

The Brida Journal

Summer Edition

Email : daily@brida.eu

www.journal.brida.eu

Week 33/2020

The journal for learners of English, by learners of English

www.peters-langues.fr/activites

All about goats.

Alpine goats are a medium- to large-sized goats that are known for their good milking ability. You also need to know how to properly take care of them.

The milk is full of protein but has more sugar than other goat milk. Their milk is healthier than other goat's milk because it has very low levels of fat content. A goat can produce an average of 3 litres of milk a day. It is a popular choice for milk, ice-cream, cheese, and soap.

The goats can be milked about six weeks after puberty, although the optimal weight for the best dairy production is about 70 kg. Alpines will continue to produce high- quality milk if they receive proper nutrition. Once the goat has been milked, the milk must immediately be chilled. Warm milk allows bacteria to grow, causing the milk to spoil faster.

If the goats do not feel safe or are disturbed in any way, they will stop producing quality milk which would result in a loss for the farmer. With proper nutrition and care, however, Alpines can produce some of the best goat's milk in the world.

Alpine goats will live 12 to 20 years if cared for properly. Alpines mostly eat organic foods such as alfalfa hay, grass, greens, and corn. Female goats should be milked and fed twice a day. Bucks, as well, should be fed twice a day.

The Alpine breed needs a warm, dry place to sleep. All goats are hardy creatures, but they do need a good shelter to protect them from the elements. A simple structure should be able to do the trick, and you should make sure that the door or opening is facing away from the prevailing winds. Goats need to be kept dry, so make sure that there are no leaks in the structure. Be on guard for leaks and always make sure that your goats have somewhere dry to sleep.

The structure needs to be ventilated without being drafty, since a well-ventilated space prevents many different diseases. Goats are hygienic creatures, so their pen will need to be cleaned daily.

Goats require special attention, especially when they are pregnant or being milked. Try not to raise them around other farm animals. If you are just starting out, start with about two goats before expanding your herd or else they might be too much for you to handle. Never let your Alpines eat leftover feed, so be sure to feed them regularly with fresh food. Alpines need to be dewormed, so remember to ask your vet about deworming medicine. If you notice that one of your Alpines is sick, isolate them immediately and call the vet.

	<h2>Goat for sale</h2>
	<p>Alpine goat for sale is a male asking 130 € for him great as a pet real friendly give me a call or text if interested. 07.65.78.14.xx</p>



Companion for Aging Adults

Brida Elderly Care Group is a Companion Services and Care Management company hiring caring individuals to help our aging clients with their daily routines!

Now expanding all throughout the Greater Brida area!!!

Qualifications:

- MUST have valid Car & Driver's License
- MUST speak English fluently / be legal to work on the books
- MUST be 18 or older
- Caring, Compassionate and great communication skills
- Please be flexible and reliable
- Have at least one year experience (personal or by company)

Pay starting at €12 and up! (depending on location / travel)
Plus 50 cents per kilometre driven with clients!

Inquire today at Brida Job Centre.

Telephone : 04.xx.94.56.61

Email: BJC@brida.eu



Rabbit, artichoke and rosemary paella

Ingredients

- Good pinch of saffron strands
- 1 litre rabbit stock or good-quality fresh chicken stock
- 175g fine beans, stalk ends trimmed
- 3 tbsp olive oil
- 750g rabbit pieces
- 1 medium onion, finely chopped
- ½ tsp chilli flakes
- 5 garlic cloves, finely chopped
- Leaves from 3 x 5cm fresh rosemary sprigs
- ½ tsp sweet pimentón (Spanish smoked paprika) or paprika
- 350g vine tomatoes, skinned and chopped
- 400g paella rice (such as calasparra or bomba)
- 300g jar artichokes in olive oil, drained
- 225g tinned cannellini or haricot beans, drained and rinsed
- 8 small bay leaves
- 1 lemon, cut into wedges, to serve

Method

1. Put the saffron and stock in a saucepan over a low heat, bring to a simmer, then turn off the heat. Drop the fine beans in a pan of boiling, salted water, cook for 4 minutes until tender, then drain and refresh under cold water.
2. Heat 2 tbsp of the olive oil in a paella pan or large frying pan over a medium heat. Season the rabbit and fry until nicely golden on both sides. Lift onto a plate.
3. Add the remaining tablespoon of oil, the onion and the chilli flakes to the paella pan and cook gently for 6-7 minutes until soft and golden. Add the garlic, rosemary leaves and pimentón and cook for 1 minute, then add the tomatoes and cook for 2 minutes. Stir in the stock, then bring to the boil. Taste and season.
4. Sprinkle the rice into the pan, making sure it is evenly distributed over the base. Arrange the rabbit pieces, artichokes, tinned beans and bay leaves around the pan and shake it slightly so they bed down a little into the rice. Leave to simmer vigorously for 6 minutes, then scatter over the fine beans, lower the heat and simmer gently for another 15 minutes. At the end of cooking, all the liquid should have been absorbed and the rice should be just tender.
5. Turn off the heat, cover the pan with a clean tea towel or a large sheet of foil and leave to rest for 5 minutes. Taste and season again, then serve with the lemon wedges.



Our special offers for this week.

Fresh cherries
500 gr. €1.99

Frozen Pizzas
various toppings €2.55

Sea salted crisps
150gr €1.45

Spanish Galia Melon
1 piece. €1.35

Power Drain Unblocker
500 ml. €3.59

Spray deodorant
75 cl €0.75

Crumpets
Pack of 9, €0.95

Pork and Apple Sausages
400 gr. €2.40

Frozen cod filets
400 gr, €3.95

Jaffa Cakes
400 gr. €1.50

Semi skimmed milk
1 litre. €1.01

Lemonade Ice Lollies
3 x 75ml €0.95

Smooth Orange Juice
250 ml. €2.75

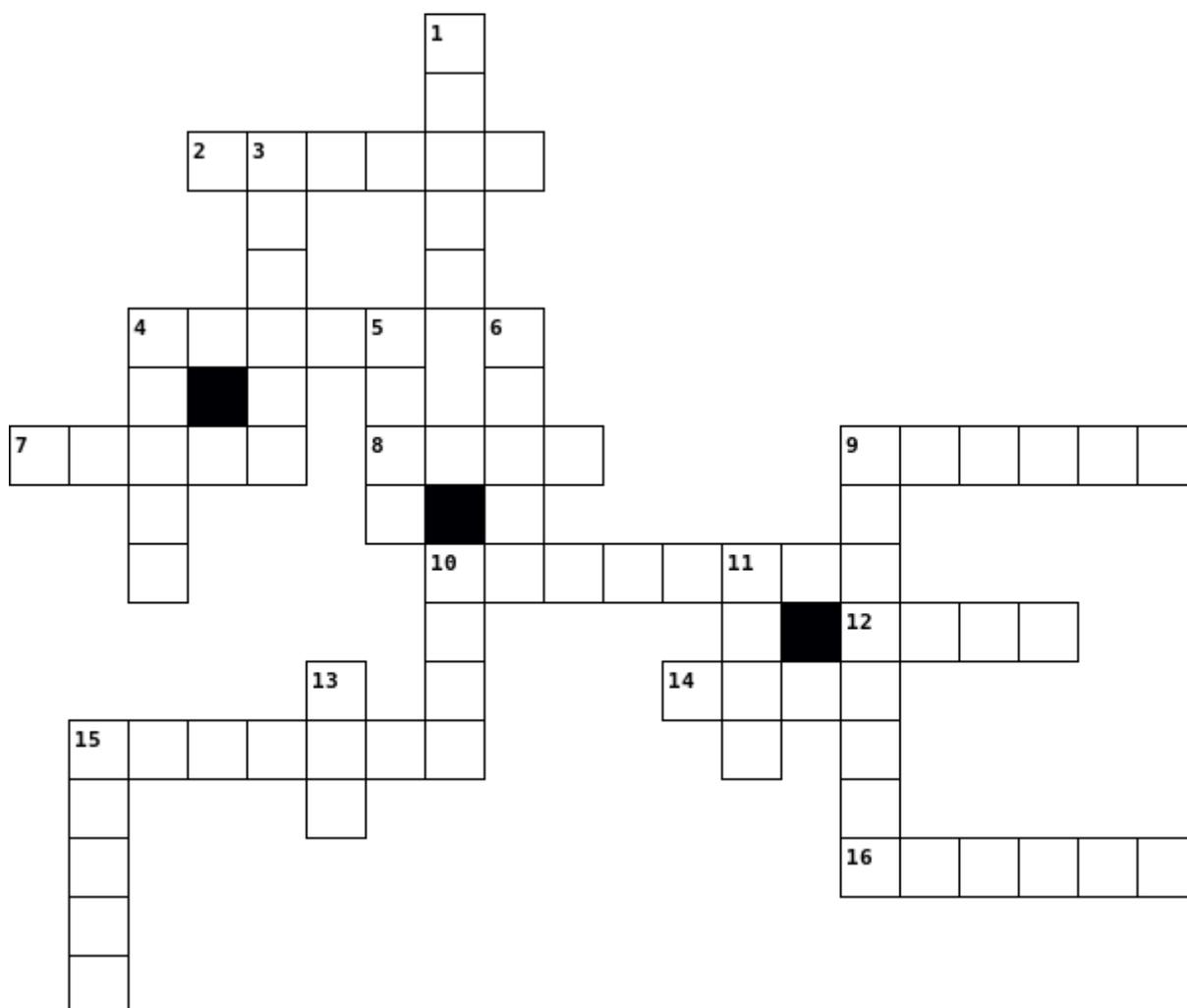
Fabric conditioner
33 washes, €2.50

Pimms No. 1
70 cl. €14.50

Offers while stocks last. Valid from August 10, 2020 to August 15, 2020. Closed August 15.

Brida Gymnastics - Vocabulary

Weekly Vocabulary Crossword 33.20



Across

2. animal with large floppy ears
4. to make colder
7. liquid fruit
8. used to clean our bodies with
9. to enlarge
10. a characteristic of a person whom you can trust to do something
12. liquid rich in protein
14. to give somebody a job
15. raw meat in form of a tube
16. to cook gently for a long time

Down

1. vegetable which brings tears to your eyes
3. From the alps
4. very thin crunchy potato
5. when you no longer have something
6. used to put food on
9. synonym for weather
10. grain, normally grown in Asia
11. when water starts bubbling
13. dried grass from fields
15. to commence

Solution Crossword 32.20**Across**

s

2. passion
6. team
8. swim
9. vintage
11. landscape
13. tyre
14. serve
15. cherry
17. Porto
18. muffin
19. blend
20. chill

Down

1. northeast
3. scooter
4. ladle
5. grill
7. hike
10. unfortunately
12. positive
16. dog

Play Brida, Learn English



The Brida Journal,
a journal
for learners of English
by learners of English.

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Brida is an educational platform to facilitate the learning of English.
www.brida.eu

The Brida Journal is an educational tool with the purpose of helping learners to improve their knowledge of English.
Educators wishing to participate in the programme should contact me via email.

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Third Party Inspirational Sources

classifieds: gumtree.ie or gumtree.co.uk,
the supermarket: various supermarket websites in the United Kingdom
weather: bbc.co.uk/weather, (the city is Perpignan, France)
Chez Brigitte: olivemagazin.com.
The garden: Wenia Field's Gardening, published 1973 by Octopus Books.