



*"I awake each morning torn between a desire to save the world and a desire to savour the world. This makes it hard to plan my day." – E.B. White*

# Vale Farms Winter Newsletter

Feb 2008

We have a new addition to the farm this year – two clydesdales named Liza and Maggie, who have already been working hard this winter putting out hay for the sheep on the back of the sleigh, and taking us for sleigh rides! We are trying something new this winter – bale grazing! Rather than unrolling bales every day for the animals, we lay out bales in the field every 3-4 weeks and lead the animals to the feeding site every day for “grazing.” After they’re done eating, we walk them back to their sleeping pasture. It reduces the amount of tractor time needed over the winter, and makes doing winter chores much easier and quicker.



**Photo:** Melanie & her dog Ron, getting ready to move the sheep from their bale-grazing grounds.



**Photo:** The sheep heading along the trail back to their non-grazing/sleeping grounds.

## *Lorna's 100-Mile Diet: Continued*

We have been happily munching our way through the stores of food in our basement, and while Chris groans a little when I say we're having potatoes (again) with dinner, we have had a pretty great diet despite the fact that 99% of the grocery store food is off limits. The discovery that Wild Flight Farms in Mara still had apples, pears, and Claytonia (a cold-weather green that resembles little lily pads, which can be grown in the winter) had Chris and I almost in tears. We had already mourned the fact that we wouldn't eat salad again until spring, so the discovery of the claytonia was the most exciting event of the winter!

Besides the on-going quest to make edible bread from scratch, which has resulted in a few successes but also a few bricks that would have made a stonemason proud (due to my impatience in the rising process), I finally achieved my goal of making pasta. Chris came home from work one night to find the kitchen covered in pots, that were holding up wooden spoons, that were holding up the drying pasta! After all the work to make the dough and roll out the noodles, we ended up having eggs for supper that night. But we feasted on spaghetti the next night, and enjoyed every bite of our hard earned noodles. People ask us all of the time what food we miss the most. For me, it's popcorn, and for Chris, it's ketchup. Funny eh, the things that we don't realize that we eat that suddenly become missed when they're off limits.

## *Handy Links*

If you're looking for local food or inspiration, check out:

- [www.foodkm.com](http://www.foodkm.com)  
(Search for local farms, markets, etc.)
- <http://www.ssfpa.net/bcsfd>  
(BC Specialty Food Directory)
- <http://www.certifiedorganic.bc.ca>  
(Search for organic foods by region or by product)
- <http://100milediet.org/>  
(The origin of the 100-mile diet)

## Meat Regulations – One More Push

The “fight” to change the meat regulations that came into effect in the fall is still going on, with producer and processor groups in the Okanagan and the rest of BC continually lobbying the government. One of the solutions they are asking for is a provision to be made to allow for different levels of inspection depending on the size and type of meat sales (farm gate vs. retail stores).

**PLEASE** help us communicate the importance of maintaining local meat production and processing. A short 1 or 2 paragraph letter stating your desire for local food and that the new meat regulations are slowly making local meats obsolete. This would help immeasurably!

**Honorable George Abbott**  
Minister of Health  
PO Box 9050  
Station Provincial Government  
Victoria, BC. V8W 9E2

**Honorable Pat Bell**  
Minister of Agriculture and Lands  
PO Box 9043  
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**Corky Evans - MLA**  
204-402 Baker St.  
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## Osso Buco

*Serves about 5*

*½ cup all-purpose flour plus 2 tbsp*

*1 tbsp salt*

*½ tsp pepper*

*4 tbsp unsalted butter*

*4 tbsp olive oil*

*4 lbs Vale Farms' beef shanks*

*1 large onion*

*1 large clove garlic, coarsely chopped*

*1 cup dry white wine*

*1 cup stock (lamb, beef or chicken)*

*2 tsp minced fresh parsley*

*2 tbsp tomato paste*

*1 ½ tsp freshly grated lemon zest*

*4 carrots, scraped, coarsely chopped*

*2 stalks celery plus leaves, chopped*

For the Gremolata:

*½ cup crushed walnuts*

*½ cup minced fresh parsley*

*2 cloves garlic, minced*

*1 tsp lemon zest*

**To Serve:**

Place the meat in warmed, deep dishes or shallow bowls, pour the sauce on top, then sprinkle with the gremolata. Serve with crusty bread or on top of polenta (or home-made pita bread works great too!).

*(Recipe from “The Grassfed Gourmt Cookbook” by Shannon Hayes. Excellent book!!)*



- Combine ½ cup of the flour, salt and pepper in a shallow bowl. Set aside.
- Heat 2 tbsp of the butter and 2tbsp of olive oil in an extra deep skillet or flameproof casserole dish. Dredge the shanks in the flour mixture, and sauté in the butter and oil, turning occasionally, until browned, about 10 to 12 minutes. Remove the shanks, reserving any pan juices.
- Add remaining 2 tbsp olive oil to the skillet. Add the onion, cook until slightly caramelized; add the garlic, and sauté 1 minute longer. Turn the heat to low, pour in the wine and stock, and simmer 2 minutes, scraping up the browned bits. Return the shanks and accumulated juices to the pan.
- Stir in the thyme, parsley, tomato, and lemon zest. Cover, and simmer for 2 hours, or until the meat begins to fall off the bone. Stir once or twice during this time. If too much liquid evaporates, add another ½ to 1 cup of stock or water and continue cooking.
- Add the carrots and celery, and cook 15 minutes longer, or until the carrots are just tender. Remove the meat to a warm platter, and tent with
- Preheat oven to 350F.
- Place walnuts in a shallow pan, and roast for 10 minutes, or until they are fragrant. Combine the nuts with the parsley, garlic, and lemon zest in a small bowl. Mix thoroughly. Set aside.

## What's New

- **Nitrite-free** bacon, hams, and pork hocks
- Deli-style **roast beef**: ready to slice and serve
- **Pork sausages** – regular or Italian flavours
- **Pork Bratwurst**

Check out our website for a full list of available cuts:  
[www.valefarms.com](http://www.valefarms.com).