

2024



ROCKY MOUNTAIN GOAT

Robson Valley

AGRICULTURAL

PRODUCERS

GUIDE

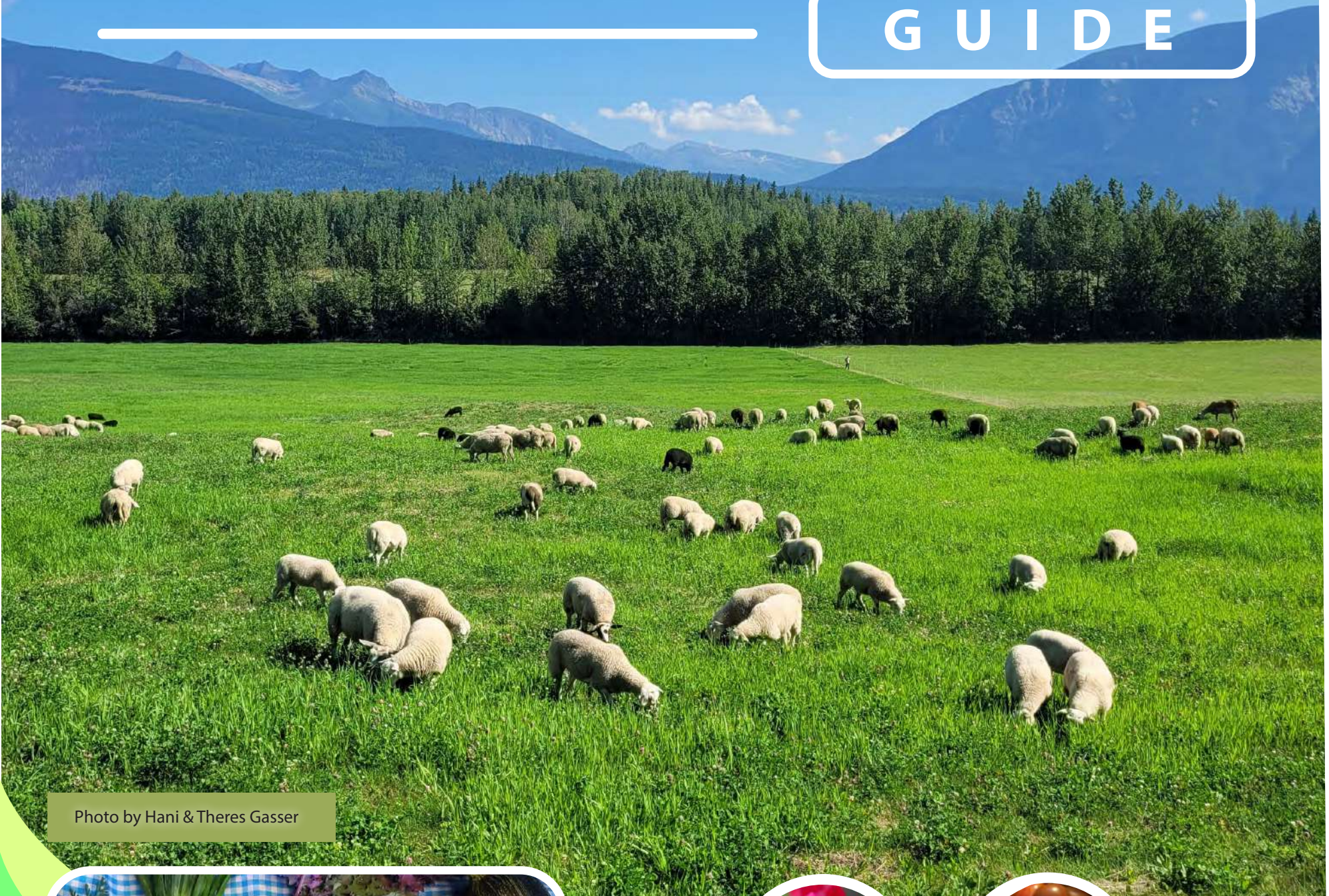


Photo by Hani & Theres Gasser



Photos by Sandra James | Jean-Ann Berkenpas | Jesse & Annie Spangler | Ray & Laura Johnson



AGRICULTURE

Robson Valley



WE THANK AND STAND WITH OUR FARMERS

BOB ZIMMER
MP | PRINCE GEORGE—PEACE RIVER—NORTHERN ROCKIES

bob.zimmer@parl.gc.ca
bobzimmer.ca • 250-787-1192

LISTINGS

BC Fruit Truck - Jonathan Deuling

Telephone: 778 - 867 - 6267

Email/Website: secretary.bcfruittruck@gmail.com • www.bcfruittruck.com

Facebook: @BC Fruit Truck

Type of goods/services offered for sale:

Cherries, canning peaches, apricots, blackberries, blueberries, raspberries, strawberries, grapes, peaches, nectarines, prunes, plums, pears, apples, pickling cukes, tomatoes, corn, garlic, and more.

Season of Availability:

Serving Valemount every Saturday 11 - 2PM @ Tourist Info Centre. Contact us, join our email list, and be "in the know" for products, prices, promos and more.

BUTTERKUP FARMS - Melanie, Sonja & Alora Guttner

Telephone: 250 - 793 - 4742

Address: General Delivery, Dunster, BC, V0J 1J0

Email/Website: butterkupfarms@yahoo.ca

Type of goods/services offered for sale:

When you buy our grass fed beef you are buying more than just meat, you are buying our hopes, dreams, passion, and hard work. We feel very blessed that our customers appreciate the beef they buy from us. Our beef graze on lush grass that is fertilized with sea salt, Kelp meal, volcanic minerals, and natural grass fed cattle fertilizer. Our beef herd is a combination of several breeds of cattle, and an extensive amount of research goes into the blood lines of each breed. We utilize these cattle breeds to obtain a superior product with marbling, CLA, DHL, Oleic acid. All of which have been proven to be very beneficial to humans. Our meat is free of added hormones, antibiotics and is humanely raised. We never give antibiotics to food chain beef, nor any other additives or injections. No fillers or nitrates are used in our products. We market full blood and part bred cattle of these various breeds for foundation stock to other ranchers. We are adamant about halter broke cattle with gentle dispositions. We raise and market fullblood and part bred Jersey cows as family milk cows. We are marketing the following products, all with sea salt, diatomaceous earth, kelp meal, no artificial or synthetic fertilizers; an extensive variety of fresh garden vegetables, herbs, fresh & dried cut flowers. Our honey is 100% wildflower honey with no antibiotics fed to our honeybees. Our old fashion German Shepherds we raise & sell have structurally sound bodies, hips and minds.

Season of Availability:

All Year

Business Profile

C. E. Robson Organics

Chris & Elaine Robson

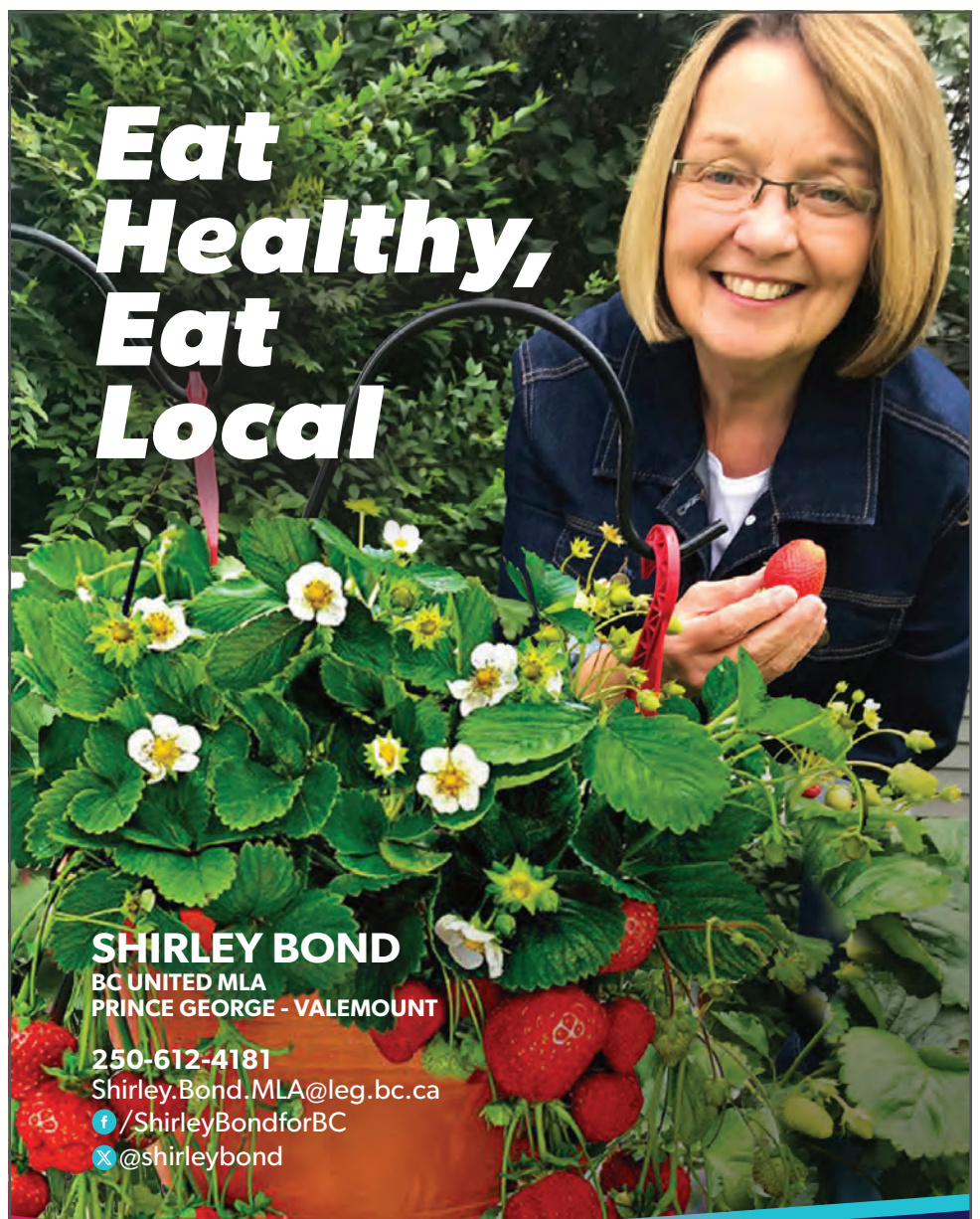


By Chris & Elaine Robson, McBride,

The Robsons transitioned from corporate roles to establish an organic vegetable market garden and hay production. Despite encountering numerous obstacles such as unpredictable weather and financial limitations, we remained determined. Our dedication to organic methods and premium crops enables us to offer customers certified organic produce and high-quality hay. Employing sustainable practices and crop diversity, we ensured the farm's long-term viability. Seeing what we are able to produce through hard work and dedication is what motivates us to persevere in agricultural production.



Photo by Chris & Elaine Robson



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PRINCE GEORGE - VALEMOUNT

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[@shirleybond](https://www.instagram.com/shirleybond)

LISTINGS

CANGAS PROPANE INC.

Telephone: 1 - 833 - 852 - 8811

Address: Your Local Propane Provider

Email/Website: www.cangaspropane.ca

Type of goods/services offered for sale:

PROPANE - Specialized energy solutions for all your agricultural heating needs

Season of Availability:

All Year

C.E. ROBSON ORGANICS - Chris & Elaine Robson

Telephone: 250 - 569 - 4136

Address: 3110 Morgan Road, McBride

Email/Website: cerobsonventures@gmail.com

Type of goods/services offered for sale:

MARKET GARDEN - Business sells hay, vegetables, herbs, and fruit that are certified organic, harvested and delivered fresh!

Season of Availability:

Seasonal - Market Garden

COMMUNITY FUTURES FRASER FORT GEORGE

Telephone: 250 - 561 - 6424 ext. 117

Address: 1556 7th Ave, Prince George, BC V2L 3P4

1290 6th Ave, Valemount, BC V0E 2Z0

Email/Website: shonat@cfdc.bc.ca • general@cfdc.bc.ca • www.cfdc.bc.ca

Type of goods/services offered:

Community Futures offers small business supports, resources, and services including financing, business coaching, skill development and training for all industry sectors and interests. We continue to offer these services and work with producers, investors, and entrepreneurs in agriculture in the Robson Valley.

Season of Availability:

All Year

DUNSTER FARMER'S MARKET

Telephone: 250-968-4453

Address: Dunster Community Hall

Email/Website: lrttsimpson@outlook.com

Type of goods/services offered for sale:

Local growers and artisans. Products vary weekly depending on vendors. Locally grown mixed vegetables, Herbs - Garlic, baking goods, jams and relishes, Available grass fed beef, variety of Plants and Flowers, handmade crafts and products.

Season of Availability:

11AM - 1PM, SATURDAYS - July 6, 2024 - September 28, 2024



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www.NorthernAcreage.ca

Valemount Farmers' Market



By Korie Marshall, Valemount

The Valemount Farmers' Market is a great opportunity to buy locally grown and raised fresh food, try some local baking and find locally made goodies of all sorts. We often have information booths from local services, you can grab some fresh made food for supper from a variety of vendors, listen to some music, and socialize.

The Valemount Farmers' Market was revived in 2012, and has run each summer since then, Thursdays from 4-7, from mid June until the end of September, in the field behind the Valemount Visitor Centre.

The Valemount Learning Society took over operation of the market in 2021. With our "Make it, Bake it, Grow it" rules, the market helps support local producers

and artisans, and the Nutrition Coupon Program from BC Farmers' Markets is a huge hit with seniors, low-income families, and pregnant people in the community. The program, funded by the Ministry of Health and supported by Columbia Basin Trust, helps get local fresh food like veggies, fruit, eggs, and meat to the community, and it supports the producers of these items by increasing their sales.

A study last year showed the Valemount Farmers' Market is a significant economic player in Valemount, injecting nearly \$358,600 annually into the local economy. The study, sponsored by the BC Association of Farmers' Markets in collaboration with Dr. David Connell of UNBC, showed the market received 9,125 visits annually.

LISTINGS

LEGRAND FARM - Harold & Jackie Edwards

Telephone: 250 - 569 - 7100 | 250 - 569 - 7101

Address: Box 579, McBride

Email/Website: h__edwards@hotmail.com | jackie.c.edwards@gmail.com

Type of goods/services offered for sale:

Grass fed lamb sold by the half or whole. Hamburger from grass fed beef. Naturally grown vegetables.

Season of Availability:

Lamb and hamburger are usually available all year. Vegetables available seasonally and usually at the McBride Community Market on Fridays. (end of June to end of Aug)

MCBRIDE COMMUNITY MARKET

Telephone: 250 - 569 - 7101

Address: Box 579, McBride

Email/Website: jackie.c.edwards@gmail.com

Type of goods/services offered for sale:

Local growers and artisans. Products vary weekly depending on vendors but usually a variety of plants, baked goods, home canning, crafts and locally grown vegetables.

Season of Availability:

11AM - 2PM, FRIDAYS - June 21, 2024 - August 30, 2024



Advancing Agriculture



Since 2010, we've been supporting agriculture in our region. Our latest project focuses on a comprehensive literature review of all regional agricultural reports and developing the **Regional Food System Asset Map**.

Our goal: to build a sustainable agricultural system that supports local farmers, promotes food security, and enhances regional well being.

Be featured in our asset map!

✓ Farmers ✓ Producers ✓ Food system stakeholders

Are invited to be a part of our Regional Food System Asset Map. Showcase your contributions and connect with the community.

Contact Shona Thorne at:

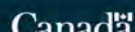
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Village Greens is growing greener

By Korie Marshall, Valemount,

Village Greens is growing greener! We are growing fresh leafy greens, lettuce and herbs year-round, right here in Valemount. And with support from Columbia Basin Trust, we are now powering our growing container with solar power.

Using funds from CBT's ReDi Grants, we have installed 22 solar panels to help power the growing container. Our panels went live in July 2024, and we're anxiously awaiting our next power bill, to see how much we're saving. Also with help from CBT, we've purchased an electric vehicle to help us deliver fresh greens to our customers and the community.

We're regularly growing romaine, butterhead, Greenstar and "Wildfire" mixed lettuces, spinach, swiss chard, kale, dill, basil, parsley and cilantro, and occasionally have other herbs, lettuce and bok choy. Let us know if you've got something special you'd like us to try growing!

Find us at the Valemount Farmers' Market during the summer and at local retailers, or email villagegreensvls@gmail.com, or leave a message at

250-566-4601 if you'd like to subscribe. And follow us on Facebook and Instagram - Village Greens - Valemount's Hydroponic Gardening Project.



Photo by Korie Marshall, Valemount

Year-round leafy greens, grown locally
Weekly subscription "GREEN BAG" program available

For more information call 250-566-4601 or email villagegreensvls@gmail.com

LISTINGS

NORTH - HOME RANCH - Maria Lerch

Telephone: 250 - 566 - 0010

Email/Website: bamermoidicanada@gmail.com

Address: 1250 Cranberry Lake Road, Valemount

Type of goods/services offered for sale:

Livestock, cattle, pigs and Llamas, eggs, veggies, herbs and herbal remedies, jams, chutneys and relishes.

Season of Availability:

All Year

MCBRIDE FARMERS INSTITUTE (a member of the BC Farmers' Institutes)

Telephone: 250 - 569 - 7101 (Jackie Edwards Secretary)

Address: 1st Ave. Box 176, McBride, BC V0J 2E0

Email/Website: jackie.c.edwards@gmail.com

Type of goods/services offered:

1. To improve conditions of rural life so that settlement may be permanent and prosperous;
2. To promote the theory and practice of agriculture;
3. To arrange on behalf of its members for the purchase, distribution or sale of commodities, supplies or products;
4. To act generally on behalf of its members in all matters incidental to agricultural pursuits and rural development; (eg) to promote home economics, public health, child welfare, education and better schools.

Season of Availability:

MONTHLY MEETINGS: Sept to June First Tues of the month 7:00PM at McBride Farmers' Institute, 1st Ave McBride. All new members are welcome.



REAPS

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REAPS

UPCOMING EVENTS:

PRINCE GEORGE FALL FRUIT FEST SEPT 6-8

JUNK IN THE TRUNK SEPT 28

SCHOOL WASTE REDUCTION CHALLENGE OCT 7-11

REAPS RECYCLE TOY DRIVE NOV 16

Visit our Growing Knowledge Community Compost Garden:

61 Campus Ring RD
3333 University Way
Prince George BC

The Benefits of Hugelkultur for your garden

By REAPS, Prince George,

Hugelkultur ("hill culture") is an old European growing method that has seen a recent revival – for good reason! A hugelkultur bed is tall and mounded, consisting of logs and branches covered with compost and soil. The compost and woody materials break down over time, turning into organic matter that holds water and nutrients like a sponge. This could be particularly helpful if you have sandy, fast-draining soil; however, the tall raised hugelkultur beds could also help to improve drainage for heavy clay soils. In addition, it's a great way to use up wood waste that's currently lying around your property, while sequestering the carbon underground and posing less of a fire hazard than backyard burning. Because it uses existing wood waste and reduces the need to add water and fertilizers, hugelkultur is an extra sustainable gardening method! It is traditionally used for free-standing outdoor beds, but the same technique can be used in deep planters and greenhouses.

Start by piling logs (or other non-treated wood) where you want your new bed to be – preferably hardwoods, as too much

conifer wood can acidify the soil. If the wood is already rotting, that's even better! Once you have your log pile add finer woody material on top, starting with large branches and working your way down to small twigs. On top of this you can add dead leaves, grass clippings, and other fine yard or kitchen wastes (although you may want to avoid food scraps that could attract bears). Your mound might be quite high at this point, but it will settle over time as the wood decomposes. Depending on how dense your pile is, it could end up being less than half its original height in a few years – so as long as you can still reach the top, don't be afraid of making it too high! The more wood and other plant materials you add, the greater the water and nutrient retention benefits. Finally, top it off with a layer of soil deep enough to plant into. You can now plant your crops on top of the mound, and on the sides to increase your growing area and prevent erosion.

It can take quite a bit of time to build a hugelkultur bed, and you might not see the biggest results right away while you wait for the wood to start breaking down – but it's well worth the effort! Think of it as a long-term investment in your garden.



Photo by Chris & Elaine Robson

Photos by Sandra James, Melanie Guttner

Photo by Hani & Theres Gasser



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100 Mile House: **250-395-1747**

Admin Office - Four Rivers: **1-877-567-4414**

LISTINGS

McKIRDY CREEK FARM - Mike & Jean Ann Berkenpas

Telephone: 250 - 566 - 8460

Address: Box 333, 3130 McKirdy Road , Valemount

Email/Website: www.mckirdycreekfarm.com

Type of goods/services offered for sale:

GARDEN BOX PROGRAM: weekly vegetable deliveries available within the village of Valemount.

FARMERS MARKET SALES: mixed vegetables, raspberries, apples, garlic, flowers, baked goods, preserves.

SPRING PLANT SALE: annual plant sale at the end of May with perennials, berry plants, herbs, some annual bedding plants.

Season of Availability:

June, 2024 - October, 2024

MOUNTAIN THYME HERBS & SPECIALTY GARDENING

- Una Jean Anderson

Telephone: 250-566-4282 / 780-852-1121

Address: Tete Jaune Cache

Email/Website: mountainthymeherbs@gmail.com

Type of goods/services offered for sale:

Specializing in Perennial Medicinal Herbs, Culinary & Aromatic Herbs, Medicinal Houseplants, Handcrafted Natural Herbal Soaps and homemade soap saver dishes. Dried herbs are also available for your convenience. I also carry a wide assortment of Succulents and make unique arrangements...including my living driftwood plant art. Design and installation of medicine gardens and succulent rock gardens.

Season of Availability:

All year



Photo by Dallas Bullock



Photo by Melanie Gutnter

LISTINGS

R3 ACRES - Westlund Family

Telephone: 250-569-7203

Address: Box 976, McBride

Email: beef@r3acres.com

Type of goods/services offered for sale:

Farm Raised Beef, naturally. Raised without antibiotics or hormones
 Beef packages: Acres pk \$440, BBQ pk \$325, Classic \$265, Variety \$195,
 Burger pk \$165, Sampler pk \$99, Sausage products (all-beef and gluten free):
 Pepperoni, Smokies, Beer sausage, Garlic coil, 4oz Patties, Bratwurst, Mild Italian,
 Breakfast sausage. Delivery available to most locations in the Robson Valley.

Season of Availability:

All year



Photo by Korie Marshall



Photo by Jean-Ann Berkanpas



Photo by Sandra James

LISTINGS

TGT - TRANSPORT & HOLDINGS LTD.

Telephone: Greg Schwarz: 780 - 886 - 8075

Email/Website: tgttransportoffice@gmail.com

Type of goods/services offered for sale:

Livestock and Hay Hauling

Season of Availability:

All year

TETE CREEK FARM - Tony & Robin Bielec

Telephone: 780 - 852 - 4265

Address: The Community of Tete Jaune Cache, B.C.

Email/Website: robinbielec14@gmail.com

Type of goods/services offered for sale:

Handmade natural soaps, and we sell our free range chicken eggs that come in all colours. We also raise poultry chickens and turkeys in the summer as well as sometimes pigs. Our garden is full of wildflowers and sunflowers that are also for sale.

Season of Availability:

All year



Photo by Dallas Bullock

Inviting a Little Wild Into the Garden

By Jean Ann Berkenpas, McKirdy Creek Farm

Each spring I have a vision of a neatly maintained summer garden, with weeds kept in check and paths mowed. However, by the time August rolls around, the garden is always a riotous wild mess. The summer greens and herbs have shot into flower and gone to seed, grass and weeds fill the garlic beds, and the greenhouses are a jungle of tomato vines. As the harvest comes into readiness, picking berries and pulling garlic takes precedence over weeding. But there are hidden benefits to this disarray and neglect. Nature knows how to take care of herself, and given the opportunity to run her course, life flourishes.

As a gardener and a lover of this beautiful earth that we live on, I am always looking for ways to make our gardens at McKirdy Creek Farm more integrated and beneficial to our natural environment. Farming on the modern industrial scale has a reputation for degrading the land, but the planet has the capacity for great abundance under better management practices and consideration for the other species that are our neighbors. Ecosystems with a large biodiversity are more resilient

to environmental disruption, extreme weather events, and pest and disease outbreaks. These ecosystems also provide services such as flood control, clean water, carbon sequestration, and food security (not to mention the priceless health and happiness for those who come in contact with them).

I have come to embrace the natural messiness and life cycles of the garden. Instead of pulling radishes, herbs and leafy greens as they go to seed in the summer, I let some bloom and they draw in an abundance of pollinators and beneficial insects. Instead of cutting and cleaning up perennial flower and herb beds in the fall, I leave old growth as winter shelter and food for birds and insects, doing the cleanup in the spring as the bumblebees are getting to work.

There are a large range of "pests" on the farm, from large predators who might prey on livestock, to deer, insect, bird and rodents looking for an abundant food source. The most effective management of these competitors has been to add natural deterrents and ample habitat beyond our gardens. A barking dog and plenty of woodland and protected grazing keeps the deer and bear away except in the hungriest months. Herbs and flowers interplanted in the

vegetables help deter and balance insect and rodent pests. In times of extreme abundance, such as in the

apple harvest, we share with the wildlife and there is more than enough for everyone. We leave buffer zones of native plants around creeks, waterways and wetlands and these are both havens of life, and some protection against erosion and flooding. Many birds and bats make their homes near water. Insects, including our beloved wild bees and pollinators depend on water. The plants surrounding waterways create a hospitable environment for many animals. The root systems of trees, shrubs and herbaceous plants hold soil in place against erosion caused by high water.

Wild places to support biodiversity can also be small. Hedges of native bushes and herbs around the garden provide food and shelter for birds, insects, and small mammals. The birds help balance insect pests in the garden. Native bees nest in the ground, wood and stems of this natural setting. Leaving a piece of land populated with native shrubs in their natural state is not only low maintenance, but it also provides habitat for a large range of species. I would recommend everyone keep a little piece of wild close to home, even if it's just a corner of the yard.





Photo by Maria Lerch



Photo by Jean Ann Berkanpas



Photo by Robin & Toni Bielec



Photo by Sandra James



Jesse & Annie Spangler



Photo by Melanie Guttner

McBRIDE COMMUNITY FOREST CORPORATION



www.mcfc.ca

200 Robson Centre - 855 S W Frontage Road, McBride — 250-569-0262



Photo by Sandra James



L I S T I N G S

UNCLE MARK'S ON-FARM HARVEST - Mark Roth

Telephone: 250 - 569 - 7805

Address: Box 492, 926 1st Ave, McBride

Email/Website: markrothventures@gmail.com

Type of goods/services offered for sale:

Mobile Livestock Harvest, Slaughter Safe Certified. Visit unclemarks.ca/harvest for details and prices!

Season of Availability:

All year - Butcher Shop

VALEMOUNT FARMER'S MARKET

Telephone: 250 - 566 - 4601

Address: Valemount Visitor Info Centre, 785 Cranberry Lake Road, Valemount

Email/Website: valemountmarket@outlook.com

Type of goods/services offered for sale:

Local growers and artisans "Make it, Bake it, Grow it"

Season of Availability:

4PM - 7PM, THURSDAYS - Mid- June to end of September, 2024

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THE MOON CALENDAR – A USEFUL TOOL FOR FARMING

By Maria Lerch, Valemount,

My parents and grandparents have always farmed with the moon calendar in mind and I have done the same throughout my life. Planting, harvesting, preserving, castrating, butchering, and even putting a new shingle roof on a building – there are good or bad days to do it, according to the moon calendar. It would take too much space to explain it all, but I will try to cover the basics.

We are all aware about low tide and high tide, and each of us probably knows of a person sensitive to the full moon, so it comes with no surprise, that it has an impact in other areas as well.

The 12 signs of the Zodiac (for example ARIES – who “rules” from March 21 to April 19), are also rotating within every month, always in the same order for 2 to 3 days. You’ll find them in a Farmer’s Almanac Calendar – it will also show Full Moon and New Moon.

There are simple rules for gardening: Root vegetables, as well as the ones that are supposed to form nice “heads”, like lettuces or cabbages, should ideally be planted in the period after Full Moon

until the New Moon. Everything else is planted after New Moon until close to Full Moon (but nothing directly on a Full Moon Day).

The Zodiac signs are divided into root days, blossom days, leaf days, and fruit days.

Root days are: TAURUS, VIRGO, and CAPRICORN

Blossom days are: GEMINI, LIBRA, and AQUARIUS

Leaf days are: CANCER, SCORPIO, and PISCES

Fruit days are ARIES, LEO, and SAGITTARIUS

Carrots should be planted on root days, flowers on blossom days, chives, lettuces, etc. on leaf days, and tomatoes, peppers, beans, etc. on fruit days.

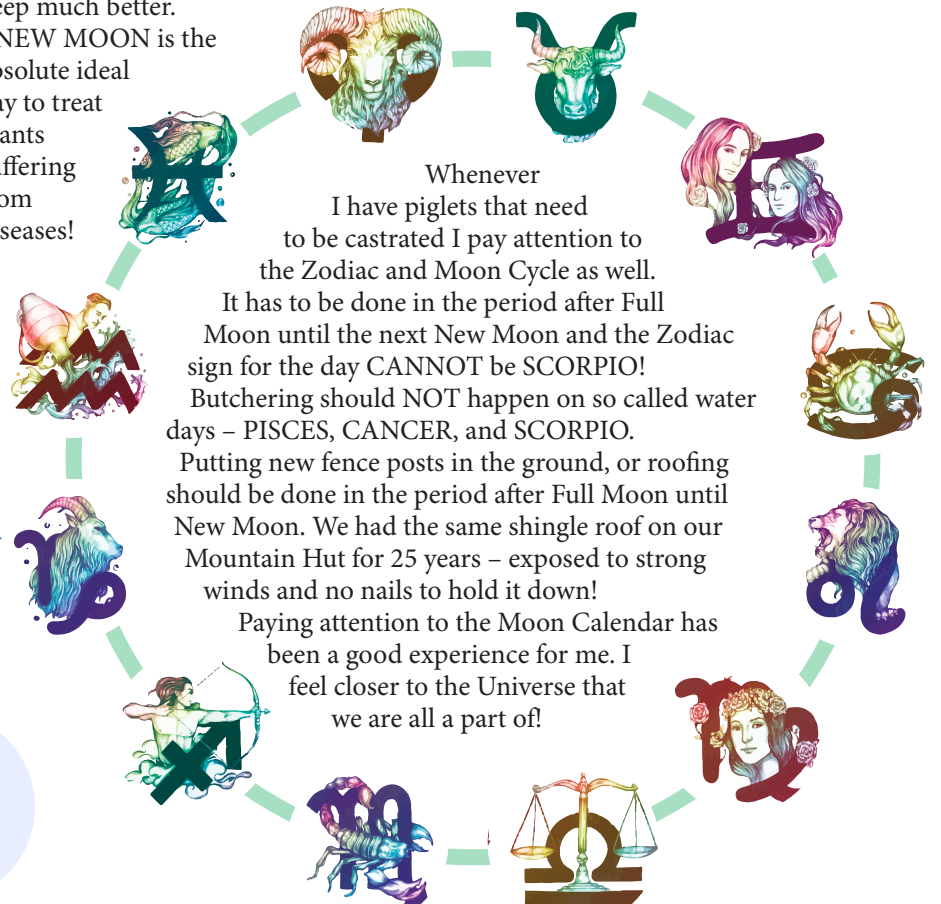
Ideally you pay attention to the right moon days and a good Zodiac sign, but that is not always possible. I always try to watch out for at least one “rule”.

Harvesting vegetables for storage or canning is done best on a TAURUS or CAPRICORN day and/or in the period after Full Moon until the next New Moon.

The best harvesting day for herbs is SCORPIO – the aroma and colour will

keep much better.

NEW MOON is the absolute ideal day to treat plants suffering from diseases!



Whenever I have piglets that need to be castrated I pay attention to the Zodiac and Moon Cycle as well.

It has to be done in the period after Full Moon until the next New Moon and the Zodiac sign for the day CANNOT be SCORPIO! Butchering should NOT happen on so called water days – PISCES, CANCER, and SCORPIO.

Putting new fence posts in the ground, or roofing should be done in the period after Full Moon until New Moon. We had the same shingle roof on our Mountain Hut for 25 years – exposed to strong winds and no nails to hold it down!

Paying attention to the Moon Calendar has been a good experience for me. I feel closer to the Universe that we are all a part of!

TABLE OF LISTINGS



Photo by Maria Lerch

- | | | |
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Buttercup Farm</p> | <p>P4 McBride Farmers Institute
North-Home Ranch</p> | <p>P6 Specialty Gardening
R3 Acres
Tete Creek Farm
TGT - Traqnsport & Holdings Ltd</p> |
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