

# CONNECTING CONSUMERS & PRODUCERS

## A GUIDE FOR EATING LOCAL 2019



There is a growing movement in our region toward consumption of locally grown food products. Locally produced food products are often grown with minimal or no exposure to pesticides or fertilizers. Consumers want to purchase high quality food products, however, they may have a difficult time finding a place to purchase them locally. "Connecting Consumers and Producers" is a marketing project that promotes local food producers and provide resources to consumers that support eating locally produced food all year round.



*Find project information and this brochure at*  
<https://www.rdbn.bc.ca/departments/economic-development/connecting-consumers-and-producers>



**'Like' us at:**



***Connecting Consumers and Producers***

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Local and Regional food  
systems are about  
opportunity





## **Local Food Grows Local Economy**

When buying locally produced food products, farmers and ranchers are paid directly and the money is circulated and reinvested in the local economy over and over.

## **A Healthier Environment**

It has been shown that a meal created with locally grown ingredients has travelled a total of 100 kilometers from origin to the dinner table; the average North American meal prepared using conventional imported ingredients travels over 2000 kilometers.

## **Make Local Food Our Future**

Supporting local producers today helps to ensure that there will continue to be farms supplying healthy, fresh food in your community into the future.

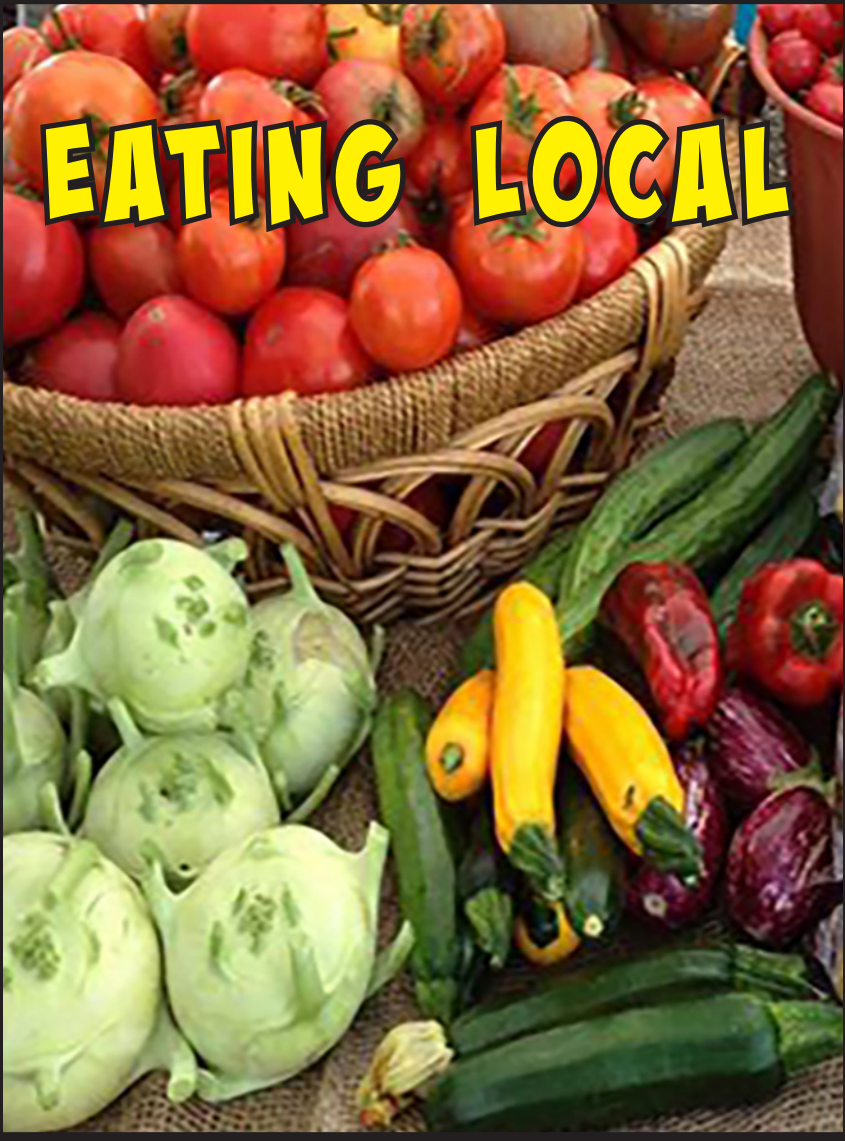
## **Invest in Your Health**

Studies have shown that increased awareness of locally produced food leads to increased consumption of fresh fruits and vegetables.

## **Local Food Tastes Great**

By buying local, you are receiving the freshest possible produce often picked just hours before being purchased.

# EATING LOCAL



Locally grown food from  
locally grown farmers

## **Find Your Local Producers**

Use the Connecting Consumers and Producers Directory in the this guide to find suppliers of local food in your area or visit a farmers' market to meet your local producers in person.

## **Learn What's in Season**

Use the BC Farmers' Market Seasonal Availability Chart on page 56 to see what local foods are in season.

## **Celebrate Local Agriculture**

Celebrate with local producers at farmers' markets, food festivals, fall fairs, and Connecting Consumers and Producers Community Events.

## **Think Beyond Fruits and Veggies**

When you are thinking about eating locally produced foods don't forget to incorporate meat, dairy, eggs, honey, and grains into your meal plans.

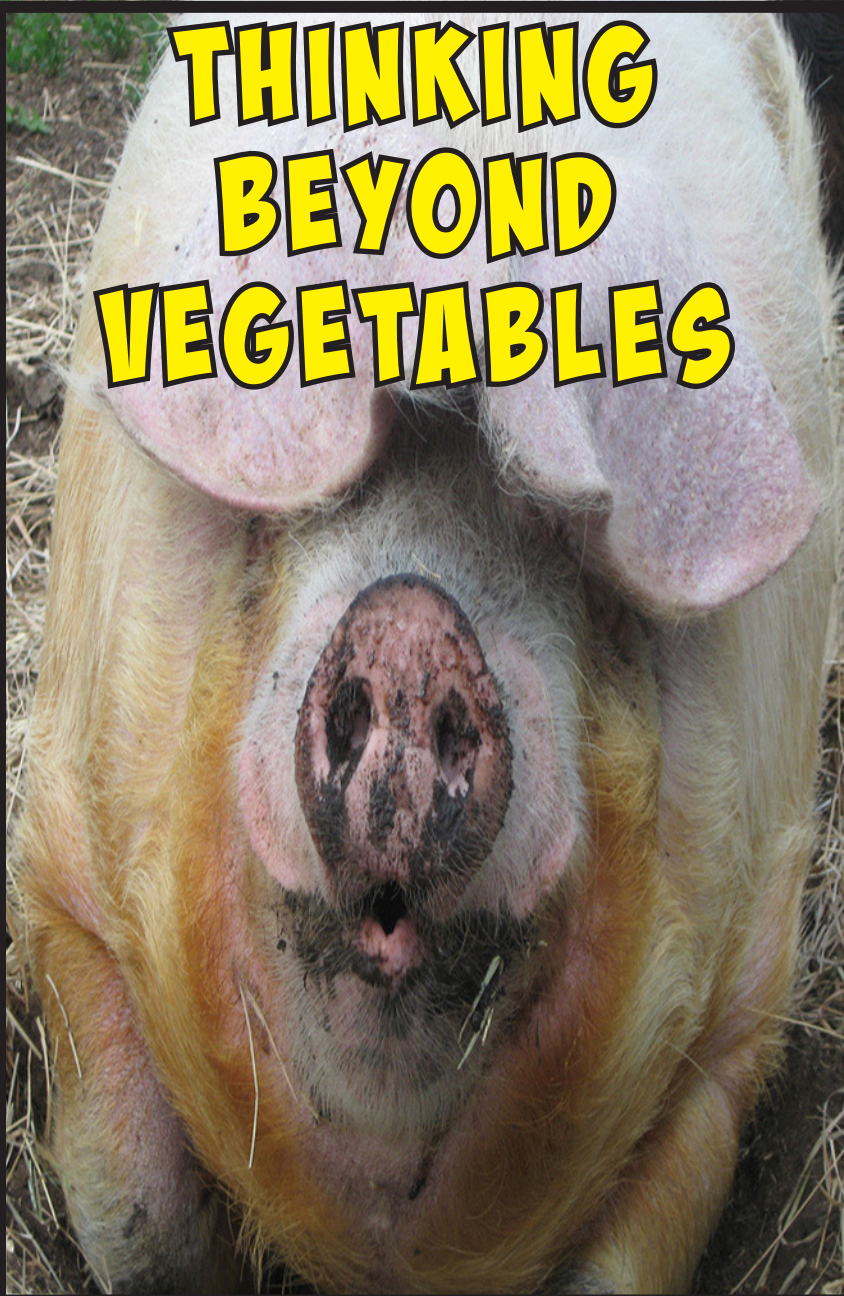
## **Preserve When it's Available**

Living in a northern region means there is a short growing season. There are many ways to eat local agriculture products all year round if you practice the art of freezing, drying, canning, and smoking foods. Use this brochure to get you started eating local all year round.





# THINKING BEYOND VEGETABLES





## **Benefits of Buying Local Meat**

### **Abattoirs**

**Other Foods Produced Locally**

**Support Our Bee Keepers**



# Benefits of Buying Local Meat

Meat is a valuable source of protein and a vital component in maintaining overall health and well-being. Meat is rich in iron, zinc and selenium as well as vitamins A, B and D.

There are benefits to buying locally produced meat products. Some of these benefits include:

- Cost savings. Splitting the cost of a beef between multiple families can save you money.
- Promoting energy conservation. The average distance our food travels is 2000 kms. Food grown and harvested in the community, that stays in the community, does not have to travel far.
- Local farmers take their responsibility seriously. They know their customers are their neighbours.



*Producers list where their products are available and include Farmers' Markets and stores where you can find their produce.*



# Abattoirs

Abattoirs are facilities that process animals for food consumption. Meat processed in these facilities can be sold at farmers' markets or directly from the local farmers. Animals can be purchased live from local farmers and processed in abattoirs. In the Bulkley-Nechako region we have three abattoir facilities.



## **Country Locker**

*Slaughter & Processing - Cattle, Swine*  
6900 Teichroeb Road, Vanderhoof  
**250-567-4774**  
[www.countrylocker.com](http://www.countrylocker.com)



## **Newsat Farm**

*Slaughter & Processing - Poultry,  
Rabbit, Turkey*  
18706 Langston Road, Vanderhoof  
**250-567-0112**



## **Bulkley Valley Custom Slaughter**

*Slaughter & Processing - Poultry, Rabbit*  
*Slaughter Only - Cattle, Swine, Sheep,  
Goats*  
5968 Donaldson Road, Telkwa  
**250-846-5520**

## Other Local Products

### Grains and Seeds

Not often thought of as a locally produced food item in the north, there are several grain producers in the Bulkley-Nechako region. See the Connecting Consumers and Producers Directory for listings.

### Eggs

Buying eggs from a local farm is a great idea! Different breeds of chickens lay different coloured eggs.

Ameraucana chickens lay eggs of various shades of blue to blue-green. With the exception of some of the rarer heritage breeds, white chickens lay white eggs and brown chickens lay brown eggs.

The nutritional quality of eggs is determined by the chickens diet, not the shell colour.

### Raw Wool

Use raw sheeps wool for spinning or as a natural mulch! It's good at suppressing weeds, has good water retention, is 100% natural, and bio-degrades over time. The wool also holds the heat of the day and warms the soil, the lanolin in the wool acts as a natural slug deterrent, it will be great for the local bird population who'll have the best nests for miles around, and as it rots it'll put nitrogen back into the ground. Find a farmer that produces raw wool near you today!

*Freezing locally produced meat is the best way to keep it fresh all year, but did you know you can also freeze locally produced eggs? Just crack into a container, add 1/2 tsp of salt per 1 cup of egg, and freeze. 'Eggcellent' way to stock up while the hens are laying.*

# Support Our Bee Keepers!

Bees are incredibly vital to so many aspects of the health of our communities. The list of locally grown produce that depends on bees for pollination is a lengthy one. Purchasing locally produced honey supports our local bee keepers.

## The Benefits of Raw Honey

- Raw, unprocessed, honey is better as a sweetener than white sugar because your body expends more energy breaking it down.
- Because it is not pasteurized, honey still contains natural enzymes.
- Honey naturally contains Vitamins B2, B3, B5, B6 & C.
- Minerals found in honey include: potassium, magnesium, zinc, and iron.
- Honey aids digestions and can soothe a sore throat.

Put honey and lemon juice into a tea cup or mug. Add hot water and stir. Add more lemon juice, honey, or hot water to taste.

Find More Info on the Web  
[bchoneyproducers.ca](http://bchoneyproducers.ca)  
[bcabattoirs.org](http://bcabattoirs.org)



# **PRODUCERS' DIRECTORY**



**Vanderhoof & Fort St. James  
Endako, Fraser Lake & Fort Fraser  
Burns Lake, Southside & Francois Lake  
Houston & Topley  
Smithers, Telkwa & Quick  
Hazelton & Area**



## Vanderhoof & Fort St James

### Bioscape Farm

Michelle Roberge produces a variety of small livestock and livestock products on her farm just outside of Vanderhoof.



**Products:** Lamb, Beef, Pork & Eggs. Chicken, Duck & Goose Eggs for hatching. Vegetables, Honey and Wool.

**Availability:** Direct Sales, Vanderhoof Farmers' Market

**Contact:** 250-570-8560

[jm@bioscapedfarm.ca](mailto:jm@bioscapedfarm.ca)

[www.bioscapedfarm.ca](http://www.bioscapedfarm.ca)

### Blue Mountain Honey

Sheldon and Kimberly Dyck raise bees and produce a wide selection of products on their Vanderhoof farm.



**Products:** Gourmet Flavored Honey, Candy, Pollen and Wax

**Availability:** Direct Sales, Country Locker, Green Zone Grocer, Your Independent Grocer

**Contact:** 250-567-7586 or 250-567-1340

[Blue.mountain.honey@outlook.com](mailto:Blue.mountain.honey@outlook.com)

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

### Borno Farms

Don and Linda Borno have a large market garden on their farm based out of Vanderhoof. They offer a weekly veggie box from June - Oct.



**Products:** Vegetable Boxes

**Availability:** Direct Sales, Vanderhoof Farmers' Market

**Contact:** 250-567-2628

[lborn2002@yahoo.ca](mailto:lborn2002@yahoo.ca)

### Canterbury Farm

Laurie and Sean Rodgers produce lamb and beef on their farm in Mapes area of Vanderhoof.

**Products:** Beef, Lamb, Raw Fleece

**Availability:** Direct Sales

**Contact:** 250-567-5572

[canterburyfarm@uniserve.com](mailto:canterburyfarm@uniserve.com)

## Canyon Tree Farms

Lynn Jackson and her family produce purebred Black Angus beef, with yearly bull and female sales, on their farm in Fort St. James.

**Products:** Beef: sides,

**Availability:** Direct Sales

**Contact:** 250-996-1577

[lynnjackson@ctfarms.ca](mailto:lynnjackson@ctfarms.ca)

[www.canyontreefarms.ca](http://www.canyontreefarms.ca)

## Central Interior Flour

Don Kippan and Linda Urquhart produce a variety of grains and flour on their farm and milling operation in Vanderhoof.



**Products:** Flours: Whole Wheat, Rye, Pea, Oats, Barley, Bran

**Availability:** Direct Sales, Vanderhoof Farmers' Market,  
Delivery

**Contact:** 250-570-1557 or 250-570-1003

[donkippan36@yahoo.com](mailto:donkippan36@yahoo.com)

## The Chicken Run

Allana Wiebe raises goats, laying hens and grows grain on her farm in the Vanderhoof area.



**Products:** Goat Meat, Eggs, Straw and Grain

**Availability:** Direct Sales

**Contact:** 250-570-9717

[allana\\_wiebe@hotmail.com](mailto:allana_wiebe@hotmail.com)

## Christine & Dave Walker

Christine and Dave Walker produce free-range poultry on their farm outside of Vanderhoof.

**Products:** Chicken

**Availability:** Direct Sales

**Contact:** 250-567-3972

[christineadele73@gmail.com](mailto:christineadele73@gmail.com)

*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*



## Cloverfields Apiaries

Claudia and Ezekiel & family produce honey and a variety of products from honey bees on their family operated bee farm located outside of Vanderhoof.



**Products:** Honey, Honeycomb, Creamed Honey, Dehydrated Pollen, Raw Wax, Beeswax, Beeswax Food Wraps



**Availability:** Direct Sales, Vanderhoof Farmers' Market

**Contact:** 250-570-9116 or 250-570-1597

[cloverfields.apiaries@gmail.com](mailto:cloverfields.apiaries@gmail.com)

## David & Maria Campbell

David and Maria Campbell raise lamb on their farm based out of Vanderhoof.

**Products:** Lamb (Sept - April)

**Availability:** Direct Sales

**Contact:** 250-567-0358

[campdn@hotmail.com](mailto:campdn@hotmail.com)

## Ewes on Clogs

Ankie and Will Nellen produce lamb meat, wool products (pillows, duvets, socks, knitting wool) and tanned lamb hides on their farm based out of Vanderhoof.



**Products:** Lamb, Wool

**Availability:** Direct Sales

**Contact:** 250-567-4141

[ewesonclogs@gmail.com](mailto:ewesonclogs@gmail.com)



## Felicity Farm

Felicity Farm is a 152 acre farm located outside of Vanderhoof BC. Growing healthy food for our local community is what Felicity Wilson loves to do - everything from snappy carrots to tender steaks.



**Products:** Grass-Fed Beef, Pastured Pork, Pastured Chickens, Fresh Vegetables, Cut Flowers

**Availability:** Direct Sales, Vanderhoof Farmers' Market

**Contact:** 250-944-0275

[felicity@felicityfarm.ca](mailto:felicity@felicityfarm.ca)

[www.felicityfarm.ca](http://www.felicityfarm.ca)

## Hillwinds Farm

Patti Pyy grows an assortment of fruit on her farm near Vanderhoof. She also produces raw wool & manure mix.

**Products:** Rhubarb, Red Currants, Saskatoons, Llama & Alpaca Manure Mix, Raw Wool

**Availability:** Direct Sales

**Contact:** 250-567-6808

[pyys89@gmail.com](mailto:pyys89@gmail.com)

## Karen Wiebe

Karen produces a variety of locally grown foods in the Cluculz Lake area.

**Products:** Vegetables, Hay

**Availability:** Direct Sales

**Contact:** 250-441-3280 or 250-570-1177



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## L.A Ranch Simmental

Luke Muehlen and family have a herd of registered black Simmental cows and offer bulls for sale every spring off the farm and some by auction. They also have a herd of commercial cows and sell some bred heifers every fall, usually Simmental Angus cross.



**Products:** Registered Simmental and Cross-Breeds

**Availability:** Direct Sales

**Contact:** 250-567-7375

[lukecowchaser@hotmail.com](mailto:lukecowchaser@hotmail.com)

## Newsat Farms

Vicki and Dennis Richardson raise chicken and turkey on their farm outside of Vanderhoof and can be a source of chicks and poults. They also slaughter and process rabbit in a government inspected abattoir.



**Products:** Chicken, Turkey,

**Availability:** Direct Sales

**Contact:** 250-567-0112 or 250-567-3197

[newsat@vip.net](mailto:newsat@vip.net)

[www.newsatfarms.ca](http://www.newsatfarms.ca)

## Rockin' Hill Bison

Bob Davidson raises bison on his farm outside of Vanderhoof

**Products:** Bison

**Availability:** Direct Sales

**Contact:** 250-567-4101





## Silver Springs Country Recreation and Wellness

Morgan and Kerry Buck raise beef, pork, chickens and turkeys on their ranch in Fort St. James

**Products:** Beef, Pork, Chicken, Turkey

**Availability:** Direct Sales

**Contact:** 250-996-8622

## Springhill Bison Company

Tyrol and Teresa Forfar raise bison on their farm outside of Vanderhoof.

**Products:** Bison

**Availability:** Direct Sales, The Drive Thru (Vanderhoof)

**Contact:** 250-567-2056

[thedrivethrubic@gmail.com](mailto:thedrivethrubic@gmail.com)

## Sweet Nechako Honey

Jon and Susan Aebischer produce large quantities of honey and bee products at their hive operations based out of Vanderhoof.



**Products:** Honey, Pollen, Beeswax, Honeycomb, and Creamed Honey

**Availability:** Direct Sales, Vanderhoof Farmer's Market, Ventin's Vitamin House

**Contact:** 250-567-5037

[www.sweetnechakohoney.ca](http://www.sweetnechakohoney.ca)



## Tamen Creek Farm

Jodie Thompson raises grass-fed beef and sells free range chicken eggs on her farm located in the Vanderhoof area.

**Products:** Grass-Fed Beef and Free Range Eggs

**Availability:** Direct Sales

**Contact:** 250-567-5554

[jrb@live.com](mailto:jrb@live.com)

## Whispering Winds Ranch

Martin Ruiter and his family produce grass-fed, hormone-free beef on their farm based out of Vanderhoof.



**Products:** ½ or ¼ Sides of Beef, Special Cuts, Sausage

**Availability:** Direct Sales, Delivery

**Contact:** 250-567-3287

[sales@bestbcbeef.com](mailto:sales@bestbcbeef.com)

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



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## Endako, Fraser Lake & Fort Fraser

### Copper-T Ranch

Trevor and Janice Tapp raise Polled Hereford cattle on their ranch on the north shore of Fraser Lake. The cattle are raised naturally with no hormone implants or growth enhancers. They have been Verified Beef certified for over 12 years. Bulls, heifers and 4-H calves are available for public sale annually. In addition to raising cattle, Copper-T Ranch sells its own premium Hereford beef and all the beef is government inspected.

**Products:** Beef: Pieces, Side, Split Side, Grass and Grain Fed



**Availability:** Direct Sales, Fraser Lake Community Market, Canada's Grocery Store in Fraser Lake

**Contact:** 250-699-6466

[ttapp@bcgroup.net](mailto:ttapp@bcgroup.net)

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

### Nechako Canyon Ranch

Matt and Judith Jonke raise goats on their farm in Fort Fraser. They sell goat meat as well as breeding stock.

**Products:** Goat Meat



**Availability:** Direct Sales

**Contact:** 250-690-8229

[mjonke@xplornet.ca](mailto:mjonke@xplornet.ca)

### Priestly Meats

Derek Feldman sells beef by the side or quarter, a wide variety of beef sausage, jerky, and beef cuts at his family farm between Burns Lake and Fraser Lake and runs a Meat Truck. The farm also raises pork, chickens and turkeys.

**Products:** Beef, Pork, Chicken, Turkey



**Availability:** Direct Sales, Meat Truck

**Contact:** 250-699-6628

[dfeldmann@hotmail.ca](mailto:dfeldmann@hotmail.ca)

*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*

## Savory Farm

Art and Jo-Ann Blomquist raise pigs, chickens, and turkeys on their farm in Endako.



**Products:** Weaner Pigs, Pork, Chicken, Turkey, Eggs

**Availability:** Direct Sales, Burns Lake Community Market

**Contact:** 250-699-8083

[jo-ann@savoryfarm.ca](mailto:jo-ann@savoryfarm.ca)

[www.savoryfarm.ca](http://www.savoryfarm.ca)

## The Rusty Pitchfork Farm & Garden

Kim Watt-Senner runs the quaint farm market, The Rusty Pitchfork Farm & Garden where they sell a variety of farm pickings and handmade goods.



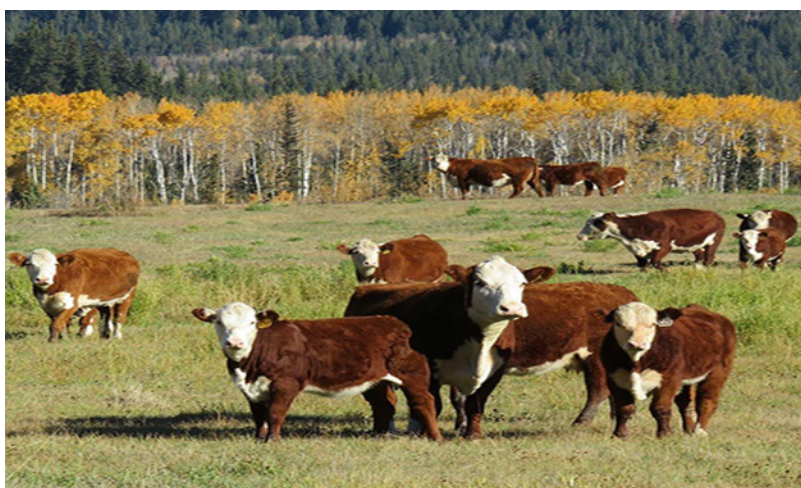
**Products:** Fresh Artisan Honey, Pickled Carrots and Beets, Jams, Handmade Luxury Soaps, Pain Management Products, Zero Waste Shampoo & Conditioner Bars, Pet and Horse Products, Body Products, , Essential Oil Blends, Baskets and more.

**Availability:** Direct Sales, Online Sales

**Contact:** 250-699-7727

[familysenner@gmail.com](mailto:familysenner@gmail.com)

[therustypitchfork.com](http://therustypitchfork.com)







## Burns Lake, Southside & Francois Lake

### Baerental Farms

Leanne Hummel produces naturally raised beef and lamb that are hormone and antibiotic free. They also have breeding stock of registered Charollais sheep available. The farm is a four generation family farm on the Southside of Francois Lake.

**Products:** Grass-fed Beef, Grass-fed Lamb, Grain-Finished Lamb & Mutton, Raw Wool and Registered Sheep

**Availability:** Direct Sales

**Contact:** 250-694-3488

[baerental@xplornet.com](mailto:baerental@xplornet.com)

### Chalet of Solace Herb Farm

Willow Fehr has a mixed farm on the Southside of Francois Lake by the Skins Lake Spillway.



**Products:** Veggies, Eggs, Lamb, Pork, Poultry, Herbs, Tinctures, Oils and Honey

**Availability:** Direct Sales, Green Grocer and Southside stores

**Contact:** 250-694-3230

[pondgrass@hotmail.ca](mailto:pondgrass@hotmail.ca)

### Double Box Ranch

Annie and Ian Van Metre raise beef and lamb on their ranch on Ootsa Lake in the Southside. Each animal is raised naturally and in a stress-free environment.

**Products:** Grass-Fed Beef, Market Lamb

**Availability:** Direct Sales

**Contact:** 250-694-3302

[boxbox@xplornet.ca](mailto:boxbox@xplornet.ca)

*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*

## Evan's Creek Farm

Doug Price has a Haskap berry orchard located in the heart of the Lakes District near Francois Lake.

**Products:** Mid-July Fresh, Frozen

**Availability:** Direct Sales, U-Pick

**Contact:** 250-695-6611 or 250-692-6774

[evanscreekhaskap@gmail.com](mailto:evanscreekhaskap@gmail.com)

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

## Honeysuckle Farms

Leanne Olinyk has a market garden and greenhouse at her farm in Decker Lake. The Garden Centre is open May to June and the Market Garden from July - September.



**Products:** Tomatoes, Cucumbers, Broccoli, Peas, Carrots, Cauliflower, Cabbage, Kale, Beans, Beets, Lettuce, Spinach, Herbs

**Availability:** Direct Sales Thursday & Friday (noon-6:00 p.m.)

Open some Saturdays

**Contact:** 250-698-7337

[passiflora723@hotmail.com](mailto:passiflora723@hotmail.com)

[honeysucklefarmnflower.ca](http://honeysucklefarmnflower.ca)

## Lambert Livestock

Clint Lambert and his family raise cattle and turkey on their farm on the Southside of Francois Lake.

**Products:** Beef, Turkey

**Availability:** Direct Sales

**Contact:** 250-694-3811

[clintlambert75@gmail.com](mailto:clintlambert75@gmail.com)



## Mickey Meadow Ranch

Ingrid Selke and Wolfgang Gessl breed Cashmere goats for fibre and meat. They have breeding stock and wethers for sale. Their flock produces cashmere fibre in different colours, ideal for spinning and knitting. Mickey Meadow Ranch will also have tanned cashmere hides with hair on for sale in the future.



**Products:** Cashmere breeding stock, wethers for meat

**Availability:** Direct Sales

**Contact:** 778-766-2463

[ingridselke@9cloud.com](mailto:ingridselke@9cloud.com)

## P&B Agrimech

Patsy and Bill Miller raise and sell Red Angus, grass-fed beef.

**Products:** Beef

**Availability:** Direct Sales

**Contact:** 250-696-3211

## Peace Valley Ranch

Maggie and Pete Nemeth raise grass and grain fed lamb with integrity on their ranch near Burns Lake. Their flock consists of Katahdin and Katahdin/Dorper cross meat sheep and are growth-hormone free.

**Products:** Lamb (custom cut or live)

**Availability:** Direct Sales

**Contact:** 778-669-0090

[peacevalleyranch@outlook.com](mailto:peacevalleyranch@outlook.com)

## Peebles Ranch

Charlie and Sheri Peebles produce naturally grown beef on their ranch by Francois Lake. They also have topsoil available.

**Products:** Grass-fed Beef (Whole, sides and quarters available seasonally) Topsoil (bucket or truckload)

**Availability:** Direct Sales

**Contact:** 250-695-6314

[cspeebles@lakescom.net](mailto:cspeebles@lakescom.net)

*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*

## Rose Ranch

Ken Rose and Cathy Shane raise registered Charolais and Hereford Cattle and meat lambs.

**Products:** Beef, Lamb

**Availability:** Direct Sales

**Contact:** 250-694-3500

[krose@lakescom.net](mailto:krose@lakescom.net)

## Spencha Lake Ranch

Brian and Shirley Wiebe run a cattle ranch on the Southside of Francois Lake.

**Products:** Hormone-Free, Grass-Fed Beef

**Availability:** Direct Sales, Green Zone Grocer

**Contact:** 250-691-1861

[farmingbliss@gmail.com](mailto:farmingbliss@gmail.com)

## Alyshia Stoeker

Alyshia raises Nubian Goats. She sells goats, goat meat and is available for shearing.

**Products:** Goat Meat,

**Availability:** Direct Sales

**Contact:** 250-695-6415





## Sunrider Ranch

Bryan and Elizabeth Worrall produce beef, jerky, pepperoni and eggs on their farm based out of Francois Lake.

**Products:** Beef, Jerky, Pepperoni, Eggs

**Availability:** Direct Sales, Beef Jerky at Takysie Resort Store

**Contact:** 250-251-4222 or 250-695-6966

[sunrider\\_ranch@yahoo.com](mailto:sunrider_ranch@yahoo.com)

## Tranquility Farm

Louise and Darrell Anderson's farm is located on the south shore of Francois Lake. This family operation raises grain-free finished Highland beef and purebred Highland cattle.

**Products:** Grain-free finished government inspected beef and purebred Highland Cattle

**Availability:** Direct Sales - farm gate

**Contact:** 250-692-9420

[info@naturalgrownbeef.com](mailto:info@naturalgrownbeef.com)

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





## Houston & Topley

### Boyd Creek Farm

Shirley and Lance Hamblin produce pasture-raised pork and Angus Beef on their farm based out of Houston. Their beef are grain-fed (June) and grass-fed (October).

**Products:** Beef, Pork



**Availability:** Direct Sales, by side or split side. Order ahead.

**Contact:** Lance at 250-845-7849

[lance@hamlin.ca](mailto:lance@hamlin.ca)

### Hatch Creek Ranch

Roger and Lana Groot raise cattle on their farm in Topley.

**Products:** Beef Cattle Sold Live, You Arrange Slaughter

**Availability:** Direct Sales

**Contact:** 250-696-3196

[rlgroot@gmail.com](mailto:rlgroot@gmail.com)

### Totes Magoats

Miake Elliott runs a small farm that specializes in miniature dairy goats. This includes Nigerian Dwarf Goats, registered and non-registered.

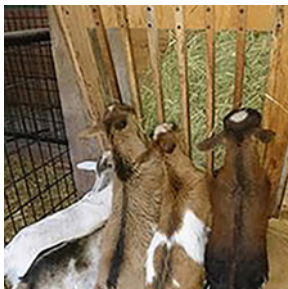


**Products:** Milking Goats and Companion Goats

**Availability:** Direct Sales usually late spring every year

**Contact:** 250-844-1140

[pawesomeadventure@citywest.ca](mailto:pawesomeadventure@citywest.ca)



*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*

## Williamson Family Farm

Matt Williamson and his family raise beef, pork and chickens on their farm based out of Houston.

**Products:** Grass-Fed, Antibiotic-Free Beef, Antibiotic-Free Pork, Free Range Chicken (when available)

**Availability:** Direct Sales

**Contact:** 778-764-2750

[mdj\\_williamson@hotmail.com](mailto:mdj_williamson@hotmail.com)

## Windy Ridge Farm

Roxy Bullock runs a mixed farm outside of Topley. She raise Hair Sheep, Appaloosa Horses and Purebred Chickens. Her sheep breeds are Painted Desert, American Barbados Blackbelly and Dorper Cross commercial lambs. Roxy has stallions for breeding service, Cuttin Aces and Blazing Young Gun both registered ApHCC and ApHC. The purebred chicken breeds are Black Copper Marian, Jubilee Orpington, Lavender Orpington, Cream Crested Leg Bars, Cochins and Easter/Olive Eggers.

**Products:** Lamb, Stallion Service, Hatching eggs and or chicks

**Availability:** Direct Sales

**Contact:** 250-696-3230

[roxybullock73@gmail.com](mailto:roxybullock73@gmail.com)



*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*



## Smithers, Telkwa & Quick

### 40 Below Sauce

Elsbeth Fielding grows and buys local produce which is included in 40 Below Sauce. 40 Below Sauce comes in hot, not-so-hot, garlic, hoison and mustard and Elsbeth also offers 40 Below At Home Sauces.



**Products:** 40 Below Sauces, 40 Below At Home Sauces

**Availability:** Direct Sales, BV Farmers' Market



**Contact:** 250-846-5311

40belowsauce@gmail.com

### Ambrosia's Sheep

Melissa Fox and Ambrosia raise sheep and specialize in all natural products while being wholly committed to environmentally sustainable farming with animals welfare first and foremost. No hormone, antibiotics or medicated feed. No sprays or chemical fertilizers.

**Products:** Market Lambs, Ewes, Bred Ewes, Rams and Raw Fleece

**Availability:** Direct Sales, Delivery

**Contact:** 250-877-1569 or 250-847-0547

mootoyou16@gmail.com

### Bulkley Valley Hive & Honey

Breeann and Trevor Doerksen operate a family business working hard to bring customers a quality, handcrafted product. Their bees forage on wild flowers, clover & alfalfa fields in the Quick area. Hive products such as Soap, Salve, Lotions, Lip Balms use beeswax and honey produced from our own hives.



**Products:** Honey, Beeswax products

**Availability:** Direct Sales, Mainerz (Smithers), Heartstrings

Home Decor (Smithers), Tyhee Market (Telkwa), Tyhee



Lake Provincial Park, Green Zone Grocer (Burns Lake), Winter at B & T Wagon and Sleigh Rides (250-846-9896)

**Contact:** 250-842-3321 (Honey Sales) 778-202-0480 (Hive Products)

[bulkleyvalleyhoney@gmail.com](mailto:bulkleyvalleyhoney@gmail.com)



## Brunham Farm

Kala Hooker and Wade Brunham operate this small family farm in the Smithers area. Visitors are welcome.



**Products:** Eggs, Pork, Lamb, Chicken and Turkey

**Availability:** Direct Sales, Delivery to Town

**Contact:** 250-643-9088

[brunhamclan@gmail.com](mailto:brunhamclan@gmail.com)

## Dallaine Ranch

Dallas Kerr and Laine Cotton ranch outside of Telkwa. They run a herd of Hereford-Red Angus cross and their cattle are grass-fed and hormone-free. In addition to cattle, the ranch has a small herd of Alpaca. The Alpaca fibre is processed at Custom Woolen Mills and the farm offers Alpaca soft-spun logi yarn.

**Products:** Grass-Fed Beef (Side, Quarter or individual cuts), Alpaca Yarn

**Availability:** Direct Sales, Wooly Ewe (Telkwa)

**Contact:** 250-917-8156

[dallaineranch@gmail.com](mailto:dallaineranch@gmail.com)

<https://sites.google.com/site/dallaineranch/>

## Deer Ridge Farms

Dayna and Ryan Purnell produce pasture raised, grain finished lamb at their farm in Telkwa.

**Products:** Lamb (Fall)

**Availability:** Direct Sales, Tyhee Market

**Contact:** 250-877-3655

[mcdowellcreekph@live.ca](mailto:mcdowellcreekph@live.ca)

## Dunnloggin Ranch

Robin and Lita Hawes produces garlic on their farm based out of Smithers.

**Products:** Garlic

**Availability:** Direct Sales, BV Farmers' Market, Nature's Pantry

**Contact:** 250-877-3043

## Gattiker Farm

Peter and Anika Gattiker produce grass-fed beef on their farm in Telkwa.

**Products:** Grass-Fed Beef

**Availability:** Direct Sales

**Contact:** 250-846-5494

[gattiker@telus.com](mailto:gattiker@telus.com)

## Grendel Grow (Grendel Group)

Grendel Grow produces a wide range of garden vegetables in Smithers and offers value-added products as well.

**Products:** Wide Selection of Vegetables, Value-Added Products



**Availability:** Nature's Pantry

**Contact:** 250-847-4483

[info@grendelgroup.ca](mailto:info@grendelgroup.ca)

[www.grendelgroup.ca](http://www.grendelgroup.ca)

## Happy Pig Organic Farm

Marlene Thimer produces certified organic pork, beef, lamb, chicken, turkey and eggs on her farm based out of Telkwa. Full selection of cuts as well as sides and whole animals. All of the sausages are dairy, gluten and nitrate free along with organic herbs and spices. Marlene also has a mobile certified kitchen and food truck (Farm to Plate) which she operates at several regional festivals each year and makes available for catering opportunities as well.

**Products:** Certified Organic Pasture-Raised Pork, Beef, Lamb, Chicken, Turkey and Eggs

**Availability:** Farm Gate, BV Farmers' Market, Natures Pantry

**Contact:** 250-846-5989



[happyigorganicfarm@gmail.com](mailto:happyigorganicfarm@gmail.com)

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

*To be listed in this directory contact the RDBN at 250-692-3195 or [inquiries@rdbn.bc.ca](mailto:inquiries@rdbn.bc.ca)*

## Healthy Hugs Organic

Joe and Simone Hug produce a large variety of certified organic seasonal vegetables and storage root vegetables for fall/winter.



**Products:** Variety of Vegetables

**Availability:** Direct Sales, BV Farmers' Market, CSA Program, Bulkley Valley Wholesale

**Contact:** 250-847-5530

[healthyhugs@yahoo.ca](mailto:healthyhugs@yahoo.ca)

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

## Heather Meadows Honey Farm

Ian Bissonnette and Heather Sosnowski strive to produce quality honey by maintaining chemical free beekeeping practices in the Smithers area.

**Products:** Honey

**Availability:** Direct Sales, Nature's Pantry, Tyhee Market

**Contact:** 250-877-3495 (Heather) 778-210-1328 (Ian)

[heathermeadowshoney@gmail.com](mailto:heathermeadowshoney@gmail.com)

[www.heathermeadowshoney.wordpress.com](http://www.heathermeadowshoney.wordpress.com)

## High Slope Acres

Mark Fisher produces a wide variety of fresh vegetables on his farm in Telkwa.



**Products:** Specializes in Garlic, Squash, Greens and Flowers

**Availability:** Direct Sales, Supply Camps by order, BV Farmers' Market, Green Zone Grocer, Tyhee Market and Bulkley Valley Wholesale

**Contact:** 250-846-9045

[markfisher@bulkley.net](mailto:markfisher@bulkley.net)



## Holly Ridge Farm

Charles and Jan McClary raise a variety of quality meat products on their farm based in Evelyn, 14 kms west of Smithers.

**Products:** Beef, Pork, Lamb, Chicken, Goat, Eggs

**Availability:** Direct Sales

**Contact:** 250-877-1770

[jmcclary@uniserve.com](mailto:jmcclary@uniserve.com)

[www.hollyridgefarm.ca](http://www.hollyridgefarm.ca)

## Lauriston Farm

Lesley Jackson produces chicken, eggs, and a wide variety of vegetables and herbs on her farm out of Smithers.



**Products:** Chicken, Eggs, Vegetables, Herbs

**Availability:** Direct Sales, BV Farmers' Market

**Contact:** 250-877-7783

[lauristonfarm1@gmail.com](mailto:lauristonfarm1@gmail.com)

## Lemieux Creek Ranch

Les and Chris Yates produce grass-fed beef on their ranch based in Quick, near Telkwa. They are certified grass-fed by Animal Welfare Approved.



**Products:** Grass-Fed Beef (Side or Split-Side)

**Availability:** Direct Sales

**Contact:** 250-846-5138

[info@lemieuxcreekranch.com](mailto:info@lemieuxcreekranch.com)

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





## Living Roots Family Farm

Rob and Ellana Zoller farm near Smithers and grow haskap berries. The farm atmosphere creates learning and is an experiential place for visitors.



**Products:** Haskap berries (fresh/frozen) U-Pick, Jams & Preserves (syrup, chutney, compote)



**Availability:** (Season - Fresh) Direct Sales, BV Farmers' Market and (Out-Season - Frozen) Direct Sales, Nature's Pantry

**Contact:** 250-643-4232

[livingrootsfamilyfarm5@gmail.com](mailto:livingrootsfamilyfarm5@gmail.com)

## Melissa's Quality Meats, Garden & Goods

Melissa is committed to environmentally sustainable farming with animal welfare first and foremost on her farm in Telkwa. NO hormones, antibiotics or medicated feed. NO sprays or chemical fertilizers.

**Products:** Lamb, Beef, Rabbit, Eggs, Garden Plants and Produce, Whole Grain Breads, High Performance Granola, Fleece Pillows, Fleece Pet Beds and other quality products.

**Availability:** Direct Sales, BV Farmers' Market

**Contact:** 250-847-0547 and 250-877-1569

[mootoyou16@gmail.com](mailto:mootoyou16@gmail.com)

## My Girls Farm

Bill Harness raises pork and beef on local whole grain at his farm in Quick.

**Products:** Pork and Beef

**Availability:** Direct Sales by appointment

**Contact:** 250-846-9403

## Old Iron Farms and Apiary

Doug and Kathy Dobrenski produce honey on their farm based out of Telkwa.



**Products:** Honey

**Availability:** Direct Sales

**Contact:** 250-846-5181

[doug.dobrenski@gmail.com](mailto:doug.dobrenski@gmail.com)

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

## Quick Veggies

Jim and Cassie Munro grow delicious vegetables to share with the community as well as lamb.



**Products:** Carrots, beets, garlic, onions, potatoes and lamb

**Availability:** Direct Sales, Natures Pantry (Smithers)

**Contact:** 250-846-5070

[quickveggies@gmail.com](mailto:quickveggies@gmail.com)

## Red Hen Organic Foods

Susan Brookes harvests a variety of wild forage edibles including mushrooms, berries and wild greens.

**Products:** Blueberries, Huckleberries, Mushrooms, Saskatoons, Wild Greens, Herbs, Seeds, Flours, Rice and Beans

**Availability:** Direct Sales

**Contact:** 250-877-8739

[notonsea@hotmail.com](mailto:notonsea@hotmail.com)

## Robin Creek Dairy and Farm

The Heer family has a mixed farm focusing on local beef, hay and grain sales outside of Smithers.



**Products:** Beef, Hay and Barley

**Availability:** Direct Sales, Tyhee Market

**Contact:** 250-846-5082



[robincreekdairy@gmail.com](mailto:robincreekdairy@gmail.com)

## Round Lake Farm

Amanda Forstbauer-Bourrie and Marc Bourrie are a young family running an organic farm in Smithers.

**Products:** Lamb

**Availability:** Direct Sales, Local Delivery

**Contact:** 250-846-5155

[roundlakefarm2008@gmail.com](mailto:roundlakefarm2008@gmail.com)

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## Small Potatoes Farm

Moe Gauthier grows quality local greens year round on his farm in Smithers.



**Products:** Vegetables, Eggs, Fresh Greens, Pea Shoots (Year Round)



**Availability:** Gate Sales, BV Farmers' Market, Bulkley Valley Wholesale

**Contact:** 250-877-0591

[smallpotatoes.smithers@gmail.com](mailto:smallpotatoes.smithers@gmail.com)

## Spruce Drive Bedding Plants

Sieger and Nancy Duursma grow bedding plants including annuals, vegetables, herbs and hanging floral baskets available May and June from 1917 Spruce Drive in Telkwa. Fresh garden produce is available at the BV Farmers' Market during the months of July-Sept.



**Products:** Bedding Plants (annuals, vegetables, herbs, perennials) as well as fresh garden produce

**Availability:** Direct Sales, BV Farmers' Market

**Contact:** 250-846-5311

[snduursma@telus.net](mailto:snduursma@telus.net)

## Swallow Haven Farm

Linda Dekok produces a variety of meat products at her farm in Telkwa.

**Products:** Eggs, Lamb, Pork, Chicken, Turkey, Beef and Duck



**Availability:** Direct Sales, BV Farmers' Market, The Sausage Factory

**Contact:** 250-846-5146

[redbarns@bulkley.net](mailto:redbarns@bulkley.net)

## Telkwa Honey Bee

Henry and Sharon Andriga produce fresh, unpasteurized honey, and beehive equipment in Telkwa.

**Products:** Liquid Honey, Unpasteurized Honey, Bee Equipment

**Availability:** Direct Sales, BV Farmers' Market, Nature's Pantry

**Contact:** 250-846-5388

## Thompson Creek Beef

Joyce and Rene Dieleman produce Hormone & Antibiotic - Free Beef at their farm on Hungry Hill outside of Telkwa.

**Products:** Beef, Small Square Bales

**Availability:** Direct Sales, The Sausage Factory

**Contact:** 250-846-5061

[joycedieleman@yahoo.com](mailto:joycedieleman@yahoo.com)

## Two Bridge Ranch

Mary Bryant raises lamb on her pasture with no growth hormones.

They are finished on barley to improve marbling and tenderness on her ranch in Smithers. She also has breeding stock available.

**Products:** Lamb

**Availability:** Direct Sales

**Contact:** 250-847-2565

## Unity Gardens & Farm

Megan D'Arcy produces lamb, meat birds and eggs on her farm based out of Telkwa.

**Products:** Lamb, Chicken, Eggs

**Availability:** Direct Sales, BV Farmers' Market, Delivery

**Contact:** 250-846-9854

[mdarcy@uniserve.com](mailto:mdarcy@uniserve.com)

## W Diamond Ranch

Manfred, Eugene and Irene Wittwer produce beef, lamb, and goat meat on their farm in Telkwa. They also provide custom meat cutting.

**Products:** Beef, Lamb, Goat

**Availability:** Direct Sales, BV Farmers' Market, Tyhee Market

**Contact:** 250-846-5168

[wdranch@bulkley.net](mailto:wdranch@bulkley.net)

[www.wdiamondranch.ca](http://www.wdiamondranch.ca)



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Regional District of  
**Kitimat-Stikine**

## Hazelton & Area

### April Showers Gardens Supply

April Koning grows nursery plants on her property in Hazelton.

**Products:** Soap, Nursery Plants, Homemade Cider Vinegar

**Availability:** Hazelton Farmers' Market

**Contact:** 250-842-4045

[koningklan@telus.net](mailto:koningklan@telus.net)

### Dancing Bee Farm

Harriet Hall raises lambs with a reduction on environmental impact.

**Products:** Cut & Wrap Lamb, Sausage, Wool Products, Sheepskins

**Availability:** Direct Sales, Hazelton Farmers' Market

**Contact:** 250-842-6031

[dancingbeefarmbc@gmail.com](mailto:dancingbeefarmbc@gmail.com)

[www.lovethehazeltons/business/dancing-bee-farm](http://www.lovethehazeltons/business/dancing-bee-farm)

### Flying Hands Farm/Granny Ms Herbs

Magdalena has veggies, herbs, mushrooms all depending on the season and the weather; plus her herbal creations. The Herbal Skin Salve, Liniment & Toothpaste Powder are available all year round.

**Products:** Veggies, Herbs, Mushrooms and Herbal Products

**Availability:** Direct Sales, Nature's Pantry and mail order

**Contact:** [grannygarlick@gmail.com](mailto:grannygarlick@gmail.com)

[www.grannyms.webs.com](http://www.grannyms.webs.com)

[www.lovethehazeltons/business/flying-hands-farm-granny-ms](http://www.lovethehazeltons/business/flying-hands-farm-granny-ms)



## Hazelton Hops (Bulkley Canyon Ranch)

Laurie and Bill run an off-grid permaculture farm specializing in 7 varieties of hops for all your brewing and medicinal needs. Watch for special events and pop-up U-Picks for herbs and berries.



**Products:** Fresh & Dried Hops, Shetland Sheep, Sheepskins, Wool

**Availability:** Direct Sales, U-Pick and Frozen Products

**Contact:** 250-847-1399

[info@hazeltonhops.com](mailto:info@hazeltonhops.com)

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

## Kispiox Creations

Jim and Pauline produce pure birch syrup, as well as vegetables and herbs at their home in the Kispiox Valley.

**Products:** Pure Birch Syrup, Vegetables, Herbs

**Availability:** Direct Sales (April - May), BV Farmers' Market, Hazelton Farmers' Market

**Contact:** 250-842-6367

[info@kispioxbirchsyrup.com](mailto:info@kispioxbirchsyrup.com)

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

## Mikolayczyk Farm

The Mikolayczyk family runs a farm business out of Hazelton. They raise a variety of livestock and grow fruits and vegetables.



**Products:** Eggs, Beef, Lamb, Pork, Turkey, Beets, Cabbage, Potatoes, Peas, Carrots, Lettuce, Strawberries, Raspberries and Cherries

**Availability:** Direct Sales, Hazelton Farmers' Market

**Contact:** 250-842-6787

[nickpullano@hotmail.com](mailto:nickpullano@hotmail.com)



## Seden Agricultural Resource Centre

Seden is a community centre located in the Hazeltons that runs food-related programming for youth. The youth help run a small seasonal food box and farm stand that act as a social-enterprise.



**Products:** (Seasonal) Cabbage, Potatoes, Carrots, Tomatoes and Cucumbers

**Availability:** Food Box Program, Roadside Farm Stand on Fridays (July - Sept)

**Contact:** 250-842-2284

[info@senden.ca](mailto:info@senden.ca)

## Seaton Mountain View Farm

The Seaton Mountain View Farm grows a large variety of locally grown produce.



**Products:** Strawberries, Peas, Tomatoes, Lettuce, Kale, Mustard Greens, Potatoes, Rutabagas, Carrots, Beets, Cauliflower, Cabbage, Broccoli, Kohlrabi, Celery, Celeriac, Cucumbers, Onions, Garlic, Herbs and Peppers

**Availability:** Direct Sales, BV Farmers' Market, Delivery to Smithers

**Contact:** 250-877-7755

[seatonmountainviewfarm@gmail.com](mailto:seatonmountainviewfarm@gmail.com)



## Suskwa Valley Farm

Jim and Brenda Forsythe farm in the beautiful Suskwa Valley 15 kms east of Hazelton. They specialize in organic root vegetables. They also raise natural beef, lamb and chicken.



**Products:** Carrots, Potatoes, Grass-Raised Beef, Lamb and Chicken

**Availability:** Direct Sales, BV Farmers' Market, Hazelton Farmers' Market

**Contact:** 250-842-6315

[5pinkcows@outlook.com](mailto:5pinkcows@outlook.com)

## The Nagata Family Farm

Kesia Nagata and Sharon Priest-Nagata have started a family farm in the Kispiox Valley outside of Hazelton. Heritage chickens are raised from day-old chicks. Large Black and Tamworth pigs and Dexter cattle are born and raised on the farm.

**Products:** Heritage meats - Chicken, Pork and Dexter Beef.  
Vegetables and Herbs, both medicinal and culinary.

**Availability:** Direct Sales, Hazelton Farmers' Market

**Contact:** 250-842-5090

[sharonpn@telus.net](mailto:sharonpn@telus.net)

## Woodgrain Farm

Jonathan Knight grows certified organic local vegetables and fresh farm fare, as well as produces stoneground flour from farm grown grain, and pasture raised lamb whole or by the cut.



**Products:** Vegetables, Grain, Lamb

**Availability:** Kispiox Valley Friday Farmstand (2-5 p.m.)

BV Farmers' Market, Hazelton Farmers' Market

**Contact:** 778-776-1817

[farm@woodgrain.ca](mailto:farm@woodgrain.ca)

<http://woodgrain.ca/>



# **Why Shop at the Farmers' Market:**

**Community Support**

**Family Outing**

**Shop Local**

**Buy Your Gifts**

**Meet Your Farmer**

**Meet Your Neighbour**

**Socialization**

**Support Local Economy**







**Vanderhoof Farmers' Market**  
**Fort St. James Farmers' Market**  
**Fraser Lake Community Market**  
**Houston BC Farmers' Market**  
**Burns Lake Community Market**  
**Bulkley Valley Farmers' Market**  
**Hazelton Farmers' Market**



# **VANDERHOOF FARMERS' MARKET**

***Ferland Park***

***Thursdays***

***June - September***

***10:00 a.m. to 2:00 p.m.***

The Vanderhoof Farmers' Market welcomes you! Come browse, and shop for home baked, homegrown and handmade offerings every Thursday at Ferland Park. Children will enjoy their time on the playground and doing activities in the YMCA tent while you explore the labours of our local vendors. Sit and relax, eat your lunch in the shade of the picnic shelter, and visit with friends in the festive atmosphere.

Market contact: [vanderhooffarmersmarket@gmail.com](mailto:vanderhooffarmersmarket@gmail.com)



## ***Featured Products:***

***Arts & Crafts, Baking,  
Bath & Beauty, Eggs,  
Flowers & Plants, Fresh  
Produce, Meat, Organics,  
Pet Items, Preserves,  
Concession, Children's  
Activities (FREE YMCA).***



# **FORT ST. JAMES FARMERS' MARKET**



***Spirit Square***

***Fridays***

***May - September***

***11:30 a.m. to 4:00 p.m.***

When you buy locally from the Fort St. James Farmers' Market and area farms, you help support your local economy. In return you will get the freshest, best tasting food available from the area. Come visit us Fridays during the summer in beautiful downtown Fort St James, on the shores of Stuart Lake - watch for our tents!

Market contact: [croquetc@gmail.com](mailto:croquetc@gmail.com)

***Featured Products: Baking, Crafts, Vegetable, Preserves.***





# FRASER LAKE COMMUNITY MARKET



**Fraser Lake Shopping Centre**

*(East end, next to gym, behind Chevron)*

**Fridays**

**June - September**

**12:00 p.m. to 4:00 p.m.**

Fraser Lake Community Market is a diversified market that encompasses vendors who produce their own products as well as vendors operating home-based businesses.

Market contact: [plowman@netbistro.com](mailto:plowman@netbistro.com)

**Featured Products: Beef, Pork, Chicken, Eggs, Baked Goods, Fresh Produce, Preserves, Flowers & Plants, Arts & Crafts, Bath & Beauty, Photography, Concession & much, much more!**





# HOUSTON BC FARMERS' MARKET



**Steelhead Park**  
**Thursdays**  
**June - September**  
**3:00 p.m. - 7:00 p.m.**

Market contact:

[laura@houstonlinktolearning.ca](mailto:laura@houstonlinktolearning.ca)

(Contact to find out about WINTER MARKET)



Located in Houston behind the Fly Fishing Rod, the Houston BC Farmers' Market offers a variety of crafts and produce from local vendors. Supporting the market support the local economy!

**Featured Products:**  
**Baking, Arts & Crafts,**  
**Bath & Beauty, Preserves,**  
**Flowers & Plants, Meat,**  
**Eggs, Fresh Produce.**





# BURNS LAKE COMMUNITY MARKET



*Heritage Centre  
Fridays  
July - August  
9:00 a.m. to 2:00 p.m.*

Located at the Heritage Centre, the Burns Lake Community Market offers a variety of food products and handmade items. The market features local producers and artists. Check the facebook page as the market may extend past the end of August.

Market contact: [manager@burnslakechamber.com](mailto:manager@burnslakechamber.com)

***Featured Products: Arts & Crafts, Baking, Bath & Beauty, Eggs, Flowers & Plants, Fresh Produce, Preserves.***





# **BULKLEY VALLEY FARMERS' MARKET**



***Outdoor Season***

***Smithers Central Park***

***Saturdays***

***May - September***

***8:30 a.m. to 12:30 p.m.***

***Indoor Season***

***Check Facebook***

***Saturdays***

***October - April***

Located near downtown Smithers, the Bulkley Valley Farmers' Market is a vibrant place where people come to shop, visit and socialize. All vendors are making, baking, and growing their products locally. You will find a wide-variety of high-quality products, from delicious fresh food to a large selection of arts & crafts.

Market contact: [info@bvfmm.ca](mailto:info@bvfmm.ca)

***Featured Products: Fresh Produce, Meat, Eggs, Preserves, Baking, Arts & Crafts, Hand-made Clothing & Jewelry, Hot Food, Flowers & Plants***





# HAZELTON FARMERS' MARKET



***New Hazelton Visitor Information Centre  
Sundays  
April - September  
10:00 a.m. to 2:00 p.m.***

Located in New Hazelton, the market provides Hazelton farmers, craft producers and artisans a local market and offers an exciting, safe & consistent market experience for local consumers. The community-focused market builds connections between the producer and the consumer which in turn enhances food security, preserves farmland, and creates stability & opportunities for farm & craft-based businesses.

***Featured Products: Local Organic Vegetables, Meats, Grains, Wild Food, Crafts, Fresh Baked Goods, Handcrafts & much, much more!***

Market contact: [market@hazeltonfarmers.ca](mailto:market@hazeltonfarmers.ca)  
[www.hazeltonfarmers.ca](http://www.hazeltonfarmers.ca)





## Regional District of **Kitimat-Stikine**

The Regional District of Bulkley-Nechako  
is pleased to partner with the  
Regional District of Kitimat-Stikine  
to include Hazelton and Area to our  
2019 Connecting Consumers and  
Producers brochure  
[www.rdks.bc.ca](http://www.rdks.bc.ca)



# SUPPORT AND RESOURCES



## BC Association of Farmers' Markets

[www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)

BCAFM is committed to developing and strengthening the capacity of farmers' markets in all regions of British Columbia.



## Ministry of Agriculture

The Ministry of Agriculture is responsible for the production, marketing, processing and merchandising of agricultural products and food.

## Nechako Valley Food Network

[www.nvfoodnetwork.org](http://www.nvfoodnetwork.org)

The mission of NVFN is to promote the growth and distribution of local agricultural products in the Nechako Valley and to educate and aid individuals to grow and eat their own produce in an environmentally sound way.



*Food connects us!*

## Northwest BC Food Action Network

[www.nwfoodsecure.org](http://www.nwfoodsecure.org)

A non-profit group that advocates for food security by strengthening the local food system, poverty reductions, land access and environmental stewardship. Networking and educational events, cooking and preserving workshops, and resource sharing.



## Smithers Farmers' Institute

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

The SFI is the voice of a diverse group of farmers. The organization has a mandate to serve both large, commodity-based farms and mid to small sized mixed farms. The SFI recognizes that farming is not just a lifestyle - it puts food on the plates of families throughout the Bulkley Valley.

## RDBN Agriculture Coordinator

[www.rdbn.bc.ca](http://www.rdbn.bc.ca)

The RDBN has hired a Agriculture Coordinator who can assist you with agriculture questions.



## BC Farmers' Market Nutrition Coupon Program

The Farmers' Market Nutrition Coupon Program (FMNCP) is a healthy eating initiative supported by the Province of British Columbia and the Provincial Health Services Authority. FMNCP supports farmers' markets and strengthens food security across British Columbia.

Community partner organizations provide coupons to lower-income families and seniors participating in their food literacy programs. Coupons can be spent at Farmers' Markets that participate in the FMNCP and can be used to purchase vegetables, fruits, nuts, eggs, dairy, cut herbs, meat and fish. Each household enrolled in the program is eligible to receive a minimum of \$21/week in coupons.

Farmers' Markets in this Connecting Consumers and Producers brochure are listed below with the location in the community where coupons can be obtained.

### **Bulkley Valley Farmers' Market**

*Northern Society for Domestic Peace (Pregnancy Outreach Program)  
Smithers Community Services Association*

### **Hazelton Farmers' Market**

*Upper Skeena Community Learning Society - The Learning Shop  
(Back Yard Gardens, Community Kitchen, Youth Works Program)*

### **Houston Farmers' Market**

*Dze L K'ant Friendship Centre (Pregnancy Outreach Program)  
Houston Link to Learning*

### **Vanderhoof Farmers' Market**

*NeighbourLinkVanderhoof (Vanderhoof Food Bank)*





# 4-H CLUBS

## Supporting our Future Producers

The 4-H program provides young people with an opportunity to learn how to become productive, self-assured adults who can make their community and country a good place in which to live. This is fostered through project and program work experiences with the 4-H club members and leaders and their participation in district, regional and even provincial programs.

### **Bulkley Valley District 4-H Clubs**

For information on clubs in the Bulkley Valley contact Key Leader:

Stacy Dupuis

250-876-8184

stacy.dupuis@gmail.com

#### *Evelyn 4-H Club*

Contact: Charlie McClary

250-877-1770

Projects: Beef, Horse, Sheep,  
Swine, Poultry, Rabbit, Dog,  
Cloverbud, Photography

#### *Quick Community 4-H*

Contact: Rhonda Stronks

250-846-5535

Projects: Beef, Horse, Sheep,  
Swine, Rabbit, Cloverbud

#### *Midvalley 4-H Club*

Contact: Lisa Ann Reay

250-846-5392

Projects: Horse, Beef, Sheep,  
Rabbit, Swine, Photography

#### *Topley 4-H Club*

Contact: Wendy Siemens

250-845-7020

Projects: Beef, Horse, Sheep,  
Swine, Cloverbud

### **Lakes District 4-H Clubs**

For information on clubs in the

Lakes District contact Key Leader:

Margaret Meutzner

250-694-3566

margaret@meutzner.com

#### *Southside 4-H Club*

Contact: Deanna Lambert

250-694-3811

Projects: Beef, Sheep, Swine,  
Small Engine, Cloverbud

#### *Northside Lakes 4-H Club*

Contact: Heather Waters

250-695-6405

Projects: Swine, Foods, Poultry,  
Cloverbud



## Learn To Do By Doing

### **Vanderhoof District 4-H Clubs**

For information on clubs in

Vanderhoof contact Key Leaders:

Chris Moutray

250-567-2763

cmoutray@uniserve.com

Julie Kulchar

250-567-9497

akulchar@hwy16.com

*Fort St. James 4-H Club*

Contact: Jamie Fraser

250-996-1484

Projects: Beef, Cloverbud,  
Photography, Sheep, Poultry

*Mapes 4-H Club*

Contact: Tammy Warkentin

250-567-0463

Projects: Beef, Sheep,  
Photography

*Nechako Valley Dairy & Beef 4-H Club*

Contact: Alex or Julie Kulchar

250-567-9497

Projects: Beef, Poultry, Sheep,  
Swine, Cloverbud

*North Valley 4-H Club*

Contact: Alana Forsberg

250-570-9499

Projects: Beef, Horse, Sheep,  
Swine

*Wranglers 4-H Club*

Contact: Robin Janzen

250-567-9654

Projects: Swine, Poultry, Horse,  
Photography, Leathercraft,  
Cloverbud, Adopt-a-Grandparent

**...for my club,  
my community,  
my country,  
and my world...**

# **EATING LOCAL YEAR ROUND**



**Home Canning, Dehydrating,  
Freezing, Vegetable Storage  
& Fermentation**



	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples	◆	◆	◆	◆				●	●	●	◆	◆
Asparagus					●	●	●					
Asian vegetables					●	●	●	●	●			
Beans												
Beets	◆	◆	◆	◆	◆	◆	●	●	●	●	◆	◆
Blueberries							●	●	●			
Broccoli							●	●	●	●		
Brussel Sprouts								●	●	●		
Cabbage	◆	◆	◆								◆	◆
Carrots	◆	◆	◆	◆	◆		●	●	●	●	◆	◆
Cauliflower							●	●	●	●		
Chard							●	●	●	●		
Celery								●	●	●		
Corn							●	●	●	◆		
Cucumber							●	●	●	●	◆	
Eggplant							●	●	●	●		
Garlic	◆	◆	◆		●	●	●	●	●	◆	◆	◆
Grapes								●	●			
Haskap Berries							●					
Herbs					●	●	●	●	●	●		
Honey	◆	◆	◆	◆	◆	●	●	●	●	◆	◆	◆
Huckleberries								●	●	●	●	
Kale								●	●	●	●	
Leeks								●	●	●	◆	◆
Lettuce					●	●	●	●	●	●		
Mushrooms	◆	◆	◆	◆	●	●	●	●	●	●	●	◆
Onions	◆	◆	◆				●	●	●	●	◆	◆
Parsnips	◆	◆	◆					●	●	●	◆	◆
Peas							●	●	●	●		
Peppers								●	●			
Potatoes	◆	◆	◆	◆	◆	◆	◆	●	●	●	◆	◆
Pumpkins	◆							●	●	●	◆	◆
Radishes						●	●	●	●	●		
Raspberries							●	●				
Rhubarb					●	●	●	●				
Rutabagas	◆	◆	◆	◆	◆	◆	●	●	●	●	◆	◆
Saskatoons							●	●				
Spinach					●	●	●	●	●			
Squash	◆							●	●	●	◆	◆
Strawberries							●	●	●	●		
Tomatoes						●	●	●	●	●		
Turnips							●	●	●	◆	◆	◆
Zucchini							●	●	●	●	◆	◆
Whole Grains	◆	◆	◆	◆	◆	◆	◆	●	●	●	◆	◆

◆ Storage

● In Season

Available Year Round:

Eggs – Beef – Pork – Lamb – Poultry – Fish – Bison – Rabbit – Wild Game – Other Meats





# HOME CANNING

## Home Canning

Home canning is a way to preserve fresh foods in glass jars. The two methods suitable to safely preserve a seasonal harvest are hot water bath canning and pressure canning.

## Hot Water Bath

Uses boiling water to sterilize food and kill microorganisms. Suitable for high acid foods such as peaches and pears. Most fruit and fruit sauces can be process this way.

## Pressure Canning

Uses high temperatures and pressure to sterilize and kill microorganisms. Suitable for low and high acidic foods. Low acidic foods require high temperatures because of their tendency to grow botulism. Vegetables, meat and game, poultry, seafood, soups, stews, tomato-vegetable sauces and tomato-meat sauces are all low acid foods.

*\*\*When canning, it is  
very important to  
follow the recipe\*\**

Find More Info on the Web  
[www.bernardin.ca/](http://www.bernardin.ca/)  
[www.food.com/topic/canning](http://www.food.com/topic/canning)  
[www.freshpreserving.com/recipes](http://www.freshpreserving.com/recipes)

# Canning Tips

It is important that:

- Jars are designed to be used for home canning and are free of structural defects.
- Equipment is sterile: jars, lids and seals. Sterilize in rapidly boiling water for 10 minutes.
- Ingredients like salt, sugar and vinegar are important to the taste and texture. Use measured amounts.
- Follow recommended processing times. Under processing could allow harmful organisms to survive.





# DEHYDRATING

Microorganisms need moisture to grow, and die off in dry conditions. Dehydrating is a traditional method of preserving locally produced food. Food can be dried using an electric dehydrator, the sun or an oven. Properly dried and stored food can last many years.

Once dehydrated, the food does not take up a lot of storage space and is great for camping and hiking trips.



*Drying food is the world's oldest known preservation method; dried fish has a storage life of several years.*

## 10 Tips on Dehydrating Food



1. Start with fresh, high quality food.
2. Always check food for spoilage or bruising.
3. Remember to slice food uniformly and thinly.
4. Space food evenly apart on food trays.
5. Blanching certain vegetable before dehydrating can help fight bacteria and preserve colour and flavour.
6. Marinate, salt, spice or sweeten foods before dehydrating to increase flavour.
7. When oven drying, a good temperature is 50-60° Celsius, (122-140° Farenheit).
8. Turning food and rotating trays during drying ensures even dehydration.
9. Fruit is ready when there are no pockets of moisture and feels leathery to touch. It is important that vegetables are crispy and meat is tough when dehydrating process is complete.
10. Cool dehydrated food before storing and store in airtight containers or use a vacuum sealer.

**Find More Info on the Web**

**[www.easy-food-dehydrating.com](http://www.easy-food-dehydrating.com)**

**[www.dehydratorbook.com/how-to.html](http://www.dehydratorbook.com/how-to.html)**

**[www.howtowilderness.com/food-dehydration](http://www.howtowilderness.com/food-dehydration)**



Freezing vegetables at home is a fast, convenient way to eat locally grown produce year round. Freezing preserves produce at peak maturity and nutritional quality.

Blanching is boiling vegetables before freezing. Blanching preserves quality by destroying the enzymes that alter their colour, texture and flavour during storage.





Berries freeze well and can be used frozen for smoothies or thawed for use in baking and sauces. When thawing, berries tend to lose their shape as well as some of their juice, so place freezer bags of berries on a baking sheet or in a bowl to thaw in case the bags leak.



Wash the berries and pat dry. Arrange the whole berries on a baking sheet and freeze until solid. This keeps the berries loose and makes measuring and thawing easier.



Transfer the frozen berries to freezer bags or freezer containers. Leave a little space at the top of the bag or container, because the berries might expand a little.



Lay bags of berries flat in the freezer. You can also place the bags on a tray or baking sheet first to assure a flat surface. Add bags or containers of berries to the freezer in batches to make sure they freeze quickly, and leave room around each to allow air to circulate. You can stack the bags or containers once the fruit is frozen.



Freeze berries for up to 12 months.

# Blanching Times for Common Vegetables

Vegetable	Preparation	Blanching Time
Beans	Trim ends, leave whole or cut into pieces	Whole beans: 5-7 min. Cut beans: 4-6 min.
Broccoli & Cauliflower	Remove woody stems, cut into 3 cm pieces	3 minutes
Brussel Sprouts	Trim stems and outer leaves	4-6 minutes
Cabbage	Trim outer leaves and core. Cut into wedges or shred coarsely	Wedges: 5 min. Shredded: 1 min.
Carrots	Remove tops, cut large carrots into 1 cm slices	3 minutes
Garlic & Onions	Remove outer skin	Do not blanch. Freeze on trays and transfer to bags when frozen
Greens - Beets, Swiss Chard, Kale, Spinach, Turnips	Remove tough stems	2 minutes
Herbs	Chop or slice	Do not blanch. Add frozen during food prep
Peas	In or out of shells. Include edible pods	2 minutes



In the north, storing vegetables purchased from local producers ensures year round benefits. Here are a few general guidelines to ensure success:

- Do not store fruits and vegetables together.
- Store only fully mature vegetables. Immature fruits and vegetables will rot quickly.
- Pack vegetables loosely. The closer they are, the quicker they will rot.
- Remove all excess soil. Don't wash the vegetables, just let them dry and brush off the soil.
- Keep the storage area dark.
- Do not expose stored vegetables to temperatures below freezing.

## Vegetable Storage Chart

Vegetable	When to Harvest	Storage Preferences	Months of Storage
Beets	At 1-3 inch diameter	Cold-Very Moist 0-4°C 90-95% Humidity	5
Cabbage	When head feels firm	Cold-Moist 0-4°C 80%-90% Humidity	5
Carrots	When shoulders are 1 inch in diameter	Cold-Very Moist 0-4°C 90-95% Humidity	8
Garlic	When lower leaves brown	Cool-Dry 0-10°C 60%-70% Humidity	4-8
Onions	Once necks are tight and tops fall	Cold-Dry 0-10°C 60-70% Humidity	4
Parsnips	After a hard frost	Cold-Very moist 0-4°C 90-95% Humidity	4
Potatoes	When the vines die back	Cold-Moist 0-4°C 80-90% Humidity	2-4
Pumpkins	When the shells harden	Warm-Dry 10-15°C 60-70% Humidity	2
Rutabagas	At your preferred size	Cold-Very Moist 0-4°C 90-95% Humidity	4
Turnips	After light frost	Cold-Very Moist 0-4°C 90-95% Humidity	4
Winter Squash	When shells harden	Warm-Dry 10-15°C 60-75% Humidity	2-6

# Good Places to Store Vegetables

**Basements** - Cool, dry basements will keep most vegetables for at least a couple of months. Make sure there is adequate air circulation and ventilation.

**Attics and Entryways** - If these spaces are unheated but don't freeze, they can be used for spreading out and storing vegetables that like dry conditions.

**Root Cellars** - For cold, moist storage a root cellar is ideal. It can be anything that remains above freezing, from a bucket in the ground, to a crawlspace under a porch, to an unheated section of the basement, to an underground enclosure in the side of a hill.





# Root Cellar Tips

- Temperature stability in the north is reached at 10 feet (3m) deep.
- Stay away from large trees; the tree's roots can be difficult to dig through, and will eventually grow and crack the cellar walls.
- Inside use wooden shelving, bins, and platforms because wood does not conduct heat or cold as quickly as metal.
- Air circulation, ventilation, is critical for minimizing airborne mold. An intake should be located on the low side of the cellar while positioning the outlet near the ceiling of the storage unit.
- Shelves should stand 1 to 3 inches (3 to 8 cm) away from the walls.
- For outdoor root cellars, packed earth is the preferred flooring.
- Every root cellar needs a thermometer and a hygrometer (to measure temperature and humidity).



Find More Info on the Web  
[www.almanac.com/root-cellar-build](http://www.almanac.com/root-cellar-build)  
<https://baileylineroad.com/root-cellar-revival>  
[commonsensehome.com/above-ground-root-cellar](http://commonsensehome.com/above-ground-root-cellar)



Fermentation is an ancient form of food preservation. The process produces traditional dill pickles and real sauerkraut. It takes nothing more than salt, vegetables and water - no canning, no fancy equipment.

Almost any vegetable can be fermented. Fermenting locally produced farm-fresh produce is a great way to provide good nutrition year-round. Ferment one vegetable alone or create a mix of many different kinds, along with herbs and spices, for a great variety of cultured foods.



Find More Info on the Web  
[www.culturesforhealth.com](http://www.culturesforhealth.com)

[www.motherearthliving.com/cooking-methods/the-surprising-health-benefits-of-fermented-foods](http://www.motherearthliving.com/cooking-methods/the-surprising-health-benefits-of-fermented-foods)

# Easy Two Stage Process

## Step One

In stage one, vegetables are submerged in a brine that is salty enough to kill off harmful bacteria while leaving the good bacteria to survive.



## Step Two

In stage two, the good bacteria, called *Lactobacillus* organisms, begins converting lactose and other sugars present in the food into lactic acid. This creates an acidic environment that safely preserves the vegetables and gives fermented food their classic tangy flavour.



*Popular foods such as dill pickles, sauerkraut and yogurt are fermented foods.*

# PICKLED DILLY CARROTS

## Ingredients:

- 1 ½ lbs carrots (trimmed to fit in your jars)
- 1 cup white vinegar
- 1 cup water
- 1 tablespoon pickling salt
- 1 teaspoon dill seed
- ½ teaspoon black peppercorns
- 2 cloves garlic



## Instructions:

1. Bring a small pot of water to a boil in which to blanch the carrots.
2. Prepare 1 pint and a half jar, or 2 12-ounce jelly jars. Place lid(s) in a small pot of water and bring to the barest bubble to soften sealing compound.
3. Peel carrots and trim to fit jars. Cut into thin sticks.
4. When the water comes to a boil, drop in the carrots and cook for either 90 seconds if you plan on canning your pickles, or 3 minutes if you're making them as refrigerator pickles.
5. When time is up, remove carrots from water and run under cold water to stop cooking.
6. Combine vinegar, water and salt in a small saucepan and bring to a boil.
7. Place spices and garlic cloves into the bottom of the jar(s).
8. Pack carrot sticks upright in jar(s).
9. Pour the boiling brine over the carrots, leaving 1/2 inch headspace.
10. Tap jar(s) gently to remove air bubbles.
11. Wipe the rims and apply the lids and rings.
12. If you're canning the pickles, process them for 10 minutes in a boiling water bath.
13. When time is up, remove jar(s) from canner and let cool.
14. Sealed jars can be stored in a cool, dark place for up to one year. Refrigerator pickles should be placed in the fridge as soon as the jars are cool.
15. Let pickles rest in pickling liquid for at least 48 hrs before eating.

# HASKAP BERRY JAM

## Ingredients:

4 cups haskap berries

2 cups white sugar

the juice of ½ lemon



## Instructions:

1. Prepare 3 250 ml jars.
2. Put the empty jars in a canning kettle and cover with water. Turn on the burner and bring to a boil. Boil bottles for 10 minutes.
3. Meanwhile, wash and de-stem the haskap, and pick out any bad ones or debris.
4. Put the haskap in a saucepan with the sugar and lemon juice. Bring to a boil, stirring frequently until the sugar is dissolved. Keep at a rolling boil, stirring only occasionally, until the mixture reaches the gell stage; about 20 minutes.
5. Remove from the heat and skim off any obdurate foam that may have formed.
6. Ladle into the jars. Wipe the lips and seal with lids and rims which have been brought to boil.
7. Return the sealed jars to the boiling water bath, and boil for 5 minutes.
8. Once the jars have sealed, label them with the month and year of their production, batch number if you are making more than one batch, and name.
9. Keep them in a cool, dark place, but once opened, keep in the fridge.





**THANK YOU to all the producers  
who sent in photos!**

**'LIKE' us on Facebook at  
Connecting Consumers and Producers  
and Bulkley Nechako Opportunities**



**Buying locally produced food can save you money.  
Local food is not passing through a series of  
wholesalers and retailers and you get the  
absolute best price while supporting your  
local producer in the process.**

