



## Wildwood Farm CLIPS & CLOPS Oak Harbor

October 2024

YOUR NEIGH-BORHOOD HULLABALOO

CREATED & EDITED BY HEATHER CARDER

### Horse - Milk Ice Cream Anyone?

**Its healthier for you, say scientists**

Does the thought of tucking into an ice cream cone made from horse milk leave a sour taste in your mouth? Ignore the neigh-sayers: some experts believe an equine gelato can be both tasty and healthier than the traditional cow variety.

Food scientists from the West Pomeranian University of Technology in Szczecin, Poland, have managed to make a batch of equine gelato that scores well on consistency and appearance. They say it has a number of potential health benefits, including containing half the fat of ice-cream made with cow's milk. Their study also found it was high in phospholipids, which can help tackle stomach complaints; certain fatty acids that ease breathing problems; and lactoferrin, which boosts the immune system.

But is it tasty? Finding out proved to be a challenge. Apart from dairy technologists in a lab in Poland, no one makes horse-milk ice cream, and no samples were available. The lead

researcher, Katarzyna Szkolnicka, did supply a recipe but the main ingredient is hard to come by.

First you need to find a horse, and then milk it. Fortunately, Frank Shellard, a farmer in Combe Hay, Somerset, offered to help.

He invited the Guardian to milking time at Cromwell Farm – Britain's only horse dairy. Shellard, 66, is an advocate for the healing powers of horse milk and has written a book on the subject. He reckons that drinking a glass a day has helped to cut his cholesterol levels by half in the months after a mini stroke.

The scientific evidence for such benefits is far from conclusive. But Shellard latches on to recent studies, including the latest one from Poland, that point to the therapeutic potential of mare's milk. "The evidence is starting to come in that it's good for your health," he said.

Shellard's customers are already persuaded. He supplies more than 80 regulars who are willing to part with £6.50 for 8 oz of the stuff. "They might have a skin or a gut problem and have read online that mare's milk can help. The other day, a lady said, 'your milk is quite expensive'. I told her, 'it's

very expensive, but it's the best milk in the world,'" he said.

Today, Shellard is milking Mocha, a Percheron-cross draft horse and one of 15 mares on the 35-hectare (86-acre) farm. She placidly munches grass pellets as Shellard attaches suckers from an adapted cow-milking machine.

Mocha provides about two and a half pints at each milking session, and she can be milked up to four times a day. But currently the rest of her milk is reserved for her eight-week-old foal, Enzo.

The milk is pasteurized and frozen before being dispatched to customers. Shellard keeps some fresh in the fridge for sampling. It tastes surprisingly sugary and light compared to regular milk, with a pleasant horsey hint to the flavor. "It's naturally sweet; it's almost chestnutty," Shellard said.

He could not be persuaded to make any horse milk ice cream. "We're milk producers, not ice-cream makers," he said. He suggested a few local producers, but they all politely declined, citing the busy summer season.

Kitty Travers, an ice-cream maker who  
*Continued on page 11*

## WHAT'S TRENDING NOW

Finding time to settle down with a book in the midst of the competition season might sound unlikely. But if you do manage to steal away a few hours, *The Wild Other* by Clover Stroud should be at the top of your list, says *Horse & Hound's* features editor Madeleine Silver

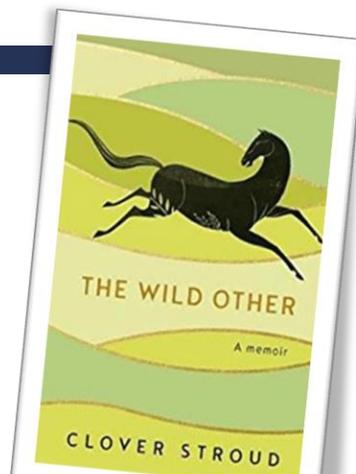
If ever we needed proof of the healing power of horses, this is it. Writer and journalist Clover Stroud's memoir '*The Wild Other*' will choke you from the off. At the age of just 16, the author's mother had a riding accident on an icy November morning that left her first in a coma, and then with such severe head injuries that she lived out the rest of her life in a home with round-the-clock care.

"I cannot look back on my life without seeing a jagged dark scar through the moment that separates the time immediately before the accident from the time after," writes Clover.

"Even the year before the accident is smudgy in my head, like someone has loaded a gun and there's a timer counting down to the really terrible thing that none of us can stop happening."

This accident cut short an idyllic childhood in rural Wiltshire and runs as a backdrop throughout her adult life, as Clover embarks on a wild journey travelling from gypsy camps in Ireland, to the rodeos of west Texas and then to Russia's war-torn Caucasus.

Following her mother's accident this ability of horses to numb her pain or transport her to a happier place became a



precious tool for coping with grief.

Whether getting high on the adrenalin of exercising local racehorses or being immersed in the male-dominated world of rodeo riding, horses are the constant throughout her life, with the White Horse at Uffington (near where she grew up and later moved back to) providing a reminder of what she was missing if her passion ever waned. "Horses are the source of powerful magic that's changed my life," she writes.

Climbing aboard after a break from the saddle she says: "I feel all of this powerful horse like a spring beneath me, so I stand up in my stirrups to lean over his neck. Bally jumps forward at the bottom of the gallop and new life is flickering inside me before the ground rushes forward and we're galloping, we're flying, we're going home."

You will reach the end of this book feeling exhausted, a little envious of Clover's bottomless zest for life — and grateful that you too know that to talk about horses as just a sport or hobby is a wild underestimation.



Our Store is currently open by Appointment.



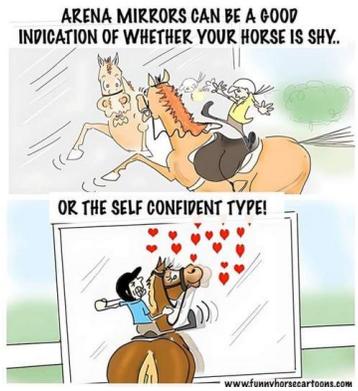
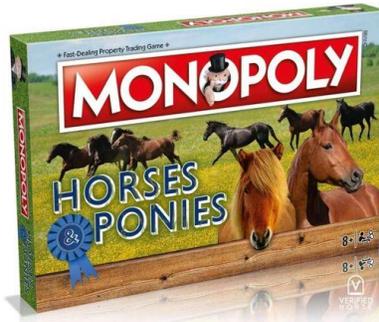
Shop Online!  
[www.noblehorsegallery.com](http://www.noblehorsegallery.com)

## New Items for October





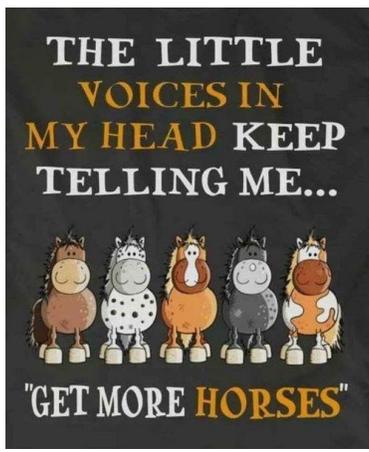
The game where everyone goes bankrupt!



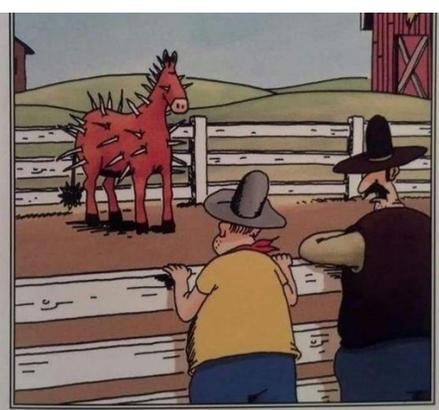
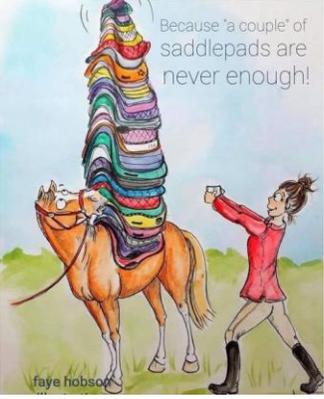
YOU KNOW YOU'RE A HORSE PERSON WHEN...



YOU DIDN'T SKIP AS A CHILD, YOU GALLOPED



Oh so true 🥰🥰 love this ❤️  
[www.haresandgrace.com](http://www.haresandgrace.com)  
 #equestriangifts #countrygifts  
 #britishartisanelegance #haresandgrace  
 #horsesofinstagram #madeinengland 🇬🇧  
 #equestrianhumor #horsejokes  
 #horsememes #memes #saddlepads



  
 HARES & GRACE

One day you will find someone that is obsessed with you. It's probably going to be a horse waiting to be fed.....  
 But it is what it is.

## WILDWOOD FARM B&B



### This is your moment.

Today at Wildwood Farm B&B

An artist learned...

*One of the ugliest things in the world is a human without compassion.*

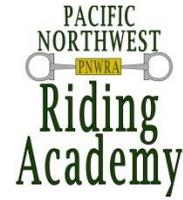
Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

Our ranch has a long history of igniting the spark between horses and humans, whether you want a small introduction or total immersion.

Come experience the power of possibility with these magnificent creatures and explore the abundance of silent repose.

[www.wildwoodfarmbandb.com](http://www.wildwoodfarmbandb.com)

WILDWOOD FARM HAS IT ALL!



**“Ride with me and I will teach you what you need, for I am gentle and humble, and it’s here that you will find rest for your soul.”**

**-Matthew 11:29**



**“In Riding a horse, we borrow freedom.”**

**-Helen Thompson**



**[WWW.PNWRiding.com](http://WWW.PNWRiding.com)**

**PACIFIC NORTHWEST RIDING ACADEMY**

# Researchers discover gene variants that determine speed of graying in horses

*Date:* September 19, 2024

*Source:* Texas A&M University

**Summary:**

Scientists now understand why some gray horses turn completely white as they age, while others remain an eye-catching 'dappled' gray color.

Scientists from the Texas A&M College of Veterinary Medicine and Biomedical Sciences (VMBS) and Uppsala University in Sweden now understand why some gray horses turn completely white as they age, while others remain an eye-catching "dappled" gray color.

As published in the journal *Nature Communications*, the deciding factor is the number of copies of a small DNA sequence within the gray coat gene carried by each horse; while "slow-graying" horses have a gene variant with two copies of the duplication, "fast-graying" horses -- those that will eventually become white -- have a gene variant with three copies.

"There are horses that are born white because they carry a gene variant that is causing white coat color, but the great majority of white horses don't have this gene variant," said Dr. Leif Andersson, a professor in the VMBS' Department of Veterinary Integrative Biosciences and at Uppsala University.

\$40 million in 1983. He gained fame with his victories on the track and his prestigious lineage, including the legendary Northern Dancer. His sire Northern Dancer is considered one of the greatest sires in Thoroughbred history, further elevating Shareef Dancer's worth. Shareef Dancer's breeding potential made him a prized possession. His value continues to influence the Thoroughbred market, showcasing the lasting impact of his lineage.

"Instead, gray horses are born with normal coat pigment -- like black or brown -- that gradually lightens as they age and eventually becomes gray or white."

Whether a horse has two or three copies of the duplicated sequence in the gray gene determines how fast a horse turns gray and if they end up as a gray or white horse.

"Some horses, the ones that will eventually become white, begin to grow gray eyelashes and hairs at the base of the tail within the first week after birth," Andersson said.

"A horse that is 'slow graying' will typically not show signs of gray until it is 5 to 7 years old."

While having a gray or white coat color doesn't appear to influence a horse's athletic performance or overall health, it does make a horse more prone to developing melanomas -- a type of skin cancer that has a well-established connection with the gray gene in horses.

"Horses that are 'fast graying' are more likely to develop melanomas, whereas we don't see an elevated risk in horses that are 'slow graying'," Andersson said.

The researchers hope that this new understanding of gray coat color and equine genetics will open new doors for further research about how to prevent and treat melanomas in gray horses.

## Nutrition Corner

### Can I maintain my semi-retired horse on an NSAID?

**Q.** My dressage horse is now semiretired. When he was in intense training to compete at the upper levels, he received quite a bit of maintenance (joint injections, Equithrive, MSN, Osphos, etc.), including a daily dose of Equioxx (firocoxib) for his osteoarthritis. He is currently ridden very lightly three days a week, including one weekly jumping lesson that involves cantering over cross rails (nothing over 2 feet). He is acting like he really loves the little bit of jumping and goes with his ears up and none of reluctance he had shown in his extended and collect gaits for dressage. He's sound but stiff. My understanding is that Equioxx has a cumulative effect and needs to be given consistently to be effective. Would it be better to keep him on Equioxx daily or instead give him Bute (phenylbutazone) on an as-needed (once or twice a week) basis? Or, can I just give him Equioxx occasionally as needed? He has had gastric ulcers in the past, so that's a concern as well.

**A.** Both phenylbutazone and Equioxx are commonly used and effective anti-inflammatory medications. Which drug to use and the frequency and duration of each medication is

something all owners should discuss with their veterinarians. There is often a variety of factors that will be taken into consideration when making a drug choice.

A common misconception is that Equioxx does not cause gastric ulceration like phenylbutazone. But a recent publication demonstrates that both Bute and Equioxx can cause some degree of gastric ulceration. The gastric ulcerations seen were less severe in the Equioxx group.

If your horse does need to be treated with non-steroidal medication, I would first see if Bute or Equioxx help the perceived stiffness you describe. Periodic administration of either is an acceptable choice, but which to choose depends on your horse. With your horse's history of gastric ulcers, I would likely try Equioxx first—treat him for 10 days and see how he responds. If there is a positive response, then I would give it to him as needed. If Equioxx is not effective then you can give Bute as needed. I would not recommend that either medication be given long-term.

### WILDWOOD FARM AND TRIPLE CROWN FEEDS.

Our partnership with Triple Crown began in 2014 through a promotion with the USEF encouraging farm members to compare their current feeding programs with Triple Crown products. We have found the TC products to be superior to other products primarily because of the EquiMix technology and the research support of a leading-edge team including independent representatives of Equine Universities, Medical clinics and top-level riders and trainers



## Meet Peanuts

We first met Peanuts when visited Wildwood Farm with our real estate agent, seeing the property for the first time. This was in 2002, and Peanuts was approximately 35 years old. He was a lonely figure, standing in a huge field all by himself, but looking fit and content all the same.

We later learned that Peanuts was the farm's old teaser stallion who had been around since the first time the Black's (founders of Wildwood Farm) started breeding back in 1970. Peanuts was good at his job, getting the proper reaction from the mares to indicate if they were ready to be bred by one of the standing thoroughbreds at the farm.

Peanuts was purchased by the Blacks in 1969 when he was about 2 years old. He was a rangy little mustang stud they found at the Hermiston, Oregon horse auction. Barley halter broke but small enough to handle, they loaded him in a trailer and made the trek up to Oak Harbor. His life was definitely going to change here on the island, and he proved to be an invaluable asset to the farm.

Peanuts served Wildwood Farm for 23 years and was one of the best teasers the Blacks, or anyone else for that matter, had ever seen. Gentle yet demanding, he seemed to be able to tell immediately where a mare was in her cycle.

After we purchased Wildwood Farm, we decided Peanuts would be brought into the barn with our other horses, have a nice soft bedded stall and be fed a nutritious diet of good hay and a healthy supplement.

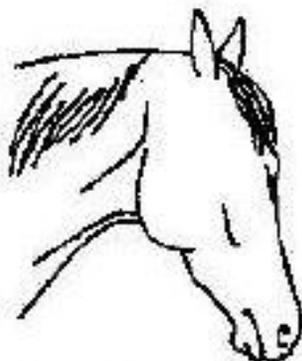
At first Peanuts was not sure about the arrangement, after all he had been alone for over 8 years. But he did acquiesce after a short time and soon was nickering for his feed like everyone else.

Peanuts peacefully passed away about a year later, we found him in the morning, lying down in his undisturbed stall bed – he simply laid down, went to sleep and that was it, his life had run its course.

# Ear Communication



**Ears forward but relaxed**  
Interested in what's in front of him



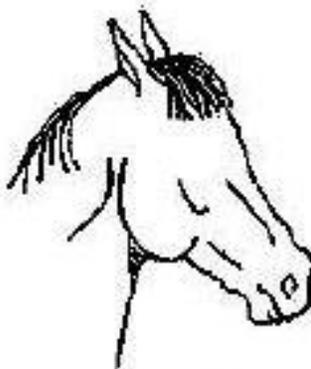
**Ears turned back but relaxed**  
Listening to his rider or what's behind him



**Ears pointed stiffly forward**  
Alarmed or nervous about what's ahead, sensing danger



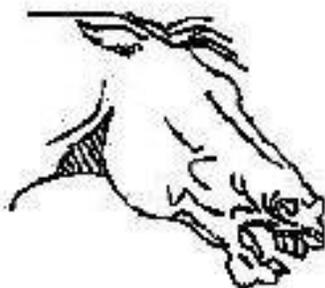
**Ears pointed left and right**  
Relaxed, paying attention to the scenery on both sides



**Ears stiffly back**  
Annoyed or worried about what's behind him, may kick



**Droopy ears**  
Calm and resting, horse may be dozing



**Ears flattened against neck**  
Feels threatened, violently angry, will fight, bite or kick

---

---

---

---

---

---

---

---

---

---

# FABULOUS FALL EQUESTRIAN FASHION by Stella McCartney



# Cowgirl Hall of Fame

## Fort Worth, Texas

### A Texas museum filled with Broncos and Betties.



**When we think of cowgirls**, ivory halls don't immediately come to mind. But in Fort Worth, Texas, a beautiful museum honors the legacy and continued work of cowgirls, whether in body or in spirit.

According to their mission statement, the Cowgirl Hall of Fame "celebrates women, past and present, whose lives exemplify the courage, resilience, and independence that helped shape the American West." What other museum could unite Sandra Day O'Connor, Annie Oakley, Sacagawea, and Liz Cheney?

In the Texas Panhandle town of Hereford, a group of women founded the National Cowgirl Hall of Fame and Western Historical Society in 1975, to showcase the accomplishments and influence of women of the West to the larger public. Due to community interest, the museum searched for a new home in 1993. They found it in the cultural district of Fort Worth, near the Will Rogers Memorial Center, and opened the current building in 2003.

The museum honors women of all stripes who reflect their values, from Kay Whittaker Young, a lifelong cowgirl who has been competing since the age of 12, to Mary Jane Colter, an architect of the late 1800s who designed many buildings now in the National Historic Register, to former First Lady Laura Bush, for her work in literacy. In addition to the Hall of Fame, the museum hosts rotating exhibitions honoring female artists and heroines.

**Open Tuesday – Sunday, check website for pricing at [www.cowgirl.net](http://www.cowgirl.net)**

# The Gotland Pony



The Gotland Pony, often referred to as the Russ, is a distinguished breed and the most prevalent among ponies in Sweden. Its lineage, steeped in intrigue, hails from the picturesque island of Gotland, located off the south-eastern coast of Sweden.

While there is a popular belief linking the Gotland Pony to the extinct Tarpan, a primitive wild horse, recent genetic research suggests a developmental trajectory similar to other domesticated horse breeds. This casts doubt on its direct lineage from the Tarpan. Regardless of its exact historical roots, the Gotland Pony remains a celebrated and integral part of Sweden's equine heritage.

The term 'Russ' comes from the Old Norse word hross (horse). On Gotland Island these ponies live semi-wild within forests; hence their affectionate nickname of skogsbagg, or forest rams, reflects their importance within Swedish countryside, particularly on Gotland where they have been the sole breed for millennia.

During the 19th century, Gotland Ponies thrived with roughly 12,000 individuals; however, due to changes in land ownership, agricultural practices, and export of ponies for labor purposes; their numbers quickly declined after World War I with only around 30 broodmares remaining by 1930. Thanks to local farmers and the Gotland Agricultural Society, the Gotland Pony experienced a miraculous revival.

At present, Sweden hosts approximately 9,000 Gotland Ponies; 150 roam freely through Gotland's forests and meadows under careful breeding, health checks, and year-round supervision programs. Their popularity across Denmark, Finland, Norway, North America as well as European markets speaks to their versatility and adaptability, making them increasingly desirable breeds in equestrian circles.

Gotland Russes typically weigh around 600 lbs, providing the ideal combination of strength and agility. In terms of height, these ponies usually stand between 12 and 13 hands at their withers – making them medium-sized ponies. Their size makes them suitable for various equestrian activities as they combine power with manageability.

The Gotland Russ typically displays coat colors of dun, bay, chestnut or black to add visual appeal and demonstrate genetic diversity. Unfortunately, their breed standards prohibit certain variants such as blue-eyed cream, piebald or grey variants from registration.

The Gotland Russ' hardy nature and frugal lifestyle illustrate its ability to thrive in various environments. Their adaptability makes them suitable for recreational riding or more rigorous physical activities such as dressage.

*Cont'd from page 1*

has been praised as the “ice-cream queen”, was happy to give it a go. She said she would need 10 pints of mare’s milk delivered to her “ice-cream shed” – a converted greengrocer in south London.

Shellard gave the Guardian 24 bottles of frozen horse milk and after a three-hour journey involving a ride in Shellard’s pickup truck, a train trip, and a cycle across London, Travers received the milk.

Travers’s book, *La Grotta Ices*, offers dozens of experimental recipes, including quince custard scoops and a damson and grappa choc-ice. She also regularly makes ice-cream from ewe’s milk, but never horse milk, until now.

Poring over the Polish recipe, Travers pointed out that technically it was a yoghurt ice-cream, as half the milk had to be fermented first, so it might take longer. When the Guardian returned on Wednesday for the tasting, Travers was so disappointed with the end result she was reluctant to be photographed with it.

She said the yoghurt tasted “clean and bright”, adding that mare’s milk was used to make yoghurt drinks in Kazakhstan, but for her the ice-cream didn’t work. “I just hated – it’s thin and slightly gritty and sweet in a weird way,” she said. “I didn’t have high hopes for it because it is so low in fat. You have to use a lot of trickery to make a low-fat product into an ice cream. And I don’t like using trickery.”

She said flavoring it with a chestnut puree might help disguise the musky flavor of the milk. “You would never make something like that in a restaurant. It has to be delicious in itself.

“If I had to use horse milk, I’d make it into yoghurt, really strain out the whey and then I’d just whiz it up with thick honey to give it more body and do nothing else.”

Travers was convinced her children wouldn’t like it either but admitted later that her 10-year-old daughter had loved it, describing it as vanilla and coconut.

“Horses for courses,” Travers joked. “Maybe I’m fussy, but I think there’s a reason why we just don’t make horse-milk ice-cream.”

will be a bay and much of the eastern metropolitan areas will be submerged.

## **The taste test**

When I was invited to sample the ice cream, expectations were low. First there was the ick factor: the idea of licking a horse-milk ice-cream cone made me pull a face. But it curled out of the tub like proper ice-cream and was pearly white in color.

Once I put the prejudice aside, I imagined it would be underwhelming. Without any flavoring, the fear was it might taste a bit dull – blander even than vanilla. Like a Mini Milk lolly, perhaps, but more earnest. Or an ice cream for grownups with flavors too subtle to detect.

Such squeamishness and pessimism turned out to be way off the mark. Travers was being harsh about the flavor. It tasted interesting. There was a horsey muskiness that seemed quirky at first, but it was true that it didn’t linger well. It might fare better in some flavored variety – Red Rum and raisin, perhaps?

The lightness did make a refreshing contrast to some traditional ice cream, which can be a bit stodgy. And for all the potential health benefits of the main ingredient, it did not taste piously wholesome. If anything, it was too sugary, the sweetness too cloying. And it was a bit frosty, like the dregs of a tub that has been left in the freezer for too long. Afterwards, it was a relief to be offered a normal ice cream. It was a truly delicious apricot flavor and helped get the taste of horse out of my mouth. The cow won.

## **Naturally Nutritious Milk**

The only producer in the UK of mare’s milk is produced on Cromwell Farm, set in 86 acres of Somerset countryside. Their mares are free to roam in pastures filled with grass and wildflowers, which gives their milk its natural goodness as well as a slightly sweet taste.

# WILDWOOD FARM Clips & Clops Newsletter

2326 Happy Valley Rd  
Oak Harbor WA 98277

To get the most benefits from drinking mare's milk, the recommended daily quantity is 8 oz and they find that mare's milk works best when it is drunk first thing in the morning. Mare's milk is naturally rich in vitamins, minerals and micronutrients. It is also low fat, and easier to digest than cow's milk. Some people choose to drink mare's milk to help them feel healthier, and some choose to drink mare's milk to help remediate various health conditions or symptoms.

## Easy To Digest

One of the main benefits of mare's milk is how easy it is to digest. Mare's milk is not as rich as cow's milk and contains low quantities of casein. These proteins are soluble when found in cow's milk. However, as soon as they reach our stomachs, they change into curds. Our stomach enzymes find these curds hard to digest which slows down the process and can cause discomfort. Mare's milk is gentle on digestion and can help to reduce symptoms such as bloating, indigestion and constipation.

## The Unique Composition of Mare's Milk

Mare's milk is often compared to human breast milk due to its high levels of lactose, low fat content, and rich array of vitamins and minerals. It's packed with essential nutrients such as vitamins A, B, and C, along with vital fatty acids and immunoglobulins, which play a crucial role in boosting the immune system. Unlike cow's milk, mare's milk is lower in casein, making it easier to digest and an excellent option for those with lactose intolerance or dairy sensitivities. Mare's milk has approximately half the number of calories found in cow's milk. For people monitoring their cholesterol, mare's milk is a highly suitable option for keeping levels low.

Gut health is at the forefront of modern nutritional science, with research continually uncovering the link between a healthy gut and overall well-being. Mare's milk is a natural probiotic, containing beneficial bacteria that promote a balanced gut microbiome. This can lead to improved digestion, enhanced nutrient absorption, and even a stronger immune system. Scientists are now exploring how mare's milk could help treat gut-related issues like irritable bowel syndrome (IBS) and inflammatory bowel diseases (IBD).

## For Beauty

Mare's milk has long been used to treat skin conditions like psoriasis and eczema. It has a soothing and regenerative effect, and when combined with the natural, nutrient rich oils in our hand cream, it moisturizes and protects your skin. No wonder Cleopatra was said to bathe in it!

## The Ethical and Sustainable Choice

Beyond its health benefits, mare's milk is an ethical and sustainable alternative to cow's milk. Mares are typically kept in high-welfare conditions, and the production of mare's milk has a lower environmental impact compared to traditional dairy farming. By choosing mare's milk, you're not only investing in your health but also supporting practices that are better for our planet.

Original article by Matthew Weaver