



Spring, 2010

Happy Spring from Highwood Valley Ranch!



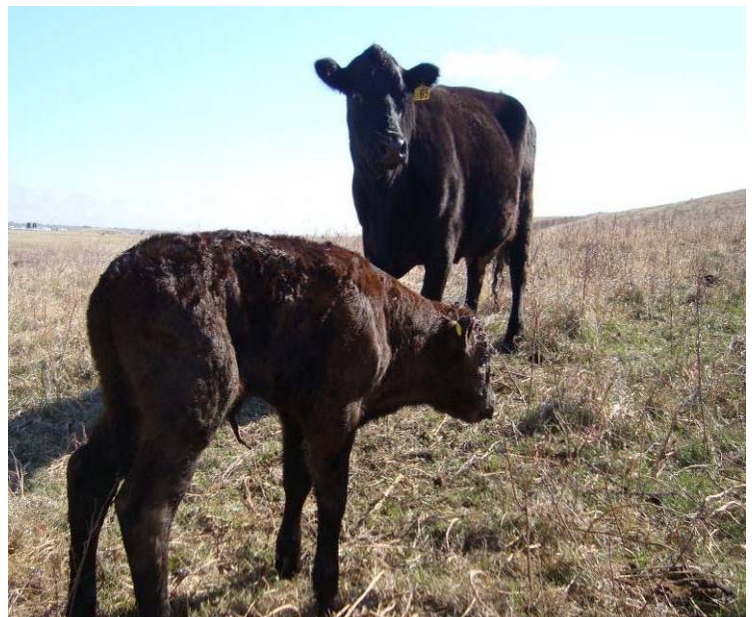
Hope you and yours enjoyed April's parting gift of white moisture. We'll take it any way it's sent to us even if it's during calving or if it knocks the power out for a couple of days.

Animals and people are full of appreciation for the green grass and budding trees. Spring is full of special smells. Poplar

leaves bursting from their sticky buds is a wake-up treat for our winter tired nostrils and soon the Silver Willow will send a sweet evening fragrance wafting through the river valley.

It's a busy time and the extra daylight is well utilized to get all the jobs attended to. We're coming to the end of calving and despite the snowstorm, things have gone well. During calving, the herd is checked several times a day. Each morning our team rides through on horseback locating newborns and or identifying birthing issues. Once the newborns are located they must be tagged for traceability and a record made of the tags that will be sent to a national data base.

This year we are fortunate to have extra help through this busy time. Hayley McFarlane from Queensland Australia is getting a full-scale Western Canadian immersion experience. She is up and out the door bright and early each morning for the ride around the cows.



Later in the day she can be found in a tractor or bottle feeding an orphan calf. She has wonderful patience in the maternity department when cows sometimes need assistance in their motherhood duties. She also took all the photos for this newsletter.

Calving is not the only spring activity here at Highwood Valley. The hayfields require compost application and then they must be floated and rolled. There were oats to be seeded and machinery to be maintained and fences and corrals to be built or mended. We are always grateful when Ted does not have a flying gig and shows up and asks, "What needs fixing?"

Wade and Jaimie have had extra off farm involvement this year having taken on the running of the Little Britches Rodeo. This is the 53rd annual High River May long-weekend event geared for young cowboys and girls less than fourteen years of age. The youngsters compete in special rodeo events such as mutton busting, goat tail untying, as



well as more traditional rodeo events such as cow riding, steer riding, calf roping, barrel racing and pole bending. It all takes place this year on Monday May 24 at the High River Agricultural Grounds.

Braunwin Tarrant practices for the Little Britches Rodeo.

In the marketing department we are gearing up for more farmers' markets than ever

before! This year, you'll find us as full-time vendors at **Millarville** on Saturday mornings from 8:30 till noon starting June 12. We'll be at the **Grassroots Market at Northland Mall in Calgary** on Tuesdays from 4:00 till 7:00 PM starting June 8. You'll also find us part-time at **Hillhurst Sunnyside** on Wednesday evenings and **High River** on Thursday evenings. We welcome farmgate customers as well. Just make sure to phone ahead to ensure someone will be here to help you out.

Highwood Valley Ranch is pleased to be a member of the Flavours of the Foothills, a unique group of local businesses whose mandate is to provide, "a local feast for the body, mind and soul." Attached, you'll find a coupon for a member discount. Log onto

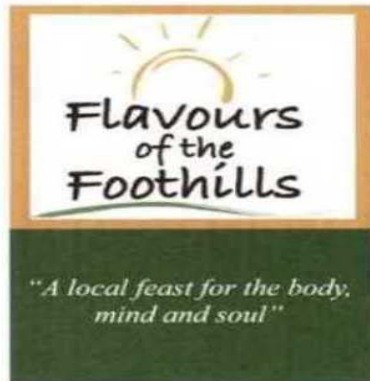
[www.flavoursofthefoothills.com](http://www.flavoursofthefoothills.com) to learn more about what our members can offer you. There is also a link from the [www.highwoodvalleyranch.com](http://www.highwoodvalleyranch.com) to the Flavours website.

As we enter the barbecue season, make sure you stock up on Highwood Valley Ranch ground beef. When you purchase Highwood Valley ground beef, you have the assurance of knowing where your meat comes from as well as the best practices that went into raising the animals. Try Auntie Alice's burger recipe or simply cut a slightly thawed package of ground into four patties and barbecue them o' natural.

**Alice's Burgers**

- 3 lbs Highwood Valley Ranch ground beef**
- 1 small onion chopped fine**
- 3 tsp. seasoning salt**
- 2tsp. Worcestershire Sauce**
- ½ tsp. pepper**
- ½ cup ketchup**
- 2 beaten eggs**
- ¾ cup quick oats**

**Mix ingredients thoroughly and form into 4 oz. burgers. Barbecue over medium heat till well cooked.**



**LOCAL FOOD & ADVENTURE COUPON**



This coupon provided by Highwood Valley Ranch

Entitles the holder to a discount towards a purchase at one of the Flavours of the Foothills members' locations.

Visit more of our members' locations to see what we have to offer. Map and driving directions for each location at [www.flavoursofthefoothills.com](http://www.flavoursofthefoothills.com).

**See reverse for a list of members and discounts.**

*Not to be combined with any other offer/sale. Expires Dec. 31, 2010*



 <p>Kayben Farms 403-938-2857 <a href="http://www.kayben.com">www.kayben.com</a> Garden Centre &amp; Landscaping, L-Pick, Pezang Fruit, Sunshine Adventure Park, JoJo's Cafe \$5 off any purchase of \$50 or more</p>	 <p>Chinook Honey Company &amp; Chinook Arch Meadery 403-995-0830 <a href="http://www.chinookhoney.com">www.chinookhoney.com</a> Honey and much more, including mead (honey wine) 10% off any flavoured honey, honey jams, and honey condiments</p>	 <p>Canadian Rocky Mountain Ranch 403-256-1350 <a href="http://www.crrm ranch.com">www.crrm ranch.com</a> Locally Raised Naturally 10% discount on our great tasting Bison and Elk Products</p>	 <p>Highwood Valley Ranch 403-652-7477 <a href="http://www.highwoodvalleyranch.com">www.highwoodvalleyranch.com</a> Ranch raised natural beef 10% discount on all farmgate purchases</p>	 <p>Leighton Art Centre 403-931-3033 <a href="http://www.leightoncentre.org">www.leightoncentre.org</a> Museum, Gallery, Gift Shop 10% discount on all Leighton Branded Products</p>	 <p>Winters Turkeys 403-936-5566 <a href="http://www.winterturkeys.ca">www.winterturkeys.ca</a> Organic &amp; Free Range Turkeys 10% discount on frozen turkey products</p>	 <p>WJ Hinnestrad Disc Golf Course 403-827-0120 <a href="http://www.wjdiscgolf.com">www.wjdiscgolf.com</a> info@wjdiscgolf.com 18 hole course in Millarville \$2 off one round of disc golf</p>	 <p>Pike Studios, High River 403-652-5255 <a href="http://www.pikestudios.com">www.pikestudios.com</a> Quality Pottery &amp; Metal Art for 35 years 15% off all stock on hand</p>	 <p>Route 40 Soap Co. 403-933-7676 <a href="http://www.route40.ca">www.route40.ca</a> Specializing in Chef/Mat's Hand Crafted Soaps. Buy two soaps or two ice creams and get \$2 off</p>	 <p>Diamond Willow Artisan Retreat 403-933-5755 <a href="http://www.diamondwillowartisanretreat.com">www.diamondwillowartisanretreat.com</a> Luxury retreat, Bed &amp; Breakfast, Studio Space 10% off any visit- B&amp;B or Group Retreat</p>	 <p>Cafe Divine 403-938-0000 <a href="http://www.divinefood.ca">www.divinefood.ca</a> Locally inspired fresh food &amp; cooking classes 1 free house made dessert with purchase of \$50 or more</p>
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