Meet the Lees Family

Arcola, Saskatchewan









Loving what you do

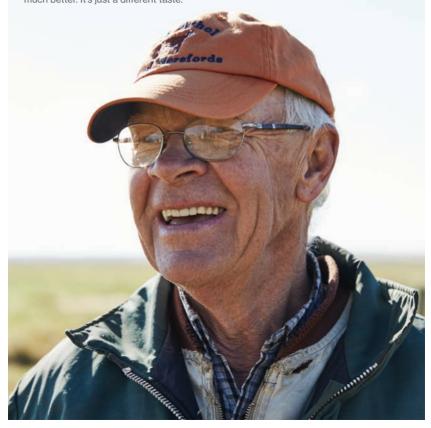
As a sixth generation farmer, Duncan has spent a lifetime on the land. And, just as his father passed the tradition onto him, he is passing it on to his own son, Jeff, who now runs the family farm. "I think every father would want his son to enjoy what he did. I think if your father enjoyed his work, he'd want his son to enjoy it the same way. We are a natural cattle people. We've done it for a long time."





Local and fresh

For the Lees family, there's nothing like homegrown food, whether it's from your own garden or a local farm. As Valerie says: "The produce that you get, for example fresh cabbage, is so tasty compared to commercially bought produce. It's picked ripe, instead of green and shipped." But if you ask Duncan, "I find that homegrown pork is the biggest difference. There aren't many people that run their own pigs anymore, but if you can get them from a farm it's much better. It's just a different taste."



Raising cattle

The Lees raise Hereford cattle (they have about 450 heads), which are "one of the heartier beef breeds," explains Duncan. "They are distinctive with their white face and their body hair is what we call 'red.' Red with white face."

Over the years, the Lees family has shown Hereford cattle not just locally, but across the country and have even sold purebred stock to places as far away as England, Japan, Russia and Kazakhstan. Also a livestock judge, Duncan knows how to work with the animals to get them socialized. "By the time we get them ready for a show, our animals are very tame," says Duncan.

After raising cattle, a family and a life together over the past 45 years, it's obvious Valerie and Duncan wouldn't trade this life for anything.





Baked Potato Casserole

Ingredients

8 large potatoes,
cut into cubes
1 tsp salt
1 cup sour cream
1 cup mayonnaise
1 cup shredded
cheddar cheese
3 green onions, chopped

Directions

Boil cubed potatoes in salted water for 10 minutes. In a mixing bowl, add sour cream, mayo, ¾ cup of the shredded cheese and green onions. Drain the potatoes and add into the mixed ingredients.

Grease a $9 \times 13''$ pan and add in mixture. Top with reserved $\frac{1}{4}$ cup of cheese.

Bake at 350°F for 20 – 25 minutes. Can be frozen.

Notes			

Valerie & Duncan Lees Arcola, Saskatchewan