1 cup Brown Sugar
- 1 cup Raisins, cooked in juice of your choice (Apple or Pear is great!)
  - cool then puree
- 1 Tbsp Vanilla
- 3 Eggs
- 1 ½ Tsp Baking Soda
- ¾ tsp Salt
- 2 ½ cups Nuts (or substitute with Oats or Coconut, or a combo of them that add to 1 ½ cups)



For a healthier version of your favorite holiday cookies, try replacing the sugar in the recipe with cooked, pureed raisins and pear juice. For example, if a recipe calls for 1 cup of sugar, use instead 1 cup of raisins and add pear or apple juice to the 1 cup line, and boil the raisins and juice for 5 min. Then, puree the two together. Use this puree in your recipe instead of the sugar! You can taste the batter to see if it is sweet enough to your liking!

## How to Beat the Winter Blues



The days are getting shorter and the lack of sunshine in the winter gets some of us feeling a little “blue.” Eating healthy, a little exercise here and there, and a few fun activities can brighten your mood immensely. Especially over the holidays, try to avoid too many cookies and chocolates and feed the cravings with dried fruit and nuts instead. Try herbal teas or hot apple juice instead of hot chocolate and coffee, and

fruit slices and popcorn make great snacks. Our body’s vitamin D levels drops during the winter when we see less sun, and a good way to stock up on vitamin D is getting a little sun on your skin, or taking a cod liver oil every day. Don’t worry, there are flavored varieties available! Going for walks (bundled up of course), tobogganing with your kids, or renting some cross country skis for an afternoon excursion can give you a new burst of energy and brighten your mood. A couple other things to try are: moving your furniture around for something new, have dinner potlucks with your friends/family/neighbors, or even have a Hawaiian theme party to get color and fun into your day!

Recommended Reading:

### **Seeds of Deception:**

Exposing Industry and  
Government Lies About the  
Safety of the

### **Genetically Engineered Foods**

You’re Eating

By Jeffrey M. Smith

ISBN: 0-9729665-8-7



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