

TripleB Newsletter

NASAA
CERTIFIED BIO-DYNAMIC
CERT #5287

April 2013

The aim of this newsletter is to give you city folk an insight into life on the land and then maybe you'll spare us the occasional thought whilst tucking into the best meat you could eat!

Time to update everyone on what's going on 'Down on the Farm'.....

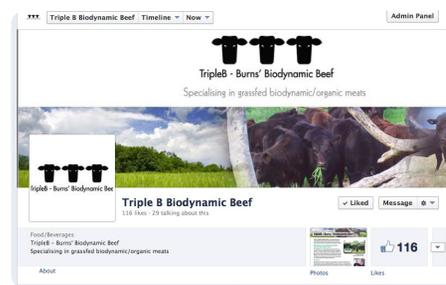
Calving started on Saturday 6th April with another huge male calf born on Sunday, so we can now look forward to new babies almost on a daily basis – there is usually a break of a couple of weeks between batches as the girls suffer from “Nun’s Disease” too, i.e. they cycle together! and I’m not talking Tour Down Under.

We are desperate for some rain, extremely dry throughout the beginning of the year and no sign of anything soon. Liam has been busy building enormous compost piles and today is spraying the two piles (one on each property) with a mixture of molasses. His wonderful 1,000 litre shuttle of biofertiliser is burbling away, and on the day that he made it, the farmyard smelt like a brewery – lucky soil microbes! The piles of compost have to be turned regularly and kept moist ready for spreading as soon as the season looks to be breaking and he can get on with sowing crops. Hugely successful crop of vetch grown last year which is high in protein and the cows loved it, so more of that again but to be sown with oats so that the vetch can grow up the oat stems. We still haven’t caught that rascally fox, but the hen situation is much improved with a new young batch of girls starting to lay, and happily foraging in the orchard for grubs and bugs.

Next weekend we are once again supplying Simon Bryant with all the beef for the Angoves Long Lunch which we are so looking forward to, it was a wonderful meal last year. We are also planning on taking part in the Tasting Australia festival next year – being part of a Food Trail with our dear friends from the BD Farm Paris Creek and Ngeringa Vineyard – basically the event will start at our place with a farm walk and talk on biodynamics; followed by a tour of the BD Farm’s cheese factory and ending up at Ngeringa Vineyard at Mt Barker Springs for a meal amongst the vines comprised of products from all three farms! Sounds like heaven doesn’t it....watch this space. We are also assisting Stuart Baulk and Gabriella Melegh in the making of a film about the organic/bd industry in this State and hope that the film will be premiered at the Tasting Australia festival.

So lots going on for us and exciting times ahead – our Facebook page (TripleBBiodynamicBeef - please LIKE!) is receiving lots of interest – thanks to everyone for their support. We urge you to think Food Miles and stress that we are the only ‘local’ certified BD producer to Adelaide. Our farm is small, not a large station and we will only ever be small to ensure that you get the best quality and can appreciate that you are supporting farmers who do the right thing by the environment and their animals.

We have recently ceased trading at the Henley Beach market and are concentrating on the **Organic Corner Store** Market at the corner of Harrow and Brighton Roads, Somerton Park on Thursdays (we are only there fortnightly) but it’s a great little market and has a fantastic fruit & veg co-op where you pay wholesale prices, check out their website for details www.organiccornerstore.com.au.



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We are still waiting for news of the start date for the McLaren Vale market, have been assured that it will go ahead but that's as much as we know. Once a month we will be doing a delivery run around Adelaide stopping at a number of prearranged locations for customers to meet us to collect their meat or 10kg boxes. This has worked well in the past but we do ask that anyone wanting to be part of this collection arrive at their designated spot on time otherwise it puts the whole cycle out of sync.

As the nights draw in, the mind turns to those slow cooked delicious beef dishes made with the secondary cuts like gravy beef and osso bucco - steak and kidney puddings & pies, goulash and curries. Here's a really simple recipe for Osso Bucco that you may like to try - it may be simple but the quality of our beef will make it sumptuous.....enjoy !

Osso Bucco Recipe

Pieces of Ossobucco (varies depending on the amount of meat on the bone)

Seasoned flour

80g butter, 1 small onion sliced, a small carrot chopped, small stick celery chopped, 1 clove garlic, 1 glass white wine, 1x400g can chopped tomatoes, 250ml beef stock

For the gremolata: 4 TB parsley, 1 clove garlic, grated peel of 1 lemon or orange.

Dust the ossobucco in the flour and fry gently in butter. Add the onion, carrot, celery & garlic to the pan seasoning well. Stir occasionally turning the meat to seal. When everything is a good golden colour, add the wine and allow to evaporate almost completely. Now add the tomatoes and cook slowly for 1 ½ hours or so until the meat begins to fall off the bone. If the sauce becomes too thick add some stock. To make the gremolata simply chop all ingredients together until very fine. Remove meat and place on warm plates, stir gremolata into sauce and then pour over the meat. Traditionally served with Risotto alla Milanese but is also good with soft polenta or plain rice. Serves 4.

When making Ossobucco, I use a large frying pan to brown the meat and have a cast iron casserole large enough to hold everything, warming on another hot plate ready. I gradually transfer all the ingredients from the frying pan to the casserole - be sure to lift all the juices from the pan with some stock. The casserole can then be covered and cooked slowly in the oven.

Don't forget our wonderful 10kg boxes for only \$165 which contain a large roast, 1kg of prime steaks and a mixture of whatever seasonal cuts we have. Of course we also have the TripleB t-shirts and aprons for \$20 each. Please don't hesitate to contact us, and check out our website for more information:

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Look forward to catching up with you all at the Organic Corner Store market,

Liam & Madeleine Burns



TripleB - Burns' Biodynamic Beef