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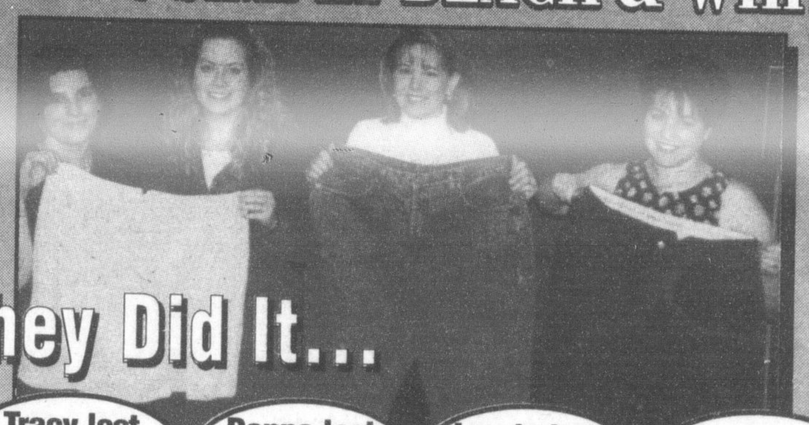

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Ostrich much lower in fat than traditional red meats

• from WHITE on page 13

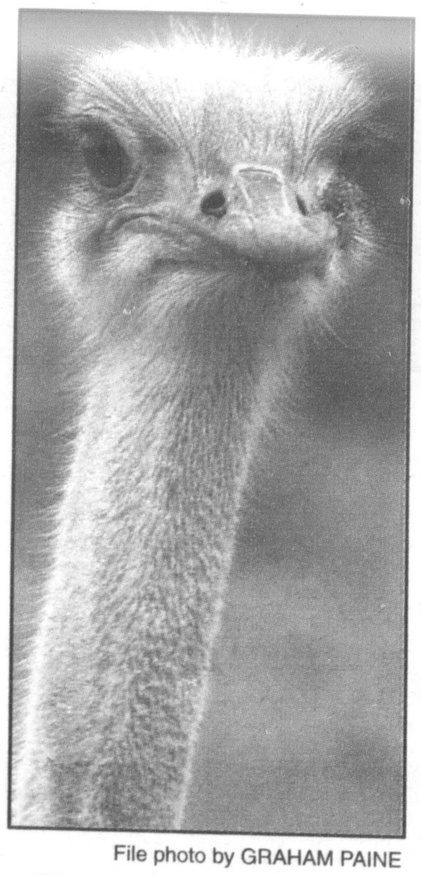
a multitude of diseases. Ostriches provide many products that fit the bill including tasty, tender meat, eggs, oils that help skin conditions, feathers for decoration and dusting and leather for furniture and clothing. Even the egg shells can be used for crafts.

Ostrich meat is lower in fat and cholesterol than traditional red meats, making it an ideal choice for health-conscious individuals. Ostrich meat cooks faster and can be substituted for beef in any recipe and greatly reduces the number of calories in a meal, It's also lower in both fat and calories than chicken and turkey breast.

Ostrich eggs are very large, each weighing between three and four pounds, and are the equivalent of two dozen chicken eggs. The eggs are used for crafts, jewelry, and carved decorations.

The ostrich plumes are extremely useful as well. They make excellent feather dusters which have been a big seller this year due to their magnetic properties and the rave reviews from 'The Fly Lady', an American Internet organization guru.

"The Fly Lady sends dozens of e-mails everyday about how to keep organized, cleaning tips, and such, and she recommends the ostrich feather dusters because they work so well," said Ms Simmonds. "I had all these people coming in asking for feather dusters because The Fly Lady recommended them. It's great!"



File photo by GRAHAM PAINE

The ostrich is steadily growing in popularity due to its many uses.

Ostrich oil is an age-old natural remedy for arthritis, eczema, dry skin, insect bites, hot-oil hair treatments and as an anti-inflammatory. Extracted from the snowy white fat found on the outside of the meat, it's processed and bottled for distribution.

"We have started using the ostrich oil as an insect repellent recently as well," said Ms Simmonds. "We noticed that the mosquitoes were not swarming the ostriches and thought we'd try it. There have been no scientific studies done on this but it seems to be working. We also have for sale an all-natural lotion and a face cream, both with ostrich oil."

Ostrich leather is the second-strongest leather in the world and is used for some clothing, jewelry, and crafts.

Ostriches are originally from Africa but are no longer considered exotic birds due to their increased prominance in North America. White Rock Ostrich Farm raises three types of ostriches — rednecks, bluenecks, and African blacks.

The ostriches can live up to 70 years, weigh between 250 and 350 pounds, grow to be between seven and nine feet in height, and can run up to 40 miles per hour.

"We get some schools visiting us and the kids love these birds," said Ms Simmonds. "They have done a lot of projects on them because they are so amazing. We'd love to see more schools come out to visit in the future."

White Rock Ostrich Farm is open Wednesday to Sunday from 10 a.m. to 5 p.m. They provide informative tours of the farm as well as a shop where visitors can purchase the many ostrich products available. On weekends, a concession stand is open with ostrich burgers and hot dogs.

For more information, call White Rock Ostrich Farm at (519) 856-1487.

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sunday, september 12

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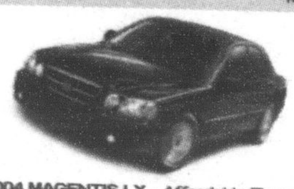

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