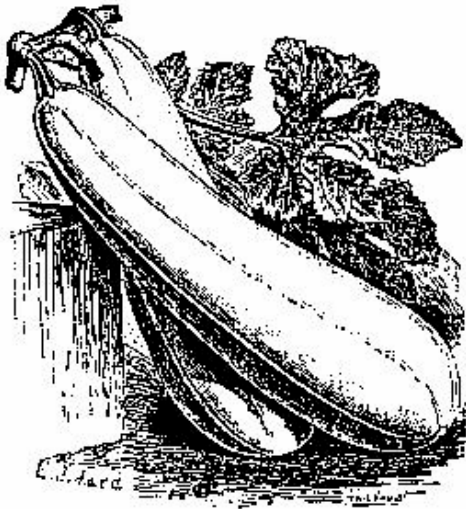


2006

LOCAL FOOD DIRECTORY

Bulkley Valley
Moricetown to Quick



Why Buy Local?

- Supports the local economy
- Reduces trucking and packaging
- Promotes community food security
- Promotes economic diversification and sustainability
- Connects consumers with the producers of their food.
- FRESH is MORE NUTRITIOUS

The following is a list of locally grown and crafted foods available for sale directly from local producers. Availability can be seasonal; please contact each producer directly to learn more about their products.

Acronyms used in this guide:

CO = Certified Organic

SFM = available at the (Smithers) Bulkley Valley Farmers Market

The market is located at the corner of Main St. and Highway 16 and is open from mid-May to September on Saturdays from 8 am until noon. For information on becoming a vendor, contact Market Manager Megan Darcy at 250-847-8832 or mdarcy@uniserve.com.

PRODUCE:

➤ Herbs

Narnia Farms (CO)
1277 Main St, Smithers, 847-8871

➤ Herbs, Tomatoes

Dieter and Louise Jacobs (SFM)
Quick, 846-5210

➤ Market Vegetables

Cranesbill Acres (CO, SFM)
Tracey Strong 847-0147

➤ Market Vegetables, Berries

Ann Zeiler (SFM)
Quick, 846-5669

➤ Market Vegetables

Tyee Meadow Farms (SFM)
Hildo Hoek, 846-9231

➤ Market Vegetables, Raspberries U-pick

Mark Fisher (SFM)
Hislop Rd, 846-9045

➤ Market Vegetables, Asparagus

Hobgoblin Organics, Telkwa
Dave Cody, 846-5436

➤ Market Vegetables

Dona Pokorny (SFM)
842-5746

➤ Market Vegetables

Little Sheperd Farm
Larry Wiwcharuck, Quick, 846-5015

➤ Beans, Carrots, Peas, Potatoes

Steven Zandberg (SFM)
Ebenezer Flats, 847-3164

➤ Garlic, Tomatoes, Potatoes, Lettuce

Robin Hawes (SFM)
Telkwa, 846-5946

➤ Strawberries U-pick

Lou Tromp (SFM)
3724 Rosenthal Rd, 847-3616

BEEF & LAMB:

➤ Beef

Jack and Paula Dieleman,
Telkwa, 846-5305

➤ Beef

Gail and Kevin, Telkwa, 846-9315
(order by the end of August)

➤ Lamb

Little Shepherd Farm
Larry Wiwcharuck, Quick, 846-5015

➤ **Dexter Beef and Lamb**
Greenhills Croft
John and Carol Vincent, Quick, 846-5803

➤ **Beef and sausages made in house**
The Sausage Factory
1107 Main St, Smithers, 847-2861

CHICKEN:

Marge Layfield, Telkwa, 846-9703

Little Sheperd Farm
Larry Wiwcharuck, Quick, 846-5015

Greenhills Croft
John and Carol Vincent, Quick, 846-5803

EGGS:

Robin Hawes, Telkwa, 846-5946

Foxhole Bakery
Ursula Yeker, Fox Road Telkwa, 846-5807

Little Sheperd Farm
Larry Wiwcharuck, Quick, 846-5015

Julie James
Laidlaw Rd, 847-2544

HONEY:

Blackburn Bees
5528 Slack Road, 847-2135

Country Meadow Honey
Bill & Mary Lynn (SFM)
Jollymore Rd, 847-9181

Sid Ezinga
Telkwa, 846-5595

Alec Dease (SFM)
Snake Rd, 847-9997
(bee colonies also for sale)

PRESERVES:

➤ **Jams, Jellies, Chutneys, Pickles**
Evelyn Smith (SFM)
Smithers, 847-2835

➤ **Jams and Jellies**
Greenhills Croft
John and Carol Vincent, Quick, 846-5803

➤ **Jams**
Ann Zeiler (SFM)
Quick, 846-5669

➤ **Jellies, Vinaigrettes, Oils, Teas, Seasonings**
Narnia Farms (CO)
1277 Main St, Smithers, 847-8871

➤ **Jam, Jelly, Pickles**
Dona Pokorny (SFM)
842-5746

BAKERIES:

Foxhole Bakery (SFM)
Ursula Yeker, Fox Road Telkwa, 846-5807,
and Nature's Pantry in Smithers

- Breads (specializing in organic and whole grain flours), pastries, and a variety of baked goods

Dieter and Louise Jacobs (SFM)

Quick, 846-5210

- Breads

Eva Dyck (SFM)

- Variety of baked goods

Paul's Bakery
3840 Broadway, Smithers, 847-9742

- Breads, pastries and a variety of baked goods

Schimmel Fine Pasteries,
1172 Main St, Smithers, 847-9044

- Breads, pastries and a variety of baked goods

There is more

The Ministry of Agriculture has compiled a 2006 ***Bulkley Valley Farm Gate Sales Directory*** which includes producers from as far as Prince Rupert and east of Burns Lake. Please contact the District Agriculturist, Leah Sheffield at 847-7247 or leah.sheffield@gov.bc.ca, if you would like to be added to the new directory or to learn more about local food sources.

Hazelton area food and agricultural products are listed in the ***Upper Skeena Sustainable Agriculture Directory***. Call the Upper Skeena Development Centre at 842-6110.

The ***Bulkley Valley Local Food Directory*** was produced with funding by the Bulkley Valley Farmer's Market Association, and in association with the Northern Root Garden, a non-profit community organization promoting local food security through community gardening. Visit the Smithers Community Garden at the corner of Railway and Pacific Avenues and call 847-2327 for more information or to reserve a garden plot.