

2011
Bulkley Valley
**LOCAL FOOD
DIRECTORY**



BUY LOCAL!

- Support our local economy
- Connect yourself with the producers of your food
- Reduce trucking and packaging
- Promote community food security
- Help to grow a diverse sustainable local economy
- Preserve our local farmland, and

FRESH is TASTY and NUTRITIOUS

The following is a guide to the farms and producers of locally grown and crafted foods in the Bulkley Valley area. Availability can be seasonal. Please contact each producer directly to learn more about their products and come on out to meet many of them at one of our local markets.



Bulkley Valley Farmers' Market at the corner of Main Street and Hwy 16 in Smithers each Saturday, 8:00am to noon from May until the end of September. Indoor markets will be held October through April. Check the website for dates: www.bvfarmersmarket.com.

Hazelton Farmers' Market at the Skeena Ice Arena parking lot. Saturdays 9am to 1pm from May to September.

Pleasant Valley Community Market at the Steelhead Park, **Houston**, Fridays 11:30 a.m. until 4:30 p.m. from June to September.

Evelyn Farmers' Market will in be October at the Paul Lychuck Hall on Hwy 16 west of Lake Kathlyn.

West of Smithers

HOBENSHIELD FARM

➤ Beef (Angus–Gelbvieh)

Contact: Doug & Sarah Hobenshield, Phone: 847-8082

17744 Kitsequecla Road, Sales at the Farm. Visitors welcome by appointment.

‘We raise Red Angus and Gelbvieh cattle in the Kitsequecla Valley. We grow our own forage for our cattle and sell extra hay and silage. We sell steer calves, bred heifers and butchered beef throughout the year.’

TWO BRIDGE RANCH

➤ Sheep & Lamb, Beef (Angus)

Contact: Mary Bryant, Phone: 847-2565

Telkwa High Road, Sales at the farm. Visitors welcome by appointment.

‘Beef and Lamb are raised on pasture with no growth hormones. The animals are finished on barley to improve marbling and tenderness. Beef is available by the side or shared ½ side.’

WALLY STOREY

- **Sauerkraut and Pickled Preserves**
- **Ground Beef**

Phone: 847-2940. Sales at the farm and the Evelyn and BV Farmers' Market in the fall.

FLYING HANDS FARM

- **Onion & Garlic braids**
- **Healing Herbs and Vegetarian meat substitute**

Contact: Magdalena Bajer, Phone: 877-8176

7822 Hwy 16 Moricetown, Visitors welcome by appointment.

Sales at the farm and the BV Farmers' Market

'Growing food that keeps for the year in your kitchen. Farming since 1994 with healing intent.'

Smithers to Telkwa

YELLOW WOOD FARM

- **Eggs (green & brown), Pork,**
- **Greens (early spring and late fall), Hothouse Cucumbers, Tomatoes, Eggplants, Herbs, Peppers, Wild berries**

Contact: Jane & John Stevenson, Phone: 846-9306

5660 Hubert Street, off of Tower Road, Telkwa, beside Tyhee Lake Provincial Park. Visitors welcome by appointment. Sales at the farm.

Farm Open House: Friday, August 5th, 2011, drop in between 10am – 6pm. No dogs please.

'Pushing seasonal boundaries with experimental farming. A small farm that seeks regular customers.'

TELKWA HONEY BEE

Contact: Henry or Sharon Andringa, Phone: 846-5388

10242 Skillhorn Rd, Telkwa.

Sales at the farm, and BV Farmers' Market in fall.

HEALTHY HUGS ORGANICS

➤ **Vegetables (wide selection)**

Contact: Joe & Simone Hug, Phone: 847-5530

975 Laidlaw Road, Visitors and willing helping hands are welcomed.

Sales at the farm and BV Farmers' Market.

'On the naturally rich soils of the banks of the Bulkley River, we grow **Certified Organic** vegetables fresh for the market and for winter storage.'

LAURISTON FARM

➤ **Beef (Highland) & Turkey**

➤ **Tomatoes, Cucumbers, Herbs, Garlic (table & seed), and Vegetables (wide selection)**

Contact: Lesley Jackson & Jim Hooper, Phone: 877-7783

www.lauristonfarm.ca. 7055 Tatlow Road. Visitors welcome.

Sales at BV Farmers' Market and **Farm Store** open Monday to Friday, noon to 5:00pm.

'We produce a large selection of **Certified Naturally Grown** vegetables, grass fed beef and pasture raised turkeys. Please contact us to learn about the dates for our Bulkley Valley Garlic Festival.'

DUNN LOGGING RANCH

➤ **Roaster Chickens, Eggs**

➤ **Garlic, Potatoes, Other Vegetables**

Contact: Robin Hawes, Phone: 846-5946

Chapman Rd. Visitors welcome by appointment.

Sales at the farm and BV Farmers' Market.

'We emphasize quality food which is reflected by our reputation with our customers.'

SOL SOURCED ORGANICS

➤ **Herbs, Vegetables, Berries**

Contact Michele Cook by phone at 877-1636

Located on Chapman Road.

Sales through the BV Farmers' Market: delivery available.

'A small, off grid, solar powered farm. Specializing in certified organic produce.'

FOX HOLE BAKERY

Contact: Ursula Yeker, Phone: 846-5807

Fox Road (off Telkwa High Road) Telkwa. Visitors welcome Tues – Friday, and Tours available by appointment.

Sales at the Bakery, Nature’s Pantry, BV Farmers’ Market.

‘Fox Hole began as an idea in 1994 and today endeavours to provide wholesome and organic food for our valley and beyond. The bakery specializes in whole grain breads, crackers, sweets, frozen ready foods, and fresh ground flour.’

RUSTICA WOOD FIRED BAKERY

Contact: Meg Hobson, Phone: 847-4590

3168 Babine Lake Road. Visitors welcome by appointment.

Sales at the Bakery, BV Farmers’ Market, Meadow Organics, Bulkley Valley Wholesale, and Bugwood Bean on Main.

‘Rustica Wood Fired Bakery is a micro bakery using a hand-built wood fired oven, a stone ground mill, and 100% organic grains and ingredients. The bakery creates beautiful food for humans while helping to ensure organic farming for now and in the future.’

HIGH SLOPE ACRES

➤ **Garlic and Squashes**

➤ **Greens and other Market Vegetables**

Contact: Mark Fisher or Garry Rivard, Phone: 846-9045

10668 Hislop Road, Visitors welcome by appointment.

highslopeacresgarlic@yahoo.ca

Sales at the Farm, BV Farmers’ Market, Groundbreakers CSA.

Farm Tour Day: ‘The Great Scape Crepe Date’ mid June – contact farm for dates. Come snap off a few garlic scapes to take home. Enjoy a fresh garden meal that focuses on the many uses of the savory garlic scape.

‘High Slope Acres - Ingredients: hard work, compost, crop rotation, quality seeds, sun, rain, lots of love. That’s it. WWOOFers, experiments, timely harvest/cooling/curing all contribute to great tasting, long storing, garlic, squash, and other garden goodies (and the fact we love our job!).’

ROGER'S TRUFFLES

- **Chocolate Truffles, Preserves**
- **Eggs and Vegetables as in season.**

Roger Benham and Jeannie Boyce, Phone: 847-9041

Riverside Drive, Smithers

Sales at home and at the Bulkley Valley Farmers' Market.

'We use fair trade organic cocoa and natural ingredients whenever possible. Clotted cream used in truffles.'

RUDOLPH'S PURE SALAMI

- **Homemade Sausage & Cured Meats**
- **Full Service Butcher**

New store on Hwy 16, Telkwa. Phone: 846-5588

Custom cutting, fresh & frozen, local beef and other local meats as available – call or come in to see.

CHICKEN CREEK COFFEE COMPANY

Contact: Ed & Kathy Hildebrandt, Phone: 877-7790

3885 Lund Road. www.chickencreek.com

Sales at our Artisan Studio on Lund Road, Bulkley Valley Wholesale, and Natures Pantry, Schimmel's.

'At Chicken Creek Coffee all of our coffees are Certified Organic and Certified Organic Fair Trade. Coffees are roasted as orders are placed so you are assured your next cup of coffee is truly fresh.'

THE SAUSAGE FACTORY

- **Homemade Sausage & Deli Meats**
- **Full Service Butcher**

1107 Main St, Smithers, Phone: 847-2861

Retail outlet for homemade sausages, deli meat, and cuts of local beef.

PLAN B BREWING

➤ **Craft Beer**

3352 Frontage Rd, Smithers, Phone: 877-7873

Available from the Brewery, Luftikus Restaurant and Bistro and on tap at the Riverhouse Restaurant (The Aspen). Tours and tastings available at the Brewery.

‘Using quality ingredients, including organic and BC grown, Plan B takes pride in crafting beers for the local community. Our brews include Revenge of the Pine Pale Ale, McHugh’s Oatmeal Stout, Half Cracked Nut Brown, Idiot Rock IPA and Bitter Bob Bitter.’

INNOVATION FOODS

3439 Fulton Ave (Apex Building) behind All-West glass, Smithers.
Phone: 847-4820

‘Innovation Foods is a licensed as a small scale food processor. Package preparation and processing of **local produce, meats and fish are on the table**. We are developing value added food products for the public such as specialty meats, smoked salmon, and dehydrated products. We are creating local food storage opportunities, refrigeration and freezing space. Stay tuned for advances into the community as a local food supplier and distributor.’

GROUNDBREAKERS COLLECTIVE

➤ **Harvest Boxes (seasonal boxes of mixed veggies from local farmers, including preserves & dehydrated products)**

Contact: Gail Jenne, Phone: 847-9728,
www.groundbreakerscollective.ca.

Pre-order boxes for pickup and delivery.

‘Groundbreakers is a multi producer Community Supported Agriculture (CSA) project that links consumers with local farms. Groundbreakers directly supports local producers and guarantees consumers regular access to a variety of locally grown food. The charity also works with social agencies to offer food and farm based education and engage people in agriculture. The goal: more great local food. Groundbreakers will host several food and farm based workshops and events. Please email for details, info@groundbreakerscollective.ca.’

East of Telkwa

OLD IRON FARMS AND APIARY

➤ Honey

Contact: Doug and Kathy Dobrenski, Phone: 846-5181

17800 Woodmere Rd. Sales at the farm.

‘100% local honey. Non-pasteurized and available in bulk quantities in your own container.’

UNITY GARDENS & FARM

➤ Lamb, Chicken, Eggs

Contact: Megan D’Arcy, Phone: 846-9854

18085 Grantham Rd., Telkwa.

Sales at the farm, BV Farmers’ Market. Delivery available.

‘Unity Gardens & Farm is a mixed farm with the goal to provide a healthy, nurturing environment for our livestock, herb & vegetable gardens. We have found that the result is great tasting food!’

ROUND LAKE ORGANICS

➤ Strawberries & Vegetables U-Pick

➤ Lamb, Chicken, Turkeys, Pork, Eggs

Contact: Amanda Forstbauer-Bourrie and Marc Bourrie, Phone: 846-5155. 13085 Degner Road. Visitors welcome by appointment.

Sales at the farm. U-Pick, BV Farmers’ Market, and in-town deliveries.

‘We are a young family running an organic farm (biodynamic) with the intention of promoting sustainable land stewardship and access to local, naturally grown and raised food. Our animals are pasture raised and fed certified organic feed.

Round Lake Organics offers a family-friendly atmosphere where children are encouraged to experience picking berries and vegetables and visit the animals.

2011 marks our first year opening the strawberry patch for u-pick.’

DALLAINE RANCH

➤ Beef

Contact: Laine Cotton, Phone: 846-5378

16569 Quick East Rd. <http://sites.google.com/site/dallaineranch>

Farm-gate sales.

‘We are committed to raising beef cattle in a responsible manner. Our cattle are grass-fed and hormone free. We can sell you a package of steaks for dinner or a whole side for your freezer.’

AMBROSIA’S SHEEP

➤ **Lamb, Chicken, Eggs**

Contact: Ambrosia, Phone: 846-5550 or 847-0547

Springhill Farm, Telkwa. Visitors welcome by appointment.

Sales at the farm and in-town deliveries.

‘My free range, premium grass fed lambs and chickens are raised on naturally fertilized pasture without the use of antibiotic, hormones or growth stimulants. This makes for fabulous meat and eggs with succulent taste and good health.’

SPRINGHILL FARM

➤ **Beef - Santina Simmentals**

➤ **Vegetables, and Granola**

Contact: Melissa, Phone: 846-5550 or 847-0547

Springhill Farm, Telkwa. Visitors welcome by appointment.

Sales at the farm and in-town deliveries.

‘All our products are raised and created with human health and animal welfare at the forefront. Naturally raised animals on optimum feed without the use of antibiotic, hormones or growth stimulants makes for healthy and happy bodies and mind. Registered verified beef producer. **Beef** available by the cut or quarter. High Performance **Granola** was originally designed for high performance athletes. This good anytime snack food is packed with nuts, dried fruit, and seeds.’

HAPPY PIG ORGANIC FARM

➤ **Pork (Berkshire), Eggs, Chickens, Turkeys, Grains**

Contact: Marlene Thimer, Phone: 846-5989

Walcott Rd, Visitors welcome by appointment.

Sales at farm and BV Farmers’ Market, Natures Pantry, Health in Order.

‘We are a **Certified Organic** farm and our animals are raised on pasture, able to root, run, and scratch as nature intended. No chemical antibiotics, fertilizers or herbicides used in the production of the grains or grass which our animals eat.’

HAMBLIN ACRES

➤ **Beef (Black Angus)**

➤ **Vegetables – turnips, carrots, parsnips, baby potatoes**

Contact: Shirley Hamblin, Phone: 845-7849

4765 Hazel Road Houston, www.hamblin.ca. Visitors welcome by appointment.

Sales at the farm and Houston Community Market. Delivery too.

‘Black Angus by side, quarter, and 30lb box. Seasonal availability of grain or grass fed/finished. Naturally raised, no prophylactic antibiotics or hormones.’

W DIAMOND RANCH

➤ **Beef, Boer Goat, Eggs**

➤ **Wheat/ Flour & Lentils**

Contact: Manfred & Kathleen Wittwer, Phone: 846-5168

13380 Lawson Rd. www.wdiamondranch.com

Visitors welcome by appointment. Sales at the farm and BV Farmers’ Market.

‘We can custom cut our naturally raised grass fed meat to order in our on-farm government inspected cutting and wrapping facility. Our motto: Farming like your life depends on it. Responsible. Sustainable. Healthy.’

MY GIRLS FARM

➤ **Pork & Beef & Lamb**

Contact: Bill Harness, Phone: 846-9403

Hwy 16 (east of Wakefield Road). Visitors welcome by appointment.

Sales at the farm and BV Farmers’ Market.

‘Naturally raised and whole grain feed. 4-H animals available at Fall Fair auction.’

THE GATTIKER FARM

➤ **Beef (Hereford), Pork**

Contact: Peter & Anika Gattiker, Phone: 846-5494

Bourgon Road, Visitors welcome by appointment.

Farm-gate sales and through Meadow Organics.

‘Our natural, grass-fed beef is free of antibiotics, growth hormones or other chemicals and we do not feed any animal by-products. We sell our beef by the side or quarter as well as small amounts, depending on availability.’

LITTLE SHEPHERD FARM

➤ **Lamb, Chicken**

➤ **Eggs, Vegetable**

Contact: Larry Wiwcharuck, Phone: 846-5015

14840 Quick West Road. Visitors welcome by appointment.

Sales at the farm and deliveries to town.

‘Farming for good health and nutrition, that’s our ambition! Tender lamb, delicious chicken, fresh crisp veggies, Keep us pickin’. And by the way, we’ve got hay! Call ahead to see what’s fresh.’

Grow Your Own...

At the **Northern Root Community Gardens** (Railway and Pacific Avenues, **Smithers**) and participate in an active community of gardeners.

Plots available are 15’ x 30’. Call Jean Christian at 847-1965 or Johanna Pfalz at 877-0167 for more information and check our site on Facebook and **northernrootsgarden.blogspot.com**.

At the **Princess Neighbourhood Garden** (corner of Princess Crescent and Princess Street, **Smithers**) is a downtown space where all of the gardening is in containers, a greenhouse, and cold frames. This year Princess Garden will become a Demonstration Garden, part of Groundbreakers Collective. Participants can work hours to obtain a membership in Groundbreakers, to gain access to workshops and to share in the harvest. Contact Gail Jenne at 847-9728 or at gailjenne@yahoo.ca.

In **Hazelton**, with the Storytellers' Foundation and the Learning Shop’s campaigns of sustainable backyards, demonstration community gardens, a food charter, and local food growing and preserving education. Call 842-6500.



Look for us on the Web...

The Bulkley Valley Local Food Directory is **on the Internet** at the Bulkley Valley Farmers' Market website, www.bvfarmersmarket.com, where you will also find a **MAP** illustrating the location of the Directory's Producers.

Also, find our Producers at www.beyondthemarket.ca a web based local purchasing directory for farm products across the Hwy 16 region (Valemount to Terrace) created by the Beyond the Market project.

Mark your calendars...

The annual **Local Harvest Dinner** is at Round Lake Hall, 6:00pm October 1st 2011. Bring a locally made dish for a celebration dinner and meet our local farmers and food producers. More details at www.roundlakebc.com.

Thank You!

The Bulkley Valley Local Food Directory was produced with generous funding from the **Smithers Farmer's Institute**, the **Bulkley Valley Farmers' Market Association**, the **Bulkley Valley Credit Union**, the **Beyond the Market** project, and the all the listed **Producers**.

