



# Spring Newsletter

## *Buying Local Food Can Improve Your Health*

The growing season is fast approaching. We are fortunate to have farms in our community that make it easy for us to feast on locally grown food. Buying food from local sources (farmers markets, fruit stands, farm stores for example) has benefits for our health as well as our community. Here are three key points to keep in mind next time you go shopping.

1. The food producer in the direct-marketing system does **not** remain anonymous. Get to know your farmer and ask questions about animal welfare, environmental practices etc.
2. Establishing a relationship to your food producer encourages integrity and loyalty **both ways!**
3. Buying locally not only helps the “one-ton-challenge” but allows the food to be harvested fresher and riper thus being more **nutrient-dense**.
4. And imagine, you can ask your local producer any question that concerns you about the food on your dinner plate.

*More on this topic can be found in an article by Charles Eisenstein in the Vol. 5, No. 4 issue of Wise Traditions, the Weston A. Price Foundation magazine.*

**We are back at the Vernon  
Farmer's Market on  
Thursday mornings at the  
Multiplex!  
8 am – 12 pm**

## *Snack Ideas for Kids*

Sometimes it's hard to think of snack ideas for birthday parties and play group gatherings that aren't **chocked full of sugar**. The kids are already excited to be there and **really don't** need the sugar boost associated with our popular treats. Here are a couple snack ideas that are quick, easy and healthy for your kids.

**Ants on a Log** - Spread some natural peanut butter (yes, ask about allergies among your guests) into the groove of a celery stick and top off with raisins. For smaller kids you may have to cut the celery into smaller, bite-size pieces.

**Veggie Fun** - Using small cookie cutters, you can make fun veggie shapes. Cut cucumbers, carrots and zucchini into thinner slices, and then use your cookies cutters to stencil them in to shapes. You can also do this with different color peppers.

**Crackers and Cheese** – This is quick and easy. Try to avoid crackers with MSG and trans-fats, and raw milk cheese is best. You can take them to the park for picnics or to birthday parties.

**Apple Cupcakes** – Cut an apple in half, cut out the core and spread peanut butter or cottage cheese, etc. on top. Sprinkle with raisins, nuts, or anything you feel like sprinkling on top.

*Forget not that  
the earth  
delights to feel  
your bare feet  
and the winds  
long to play  
with your hair.  
~Kahlil  
Gibran*

### **What's New on Vale Farms?**

This spring has brought some exciting changes for Vale Farms. We have reduced our mother-cow herd size down to a number that more closely matches the demand for our direct-marketed beef. This decision has allowed us to select the best cows who give us the strongest and healthiest calves and require the least amount of intervention during their entire life on Vale Farms. We are always striving to manage our herd health from a prevention perspective rather than a reactionary perspective. In addition, reducing the cow-herd has given us room to grow our organic grass-fed lamb enterprise. Other ruminant guests on the farm for the summer '05 are our own 2 year old and 1 year old certified organic meat animals, as well as some custom grazed steers which will help us manage our grasslands without the use of fuel or machinery. Graze-On!!

### **NEW!**

\* We now accept **VISA** as a payment option.

\* **Drop off location-Vernon**  
We have placed a freezer at Planet Bee in Vernon in order to drop off pre-ordered variety packs etc, which you can pick up during Planet Bee store hrs. We hope that this will make things more convenient!

## Lamb

Lamb in halves and wholes will again be available at the end of June. **Please let us know your order by June 15<sup>th</sup>, 2005**  
Individual lamb cuts are available now from our farm store and at the Vernon Farmer's Market (Thursdays).



*Want some help making sense of all the nutritional choices in front of you?  
Call Gary Ward (Holistic Nutritionist) at the Vital Path Health Center in Vernon. 545-1400*

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## Chronic Disease and Your Diet

When Weston A. Price studied different indigenous cultures, he found that “diseases such as rheumatoid arthritis, cancer, tuberculosis and gastrointestinal problems requiring surgical intervention did not occur until the people began eating “the white man’s foods” – sugar, flour, vegetable oils, canned goods and other refined foods.” But often even if we make some changes in our diets we find that we don’t have the results we hoped for or we still have reoccurring health problems.

Using nutrition to heal the body can seem overwhelming or complicated at times. Here are three common mistakes that people make:

1. **Assume that the same diet works for everyone.** No – Every person is different, and even a diet that works for you today may not be the most optimal diet for you in five years. People often find that even though they’ve changed their eating patterns and felt great for a while, they reach a plateau in their health or just simply don’t feel as good as they did at first.
2. **A little bit of refined foods won’t hurt.** Not so - People who have been symptom free from illness (epilepsy, arthritis, herpes) for weeks to months, have had reoccurrences as a result from deviating from their diets of traditions whole foods and eating processed foods (conventional soup, certain dried fruit, cookies).
3. **A modest amount of high-quality animal foods is enough.** Wrong - In terms of chronic diseases (or anyone for that matter), “when it comes to fresh, raw, or lightly cooked food from grass-fed animals, you can’t eat too much. This includes milk, cheese, butter, kefir, meat, etc. There are fat soluble activators that are found in seafood and certain fats of grass-fed animals which are important for mineral metabolism and immune function. These include natural forms of Vitamin A and D.

So what’s the moral of the story? According to Ron Schmid (ND), modern processed foods can be very harmful to those with chronic diseases. Even “small amounts of poorly chosen or less-than-optimal food can slow down or derail the healing process of chronic diseases.” It is hard to change to a new way of thinking and start eating different foods, but the reward of good health will come with your willingness to experiment.

*Information for this article was taken Diet and Recovery from Chronic Disease – By Ron Schmid in the Vol. 5, No. 4 issue of Wise Traditions, the Weston A. Price Foundation magazine. If you’d like to read the full article by Ron Schmid (ND) or any other articles that are in the Wise Traditions magazine, please contact us. We can also order you your own copy of the magazine.*

*For a recipe book that contains all the kinds of foods promoted by the Weston A. Price Foundation, you can check out “Nourishing Traditions” by Sally Fallon and Mary Enig (ISBN # 0967089735) which can be ordered from [www.amazon.com](http://www.amazon.com).*

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