

2020



ROCKY  
MOUNTAIN  
GOAT

Robson Valley

# AGRICULTURAL

P R O D U C E R S

GUIDE



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







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

Office: 1350 5th Avenue  
Prince George, BC  
Toll Free: 1.866.612.7333  
Phone: 250.612.4181  
/ShirleyBondForBC  
@ShirleyBond



Photo: Annie Spangler

**BC Fruit Truck - Jonathan Deuling**

**Telephone:** 778 - 867 - 6267

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

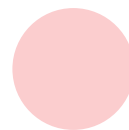
**Facebook:** @BC Fruit Truck

**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.



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

**BUTTERKUP FARMS - Andy & Melanie Guttner**

**Telephone:** 250 - 793 - 4742

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

**Email/Website:** [butterkupfarms@yahoo.ca](mailto: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

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## L I S T I N G S

### CANGAS PROPANE INC.

**Telephone:** 1 - 833 - 852 - 8811

**Address:** Your Local Propane Provider

**Email/Website:** [www.cangaspropane.ca](http://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

**Telephone:** 250 - 569 - 4136

**Address:** 3110 Morgan Road, McBride

**Email/Website:** [cerobsonventures@gmail.com](mailto: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](mailto:gunlyn1@telus.net)

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

Meat Goats / Pet Goats - (Bucks - Does - Kids).

**Season of Availability:**

Fall.

Photos: Annie Spangler, Melanie Guttner

# Sands Distribution Ltd.

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4km North of Valemount





## 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](mailto: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](mailto:h__edwards@hotmail.com) | [jackie.c.edwards@gmail.com](mailto: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 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)

### McKIRDY CREEK FARM - Mike & Jean Ann Berkenpas

**Telephone:** 250 - 566 - 8460

**Address:** Box 333, 3130 McKirdy Road , Valemount

**Email/Website:** [www.mckirdycreekfarm.com](http://www.mckirdycreekfarm.com)

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

BOX PROGRAM - Limited Weekly Veggie Box Deliveries / Mixed vegetables, Baking goods and Canning / Duck eggs and cut flowers available at the Valemount Farmers' Market.

**Season of Availability:**

June, 2020 - September, 2020

### 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

### NORTH - HOME RANCH - Maria Lerch

**Telephone:** 250 - 566 - 0010

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

**Email/Website:** [becka.lerch22@gmail.com](mailto: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

### ROBSON VALLEY ALPACA WORKS - Betty Pilcher

**Telephone:** 250 - 566 - 3053

**Address:** Box 406, Valemount

**Email/Website:** [dpilcher@telus.net](mailto: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



*Photos: Melanie Guttner*



*Photo: Annie Spangler*





## 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**

*Photo: Paul McManus*





Photo: Annie Spangler

L I S T I N G S

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 BEEKEEPERS

**Telephone:** Monica Zieper: 250 - 569 - 7019 | Lyn Smith: 250 -569 - 7808  
**Email/Website:** Monica Zieper: palmbz@hotmail.com | Lyn Smith: lync3jrts@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

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:**  
U-Pick = Raspberries / Sugar Snap Peas: July, 2020 - September, 2020 / Tree and Shrub Nursery : May - July.



Photo: Melanie Guttner

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75 YEARS

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CO-OP

PETROLEUM

A photograph of a CO-OP truck parked in front of a mountain range. The truck is white with red and blue accents. The mountains are in the background, and the sky is blue.

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

Admin Office - Vanderhoof & District Toll Free: 1-877-567-4414

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  
**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





Photo: Ray and Laura Johnson

**ROOTS ‘N THYME HEIRLOOM GARDENS**  
**- Yann Assemat & Katrina Agnew**

**Telephone:** 778 - 229 - 0182  
**Address:** 7675 Read Road, Dunster  
**Email/Website:** [yann@rootsnthyme.com](mailto:yann@rootsnthyme.com) | [www.rootsnthyme.com](http://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

L I S T I N G S

**ROBSON VALLEY GOURMET MUSHROOMS - Paul McManus**  
**Telephone:** 250 - 566 - 3466  
**Address:** Valemount Industrial Park  
**Email/Website:** [info@rvgm.ca](mailto:info@rvgm.ca) | [www.rvgm.ca](http://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](mailto: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



Photo: Rebecca Lerch

**A LIFE WORTH EXPLORING**

Visit [www.discoverrvr.ca](http://www.discoverrvr.ca) today.

The logo for the Robson Valley Region, featuring a stylized mountain range in orange and yellow above the text "ROBSON VALLEY REGION" in white on a dark blue background.

**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](http://WWW.DISCOVERRVR.CA)**  
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# On Herbs...

EUPHRASIA  
OFFICINALIS



Photos: Alan Zhao, Simon Lerch, Rebecca Lerch

EPILOBIUM ANGUSTIFOLIUM  
(FIREWEED)  
for a healthy prostate and/or bladder



CALENDULA



One of my favourite 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 mould 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

## TABLE OF LISTINGS

- Butterkup Farm (P2)
  - BC Fruit Truck (P2)
  - Cangas Propane inc (P2)
  - C.E. Robson Organics (P3)
  - Eddy Creek Goats (P3)
  - Eden Song Farm (P4)
  - Hot Iron - Custom Blacksmithing (P6)
  - Legrand Farms (P4)
  - McKirdy Creek Farm (P4)
  - North Croydon Trucking & Pilot Car (P4)
- North-Home Ranch (P4)
  - Robson Valley Alpaca Works (P4)
  - Robson Valley Beekeepers (P6)
  - Robson Valley Fresh! Farms (P6)
  - Robson Valley Gourmet Mushrooms (P7)
  - Robson Valley Sheep Company (P6)
  - Roots'N'Thyme Heirloom Gardens (P7)
  - Trask, Jesse & Elizabeth (P7)
  - Uncle Mark's Custom Meat Cutting (P6)



Photo: Melanie Guttner