



Icelandic Sheep Breeders of North America
Winter 2007 Newsletter
Volume 11, Issue 1



(above) "Dodge Ram" leading the boys. What a good old fellow! This was taken on New year's Eve back in 2000. He was in his prime and a handsome loving ram. Old Dodge has since passed on. — Elaine Clark

(right) 2006 Champion Icelandic Ewe at the Oregon Flock and Fiber Festival. Photo provided by Matt Elston

Happy New Year! From the ISBONA
Newsletter editors!

Bonnie Swenson
Newsletter Editor



2007 ISBONA Annual General Meeting and Icelandic Sheep Show Bid

I would like to offer to coordinate the 2007 meeting and Icelandic sheep show in conjunction with the Big Sky Fiber Festival in Hamilton, MT. I had hoped to have something more definite to present to this meeting of the Board, but personal schedules around holidays both last month and this month have slowed down the planning meetings for the festival. However I wanted to present at least a rough draft of a bid at this time.

The Big Sky Fiber Festival has been an ongoing venture for quite some time (at least 15 years). I have been in contact with the ladies who are running it this year, and they are excited at the possibility of having us there.

Hamilton MT is the county seat for Ravalli County. It's a small town in the Bitterroot Valley that has seen a great deal of change and growth in the past few years. It has a nice assortment of motels, ranging from small and simple to a new more fancy Best Western. It also has a reasonable assortment of eating establishments, that should fit about anyone's likes. June in western Montana is one of those months that can have a wide assortment of weather conditions, so you could expect anything from a freak snowstorm (highly unlikely) to rain, to sunny and hot. For more information about Hamilton, the Bitterroot Valley and motel accommodations, see:
<http://www.gonorthwest.com/Montana/northwest/Hamilton/Hamilton.htm>

The Big Sky Fiber Festival runs from Friday June 8th through Sunday June 10th. Friday is set up time for vendors as well as various classes that will run from 1 pm to 4 pm. I have spoken with Robyn West, one of the people who is working on the festival, and she has told me that Judith McKinzie will be teaching at the festival and has agreed to teach something (exact subject not yet determined) specific to Icelandic wool, on Friday afternoon. (cost as yet unknown)

Saturday is the sheep show. The Icelandics will probably be scheduled first thing in the morning, so breeders will have some time between showing and the AGM. At this point I don't know for sure who will be judging the sheep show. There are a couple possibilities, and it has yet to be finalized.

There will also be a fleece show and sale, but at this point I don't have the details about it. I understand that there will be a gentleman here doing micron counts on the fleeces, though.

There are several eating establishments in Hamilton that would be possible places to hold the AGM, but I am leaning towards Perkins, as they have a private banquet room and do not charge for it's use as long as those using it order food. I would think that the same sort of time schedule as was used last year would work well. Starting at 6:30 with a short social, followed by dinner, the meeting, and any awards from the sheep show.

Please let me know any questions you might have that I can answer in a more detailed letter. Thanks for your consideration.

Sondra Gibson
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sgibson@ravensresticelandics.com or sgibson@edulog.com

Icelandic Lamb a hit at "Epicurean" event

Carolyn Kristof

A side of Icelandic lamb was one of the silent auction stars at the recent Traverse Epicurean Classic in Traverse City, Michigan. This event, held annually in cooperation with the Culinary School in the area brings nationally known chefs such as Mario Batalli and Terrance Brennan to the area for a 3 day "feast-avil" featuring dinners, tastings and loads of culinary courses.

As a fund raiser they host a silent auction and Mark and Carolyn Kristof of Red Trillium Farm donated a side of Icelandic lamb which went for over \$250.00. According to festival officials it was one of the few items that sold for over its listed retail value. One of the bidders was New York Chef James Denton, but he was outbid the final evening by Karen Peterson of Traverse City.

Karen, a regular lamb eater, had heard about the quality of Icelandic lamb, and is eagerly awaiting her "winnings". She said she is looking forward to the variety of cuts offered, so she can try several ethnic lamb recipes she has. The chairperson of the auction committee has already invited the Kristof's to participate in next years fund raiser, to which they have happily replied, yes! "It has been an excellent opportunity to introduce our grass-fed lamb to people in our area who appreciate quality, locally grown food and we are happy to support the event, it's great fun " stated Carolyn. "If you have any kind of cooking event, from gourmet to a chili-cook off, it can be a great opportunity to market the wonderful quality meat of your sheep."

Editor's Notes:

Disclaimer: The content and opinions expressed in this issue do not necessarily reflect the views of, nor are they endorsed by, ISBONA.

Delma Stamm from Washington, KS would like ISBONA members to know that there is an article on Icelandic Sheep in the (current) winter issue of "Out Here" magazine, published by Tractor Supply Stores and given out each season in their stores as a "freebie."

For free assistance with getting your farm advertisement formatted to produce the best print quality available, please contact Jim Nelson at jamesanelson@centurytel.net. The best quality is produced when you provide high resolution images along with the basic layout that you want for your ad.

Call For Nominations!!!

ISBONA Board Of Directors

It is time to begin the election process. There will be a number of openings on the ISBONA BOD up for election this year. If you know someone who should be on the BOD, ask them if they would like to serve, and nominate them. If you would like to run, ask someone to nominate you. Nominations must be made in writing and sent by email or postal service to the Secretary, by March 15, 2007.

If you have any questions concerning the election process, check the Bylaws and/or contact the BOD member of your choice.

Lamb's Kidneys Sautéed with Juniper

Serves 4

8 lamb's kidneys
2 Tbsp vegetable oil
4oz small whole mushrooms
6 juniper berries, crushed
2 Tbsp all-purpose flour
1 tsp tomato sauce
2 Tbsp dry sherry
1 cup meat stock
1 dried bay leaf
Salt and black pepper

Using a sharp knife, skin the kidneys, cut them in half lengthways and remove the cores.

Heat the oil in a large frying pan and gently sauté the kidneys and mushrooms for 2-3 minutes. Add the juniper berries and gently sauté for 2-3 minutes. Remove the mushrooms and kidneys, leaving the juniper berries in the pan.

Stir the flour into the remaining juices and add the tomato paste, sherry, meat stock, bay leaf, and seasoning. Heat through, stirring.

Strain the sauce through a sieve and make up to 1 1/2 with water.

Return the liquid to the pan with the mushrooms and kidneys. Retrieve the juniper berries from the sieve and add to the pan. Simmer for 20 minutes, uncovered, stirring occasionally.

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"Margret"

To view more paintings of Icelandic Sheep and to read descriptions about each one, visit my gallery at:
www.davidgrote.com

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In My Experience

Controlling Mud on the Farm

By Bonnie Swenson

In the Northwest, we're famous for how much rainfall we receive each year. Not surprisingly, one of the main concerns for farmers in this area is how to control the mud that arrives each year with the rain. Here are the best tips I've gathered from livestock owners in the Northwest that have conquered the mud.

Around the Barn

The first and most important tool to control mud around your barn is gutters. Gutters with downspouts that drain water away from barn and well traveled areas will make the most difference and will be the best supporting piece of the puzzle in your quest for mud control. All of the other tips in this article will be more effective if gutters are in place.

One clever idea is to have your downspouts drain into tubs to collect rain water. This can be as simple as a brand new plastic trash can and lid with a hole cut in it for the downspout, or as complex as some systems available from such farm suppliers as Gempler's. Saving this rain water for a long summer or an emergency is a good idea. It can also be used to water your garden.

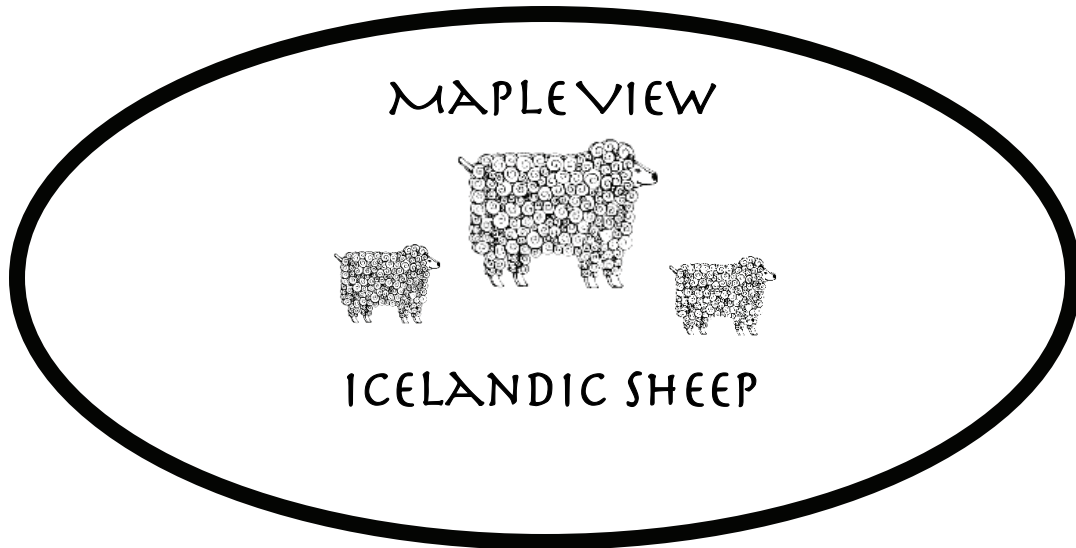
The other ingredients to your mud control system are black garden fabric (usually used when pouring concrete to make a driveway, and available at most hardware stores), gravel, and large wood chips (sometimes called Hog Fuel). One of the most common areas to have a problem with mud is around the openings to the barn such as stall doors or where ever the animals pass most often. The key in controlling mud is to act before the mud develops. During the summer months, purchase and lay down the black fabric in areas you know have a problem with mud.

Once the fabric is down, cover it with 3-6 inches of gravel. Cover the gravel with 3-6 inches of Hog Fuel. You may find that you need to refresh the Hog Fuel every few years, but your problems with mud will be gone. Some people choose to only put down Hog Fuel and not the fabric or the gravel, but they also find it necessary to replace the Hog Fuel annually. I cannot stress enough the importance of all three ingredients working together.

Around openings to stalls or gates where livestock travel most often, placing a rubber stall mat on top of the hog fuel can help cut down on the mud.

Around the watering trough

Mud can occur around the watering trough for several reasons. High foot traffic from your livestock, water overflowing from the trough, and rain. Placing your water trough off the ground can save it from an early demise. Many water troughs fit nicely on two tires side by side. This can help prevent rust, animals jumping or stepping in the trough and puncturing the bottom, or your trough sinking into the mud. With your trough off the ground, you can detect leaks more easily. Hog Fuel with a rubber stall mat around the trough also helps keep the mud down.



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2006 Oregon Flock & Fiber Festival

By Matt Elston

The Oregon Flock & Fiber Festival (OFFF) was held at the Clackamas County Fairgrounds in Canby, Oregon on September 22-24. The festival was well attended with many vendors and many exhibitors of animals and fleeces. Numerous Icelandic breeders attended the festival and several vendors featured Icelandic wool products. Festival attendees included: LeVeque Ranch, Raven's Rest Icelandics, Robyn West, Cascade Meadows Farm, Shaggy Bear Farm, Bella Vista Farms, Isfaka Farm, Hawks Mountain Ranch, Lee Bates, and several new breeders.



The shows featured a large variety of fiber goats, alpacas, fiber rabbits, and many unique sheep breeds including a good number of high-quality Icelandics. The raw-fiber show was well supported with upwards of 200 fleeces entered including a large number of Icelandic fleeces. The best part of the festival was sitting around the sheep pens talking to other Icelandic Sheep breeders, seeing old friends, and making new friends. While the competition was stiff, everyone helped each other to pull off a very good show.

Of special note, the winning Icelandic raw fleece also won the Grand Champion in the classics division beating out all of the countless Shetlands and other classic fleeces. All entries in the fleece show were analyzed by a Bob Padula from the American Wool Council using an electronic micrometer to measure the thickness and length of the fibers. Each fleece was provided with a printout of the scoring. The Icelandics had excellent micron scores with consistently very low micron measurements (in the teens and twenties) for the thel, although the tog introduced some variability.



Icelandic Class Results

Grand Champion Ram – Robyn West (Montana)
Reserve Champion Ram – Cascade Meadows Farm (Oregon)
Grand Champion Ewe – Cascade Meadows Farm
Reserve Champion Ewe – Cascade Meadows Farm
Best Flock (1 Ram, 2 ewes) – Cascade Meadows Farm
Judges Choice (best fleece on live sheep) – Robyn West

Icelandic Raw Fleece Results

Champion Icelandic Raw Fleece – Cascade Meadows Farm
Grand Champion Classic Division Raw Fleece - Cascade Meadows Farm

Make a Pair of Swedish Mittens with Your Icelandic Yarn

Judy McDowell, Misty Meadow Icelandics

Although I love our Icelandic sheep and the country they come from, I cannot boast a drop of Icelandic blood. Instead, my ancestors are Swedish. And not so long ago (just two generations), my family was farming the mid section of Sweden. So, when I first saw a pair of Lovikka mittens while traveling through Sweden during college, I felt an instant connection to them and I purchased them on the spot. Years later, my Swedish heritage collided with an Icelandic sheep raising hobby and I realized that knitting a pair of these lovely mittens with a single ply, somewhat chunky Icelandic yarn was really the perfect combination.

The Story of the Lovikka Mitten

Lovikka mittens are known for being extra thick with turned back embroidered cuffs and a soft fuzzy appearance. The story goes that the first Lovikka mitten was knit in the late 1800s by a Swedish woman commissioned to make a pair of extra thick mittens by a local woodsman. She spun an extra thick yarn for the mittens, but when the woodsman saw them, he thought she had ruined the wool. Attempting to rescue her project, she washed the mittens several times, added embroidery to the cuffs and brushed them both inside and out to soften them. The new mitten was a hit and its popularity spread throughout Scandinavia.

In researching this further, I found that the technique of knitting with loosely spun, soft, thick yarn and brushing up afterward has been used widely in Iceland as well. It makes the fabric more durable, firmer, and warmer for the wearer.

Making the Mittens

If you haven't made a pair of mittens before, these are probably the simplest mittens to make. With relatively few stitches, big needles, and very little shaping, these mittens are a perfect first mitten project. If you need a little more encouragement, you should know that my Swedish friend tells me that these mittens are knit as a third grade project!

Choosing the right yarn is important when making these mittens. A good sturdy yarn is needed if you intend to brush up the mittens after making them. I used a chunky single ply Icelandic yarn that was spun by Taos Valley Woolen Mill. The yarn is slightly heavier than the commercial Lopi yarn by Reynolds.

Size:

The mitten is sized to fit a small (medium) women's hand.

Supplies:

Yarn: Chunky weight Icelandic single ply
Needles: Size 10 double point needles or size needed to obtain correct gauge.
Notions: Yarn needle and dyed wool embroidery yarn for embellishment

Gauge: 6 sts and 9 rows equal 2"/5cm before fulling

Directions:

Right Mitten

*Cast on 28 (32) sts. onto 3 double point needles. Join to make a round.

Purl 2 rnds.

Knit 10 (11) rnds. Turn the mitten inside out so that the wrong side of the cuff is facing out.

Knit 17 (19) rnds.**

Put 5 (6) sts on a holder for the thumb.

Cast on 5 (6) sts above and knit to end of round.

Knit 18 (20) rounds.

K1, ssk, k 9 (11) sts, k2tog, repeat.

K 1 round.

K1, ssk, k 7 (9) sts, k2 tog, repeat.

K 1 round.

K1, ssk, k 5 (7) sts, k2 tog, repeat.

K 1 round.

Cont to decrease in manner above **every round** until 8 sts remain. Cut yarn, draw through loops and pull tight.

Thumb

Transfer 5 (6) sts on holder to one needle and pick up an additional 7 (8) sts with the other two needles.

Knit 11 (12) rounds.

Ssk, k2 (3), k2 tog. Repeat to end of round.

Knit one round.

Ssk, k 0 (1) k2 tog, repeat to end of round.

Cut yarn, draw through loops and pull tight.

Left Mitten

Make mitten from * to **.

Knit across first 9 (10) sts. Put next 5 (6) sts on a holder. Cast on 5 (6) sts above and knit to end of round.

Cont as for right mitten.

Finishing

Note: These instructions assume a top-loading machine. Front loaders can also be used, but are more difficult in interrupt and may take more cycles for the fabric to felt.

Set the washing machine for a hot wash/cold rinse, low load and the longest cycle. Use a small amount of laundry detergent. Place the mittens in a small laundry bag and add a few clothing items such as old towels, jeans or t-shirts to the load to increase the friction and promote the felting process.

Start the washing machine and stay nearby. It is important to check the mittens often. After the first wash cycle (but before the rinse cycle), open the machine and check the size of the mittens. Adjust the machine to continue washing, if needed. Continue to check the mittens every few minutes. When the mittens are the desired size, take out of machine and rinse by hand. Avoid using the spin cycle as this tends to create folds in the fabric of the mittens which are often hard to reverse. After rinsing, squeeze and roll up in a towel to soak up excess moisture. Lay the mittens on a towel in a warm place to air dry. At this point, you can also stretch and manipulate the project to make sure that lines are straight and the mittens look the way you want them to look.

For a final finishing, use a hairbrush to brush up the mitten both inside and out avoiding the cuff. The cuff can then be embroidered with colorful yarns.

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Serves 4

3 Tbsp olive oil
2 celery sticks, chopped
24 pearl onions, peeled
2 pounds boned leg or shoulder of lamb, cut into serving pieces
2-3 rosemary sprigs, cut into pieces
2 bay leaves
2 cups Chicken Broth
Salt and Ground Black Pepper

Heat the oil in large pan, add the celery and onions, and fry gently for 5 minutes.

Add the meat, half the rosemary, the bay leaves, salt and pepper to taste. Fry over moderate heat until the meat is browned on all sides.

Stir in the broth and just enough water to cover the meat.

Cover and simmer for 1 hour or until the meat is tender. Discard the herbs before serving.

Serve hot, garnished with remaining rosemary.

Sardinian Lamb with Fennel and Tomatoes

Serves 4

5 Tbsp olive oil
2 pounds leg of lamb, cut into serving pieces
1 onion, peeled and chopped
1 3/4 cups tomatoes, skinned and mashed
6 fennel bulbs, quartered
Salt and Ground Black Pepper

Heat the oil in a large pan. Add the meat, and fry over moderate heat until lightly browned on all sides.

Stir in the onion and fry for an additional 5 minutes. Add the tomatoes and salt and pepper to taste.

Lower the heat, cover, and simmer for 40 minutes, adding a little water if the pan becomes too dry during cooking.

Meanwhile, cook the fennel in boiling salted water for 20 minutes. Drain and reserve 1 cup of the cooking liquid.

Add the fennel and the reserved cooking liquid to the pan, and continue cooking about 20 minutes until the meat is tender. The pan should be fairly dry. Serve hot, sprinkled with black pepper.

TERRA MADRE, WORLD MEETING OF FOOD COMMUNITIES

Slow Food, Turin, Italy, 26 – 30 October, 2006

Local, small scale production and processing of milk from the native Iceland goat and sheep breeds

Presented by the Goat and Sheep Milk Community, Iceland: Ólafur R. Dýrmundsson (ord@bondi.is), Jóhanna B. Thorvaldsdóttir (haafell@mi.is) and Thóra S. Kópsdóttir (grana@simnet.is)

Native breeds

Ever since the settlement of Iceland more than 1100 years ago sheep have been more important than goats in the rural economy (1). While sheep, now numbering 455.000 winterfed animals all of the short-tailed Iceland breed, were and still are found in large numbers in all parts of the country, goats have tended to be most numerous in certain localities. Goats, all of the Iceland breed, now number only 400 individuals and are thus an endangered population. Neither the sheep nor the goats have been influenced by other breeds. They are multipurpose producers, of small size compared to other goat and sheep breeds, are prolific, especially the sheep, and both are hardy and well adapted to the harsh climate of Iceland. Both these Nordic breeds are characterized by great genetic diversity, such as in colour as well as in their high quality products, and emphasis is placed on the conservation of these characteristics (2,3,4,5,6,7). Iceland is self-sufficient in both sheep and goat products (1) and sheep products, mainly lamb, are exported to several countries. The Iceland Goat was recorded by Slow Food on its Ark of Taste in 2005.

Sheep milk

Since the early 20th century meat, mainly lamb, has been the main sheep product in Iceland. Thus by 1920 sheep dairying had been abandoned except on a few farms (8). It was not until 1983 that ewes were milked again in farm trials initiated by the Farmers Union of Iceland. This pioneering work continued in 1984 and some experience was gained from cheese - making (9). However, it was not until 1996-1997 that further trials were carried out (10,11) mainly to gather information on milking characteristics of ewes, milking techniques and the chemical composition of the milk. Milking machines were used successfully and no problems were experienced in processing frozen milk. The fat % was approximately 6.2 and the mean values for protein, lactose and dry matter were 5.7, 4.7 and 17.5, respectively (11). A turning point was reached in 2004 when due to the pioneering spirit of Thóra Sif Kópsdóttir (a member of this community) ewes were milked on her farm and she has since encouraged a few other farmers to follow her example. This work has resulted in a sheep milk project since 2004 with emphasis on cheese making in the local Búdardalur Dairy in W-Iceland and is receiving official support from farmers organizations and both research and funding bodies (9). It is of interest to note that some owners of Icelandic sheep in Canada and the USA, namely of flocks originating from the first Icelandic sheep imported into North America 20 years ago, are successfully milking Icelandic ewes and are making products such as cheese, yogurt and soap, mainly on a small scale, (12,13,14,15,16,17,18).

Goat milk

It is well known that goats were milked on several farms in Iceland, especially in certain localities, until the 20th century when overshadowed by milk from dairy cows (3). The small population size leading to a high level of inbreeding is a major obstacle to progress in most goat flocks (19). However, one means of conserving this endangered breed is to increase its numbers and to utilize its products such as meat, skins and cashmere fibre, and not least the milk (3,9). For several decades goats have only been milked on rare occasions but in recent years, a few farmers have expressed interest in producing and processing goat milk for a local niche-product market. A farm trial carried out in 1991 indicated that machine milking was feasible and that goat cheeses could become valuable consumer commodities (20), for example, on the lines of the experience of goat cheese makers in Denmark (21). Thanks to the grass-root

leadership of Jóhanna B. Thorvaldsdóttir (a member of this community), who has been milking goats on her farm since 1999, good progress is now being made in cooperation with the above mentioned sheep milk project (9). Moreover, for the first time more accurate information is becoming available on the chemical composition of goat milk (22) than previously documented (23). Thus the mean % values for fat, protein, casein and lactose were 3.7, 3.2, 2.6 and 4.6, respectively. Special attention will now be given to the genetic variation of milk proteins by taking samples from most of the lactating females in the national population (22). Machine milking and processing frozen goat milk is practiced successfully.

On-farm experience

In addition to the scientific information gradually becoming available on sheep and goat dairying, as indicated above, much of the progress will continue to depend on the pioneers and those who follow in their paths. Both are small scale local enterprises, developed on family farms, the main aim being to strengthen rural employment and increase farm income. At the same time the farmers are contributing to efforts to conserve genetic diversity, especially of the endangered goat breed. This includes the breeding of polled goats which have become extremely rare in the Iceland breed. It should be kept in mind that milking ewes and goats are secondary enterprises on mixed livestock farms where lamb production is the primary enterprise in both cases. However, the goat flock at Háafell Farm is being increased in numbers so as to become the main farm activity in the future. Jóhanna has been milking a maximum of 42 goats this year, beginning in mid-summer and will continue well into the winter months, even until January. The kids, normally born during the period February to April, have been slaughtered at 2½ - 3 months of age before the milking season begins. Last year the total production was 1786 l, the individual goat yield being in the range of ½ to 2 l/day with a mean of 1 l/day. Most of the milk is sent to Búdardalur Dairy for processing but some is kept frozen in ½ l bottles for children who are allergic to milk from cows and even to soyamilk. The aim is to establish a goat milk processing unit at Háafell Farm and even start a direct farm sale business. Still meat generates most of the income from the goats but the balance is likely to change in the near future in favour of dairy products. Thóra Sif is milking her ewes at Ystu-Gardar Farm, also in W-Iceland, during late lactation, i.e. starting in late August / early September when the first batch of lambs is sent to the abattoir. She has been milking 23 ewes this autumn. Most of them are yielding 170-200 ml/day and last year the total yield on the farm was 182 l. In that year four other farmers joined the project, the total annual production being 783 kg. Thóra Sif is using a mobile milking unit and has even milked ewes on neighbouring farms in order to boost the total supply to Búdardalur Dairy. Like Jóhanna, Thóra Sif is interested in developing on-farm processing of cheese and other sheep milk products for direct sale. Both want more goat and sheep farmers to join the community through the project referred to above.

Future prospects

Members of the Goat and Sheep Milk Community will continue to advocate the utilization of milk from both ewes and goats for the production of local niche - products. The pioneers are acquiring new skills and gaining valuable experience, some technical problems have already been solved and further research is adding to the present knowledge of milk composition and quality. Furthermore, the pioneers have generated interest amongst other farmers and several agricultural bodies which are already providing valuable support. However, much development work is still needed, for example, on the economics and marketing of goat and sheep milk products. In the early stages emphasis is being placed on processing the milk into prime quality cheeses but other products are likely to follow. Trial commodities have already been well received by local consumers and further promotion will follow in the near future. At present it is vitally important to generate the interest of a larger number of both sheep and goat farmers to embark on milking so that the total volume of milk can be increased beyond the trial stage. The support of Slow Food to these grass - root initiatives is indeed highly appreciated by the Goat and Sheep Milk Community of Iceland.

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HMRR-512N	*Bambi	HMRR19H	2/28/03	Sis	*Mango	\$500
PJN-07P	SRX768L-AI	RIF08K	4/6/04	Erna	Kuldi	\$700
PJN-02P	SRX768L-AI	SRX314J-AI	4/18/04	Bussa	*Rektor	\$700
BLW-808R	*Rektor	BLW520M	4/6/05		Roskur	\$700
PJN-16R	*Kudi	524M	4/16/05	Korga	Ellidi	\$800
PJN-51S	*Rektor	SRX358M	4/6/06	Rakel	Ellidi	\$300
PJN-54S	*Rektor	PJN07P	4/13/06	Rima	Ellidi	\$600
PJN-62S	PJN15R "Kuldi"	PJN02P	5/4/06	Kara	Ellidi	\$700

Scurred:

SRX-314J	*Horvi	SRX120G	4/18/99	Horviewe	*Rektor	\$400
HMRR-524N	*Bambi	HMRR218K	3/1/03	Valrhona	Ellidi	\$600
PJN-18R	*Kudi	08K Freya	4/16/05	Lizabeth	*Ormur	\$800

Polled:

WKR-57J	Maple Creek Mocca 26D	SRXEWE101G	4/5/99	Cocoa	*Mori	\$400
SRX-74M	*Dalur	SRX529K-AI	4/15/02	Mae West	*Partur	\$800
RIF-211M	RIFSVen Ram 07K	RIF LittleBit 02K	5/18/02	Annie	Ellidi	\$500
HMRR-562N	*Vestri	HMRR35H	3/4/03	Vestriewe	Ellidi	\$500
RIF-307N	AIHMRR BULIWYF418M	WKREWE57J	4/3/03	Rainie	*Thokki	\$500
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PJN-21R	133P	211M	5/5/05	Grana	Ellidi	\$500
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PJN-67S	PJN14R "Ellwood"	HMRR524N	5/9/06	Eisa	Ellidi	\$500

* AI - Semen from Southram. F1 Offspring available only to farms enrolled in the Voluntary Scrapie Flock Certification Program (VSFCP)

Winter Photos from our Members:



Photo by Elaine Clark



Photo by Jackie Gower

Photo by Jackie Gower





Photos by Nina Dent





Photo by Jackie Gower



Photo by Bonnie Swenson



Photo by Bonnie Swenson



Photo by Nina Dent

Spicy Lamb and Eggplant

Serves 4

Oil for cooking

1 onion, finely chopped

1 lb eggplant, peeled and cut into batons

1 1/4 lb lamb fillet, cut diagonally into thin slices

2 cloves garlic, finely chopped

1 small red chili, seeded and finely chopped

1 Tbsp ground cumin

1 Tbsp ground coriander

2 tsp ground turmeric

1 tsp ground cinnamon

1 cup thick coconut cream

1 tTbsp chopped mint

2 Tbsp chopped parsley

Lemon wedges, to serve

Heat the wok until very hot, add 2 teaspoons of the oil and swirl it around to coat the side. Stir-fry the onion until soft and golden. Remove from the wok and set aside.

Add 1 tablespoon of the oil to the wok and cook the eggplant in two batches over high heat until golden brown and cooked through. Remove and drain on paper towels.

Reheat the wok and add 2 teaspoons of the oil. Stir-fry the lamb in two batches over high heat until browned and just cooked.

Return all the lamb to the wok with the onion and eggplant. Add the garlic, chilli and spices, and cook for 1 minute. Pour in the coconut cream and bring to a boil.

Stir in the fresh herbs and season with salt and pepper. Serve with lemon wedges.

Submit your recipe, photo, or article to the newsletter!

We are always happy to have your photos, articles, advice, and recipes for the newsletter. Please send them to any of the editors listed at the back of the newsletter. We are currently looking for a volunteer to be our Dairy editor. Or, if you have recipes, stories, or information about milking and would like to share them, please contact Bonnie Swenson, Newsletter Editor.



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**Dam BLW-642N
Sire Grinnur**



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Ewe, Michigan Fiber Fest 2006
With her dam**

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Icelandic Sheep Breeders of North America
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2005 ISBONA Membership Fees

(check one)

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Includes ISBONA Newsletter, access to all official ISBONA-sponsored activities, no voting privileges.

_____ ISBONA Member: \$30 per year (\$81 for 3 yrs, \$135 for 5 yrs)

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Farm Name (if applicable) _____

Address _____

Phone _____

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