



## WINTER 2012 NEWSLETTER

### Greetings from Windhorse Farm!

Life on the farm has settled into the winter tasks of keeping the beeves warm, cozy and well fed. On our early morning forays to the barn we often come upon what looks and sounds like a herd of loafing sea lions lounging about on piles of dry fluffy wood chips, contentedly chewing cud. It's a gratifying sight and makes morning manure pick-up a peaceful and enjoyable chore when surrounded by a happy herd.



*Male, ring-neck pheasant. This handsome guy arrived on the farm late this fall and seems to have settled in.*

Plans are afoot to improve fencing and increase the efficiency of our MiG grazing technique this coming season. It is the quality of the grass, soil and the fine art of finishing the beef that makes Windhorse beef excellent. For those of you

who are interested in learning more about what we're up to in those departments, we've added some info to the web site on what we are doing to continue to build the health of the soil and grasses.

<http://www.windhorseorganics.ca/2012/01/winter-newsletter-extras>

We continue to receive positive feedback on our first harvest. We've included some fascinating and valuable information sent by our customer, Jeanne Keith-Ferris, RN, BScN, formally Founder and President of GPDA [www.digestedistress.com](http://www.digestedistress.com) regarding the health benefits of grass-fed organ meats and how to cook them. Also be sure to watch the excellent TedTalk that Jeanne has referenced with physician, Dr. Terry Wahls <http://tedxtalks.ted.com/video/TEDxIowaCity-Dr-Terry-Wahls-Min>.

### WINTER SPECIAL

Until February 15, or while supplies last, we are offering a **Buy Five get One Free** deal on Ground Beef. Contact us via phone or email to arrange an order.

**Thank you, our valued customers, for your continued support.**



*Tim and Laurice*

We are excited to be distributing our ground beef to Victoria customers through Share Organics home delivery service. Visit their web site for more information.

<http://www.shareorganics.bc.ca>



## Jeanne Keith-Ferris

“What has drawn me to organ meats has been a desire to improve our health. Organ meats are packed full of fat-soluble vitamins: A,D, K2, as well as vital minerals like zinc and vitamin B12. Our bodies need an abundance of good fats and fat-soluble vitamins for the healthy functioning of our nerves, joints and immune system. For the best quality organ meats, nothing beats grass-fed/finished beef! Grass fed/finished animals will have an abundance of “good” fats, which help to prevent cancers and calm the immune system as well as higher amounts of carotenoid (the needed component for the body’s production of vitamin A).”



Go to the web site, <http://www.windhorseorganics.ca/cooking-guidelines-recipes/#section%204>, for the complete story and Jeanne’s excellent recipes for Oxtail Soup, Beef Tongue and Heart.

*“And thanks to Laurice and Tim for growing fantastic beef! ... The oxtail stock is out of this world scrumptious as was the heart and tongue! Can’t wait to get more organ meats!”*  
~Jeanne

### **Convenient and Easy cooking with Crock Pots:**

Imagine coming home to a house filled with the delicious aroma of Windhorse beef knowing that an excellent dinner, packed full of vitamins and good fats is ready to eat. It’s easy, get yourself a slow cooker and any of our roasts or brisket. Layer the bottom of the crock-pot with onions, potatoes and carrots, place the roast on top of the veggies, grind a little pepper and salt over the meat, then pour 3/8 cup of beef broth or water into the pot. Turn the cooker on low and cook for 6 to 7 hours. We absolutely LOVE our roasts cooked this way! The meat is fall apart tender and so beefy. I spoon the juices over the meat and veggies instead of making gravy. We find the meat rich and don’t eat large amounts of it at one go so we have great leftovers for a couple of more meals. I also use the cold meat for sandwiches. A roast goes a long way!

Customer **Stephanie Anderson** has this to say about Windhorse beef...

*“Wonderful prime rib. The roasts and the steaks are flavorful and tender. You guys are awesome! And your work is heroic.”*

Stephanie and her husband, Mark run Selene River Press <http://www.seleneriverpress.com>, publishers of select books on health, and are big supporters of grass-fed/finished meats.