



Above: The eagle back in his tree, next to the creek.

# Vale Farms Newsletter Spring 2006

The last few months on the farm have been fairly relaxed, except for a few interesting moments that have created excitement in our lives. The one that stands out the most is when Ryan Neal, our farm employee, happened to notice as a 3 1/2 year old bald eagle falling out of a nearby tree! Noticing that the eagle was very sick, he wrapped it in his jacket and brought it back to the farm office. We called Sherri Klein at the *South Okanagan Rehab Center for Owls*, who was excited at the chance to help such a wonderful raptor. The bird had apparently ingested something very poisonous. He spent 3 weeks with Sherri, responded well to the detox at the center, and happily returned to "his" tree on our farm next to the creek.



Above: Craig Henderson preparing to release the Bald Eagle on the farm.

## *We've Got Lamb!*

We now have a full line of individual lamb cuts!

Loin & Shoulder Chops	Leg of Lamb
Shoulder Roasts	Lamb Stew
Leg Roasts	Ground Lamb
Butterflied Leg of Lamb	Rack of Lamb

**Call us for prices and details!**

The passive American consumer, sitting down to a meal of pre-prepared or fast food, confronts a platter covered with inert, anonymous substances that have been processed, dyed, breaded, sauced, gravied, ground, pulped, strained, blended, prettified and sanitized beyond resemblance to any part of any creature that ever lived.

**Wendell Berry**  
**"The Pleasure of Eating"**

## *Recommended Reading*

### **Harvest for Hope: A Guide to Mindful Eating**

**By Jane Goodall, with Gary McAvoy and Gail Hudson ISBN: 0-446-53362-9**

"The renowned scientist who fundamentally changed the way we view primates and our relationship with the animal kingdom now turns her attention to an incredibly important and deeply personal issue – taking a stand for a more sustainable world. In this provocative and encouraging book, Jane Goodall sounds a clarion call to Western society, urging us to take a hard look at the food we produce and consume – and showing us how easy it is to create positive change." (Excerpt from the book jacket.)

We, at Vale Farms, thoroughly enjoyed this book and thought you might too. It was a good read with lots of fascinating ideas. We hope you like it too!

## 100-Mile Diet

100-Mile Diet, sounds strange to you? Well, it's something that most of us don't do but it could really make a difference if we did. The 100-Mile diet is simply this: you're only allowed to eat things that are grown, produced or processed within 100 miles from where you live. In the summer time this can be fairly easy when it comes to vegetables, fruit, meat and cheese because your local farmers market would be able to supply a lot, but think about all those exotic items that we get from the grocery store: bananas, mangoes, avocados, coffee, and tea, and let's not forget spices! And take it one step further – the food that you're eating, what did it eat? Chickens or cattle that are from your neighbors or friend may have been raised close by, but is the grain that they're eating being imported from farther away? Same goes for bread, beverages and condiments.

The 100-Mile Diet is essentially designed to bring some awareness to how far your food has traveled from where it was grown/produced/processed to your plate. A couple from Victoria (Alissa Smith and James MacKinnon) have been following this diet and journaling their experiences. To read about Alissa and James' adventures through eating locally, go <http://thetyee.ca/Life/2005/06/28/HundredMileDiet/>, where you can find a whole series of articles in the online magazine *The Tyee*.

### Waldorf School In Lumby

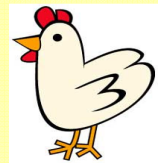
Emily and Don are in the preliminary planning stages of opening a Waldorf School here on the farm. The aim of the school would be to bring the farm into the classroom and the classroom out to the farm, thus



reducing the disconnectedness of rural and urban living. If you or anyone you know might be interested in more information regarding the school, what Waldorf Education is, or any other questions, please call Emily and Don Hladych at 547-9351.

### Chicken Anyone?

Due to popular demand and our own desire to raise healthy pasture chickens, we are hoping to offer **CHICKEN** at the end of the summer! We are still working on the logistics of raising them with the organic certification in mind, as well as other logistics such as protection from predators. We will keep you updated with our next newsletter, or feel free to check in with us during the summer when you start thinking about some chicken!



## Nilgiri Lamb Korma - Serves 4-6

Ingredients:

1 tbsp chopped fresh ginger  
2 tbsp chopped garlic  
2 green chilies, seeded and chopped  
7 oz fresh coriander  
4 oz fresh mint  
4 oz cashew nuts, fried  
½ cup vegetable oil (coconut oil would also be fantastic)  
1 cinnamon stick  
6 cloves  
1 star anise  
7 oz onions, slices  
2 ¼ lbs boneless leg of lamb, cut into bite-sized pieces  
1 tsp ground coriander  
½ tsp red chili powder  
5 oz dried shredded coconut  
½ cup coconut milk  
Salt to taste  
¼ tsp Garam Masala (spice mix available in grocery stores)  
Large knob of fresh ginger, cut into julienne strips

1. Put ginger, garlic, green chilies, coriander, mint and 1 cup water in blender and process to a smooth paste, then set aside. Put the fried cashew nuts in the blender with ½ cup water and puree, then set aside.
2. Heat the oil in a pan, add the whole spices, and let them crackle for 10 seconds. Then add the onions and fry until golden brown.
3. Add the meat, ground coriander, chili powder dried shredded coconut, and some salt and cook, stirring, for about 20 minutes, until all the juices from the meat dry up.
4. Reduce the heat, add the green paste and cashew nut paste and cook, stirring, for about 20 minutes.
5. Pour in the coconut milk and 3 ½ cups water. Bring to a boil and cook for 25 minutes, then stir in the garam masala. Garnish with the ginger strips and serve.

**Just a quick note:** you may need to add salt to taste once the recipe is finished, to bring out the flavor. Also, the flavor of this recipe really comes out after 1 day, so don't be afraid of leftovers!



Recipe taken from "The Noon Book of Authentic Indian Cooking", published by Tuttle Publishing.  
ISBN: 0-946-5017-1