

2019



ROCKY  
MOUNTAIN  
GOAT

Robson Valley

# AGRICULTURAL

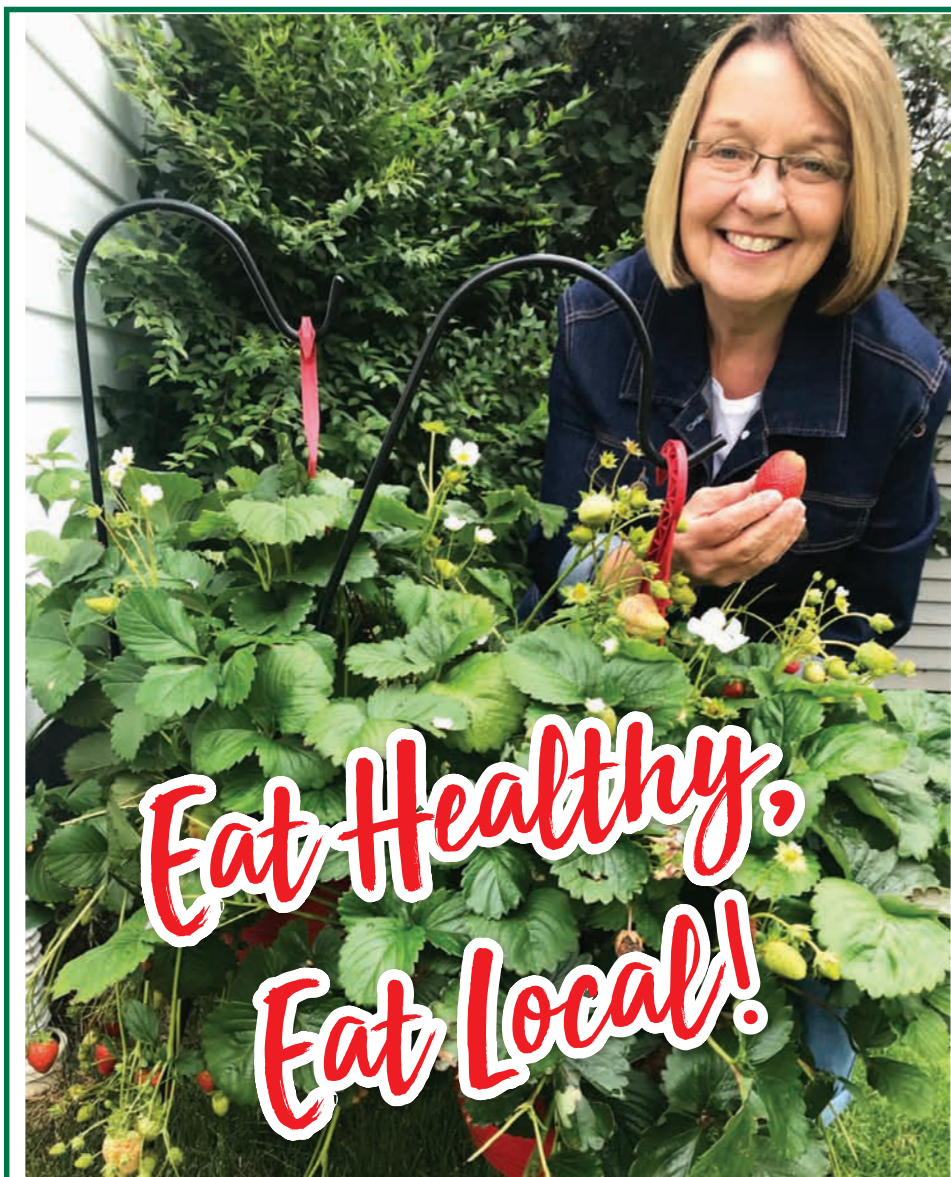
P R O D U C E R S

GUIDE



*Photos: Maria Lerch, Birgit Stutz, Jean Ann Berkenpas, Hani & Theres Gasser.*





**Shirley Bond, MLA**  
Prince George-Valemount

Office: 1350 5th Avenue  
Prince George, BC  
Toll Free: 1.866.612.7333  
Phone: 250.612.4181

[f /ShirleyBondForBC](#)  
[@ShirleyBond](#)



Photo: Birgit Stutz

**BUTTERKUP FARMS - Andy & Melanie 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. The following is what makes our beef unique and exceptional in flavour. Our beef are raised in the Robson Valley of British Columbia, Canada. Our cattle graze on lush grass that is fertilized with sea salt, Kelp meal, volcanic minerals, and natural grass fed cattle fertilizer. This is the start of a superior product. Our beef herd is a combination of several different varieties of cattle. An extensive amount of research goes into the blood lines of each of these very different and unique breeds of cattle. We have chosen to utilize these breeds of cattle to obtain a superior product with good 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 in our products. We do market full blood and part bred cattle of each of these 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 will be marketing the following products in the near future, all with sea salt, diatomaceous earth and kelp meal, no artificial or synthetic fertilizers. Apples, plums, apricots, cherries raspberries, strawberries, blueberries, haskaps, an extensive variety of garden vegetables, herbs, fresh and dried cut flowers. Our honey is 100% wildflower honey with no antibiotics fed to our honeybees. Our old fashion German Shepherds that we breed and sell have structurally sound bodies, hips and minds.

**Season of Availability:**

All Year

**L I S T I N G S**

**Balsam Ranch - Mac & Deb Cochrane**

**Address:** 8729 Horsey Creek Rd, Hwy 16, Dunster

**Telephone:** 250 - 968 - 4498

**Type of goods/services offered for sale:**

Grass fed beef available at the farm year round or the Valemount Farmers Market through the summer. Garden vegetables (broccoli, cauliflower, lettuce, zucchini, eggplant, cabbage, celery, green onions, squash) available in summer at Valemount Farmers Market. Available through winter, bi-weekly downtown Valemount - potatoes, carrots, parsnips, rutabaga, cabbage, winter squash.

**BC Fruit Truck - Jonathan Deuling**

**Telephone:** 778 - 867 - 6267

**Email/Website:** secretary.bcfruittruck@gmail.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:**

Servicing Valemount every Saturday morning, every summer. Also, one Apple/Pear Run in the fall. Contact us, join our email list, and be "in the know" for dates.

**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

**Supporting Our Local Farmers**



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—NORTHERN ROCKIES

WWW.BOBZIMMER.CA \* BOB.ZIMMER@PARL.GC.CA \* 250-787-1192

# L I S T I N G S

## COWGIRL UP ADVENTURES - Katy Elliot

**Telephone:** 250 - 566 - 5099  
**Address:** Box 994, Valemount. Location: 13750 Hwy 16, Tete Jaune Cache  
**Email/Website:** info@cowgirlupadventures.com | www.cowgirlupadventures.com  
**Type of goods/services offered for sale:**  
Custom Guided Horseback Riding Tours, CHA - Certified Horsemanship Association.  
Riding Lessons and Custom Guiding Services.  
**Season of Availability:**  
From May until October

## CROOKED CREEK - Sylvia Mallach

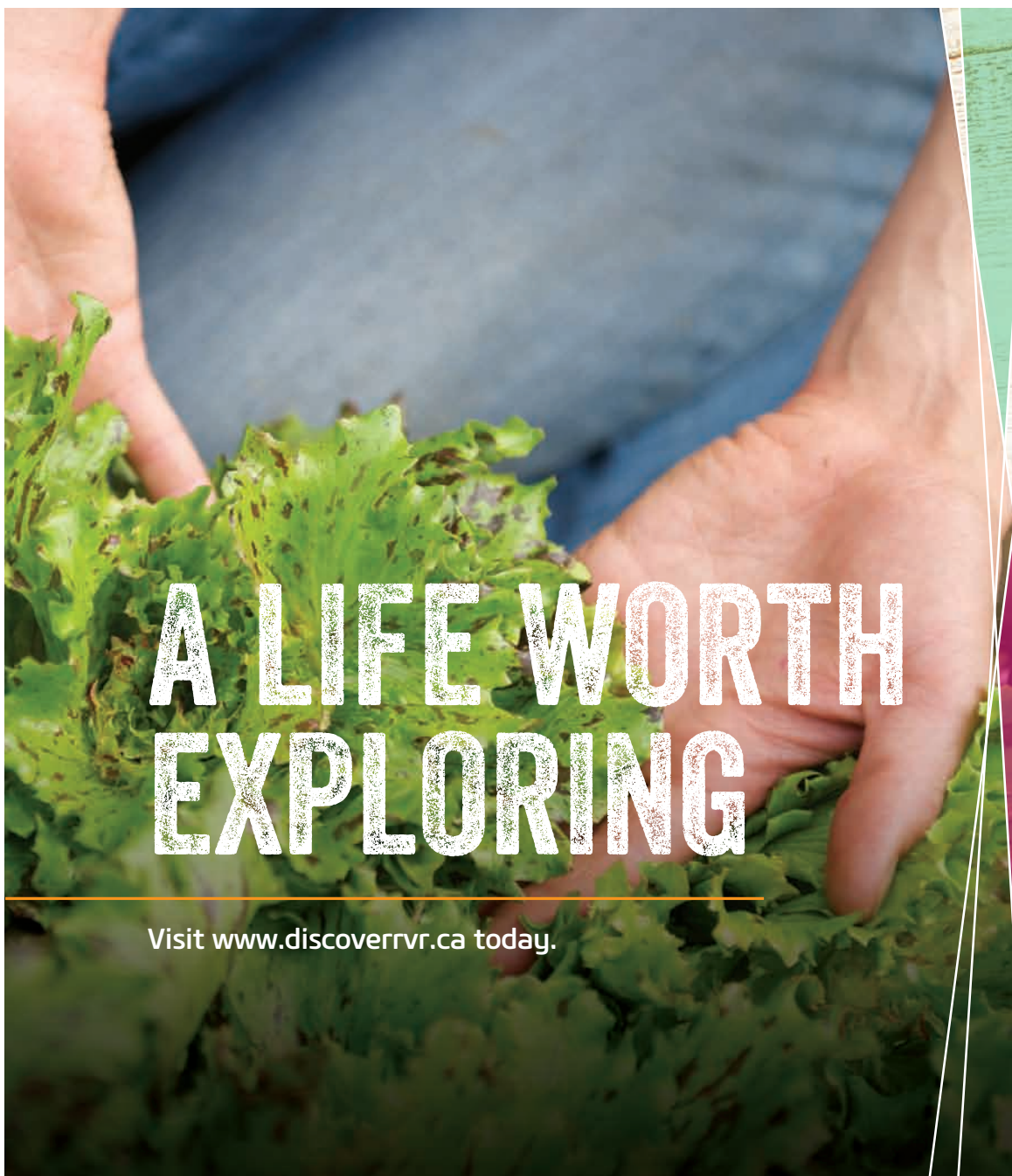
**Telephone:** 250 - 566 - 1485  
**Address:** Box 196, Valemount  
**Email/Website:** crookedcreek3260@gmail.com  
**Type of goods/services offered for sale:**  
Herbs - Dried and Fresh - garlic, basil, tarragon, rosemary  
Mixed Veggies - tomatoes, and grape tomatoes, swiss chard, black kale, curly kale, peas, banana peppers, carrots, beets, cucumbers and kohlrabi.  
**Season of Availability:**  
Valemount Farmers Market - June, 2019 - September, 2019

## GRACE'S WILD THINGS - Grace Michaud

**Telephone:** 587 -252 - 3740  
**Address:** General Delivery, Valemount  
**Email/Website:** gracemichaud@yahoo.ca  
**Type of goods/services offered for sale:**  
JAMS: Blueberry Jam; JELLIES: Dandelion petal, Rosepetal, Sprucetip, Fireweed, Pincherry, Highbush Cranberry, Choke cherry, Pineapple weed, Wild mint, Wild Blueberry. SYRUPS: Pure Birch Syrup, Blueberry syrup, Dandelion petal, Rosepetal, Sprucetip, Fireweed, Pincherry, High bush Cranberry, Choke cherry. JUICES: Rhubarb juice, Sour Cherry juice, and Saskatoon Compote, Chaga, Pickled Fiddleheads and Low Bush Cranberry Sauce  
**Season of Availability:**  
June, 2019 - September, 2019



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[f.com/RobsonValleyRegion](https://www.facebook.com/RobsonValleyRegion)  
[robsonvalleyregion](https://www.instagram.com/robsonvalleyregion)

# L I S T I N G S

## EDEN SONG FARM - Annie & Jesse Spangler

**Telephone:** 250 - 566 - 1625

**Address:** 15683 Old Tete Jaune Road, Tete Jaune

**Email/Website:** edensongfarm@gmail.com

**Type of goods/services offered for sale:**

Mixed vegetables, Herbs - Garlic and Quail eggs.

**Season of Availability:**

June, 2019 - September, 2019. Garlic: July 2019, - December, 2019

## LEGRAND FARMS - 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 \$7.50/lb dressed wt. Sold by whole or half lamb. Price includes custom cut and wrap hamburger \$5.50/lb. from grass fed beef.

Naturally grown vegetables May - Aug/Sept .

**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)

## LITTLE VALLEY RANCH - John & Lynn Schapansky

**Telephone:** 250 - 569 - 3371

**Address:** Box 136, 2145 Shelby Road, McBride

**Email/Website:** schaplogin@gmail.com

**Type of goods/services offered for sale:**

Hay, Black Angus Cattle predominantly grass genetics and Horses.

**Season of Availability:**

All Year

## NORTH CROYDON TRUCKING & PILOT CAR - Tom E. MacKinnon

**Telephone:** (Home) 250 - 968 - 4466 | (Cell) 250 - 640 - 2259

**Address:** Box 465, Valemount

**Type of goods/services offered for sale:**

HAULING - Hay, Livestock - Cows, Horses, Pigs and Farm Equipment.

**Season of Availability:**

All Year



## McKIRDY CREEK FARM - Mike & Jean Ann Berkenpas

**Telephone:** 250 - 566 - 8460

**Address:** Box 333, Valemount

**Email/Website:** www.mckirdycreekfarm.com

**Type of goods/services offered for sale:**

BOX PROGRAM - Limited Weekly Veggie Box Deliveries / Mixed vegetables, baking goods and canning available at the Valemount Farmers' Market.

**Season of Availability:**

June, 2019 - September, 2019



1944  2019  
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# PETROLEUM



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Prince George: **1-866-309-2667** | Quesnel: **250-992-7274**

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

**BUILDING A**



This year my husband Mike and I undertook our first year of farming through a market garden and veggie box delivery program on my family's farm. My grandparents Jim and Doris McKirdy previously farmed the same land land. They raised dairy and beef cows, sheep, horses, chickens, ducks, rabbits, and probably much more. There was always a huge garden, an apple orchard, and they harvested much of their own hay and grain from the fields. They were committed to organic farming practices, although to them it was just called farming.

As we have undertaken a small portion of what they originally farmed, I have been grateful for the literal groundwork they put in to feed and grow the soil. One of the most important things I have learned, and am continuing to learn, is that healthy soil is the foundation of a productive garden. It is alive with a host of microbes, insects, invertebrates and plants, and these all play a role in growing healthy plants.

While earning my post-secondary degree in the Biological Sciences I learned a lot about ecosystems, and many of the lessons extend to the garden. The ground



Photo: Hani & Theres Gasser

**ROBSON VALLEY ALPACA WORKS - Betty Pilcher**

**Telephone:** 250 - 566 - 3053

**Address:** Box 406, Valemount

**Email/Website:** dpilcher@telus.net

**Type of goods/services offered for sale:**

Alpaca - socks, mitts, toques, and Cowichan sweaters, leather-soled booties, weavings, and hand-spun yarn

**Season of Availability:**

All Year

**NORTH - HOME RANCH - Maria Lerch**

**Telephone:** 250 - 566 - 0010

**Address:** 1250 Cranberry Lake Road, Valemount

**Type of goods/services offered for sale:**

Livestock, eggs, veggies, herbs, jam chutney and relishes.

**Season of Availability:**

All Year

# AUCTION

**Unreserved Farm Equipment & Livestock  
Auction for Bar WK Ranch  
Warren & Kim Bryanton**

**11 AM Sat Oct 5, 2019**

**McBride, BC (Crescent Spur)**

From McBride go 50 kms west on Hwy 16 to Crescent Spur Rd turn off (Loos Road). Then go 15.5 kms north on Loos Road (right hand side). Note: STOP and beware of railway crossing!



**BOOK Your Farm Sale NOW!**

See complete details on all upcoming auctions at [teamauctions.com](http://teamauctions.com)

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## ROBUST GARDEN ECOSYSTEM

beneath our feet is an ecosystem, which is a community of living organisms that together with the non-living components of the environment interact as a system. Healthy ecosystems exist in a state of balance, where many species can live and thrive. In addition to holding the roots of plants, the soil is alive with the mycorrhizae of fungi. This is the underground web of hair like structures that fungi feed with. Mycorrhizae also play a role in holding moisture in the ground, communication between plants, and recycling nutrients. The soil is also filled with bacteria and microbes that help decompose and recycle nutrients.

Insects are another important component of the garden. Plants need insects for pollination and fruit, but insects also play other roles. Predatory insects such as ladybugs, parasitic wasps and dragonflies keep pest populations in check. To support a healthy insect population I plant a variety of plants and plenty of flowers. Mike often mows around some of the blooming wildflowers in the lawn, to keep our pollinators happy. That perennial flower border around the garden does more than just look beautiful and provide cut flowers, it is also a habitat for many of the insects that keep my garden healthy.

Scientists around the world are warning of climate change and the food security issues that will come with it. We live in a world where many of our most beautiful and diverse ecosystems are threatened or disappearing. It is with these issues in mind that we have taken up farming. My aim with the garden is to build a robust and environmentally friendly system that can feed my family, and community without degrading the environment. My environmental insurance plan is biodiversity, where I aim to have a great variety of plants, animals, fungi and microbes supporting each other, and supporting us!

By Jean Ann Berkenpas

**Do the Planet a favour and recycle.**

# REAPS

Provides free environmental educational programs and information on backyard composting, vermicomposting and recycling to residents in the RDFFG.



Watch for announcements on various events:

- October is Waste Reduction Month
- Oct. 5 Junk in The Trunk
- Oct 7–11 School Waste Reduction Challenge
- Nov 16 Recycle Toy Drive @ REAPS Garden

Recreational groups, daycares and teachers we offer a number of **FREE CLASSROOM PROGRAMS and PRESENTATIONS.**

For more information or to book a presentation call **250-561-7327** or e-mail:

[garden@reaps.org](mailto:garden@reaps.org)

<https://www.facebook.com/REAPSPG/>

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

Join REAPS today and help us make an *environmental difference*



**R**ecycling and  
**E**nvironmental  
**A**ction  
**P**lanning  
**S**ociety

Come visit our Compost Demo Garden (Open daily May to September) at 1950 Gorse Street in Lheidli T'enneh Memorial Park  
**OFFICE : open year round**

## L I S T I N G S

### R3 ACRES - Westlund Family

**Telephone:** 250 - 569 - 7203

**Address:** Box 976, McBride

**Email/Website:** [beef@r3acres.com](mailto:beef@r3acres.com)

**Type of goods/services offered for sale:**

Farm Raised Beef, naturally. Raised without antibiotics or hormones  
Beef packages: Acres pk \$400, BBQ pk \$315, Classic \$240, Variety \$180, Burger pk \$110, Sampler pk \$99, Sausage products (all-beef and gluten free): Pepperoni, Smokies, Beer sausage, Garlic coil, 4oz Patties, Bratwurst, Mild Italian, Breakfast sausage. **ORDERS** are Delivered or can be Picked up at The Farm Store in McBride.

**Season of Availability:**

All year

### ROBSON VALLEY BEEKEEPERS

**Telephone:** Monica Zieper: 250 - 569 - 7019 | Lyn Smith: 250 -569 - 7808

**Email/Website:** Monica Zieper: [palmbz@hotmail.com](mailto:palmbz@hotmail.com) | Lyn Smith: [lyns3jrts@hotmail.com](mailto:lyns3jrts@hotmail.com)

**Type of goods/services offered for sale:**

1. Monthly beekeeper meetings (the last Friday of every month -location announced monthly)
2. Beekeeping information and mentoring.

**Season of Availability:**

All Year

### ROBSON VALLEY FRESH! FARMS - Dallas Bullock

**Telephone:** 250 - 566 - 1450

**Address:** 13440 - Bunbury Road, Fraser Fort George - Hwy 16

**Email/Website:** [rmtdallasbullock@gmail.com](mailto:rmtdallasbullock@gmail.com)

**Type of goods/services offered for sale:**

U-Pick Raspberries / U-Pick Sugar Snap Peas

**Season of Availability:**

July, 2019 - September, 2019

### ROBSON VALLEY PET HOSTEL - Ann Schwartz

**Telephone:** 250 - 569 - 3319

**Address:** 3236 Hwy 16 E, McBride

**Email/Website:** [pethostel@yahoo.com](mailto:pethostel@yahoo.com)

**Type of goods/services offered for sale:**

Business established in 1984. Animal Health Technician; Pet Boarding and Grooming.

**Season of Availability:**

All Year



Photo: Birgit Stutz

### ROBSON VALLEY SHEEP COMPANY. - Hani & Therese Gasser

**Telephone:** 250 - 569 - 0333

**Address:** Box 801 - 4110 Eddy Road, McBride

**Email/Website:** [htgasser@hotmail.com](mailto:htgasser@hotmail.com) | [www.sheephappens.ca](http://www.sheephappens.ca)

**Type of goods/services offered for sale:**

Certified Organic Grassfed Beef and Lamb, Border Collies and livestock guardian dogs.

**Season of Availability:**

FALL - Lamb and Beef

## Composting: The Beauty in the Simplicity

Submitted by REAPS

Throwing food scraps in the garbage is like throwing away money. Get the full value from your food by composting it. The beauty of composting comes from its simplicity and return in benefits! It doesn't matter where you live, in a small apartment or on a large farm, anyone can successfully compost. The simplicity comes from the ingredients used: two-parts brown and one-part green materials, water, and air. These organic materials mixed with a little water, and regular turnings creates conditions which allow for microbes to quickly and effectively break down waste into an organic, nutrient packed garden fertilizer.

### UNCLE MARK'S CUSTOM MEAT CUTTING - Mark Roth

**Telephone:** 250 - 569 - 7805

**Address:** Box 492, 926 1<sup>st</sup> Ave, McBride

**Email/Website:** [markrothventures@gmail.com](mailto:markrothventures@gmail.com)

**Type of goods/services offered for sale:**

Mobile Livestock Harvest, Class "E" Slaughtersafe Certified.

Ask us about becoming a Class "E" meat producer!

\$5 bags of dog bones and Beef Chews.

**Season of Availability:**

All year - Butcher Shop

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

**3300 Highway 5 South, PO Box 1017**

**Valemount, BC V0E 2Z0**



**VALEMOUNT  
COMMUNITY FOREST**

**250-566-4610**

## RECYCLING: EVERY LITTLE BIT COUNTS

Submitted by REAPS

For communities in the Robson Valley, recycling can be a hassle. The current services can be considered lacking. Notably, glass containers are constantly turned away and dumped in landfills. Prince George, the closest city that recycles glass can be expensive trip for individuals alone to make. While it appears glass will not be added to the accepted recyclables for the foreseeable future, our communities can band together to make a difference. Pooling together gas funds for a monthly recycling trip can be an economically feasible and environmentally conscious way to keep one more item out of our landfills.

### STREBCHUK'S BEE SWEET HONEY - Stephen Strebchuk

**Telephone:** 780 - 882 - 1488

**Address:** Your Local HONEY Provider

**Email/Website:** jycountytribe@gmail.com

**Type of goods/services offered for sale:**

HONEY- Raw, unpasteurized, liquid or creamed honey. Small or large quantities available. Pre-orders available.

Delivery to Robson Valley and Area.

**Season of Availability:**

All year

### VALEMOUNT FARMER'S MARKET

**Telephone:** 250 - 566 - 3766

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

**Email/Website:** valemountmarket@outlook.com

**Type of goods/services offered for sale:**

2019 Nutrition Coupon Program - Valid for the purchase of Fresh, Locally - produced.

**Season of Availability:**

4pm - 7pm, June, 2019 - September, 2019. Valid for purchase of Fresh and Local vegetables and meat.

## L I S T I N G S

### THE FARM STORE

**Telephone:** 250 - 569 - 0425

**Address:** Box 189, 1011 SE Frontage Road, McBride

**Email/Website:** segibson@lcrholdings.com

**Type of goods/services offered for sale:**

Feed, Tack, Bag and Bulk Feed, Farm and Pet Supplies, Giftware, Bedding Plants, Flowers, laundromat, and Local Frozen Meat Products - Chicken & Beef.

**Season of Availability:**

All Year / Bedding Plants / Flowers - Seasonal

### Jesse & Elizabeth Trask

**Telephone:** 250 - 569 - 8831 | 250 - 569 - 7468

**Address:** 3057 Eddy Road, McBride

**Email/Website:** eliz\_kido@hotmail.com

**Type of goods/services offered for sale:**

Hay, Horse Boarding.

**Season of Availability:**

All Year



Photo: Steve & Jopanne Pelton

# Sands Distribution Ltd.

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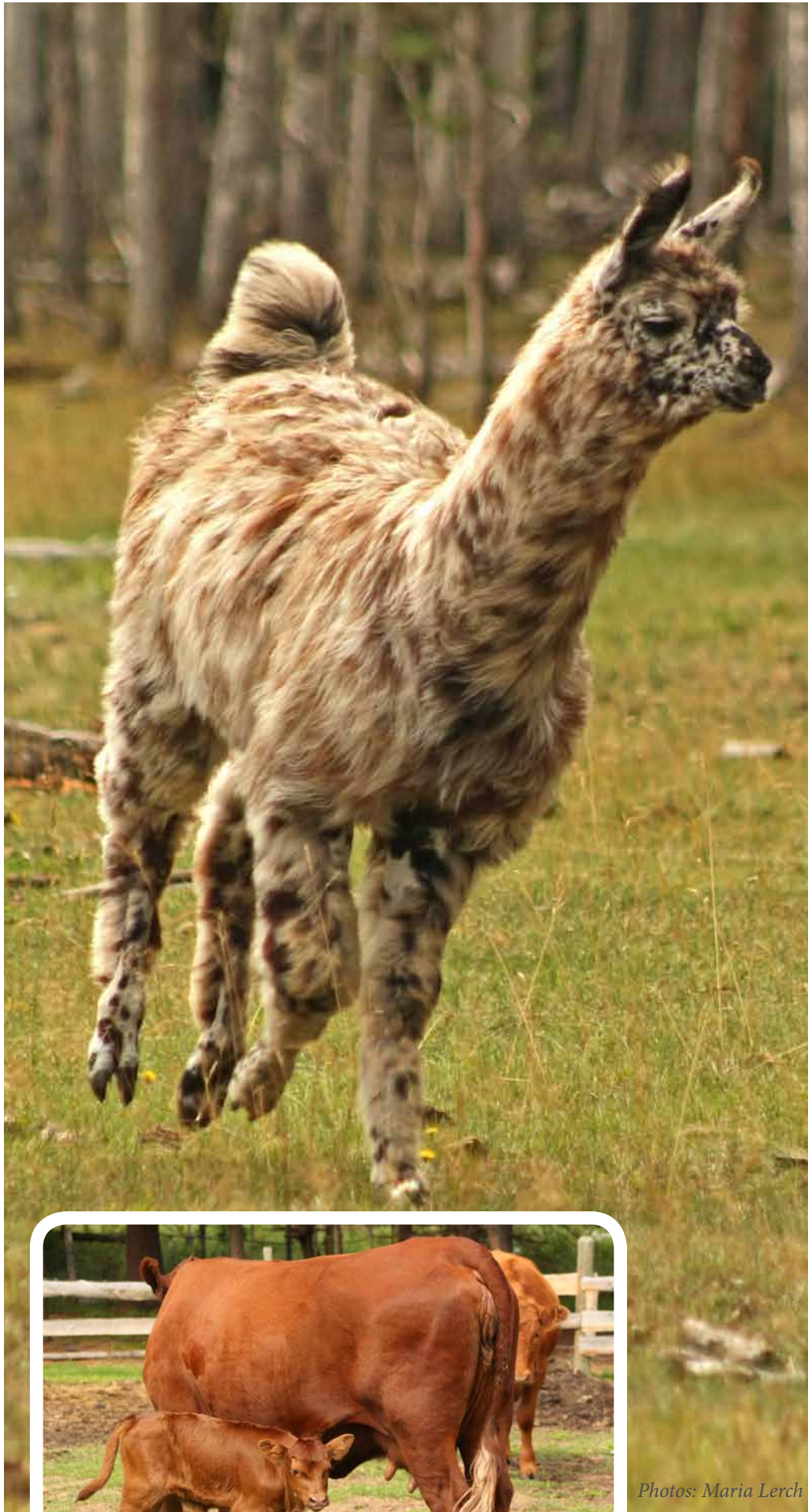
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Photos: Maria Lerch

## COWS versus Llamas

When I grew up in the Austrian Alps, it was cows that were my family's life-elixir. We milked them by hand, and were blessed with their excellent product. You could taste the alpine herbs they had consumed, and we transformed the milk into butter, cheese, cream, quark, yogurt, buttermilk and whey. Our animals were not treated like factory-machines – they were our co-workers; and if it was necessary to sell one of them – everybody felt sad! That is the reason why I will always love cows!

I have the feeling they are used as scapegoats nowadays; we are told they are the problem when it comes to greenhouse-gasses. I believe we should consider humankind to be the main source of the problem.

The droughts of the summers 2017 and 2018 made me aware of the fact though that 70 acres won't feed even a handful of cattle for very long in the absence of rain. The daily downpours of the 2019 harvest-season, on the other hand, makes haying almost impossible, and threatens the winter food-supply for my four-legged friends. Sadly, climate change is real!

That's where llamas come in handy. Ten of them nibble about the same amount of food that one cow needs to eat. As soon as the snow has melted, and the first green appears, llamas don't show much interest in hay any longer. They are beneficial in many ways: Their manure will transform poor soil into fertile garden-grounds and give greenhouse plants nutrition all summer long. The immigrants from South-America's Andes have an interesting way to do their "business." They all use one spot, until it's a nice size pile, then start another. It looks like elk-droppings, is easy to collect, and can be used fresh. I watched my llamas eating several plants that cows won't touch, which means, they are acting as biological weed-control. Predators are cautious around them, since they haven't always lived here, and also use their hoofs as weapons. If trained, llamas are amazing pack-animals; they are belonging to the camel family after all! Their wool is of lesser quality than the one of their cousins, the alpacas, but it is useable, and could be also handy as organic insulator for building purposes.

Llamas have an interesting social structure. The young ones stay with Mom for up to three years, until the females start their own family, while the males act mainly as protective shield. Mating is another matter: it's noisy and a bit frightening to witness. In all the years of raising farm-animals, I have never experienced an animal with more love for life than a young llama. I am often struck by the ability of llamas to express curiosity, anger, anxiety, or affection toward humans in such definite ways. No wonder they were regarded sacred by the ancient civilizations of the South. Their meat is top quality, but I have a very hard time considering that; it only happens in case of an emergency.

Last, but not least, I want to use the opportunity to mention that I could not imagine a better life than being a small scale farmer; to have the chance to grow food for my family and some for the community. Spending a lot of time outdoors, in touch with nature, and also depending on it, has taught me how small we actually are and how thankful we ought to be for the paradise we live in!

Maria Lerch,  
North-Home Ranch, Valemount

### TABLE OF LISTINGS

- Balsam Ranch
- BC Fruit Truck
- Cangas Propane inc
- Butterkup Farm
- CowgirlUp Adventures
- Crooked Creek
- Grace's Wild Things
- Eden Song Farm
- Legrand Farms
- Little Valley Ranch
- North Croydon Trucking & Pilot Car
- McKirdy Creek Farm
- North-Home Ranch
- Robson Valley Alpaca Works
- R3 Acres
- Robson Valley Beekeepers
- Robson Valley Fresh! Farms
- Robson Valley Pet Hostel
- Uncle Mark's Custom Meat Cutting
- Robson Valley Sheep Company
- Strebchuck's Bee Sweet Honey
- Valemount Farmer's Market
- The Farm Store
- Jesse & Elizabeth Trask

Photo: Jean Ann Berkenpas

