Robson Valley
AGRICULTURAL PRODUCERS GUIDE

Photos: Sian James, Alan Zhao, Simon Lerch, Rebecca Lerch, Paul McMannis, Ray and Laura Johnson, Annie Spangler, Hani & Therese Gasser and Melanie Guttner.
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, 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
C.E. ROBSON ORGANICS

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 vegetables, herbs, and fruit that are certified organic, harvested and delivered fresh!
HAY SALES – Horse quality square bales, round bales available to order.

Season of Availability:
Seasonal - Market Garden

EDDY CREEK GOATS - Lynda James & Gunter Flemke

Telephone: 250 - 569 - 8806
Address: Box 756, 3910 Eddy Rd, McBride
Email/Website: gunlyn1@telus.net

Type of goods/services offered for sale:
Meat Goats / Pet Goats - (Bucks - Does - Kids).

Season of Availability:
Fall.

Sands Distribution Ltd.

3205 McLennan Rd, Valemount
250 - 566- 4818
swpetroleum.ca

100% BC Owned and Operated

- Farm Fuel delivery
- Heating Oil delivery
- 24 hr Cardlock—personal and commercial use
- Dyed Premium
- Lubricants
- Access to Esso and Husky cardlocks across Canada

4km North of Valemount
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, tomatoes, Herbs - Garlic and farm fresh eggs.
Season of Availability: June, 2020 - September, 2020 / Garlic: July 2020 - December, 2020

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 include custom cut and wrap hambourger $5.50/lb. from grass fed beef. Naturally grown vegetables May - Aug/Sept .
Season of Availability: Lamb and hambourger are usually available all year. Vegetables available seasonally and usually at the McBride Community Market on Fridays. (end of June to end of Aug)

ROBSON VALLEY ALPACA WORKS - Betty Pilcher
Telephone: 250 - 566 - 1625
Address: 1250 Cranberry Lake Road, Valemount
Email/Website: becka.lerch22@gmail.com
Type of goods/services offered for sale: Livestock, eggs, veggies, herbs and herbal remedies , jams, chutneys, and relishes.
Season of Availability: All Year
Cream of Lion’s Mane and Asparagus Soup

(VEGAN; SERVE WARM OR CHILLED)

- Vegetable stock 1 litre
- Powdered Lion’s Mane mushroom 1/2 cup
- Coconut milk, 2 cans and coconut cream, 1 small can
- Celery very finely chopped
- Fresh asparagus, 1 bunch, chopped
- Green onions, 1 bunch, chopped
- Cook veggies in broth, cool, stir in Lion’s Mane, heat again & add coconut
- Garnish with chives and fresh herbs in moderation

Lion’s Mane influences brain health, asparagus influences gut health
HOT IRON - Custom Blacksmithing - Tim Heatwole
Tel: CELL: 250 - 569 - 7612 | HOME: 250 - 968 - 4412
Fax: 250 - 968 - 4427
Address: Box 973, McBride, V0J - 2E0 | 6273 Dawson Road, Dunster

Type of goods/services offered for sale:
1. CUSTOM BLACKSMITHING - Forge & Anvil - Rails / Gates / Garden Hand Tools / Towel Holders / any Iron work
2. WINTER DELIVERIES - Produce - Root vegetables - Potatoes, Beets, Carrots.
3. WINTER DELIVERIES - Baking Goods - Doughnuts, Cookies, Pies, Whole Wheat Bread, Tarts, etc.
4. TAKING ORDERS - Naturally Grass fed Beef and Pork Products.

Season of Availability:
FARMERS MARKET - Jasper (Weds) / Valemount (Thursdays) / Prince George (Sat)
ROOT VEGETABLES - Taking Orders for WINTER DELIVERIES while Supplies last
BAKING GOODS - Will Bake on Order for WINTER DELIVERIES
TAKING ORDERS - Naturally Grass fed Beef and Pork Products available at the Farm year round

ROBSON VALLEY FRESH! FARMS - Dallas Bullock
Telephone: 250 - 566 - 1450
Address: 13440 - Bunbury Road, Fraser Fort George - Hwy 16
Email/Website: rmtdallasbullock@gmail.com

Type of goods/services offered for sale:
U-Pick Raspberries / U-Pick Sugar Snap Peas / Tree and Shrub Nursery

Season of Availability:

ROBSON VALLEY BEEKEEPERS
Telephone: Monica Zieper: 250 - 569 - 7019 | Lyn Smith: 250 - 569 - 7808
Email/Website: Monica Zieper: palmbz@hotmail.com | Lyn Smith: lynn3jrts@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.
3. Honeybee Swarm captures.

Season of Availability:
All Year

UNCLE MARK’S CUSTOM MEAT CUTTING - 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, Class “E” and “D” Slaughtersafe Certified. Vacuum packaging, healthy sausage, ham, and bacon. Ask us about becoming a Class “E” or “D” meat producer! Located at Uncle Mark’s on First Ave in McBride.

Season of Availability:
All year - Butcher Shop

ROBSON VALLEY SHEEP COMPANY - Hani & Therese Gasser
Telephone: 250 - 569 - 0333
Address: Box 801 - 4110 Eddy Road, McBride
Email/Website: htgasser@hotmail.com | www.ardennescanada.com

Type of goods/services offered for sale:
Certified Organic Grassfed Beef and Lamb, Border Collies, livestock guardian dogs and Ardenne horses.

Season of Availability:
FALL - Lamb and Beef
LISTINGS

ROBSON VALLEY GOURMET MUSHROOMS - Paul McManus
Telephone: 250 - 566 - 3466
Address: Valemount Industrial Park
Email/Website: info@rvgm.ca | www.rvgm.ca
Type of goods/services offered for sale:
MUSHROOMS - Lion’s Mane - (Hericium erinaceus)
- Oyster Mushroom - (Pleurotus ostreatus)
Season of Availability: All year

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 sales - (Large Round and Small Square), Horse Boarding.
Season of Availability: All Year

ROOTS ‘N THYME HEIRLOOM GARDENS
- Yann Assemat & Katrina Agnew
Telephone: 778 - 229 - 0182
Address: 7675 Read Road, Dunster
Email/Website: yann@rootsnthyme.com | www.rootsnthyme.com
Type of goods/services offered for sale:
Artisan sourdough bread (Baguette, Seedy Mountaineer, Einkorn and others).
U-HARVEST vegetable share (garlic, root vegetables, various salad greens).
Season of Availability:
All year - Weekly Bakery | August to September - Vegetables

FRESH AIR, FRESH PRODUCE, RIGHT IN YOUR BACKYARD.

The Robson Valley Region is a unique area of northern British Columbia nestled at the edge of the Rocky Mountains.

It’s a special place where outdoor adventures, friendly communities, healthy living, and scenic landscapes are all at your front door.

WWW.DISCOVERRVR.CA
Facebook: .com/RobsonValleyRegion
Instagram: robsonvalleyregion

Visit www.discoverrvr.ca today.
One of my favorite memories of my childhood, growing up in the Austrian Alps, is the time spent looking for, collecting, and working with herbs. It has shaped my life ever since.

I felt especially privileged when I got to join my grandma on her search for Carlina acaulis, a beautiful, stemless thistle. Oma needed its roots to prepare a tea to support the nervous system and to treat stomach related problems. The two of us also looked for Cetraria islandica (Iceland-lichen). The tea made from it tasted very bitter; Grandma drank it to help her lungs recover from the smoke created by the open fireplace on the mountain hut. Just recently I happily discovered a small patch of Euphrasia officinalis on one of our meadows. A compress soaked with its tea helps to cure eye infections; Oma used to send me out to gather the tiny but pretty flowers for her.

My father’s experience taught me about the power of herbs. About 33 years ago, doctors told him he had only another six months left to live because of a condition called “Farmer’s Lung.” The dust inhaled over time when haying, as well as the mold on top of the haystacks, had been devastating for his health. Dad wasn’t ready to give up and started to self-medicate with Peucedanum ostruthium (Master wort). Mom started to use Hyssopus officinalis (Hyssop) daily in her cooking. It attracts lots of bees and looks so pretty with its purple blossoms in my garden! Well, my beloved father is still with us today, now almost 83 years of age and deemed as a small medical miracle!

As a child, I picked Arnica montana blossoms. Its liniment is used as a disinfectant for sprains and bruises and to support blood circulation. Whenever our children take off on a hike, I ask them to bring Arnica cordifolia for the same purpose. My mom always grows Calendula officinalis to make Calendula oil, a delight for the skin! I followed her example; in addition, I include the colorful blossoms in tinctures, prepare it as tea, add them to soups or salads, or mix it in my bread dough. With pleasure I rediscovered Achillea millefolium (Yarrow), abundant everywhere in the valley here. Hildegard von Bingen, a well-known nun and herbalist living in the 12th century, praised its value as treatment against metastasizing cancer cells. Newer research claims the herb could even play a role in repairing damage after exposure to radiation! I was surprised to find Artemisia absinthium (Wormwood) growing wild all over our farm, since it isn’t a native plant around here. Maria Treben, a famous Austrian herbalist, suggested to drink a cup of its tea weekly to get rid of possible, unwanted parasites. A study about Wormwood’s effectiveness to fight Malaria proved to be promising! I treated one of my piglets with this tea years ago as a last resource; within three weeks it had completely recovered.

Not to forget – the danger of mistaking one herb for another. I had to learn this the hard way. My grandfather had introduced me to Gentiana lutea, a gentian growing in the Alps; its roots can be included in fruit schnapps as a health benefit. I dug out several roots, took a bite, and noted the absence of the bitter taste it had had when Opa showed them to me before. I began to feel quite sick shortly after. What I had tasted had been Veratrum viride (Indian Hellebore) instead! I will never forget that lesson and always make sure I use the right plant!

To feel close to nature, to take just a small amount of its offerings, to appreciate what is around us, creates this feeling of being just a part of it all, a little player in the game of life. A German quote says: “There is an herb for every disease” – and I believe it!

Maria Lerch, Valemount

Photos: Alan Zhao, Simon Lerch, Rebecca Lerch

On Herbs...

CALENDULA

EUPHRASIA OFFICINALIS

EPILOBium ANGUSTIFOLiUM (FIREWEED)
for a healthy prostate and/or bladder

CALENDULA

In Print | Online | therockymountaingoat.com

Thursday, August 20th, 2020