

• Benefits of Growing and Buying Food Locally •

☛ **Good for the local economy.** When you buy foods that are produced locally, more money stays within our community than if the foods were produced elsewhere.

☛ **Knowing what is in your food.** Consumers can see directly where and how their food is brought produced. You can walk on the land and see how the animals are raised, or check in on your favourite veggie grower.

☛ **Makes a community stronger.** Walking through the various Farmers Markets in our communities, as well as driving out to a local farmer's ranch to pick out your beef, brings people together in the community that otherwise may not meet. It builds a stronger sense of community, that attracts and keeps people here.

☛ **Food security.** It is good to know that if there is a long-term road closure on Highway 16, we can still get the full range of foods from producers in our communities, or from our own gardens.

☛ **Reduces the environmental impact of long distance shipping.** Fewer fossil fuels are used to get the foods to the consumer. The drive from Blackwater Road to the Farmers Market at Riverside Park takes much less fuel than a semi-trailer from Vancouver. Additionally, often times less packaging is used to sell foods locally.

☛ **Freshness and quality of the products.** It is hard to argue that buying a tomato that was picked ripe off the vine an hour previous to buying it tastes better than one that was picked a week previous and ripened in the box on it's way up to Vanderhoof.

☛ **Stewardship and learning.** Learning to plant, grow, harvest and preserve foods is a life skill. The Food Network promotes the sharing of knowledge to teach people how to grow their own food.

☛ **Have we convinced you yet?** Now call a local producer today and support our local agriculture.

THURSDAYS

June 9 to October

Vanderhoof Farmers Market

11:00am-3:00pm

Riverside Park

FRIDAYS

Mother's Day to October

Fort St. James

Farmers Market

Noon-4:00pm Stuart Drive

SATURDAYS

All year

Prince George

Farmers Market

8:30am-2:00pm

Third Ave. and George St.

Local Farmers Markets...



The Nechako Valley Food Network

www.nvfoodnetwork.ca

Email: bytes@nvfoodnetwork.ca

Call Toll Free: 1-866-279-9733



The Nechako Valley Food Network comprises of a group of volunteers whose mission is to:

- Promote the growth and distribution of local agricultural products in the Nechako Valley.
- Educate and aid individuals to grow and eat their own produce in an environmentally sound way.

We welcome everyone to our meetings and Local Food Events. Visit our website to learn all about the Food Network!

The Nechako Healthy Community Alliance is a registered nonprofit society that serves as the administrative body for the member groups: Nechako Valley Food Network, and the Nechako Waste Reduction Initiative. For further information about the NHCA, please visit www.nechakohca.ca or call 1-866-279-9733.

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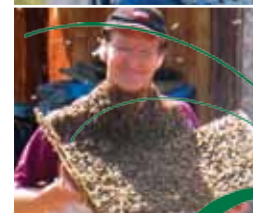
Nechako Valley Local Food Producers Directory

2011
Edition



Data compiled by the

**Nechako Valley
Food Network**



Thank you to the **Regional District of Bulkley-Nechako** and **Beyond the Market** for funding this year's directory. The directory will be distributed to Cluculz Lake, Vanderhoof, Fort Fraser, Fraser Lake and Fort St. James.

The Nechako Valley Food Network will be publishing this directory each year in the spring. Contact the Nechako Valley Food Network, at bytes@nvfoodnetwork.ca, to be included in the 2012 Local Food Producers Directory.

2011 Food Producers List	Beef	Pork	Lamb/ Bison	Chicken	Rabbit	Honey	Veggies (Fruit)	Preserves	Wheat/ Flour	Baked Goods	Other Stuff	Location	Contact
Bearfoot Acres	All Year						Aug-Sep				Onions, garlic and shallots	Farmers Market Prince George and Vanderhoof	Celia Evanson, 250-567-2125, cevanson@sinkutwireless.ca
Canyon Tree Farms	All Year										Sides, sausages, jerky, special cuts, delivery	Fort St. James Farmers Market (May-Sep), Mr. G's & Petro Can, Fort St. James	Lynn Jackson, 250-996-8180, lynnjackson@ctfarms.ca, www.canyontreefarms.ca
Copper-T Ranch	All Year										By piece or by sides. Individual packages.	Fraser Lake	Trevor Tapp, 250-699-6466, ttapp@bcgroup.net
Lazy B Ranch	Dec, May											Fort Fraser	Charlie Belsham, 250-690-7226
Little Valley Farms	All Year										Sides, sausages, special cuts, jerky, pepperoni	Vanderhoof	Denise Dowswell, 250-567-5195, littlevalleyfarms@hotmail.com
Nechako Pastures	Aug-Nov						Jun-Jul				Bedding plants, beef packages at FM	Vanderhoof Farmers Market	Gary and Judy Blattner, 250-567-4850 jg19y@hwy16.com
Whispering Winds Ranch	All Year										Sides, special cuts, sausage, delivery	11667 Goldie Road, Vanderhoof	Martin Ruiter, 250-567-3287, sales@bestbcbeef.com www.bestbcbeef.com
Willowheart Ranch	All Year										Natural grass fed beef, ¼ or ½ sides, delivery	Vanderhoof	Cam and Heidi Hill, 250-567-5854 moss_creek@hotmail.com
Country Locker	All Year	All Year	Seasonal bison	All Year							Deli and smoked meats, custom processing	6900 Teichroeb Road, Vanderhoof	250-567-4774, clocker@hwy16.com
Ewe on Clogs			Fall lamb									15577 Langston Road, Vanderhoof	Ankie and Will Nellen, 250-567-4141 eweonclogs@gmail.com
Newsat Farms				Jun-Oct	All Year						Govt inspected abattoir for poultry and rabbits. Pasture fed chicken.	18706 Langston Road, Vanderhoof	Dennis and Vicki Richardson, 250-570-1488 newsatfarms@sinkutwireless.ca
Sweet Nechako Honey						All Year					Pollen, beeswax candles, pollination	Vanderhoof Farmers Market, 395 W 5th St Vanderhoof	Jon and Susan Aebischer, 250-567-5037 www.sweetnechakohoney.ca
Spring Lake Farm						Jul-Sep	May-Sep			May-Sep		Farmers Market, Fort St. James	Charlotte Croquet & Sandra Willick, 250-996-7869 croquet2@fsjames.com
K & D Enterprises							Jul-Aug	All Year		Jul-Aug	Jam	322 5 th Ave and Caboose in Fort Fraser (Wed, Thu, Fri)	Kathy Larsen, 250-690-7229, kathylars@hotmail.com www.kathyskraftsca.net, kathylars155@gmail.com
Karen Wiebe							Jun-Sep	Jun-Sep		Jun-Sep	Hay	Vanderhoof Farmers Market	Karen Wiebe, 250-441-3280, 250-567-0728
Borno Farms							Jul-Sep				Weekly veggie boxes, Xmas trees (Dec)	12092 Lakes Road, Vanderhoof	Don and Linda Borno, 250-567-2628 lborno2002@yahoo.ca
Nechako Valley Organics							Jun-Sep				Organic veggies, herbs and flowers	Vanderhoof Farmers Market, 2608 Burrard St	Lynne Northrup, 250-567-0052, lnorthrup@nvcss.ca
Tilted Heart Gifts								All Year			Jams, salsa, syrups. Garlic. Twig furniture	Fort Fraser	Pam Sholty & Janet Romain, 250-690-7238 romainrio@hotmail.com
Barefoot Sisters								All Year teas			Teas made from local botanicals	Fort Fraser	Louise Anderson, landerson77@gmail.com
Karen Fournier								In-Season		All Year peanut brittle	Jams, pickles, vinegars. Sewing, woodworking	Fort St. James Farmers Market	Karen Fournier & Louis D'Aoust, 250-996-8949 loukaren4953@yahoo.ca
Central Interior Whole Wheat Flour									All Year		Horse treats	Vanderhoof Farmers Market	Don Kippan and Linda Urquhart, Mapes, 250-570-0170 donkippan@yahoo.ca
Karyn Schlamp										Jun-Sep		Vanderhoof Farmers Market	Karyn Schlamp, 250-567-4079, karynschlamp5@gmail.com
Tina Peters										All Year	Wrought iron decorations	Vanderhoof Farmers Market	Tina Peters, 250-567-3921, pt33l@telus.net

