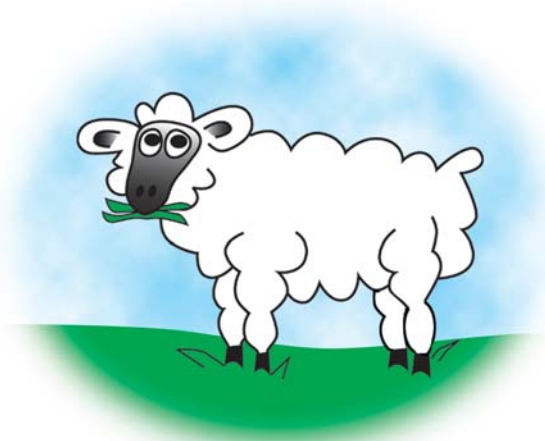


ARE YOU READY  
FOR THE  
**BEST  
LAMB**  
YOU'VE EVER TASTED?

## **SELDOM SEEN/SELDOM HEARD FARM**

• **CERTIFIED ORGANIC SINCE 1995** •



**NUTRITIOUS, DELICIOUS  
&  
LOW IN FAT**

**ORDER YOUR EASTER  
LAMB NOW!**

(we sell out every year)

**FREE DELIVERY WITHIN TORONTO!**

**[WWW.ORGANICLAMB.CA](http://WWW.ORGANICLAMB.CA)**

## **WHAT IS ORGANIC EXACTLY?**

According to the Canadian national organic regulations that we adhere to, animals sold as organic must be raised on organically grown feed. The land has to be free of any synthetic pesticides, fertilizers, herbicides or other chemicals for at least three years before the pasture or any crops produced on it can be certified as organic. The organic feed we give our sheep is prohibited from containing any transgenic (ie. G.M.O.) feedstuffs or animal by-products.

## **SUPPORT YOUR LOCAL ORGANIC FARM AND HELP SAVE THE PLANET!**

Our customers, through every organic food purchase they make, are not just helping to preserve their own health. They are also helping to heal our land, clean our air, preserve our water, and support local organic farmers. We can change the world by changing what we buy - every local and organic purchase makes polluting, industrialized farming less profitable, and encourages more farmers to switch over to organic practices. Buying local and organic also lessens our dependence on foreign oil for industrialized farming machines and methods, petrochemical fertilizers, and all the energy wasted on shipping food thousands of miles to market. Every year the organic food market grows, which makes organic food more affordable for everyone. All thanks to you and your decision to shop organic!

**Organic lamb. Raised with love & respect.**



## SUPPORT YOUR LOCAL FAMILY FARM

**Seldom Seen/Seldom Heard Farm** is a small, family-run organic sheep farm nestled in the rolling hills of Oak Ridges Moraine. We take a holistic approach to organic farming - we raise our lambs on certified organic pasture and organic grains grown on our farm. Our sheep are provided with a high-quality of life and a chemical-free environment. And because we are located within the GTA, we are your local family farm - with the freshest organic lamb available, delivered free anywhere in Toronto!

Ever since our family bought the land in 1946, we have been dedicated to preserving its unique ecology and natural moraine features. Our grandparents began by planting hundreds of thousands of trees to stop erosion. We then started farming organically, not only to provide people with food that is healthier to eat, but also to continue to protect the rich variety of ecosystems on our land, from fields and mixed forests to wetlands and a 16 acre kettle lake. By keeping the kettle lake and stream clean, we now work hard to make sure that the bird, fish, animal and reptile habitats are protected and unusual plants in forests and wetlands, preserved.



## LEAN, NUTRITIOUS AND DELICIOUS

We raise Suffolk and Dorset sheep, ideal for our hilly moraine pastures, with a superior quality of lean and delicious meat. All of our ewes are born on the farm and every year we buy a new young ram, which we raise organically for 18 months before he is old enough to do what rams do...



## ANDREA'S LAMB SHANKS

### Ingredients

6 lamb shanks (about 3 pounds)  
3 tbsp. olive oil  
2 onions chopped  
1 tsp chopped fresh rosemary  
1 tsp ground cinnamon  
1/2 tsp ground allspice  
a pinch of nutmeg  
1 can of 14oz. plum tomatoes drained and chopped  
1 cup of lamb or veal stock (can also use water)  
1 cup of red wine  
1 bunch of spinach cut into fine shreds  
salt and pepper

### Instructions

1. Season lamb with salt and pepper. In a heavy skillet brown the lamb in olive oil on all sides . Place the browned lamb in a Dutch oven.
2. In the same skillet fry the onions until translucent . Add the garlic, rosemary, cinnamon, allspice, and nutmeg, stir and cook for a few seconds longer, and add this mixture to the lamb shanks in the casserole.
3. Add red wine to the skillet , deglaze the pan by scraping up any browned bits. Pour this into the casserole, and add tomatoes and stock. Place the casserole over high heat and bring to boil. Place the uncovered casserole in a pre heated oven 350 and cook for about one hour. (You may have to cook this more than an hour . Taste to be sure.)
4. Just before serving, remove the lamb from the cooking liquid to a serving dish. Place the casserole over high heat, and let boil til sauce reduces. Add the chopped spinach. and just let cook through for a minute or so. Add salt and pepper to taste.
5. Ladle the sauce over shanks.  
Serve the lamb with a rice pilaf with toasted almonds and raisins along with a cucumber and mint yogurt.

Serves 4 - 6.

**SELDOM SEEN/SELDOM HEARD FARM** has been inspected and certified organic every year since 1995. Our certifier, the OCPP (Organic Crop Producers and Processors), also verifies that we surpass European and American organic standards, which enables us to sell our organic lamb, spelt and soya beans all over the world!



Call us and order a whole or half a lamb, and we will butcher it in the cuts you like best: a leg roast, a rolled shoulder roast, or shoulder chops, kebabs, stew or curry meat, rib chops or a rack of lamb.

Our quality, flavoursome lamb is vacuum packed for maximum freshness, and quick frozen. The conveniently sized cuts are labelled and delivered in an insulated container to your home or office at a time to best suit you.

Our lamb is delicious when it is prepared simply, but we also offer you a variety of imaginative, proven recipes on our website, [www.organiclamb.ca](http://www.organiclamb.ca)

**TO ORDER THE BEST LAMB YOU'VE EVER TASTED,**  
call **905-939-7421**,  
order online at [www.organiclamb.ca](http://www.organiclamb.ca)  
or email us at: [orders@organiclamb.ca](mailto:orders@organiclamb.ca)  
(please include your name and phone number so we can ensure the cuts you want and your ideal delivery time)

**Only \$10/lb or \$22/Kg!**

**YOU WILL TASTE THE DIFFERENCE.**