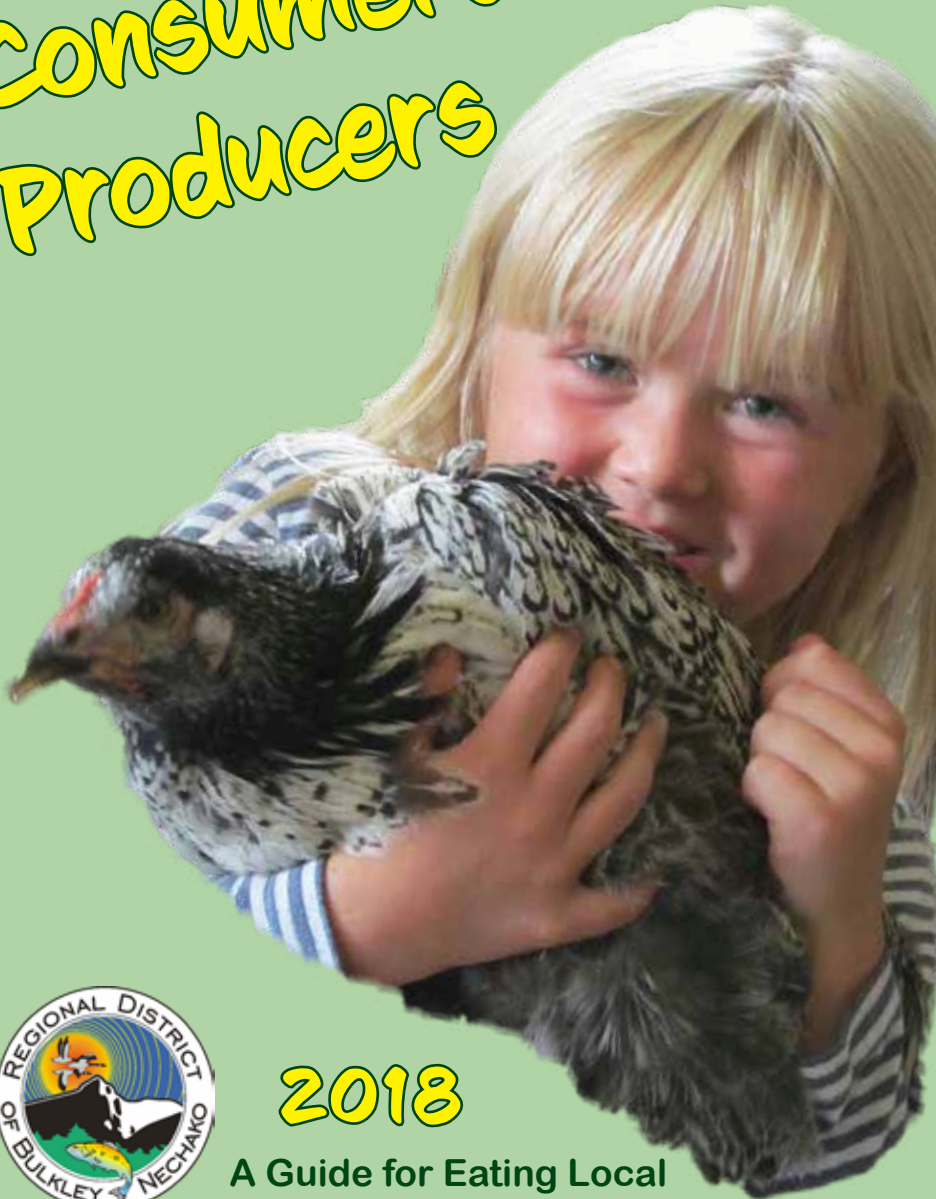


Connecting Consumers and Producers



2018

A Guide for Eating Local



Thanks a Bunch

Find project information and
this brochure at
opportunities.rdbn.bc.ca/agriculture



‘Like’ us at:

Connecting Consumers and Producers

Thank you to the following for reviewing this
brochure and providing valuable feedback:

Deklan Corstanje,
Regional District of Kitimat Stikine

Megan D’Arcy, Smithers Farmers Institute

Kandace Kerr, Fort St. James Farmers’ Market

Margaret Meutzner, 4-H Council

Michelle Roberge, Vanderhoof Farmers’ Market



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“You can’t buy HAPPINESS but you can buy LOCAL and that is kind of the same thing.”



Buying Local

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

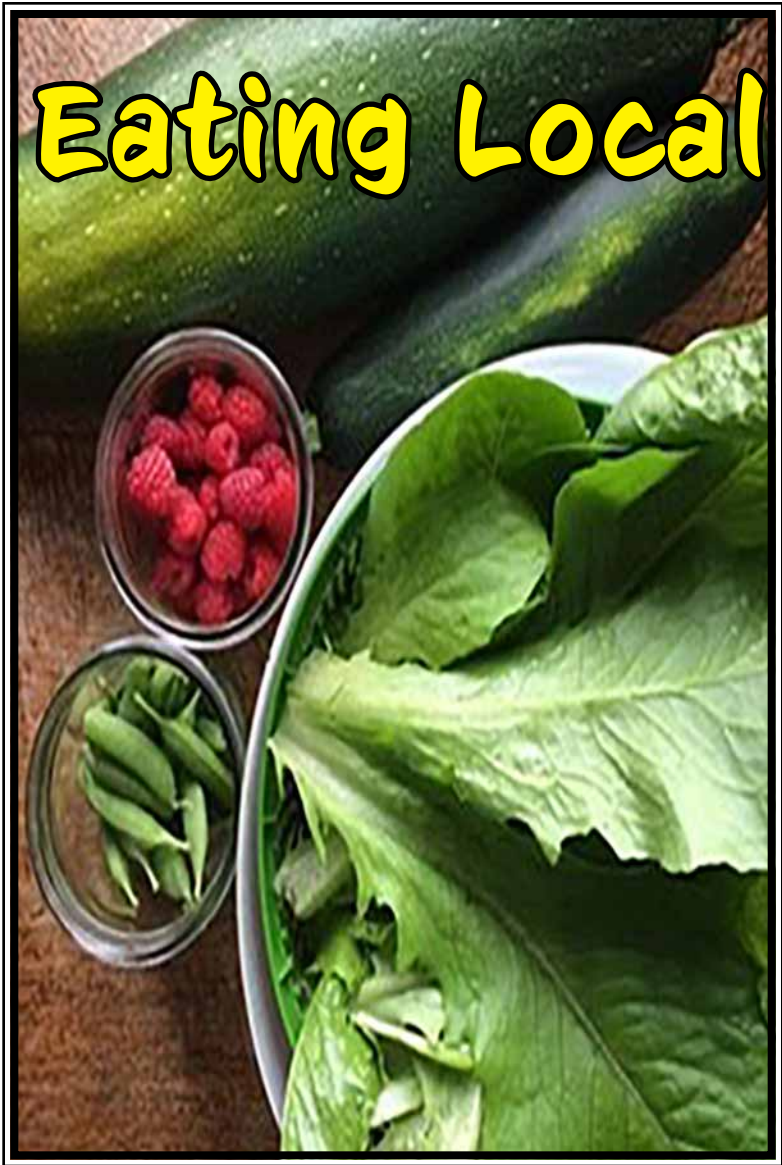
Supporting local producers today helps to ensure that there will continue to be farms supplying healthy, fresh food in your community into the future.

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 48 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



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
www.honeybees.ca
bcabattoirs.org



**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

Bernie & Elizabeth Klassen

Bernie & Elizabeth raise free-range turkey and also have available free range chicken eggs on their farm outside of Vanderhoof.

Products: Turkey (Fall), Free-Range Chicken Eggs

Availability: Direct Sales

Contact: 250-567-2972

bande@hwy16.com

Bioscape Farm

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



Products: Lamb, Chicken, Rabbit Pets & Meat, Pork, Duck & Goose, Eggs, Honey, Vegetable Boxes, Wool

Availability: Direct Sales, Vanderhoof Farmers' Market

Contact: 250-570-8560

jm@bioscapedfarm.ca

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

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

Canterbury Farm

Laurie and Sean Rodgers produce lamb on their farm in Blackwater, Vanderhoof.

Products: Lamb, Raw Fleece

Availability: Direct Sales

Contact: 250-567-5572

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

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

The Chicken Run

Allana Wiebe raises chickens and turkeys on her farm in the Vanderhoof area.



Products: Chicken, Turkey, Eggs, Straw and Grain

Availability: Direct Sales

Contact: 250-570-9717

chickenrun_vhoof@hotmail.com

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca

Christine & Dave Walker

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

Products: Chicken, Turkey

Availability: Direct Sales

Contact: 250-567-3972

christineadele73@gmail.com

Cloverfields Apiaries

Claudia and Ezekiel & family produce honey and a variety of products from their 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

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



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

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

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

Little Valley Farms

Denise Dowswell raises beef on her farm in the Vanderhoof area.

Products: Beef

Availability: Direct Sales

Contact: 250-567-5195

littlevalleyfarms@hotmail.com

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca

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

www.newsatfarms.ca

Rafter Lazy H

Cam and Heidi Hill produce natural grass-fed Highland Cross beef on their ranch in the Vanderhoof area.

Products: ½ or ¼ Sides of Beef

Availability: Direct Sales and Delivery

Contact: 250-570-2326 or 250-570-9576

moss_creek@hotmail.com

Rockin' Hill Bison

Bob Davidson raises bison on his farm outside of Vanderhoof

Products: Bison

Availability: Direct Sales

Contact: 250-567-4101

adavidson@hwy16.com

Silver Springs Country Recreation and Wellness

Morgan and Kerry Buck raise beef 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

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

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

jrbb@live.com

Whispering Winds Ranch

Martin Ruitter 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

www.bestbcbeef.com

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca



Endako, Fraser Lake & Fort Fraser

Copper-T Ranch

Trevor Tapp raises hormone-free beef on his farm in Fraser Lake.



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

Availability: Direct Sales

Contact: 250-699-6466

ttapp@bcgroup.net

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@xplomet.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

www.savoryfarm.ca





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 Ile de France and 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

Availability: Direct Sales

Contact: 250-694-3488

baerental@xplornet.com

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

Glen Eden Croft

Erin Wilson raises Romney and heritage Soay sheep on her farm on the Southside of Francois Lake and has breeding stock also available.

Products: Lamb & Mutton, Raw Wool and Sheepskins.

Availability: Direct Sales

Contact: 250-694-3202

erinwilson2005@yahoo.com

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca

Honeysuckle Farms

Leanne Miranda has a market garden out of her home in Decker Lake.



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

Availability: Direct Sales, Burns Lake Community Market

Contact: 250-698-7337

passiflora723@hotmail.com

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

P&B Agrimech

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

Products: Beef

Availability: Direct Sales

Contact: 250-696-3211

sales@pbagrimech.ca

www.pbagrimech.com

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 in Burns Lake.



Products: Beef

Availability: Direct Sales, Meat Truck

Contact: 250-692-6628

dfeldmann@hotmail.ca

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca

Rocky Acres

Alfred Horning is based out of Burns Lake.

Products: Beef, Pork, Lamb, Turkey, Chicken, Eggs

Availability: Direct Sales

Contact: 250-698-7692

Rose Ranch

Ken Rose and Cathy Shane raise registered Charolais and Hereford Cattle, as well as lamb and goats.

Products: Beef, Goat, Lamb

Availability: Direct Sales

Contact: 250-694-3500

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

Contact: 250-694-3733

farmingbliss@gmail.com

www.spenthalakeranch.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

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca

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, Northside Store

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

sunrider_ranch@yahoo.com





Houston & Topley

Boyd Creek Farm

Shirley and Lance Hamblin produce pasture-raised pork and naturally-raised Angus Beef on their farm based out of Houston.



Products: Beef, Pork

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

Contact: 250-845-7849

shirley@hamlin.ca

www.hamblin.ca

Happy Pig Organic Farm

Marlene Thimer produces certified organic pork, lamb, and beef, as well as chicken, turkey, eggs and grain on her farm based out of Houston.



Products: Pork, Chicken, Turkey, Eggs, Grains, Lamb & Beef

Availability: Farm Gate Sales, BV Farmers' Market, Green Zone Grocer

Contact: 250-846-5989

happyigorganicfarm@gmail.com

www.happyigorganicfarm.com

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

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca

Thompson Creek Beef

Joyce and Rene Dieleman produce beef at their farm on Hungry Hill.

Products: Beef

Availability: Direct Sales, The Sausage Factory

Contact: 250-846-5061

joycedieleman@yahoo.com

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: 250-845-9266

mdj_williamson@hotmail.com



To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca



Smithers, Telkwa & Quick

Ambrosia's Sheep

Melissa Fox raises sheep and chicken in Telkwa.

Products: Lamb, Eggs, Rams, Raw Fleece, Garden Goods & Other Speciality Meats

Availability: Direct Sales, Delivery

Contact: 250-846-9831 or 250-847-0547

The Apple and the Anvil

Brent Freymuth and Lisa Shaw produce pasture raised and hormone free products on their farm in Quick.

Products: Eggs, Lamb, Pork, Chicken, Turkey, Garlic Goods & Other Speciality Meats

Availability: Direct Sales

Contact: 250-846-9621

Bulkley Valley Hive & Honey

Breeann and Trevor Doerksen operate a family business working hard to bring customers a quality, handcrafted product. Our 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), 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

Brunham Farm

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



Products: Eggs, Pork, Lamb and Turkey

Availability: Direct Sales, Delivery to Town

Contact: 250-643-9088

brunhamclan@gmail.com

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

Dunn Logging Ranch

Robin Hawes produces garlic on his farm based out of Smithers.

Products: Garlic

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

Contact: 250-846-5946

dunnlogging@yahoo.com

Gattiker Farm

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

Products: Grass-Fed Beef

Availability: Direct Sales

Contact: 250-846-5946

gattiker@telus.com

Grendel Grow (Grendel Group)

Grendel Grow produces a wide range of garden vegetables in Smithers.

Products: Wide Selection of Vegetables

Availability: Nature's Pantry

Contact: 250-847-4483

info@grendelgroup.ca

www.grendelgroup.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, BV Wholesale

Contact: 250-847-5530

healthyhugs@yahoo.ca

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. Visitors and volunteers welcome.

Products: Honey

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

Contact: 250-877-3495

www.heathermeadows.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

Contact: 250-846-9045

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: 250-847-1588

jmccclary@uniserve.com

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

lauristonfarm@xplomet.com

Lemieux Creek Ranch

Les and Chris Yates produce grass-fed beef on their ranch based out of Telkwa. They are certified under Animal Welfare America.



Products: Grass-Fed Beef

Availability: Direct Sales

Contact: 250-846-5138

info@lemieuxcreekranch.com

www.lemieuxcreekranch.com

Old Iron Farms and Apiary

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



Products: Honey, Heritage Pork

Availability: Direct Sales, BV Farmers' Market

Contact: 250-846-5181

doug.dobrenski@gmail.com

www.oldironfarmbc.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

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

Santina's Sweet Creek Garden & Goods

Melissa Fox produces beef, vegetables, chicken, rabbits and pork on her farm in Telkwa.

Products: Beef, Lamb, Rabbit, Pork, Vegetables, Raw Wool, Granola

Availability: Direct Sales, BV Farmers' Market

Contact: 250-847-0547

mootoyou16@gmail.com

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, BV Wholesale

Contact: 250-877-0591

smallpotatoes.smithers@gmail.com

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

Telkwa Honey Bee

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

Products: Liquid Honey, Unpasteurized Honey

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

Contact: 250-846-5388

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

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

wdiamondranch@bulkley.net

www.wdiamondranch.ca

To be listed in this directory contact the RDBN at 250-692-3195 or inquiries@rdbn.bc.ca



April Showers, Soaps, Creations, and Hobby Farm

April Koning grows fresh herbs and raises chickens on her property in Hazelton.

Products: Fresh Herbs, Egg

Availability: Hazelton Farmers' Market

Contact: 250-842-4045

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

www.lovethehazeltons/businesses/dancing-bee-farm

Kispiox Creations

Jim and Pauline produce pure birch syrup, as well as vegetables and herbs at the 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

www.kispioxbirchsyrup.com



Hazelton Hops

Laurie Gallant runs an off-grid permaculture farm specializing in 10 different varieties of hops for all your brewing and medicinal needs. Also has hop plants available.

Products: Fresh & Dried Hops, Shetland Sheep, Sheepskins

Availability: Direct Sales U-Pick (Seasonal Availability)

Contact: 250-847-1399

info@hazeltonhops.com

www.hazeltonhops.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, Chicken, Turkey, Strawberries, Peas, Carrots, Lettuce, Raspberries, Cherries

Availability: Direct Sales, Hazelton Farmers' Market

Contact: 250-842-6787

nickpullano@hotmail.com

Seden Agricultural Resource Centre

Seden is a community centre located in the Hazeltons, with market gardens and a greenhouse.



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

Availability: Food Box Program, Roadside Farm Stand on Thursdays (only in August), call ahead to check

Contact: 250-842-2284

info@seden.ca



Seaton Mountain View Farm

The Seaton Mountain View Farm grows a large variety of u-pick and locally grown produce.



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

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

Contact: 250-877-7755

seatonmountainviewfarm@gmail.com

The Nagata Family Farm

The Nagata's run a family farm in the start-up stages. Chicken, pork and vegetables all come from their home in Hazelton.

Products: Chickens, Pigs, Vegetables

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

Contact: 250-842-5090

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

<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.



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!

Featured Products: Baking, Crafts, Vegetable, Preserves.





Fraser Lake Community Market



Fraser Lake Arena

Fridays

June - September

11:30 a.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.

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

Fridays

June - September

10:00 a.m. to 3:00 p.m.

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 1:00 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.

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.

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@hazeltonfarmers.ca
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
**2018 Connecting Consumers and
Producers brochure**
www.rdks.bc.ca



Support and Resources



BC Association of Farmers' Markets www.bcfarmersmarket.org

The BCAFM is a resource to serve the needs of our member farmers' markets. BCAFM is committed to developing and strengthening the capacity of farmers' markets in all regions of British Columbia.

BC Honey Producers Association www.bchoneyproducers.ca

The BCHPA's primary goal is to educate and improve the quality of beekeeping throughout the Province for all beekeepers.

Ministry of Agriculture www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/agriculture

The Ministry of Agriculture webpage provides information on programs and services offered by the Province of BC.

Nechako Valley Food Network 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.

Smithers Farmers' Institute 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

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



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, Rabbit, Clothing, Cloverbud

Northside Lakes 4-H Club

Contact: **Nelle Zacharias**

Projects: Swine, Foods, Small Engine, Cloverbud





4-H Clubs



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

Mapes 4-H Club

Contact: **Tammy Warkentin**

250-567-0463

Projects: Beef, Sheep, Swine,

Photography

Nechako 4-H Club

Contact: **Alex or Julie Kulchar**

250-567-9497

Projects: Beef, Horse, Sheep,
Swine

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,
Photography, Leathercraft





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/
www.food.com/topic/canning
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° Fahrenheit).
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

www.dehydratorbook.com/how-to.html

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
<https://baileylineroad.com/root-cellar-revival>
commonsensehome.com/above-ground-root-cellar



Fermentation



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

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.

Strawberry Honey Jam

Ingredients:

6 lbs of fresh strawberries

3 $\frac{3}{4}$ cups raw honey

2 small granny smith apples

1 $\frac{1}{2}$ tablespoons of freshly squeezed lemon juice (about $\frac{1}{2}$ of a large lemon)

Instructions:

1. Hull strawberries and cut each strawberry in half (or quarters if large), place in a large stockpot.
2. Cut the sides of the apples away from the core and grate the apple leaving the skins on. Place in pot with the strawberries.
3. Juice a lemon until you get 1 $\frac{1}{2}$ tablespoons of juice and pour into the stock pot.
4. Pour the honey into the pot and stir.
5. Heat mixture on high until boiling, stirring occasionally. As soon as the mixture begins to boil, reduce heat to medium low to simmer.
6. Simmer for approximately 15 minutes until the strawberries become soft. Using a potato masher, mash the strawberries so there are no recognizable sections.
7. Simmer for another 15 - 45 minutes, stirring occasionally. The longer the mixture simmers, the thicker the consistency. (Remember, this will not be as thick as the consistency made with sugar and/or pectin.)
8. Strawberry Honey Jam can either be placed in freezer safe jars, or canned using a water bath for 10 minutes.



Zucchini Relish

Ingredients:

- | | |
|----------------------------|---------------------------|
| 14 cups ground zucchini | 1/8 teaspoon allspice |
| 3 med. sized onions | 1/8 teaspoon black pepper |
| 3 tablespoons canning salt | 1/4 teaspoon turmeric |
| 2 1/4 cups vinegar (white) | 1 teaspoon celery seed |
| 5 cups sugar | 1/4 teaspoon nutmeg |
| Dash of ginger | |

Instructions:

1. Grind zucchini and onion together.
2. Mix in salt.
3. Cover and let stand overnight.
4. Next morning, rinse and drain well.
5. Bring remaining ingredients to a boil.
6. Add zucchini and onion.
7. Simmer for 20 to 30 minutes.
8. Seal in jars the size you prefer.

Great on hamburgers, hot dogs, brats, etc.

Makes 6 pints.





With Thanks

Photograph Credits:

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Nellie Davis
Debbie Evans
RDBN Image Bank



**Find this brochure and more information
about agriculture online.**

opportunities.rdbn.bc.ca/agriculture



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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.**

