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RARE BREEDS CANADA'S 2010 AGM

Rare Breeds Canada's 2010 Annual General Meeting will be held on Saturday, May 15th at historical Fanshawe Pioneer Village:

12609 Fanshawe Park Road East
London, ON N5X 4A1
(519) 457-1296
London, (Ontario)

The AGM will be held at 2 p.m. on
Saturday

This is Fanshawe's "Spring on the Farm" weekend. There will be field work (corn planting), sheep dog demos, sheep shearing, wool processing including spinning and weaving, displays and much more.

Go to www.rarebreedscanda to get more details as they become available.

THINK

The United Nations has declared 2010 the International Year of Biodiversity, and not a moment too soon, because around the globe species from all walks of life are disappearing at roughly 1,000 times the natural rate. The term biodiversity, which simply means variety of life, instantly conjures images of rich natural ecosystems like tropical rainforests and coral reefs. But life's diversity is not confined to the wilderness. Since the dawn of agriculture humans have painstakingly cultivated an abundant assortment of crops and livestock that have proven their worth over time by providing for our very survival. And this irreplaceable inheritance is in greater peril than you may think.

Find out more [here](#).

EAT

By choosing heritage breeds when purchasing meat, you are helping to conserve them by economically supporting the small farmers who raise them. In turn, an increase in demand for heritage meat makes it economically viable for other farmers to raise rare breeds and conserve their genetics. Heritage meat is of high quality, is better for your health and the outdoor production system is better for the animals and the environment.

Learn how to eat better [here](#).

ACT

What can you do to protect and encourage agricultural biodiversity in your community and around the world?

Learn more about how you can help [here](#).





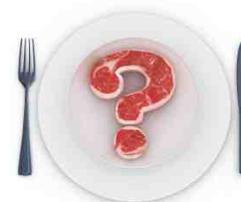
HOW TO GET THE MOST OUT OF YOUR FARMER'S MARKET

If you want to start buying locally sustainably-raised meat but you aren't sure where to start, visit a farmers' market. It's the easiest way to jump into the world of fresh local food. Here are some tips to get you started.

- 1) Find out the hours of operation. Unlike a supermarket, the hours of operation at a farmers' market will vary - many are open one day a week. Peak market hours will occur during the growing season. Meat producers may have meat all year long so check with them when you are there.
- 2) Take cash - some farmers' markets don't take cheques or credit cards.
- 3) Get an early start. This will ensure you get a good choice of products as markets can sell out quickly.
- 4) Bring your own bags - take sturdy, reusable shopping bags.
- 5) Take a quick tour of the market before you buy anything. This will give you a good idea of what products and farmers are there.
- 6) Let your farmer be your guide. If To learn how to properly store and prepare a product, ask than the farmer who grew it. You might even get some great recipes!
- 7) Don't forget to ask about how the meat was raised. Make sure it was raised without hormones, antibiotics, and that it was raised naturally. This will ensure it was produced by a sustainable farmer.

These are just a few tips to help you as you discover flavourful meats from humanely, socially responsible farmers.

WHAT'S IN DINNER



Commercials are the latest tactic used by industrial food producers to lure consumers into believing that the food they sell is more wholesome and natural.

Industrial food producers claim they are on a mission to ensure that everything in their products contain "real" or "natural" ingredients. They pose questions to the consumer to make them think more about ingredients that are in the dinner they serve to their families.



THE PITCH

Most of these commercials take the consumer on a romantic journey to small-scale farms where produce is harvested by hand and brought in from the field by small tractor and wagon with birds chirping and livestock roaming free on green grass - you can almost hear the babbling brook in the background.

Industrial food producers would have us believe that our food is produced in this manner, yet in reality, most of the food we buy in grocery stores is produced industrially.

That is definitely misleading when it comes to meat. Although the industry would have us believe that pigs, cows, chicken and other meat sources are frolicking in green pastures, breathing clean air, and enjoying sunshine and blue skies, most of the meat that hits our plate is raised in cramped buildings with thousands of animals that never see sunlight or get the chance to breath clean air.



THE REALITY

Although asking what is in the food we eat is an important question, asking "how is my food produced?" is perhaps more important. Ultimately we need to know where our food comes from. One of the best ways to achieve this is to know your farmer - buy your meat from a local farmer, farmer's market, or organic store.

Ultimately as consumers, we are responsible for the impacts that result from our choices. Eating meat that is produced in a socially and environmentally responsible way is healthier, fresher, and tastier. Not only will your taste buds benefit but the environment will as well. To find healthy sustainable meat in your area please visit www.eatwellguide.org.



HAWK HILL HEARTY FARMER STEW

Ingredients:

1 large onion chopped
2 stalks celery, chopped into 1 inch slices.
4 medium carrots, 1 inch chunks
3 medium or 2 large potatoes, sliced into one inch chunks
2 large cloves garlic, chopped not minced
1 cup sliced mushrooms
1 lb trimmed stew beef
2 TBSP tomato paste
1-2 cups low salt chicken broth
1/2 -1 bottle beer - try a rich pale or dark beer for different flavors
1 tsp chopped rosemary
1 tsp chopped parsley
1/2 tsp thyme
2-3 bay leaves.
salt and pepper to taste
olive oil and butter to fry

Directions:

In a large stove top to oven pot or dutch oven, add olive oil and fry onions, carrots, celery and garlic until onions are translucent and slightly browned and celery is softening. Remove from pan and add 1 TBSP butter and mushrooms, fry until slightly brown. Remove from pan and add to onion mix. Brown beef in pan and add back onion mix and mushrooms.

Add chicken broth, tomato paste, herbs and beer. There should be enough fluid to cover over all the ingredients. Bring just to a boil, cover and place in a hot oven (350°F) for about 1-2 hours. Monitor the fluid level to ensure it does not dry out (Add beer or broth as needed).

Now head out to the barn and do your chores. Partially pre-cook the potatoes, drain and add to the stew. Cook another 10-15 minutes until potatoes are tender. Salt and pepper to taste. If required, thicken with 1 TBSP flour first thinned in 1/4 cup cold water. The thickener will need to be added at the same time as the potatoes.

Eat with a loaf of hot bread... maybe some focaccia you learned to bake at Hawk Hill. Courtesy of [Hawk Hill Farm](#).

IRRADIATION: A FLAWED FOOD SAFETY FIX

There is a new threat to our food supply - food irradiation. The food processing industry likes to pass irradiation off as the latest technology in food safety and as a way to keep dangerous organisms off of our food. In reality, what it does is give agribusiness the go ahead to grow and process their food in unclean conditions. Health Canada wants to change existing regulations to allow for new uses of food irradiation. As consumers, it's up to us to stop it.

Irradiation is a controversial process in which food is exposed to ionizing radiation to extend shelf life and kill insects, fungi and some bacteria. It is important to realize that toxins, viruses or bacteria spores are resistant to irradiation and as a result, irradiation may not produce the expected results.



Unfortunately, some irradiated products already exist in Canada: potatoes, onions, wheat, flour, whole wheat flour, spices and dehydrated seasonings. Health Canada is proposing additions to include: ground beef, poultry, shrimp, prawns and mangoes. All irradiated products must be marked with the "radura" symbol. For more information read the [Food Irradiation Fact Sheet](#).



To learn more about factory farms and the alternatives, please visit our [website](#). And for the latest Beyond Factory Farming updates, news and information sign up as a fan and follow us on [Facebook](#).