

South Cariboo Farm Fresh Guide 2011



Connecting
local food with
local people



Producer Contact	Telephone	Address	Product Details
B.C. Cattle Co Ltd Selina V. Koster	250-459-2604	7624 Meadow Lake Rd, Clinton koster711@hotmail.com	Individual cuts of beef , available mostly all year as it is stored in freezers. Please phone first to set a date for dropping in.
Canabo Cattle Co. Kim or Ron	250-456-7644	RR#1, 6526 Little Green Rd, 70 Mile, kimmycowgirl@yahoo.ca	Beef: packaged grass fed, free range. Phone first to order, can deliver.
Cariboo Plant Ranch Tammy Briggs	250-396-7577	715 Alder Avenue, 100 Mile House, caribooplantranch@bcwireless.com	Bedding plants - veggies, flowers, herbs, small trees & perennials. Retail outlet at 715 Alder Avenue, 100 Mile House beginning May to mid-June.
CEEDS (Community Enhancement and Economic Development Society)	250-395-3580 250-395-4042	6298 Doman Rd & 6810 Horse Lake Rd ceeds@bcinternet.net or rlceeds@xplornet.ca	Wide variety garden vegetables & herbs throughout summer. Bedding plants: vegetable, flowers & herbs. Hanging baskets & containers. Available at South Cariboo Farmers Market, farm gate (please phone first) & Wonderful Wednesdays produce bin deliveries. Beef, lamb and pork (phone/email to order). All organic/not certified.
Cinagro-Organic Gardens Paul & Cindy Whitehead	250-397-2367	Upper Bradley Creek Rd	Potatoes, carrots, beets, radishes, swiss chard, lettuce: clean grown, not certified. Everything \$1/lb for 2011 season. At South Cariboo Farmers Market or farm gate sales (phone first).
Circle H Ranch Ann Armann	250-395-0138	7190 Watch Lake Road, Lone Butte, annarmann@highlandponies.ca	Beef: grass-fed, 18 months old (Oct/Nov); boxed beef (year-round according to availability); awesome lean hamburger (year-round); lamb & goat (fresh Oct-Dec & frozen year-round). Visitors welcome to visit, phone first; will deliver within a certain radius; taking orders for fall beef & lamb.
Club Ranch Cattle Co Ltd Marvin & Cris Monical	250-396-7272	Lac La Hache, tatton@bcinternet.net	Beef: grass fed. Phone first to order.
Dragonfly Summer Farms Ray Rich	250-791-6402	5612 Spring Lake Rd., drich@stratagist.com	Horse hay: 50# square bales, clean grown.
Family Farm Natural Meats Tina & Chris Johnson	250-397-2547	Forest Grove, info@familyfarmnaturalmeats.com www.familyfarmnaturalmeats.com	Chicken, pasture raised pork, grass-fed beef; all antibiotic free, no growth hormones or animal by-products. On-line ordering or phone, weekly delivery to 100 Mile House, also at South Cariboo Farmers Market.
Felicidad Farm Rick & Laura Stock	250-397-2004	4664 Bates Road, Forest Grove stockhouse@uniserve.com	Wide variety of organic vegetables from greenhouse and field, eggs, New Zealand/California-cross rabbits; clean sheep's wool ready for spinning. Sell at farm gate & at South Cariboo Farmers Market.
Granger, Rod	250-791-6311		Beef - grain fed 250lb to 300lb halves; Christmas trees U-cut December (early tagging available). Phone to order.
Haddenville Farms Bill & Maureen Hadden	250-395-3957	Horse Lake Road, hadville@bcinternet.net	Dorset breeding stock & lamb meat available year round. Phone or email to order.
Hay Meadow Honey Ted & Jane Hancock	250-440-5689	Dog Creek, BC	Honey. Available at Higher Grounds Natural Foods (100 Mile), Margetts Meats/Beaver Valley Feeds/Stawell Health Foods (Williams Lake); also sell farm gate (phone first).
Helena Lake Ranch Amber Summerhayes	250-706-3106	amber@helenalakeranch.com	Goat & pork: all natural, free range. Phone or email to order.
Horn Ranch Gus Horn	250-644-0228	100 Mile House, pharmboy@shaw.ca	Beef: grass fed & finished; cut, wrapped & frozen. Phone/email; will deliver upon request. Pharmdogs (all beef hotdogs) – variety of flavours: plain, ginger/chilli, blueberry/cranberry, huckleberry. Available at Higher Ground.

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Hungry Valley Ranch John Wells & Christiane Nauen	250-395-3539	end of Horse Lake North Road	Horse hay: small squares and small rounds. Grass-fed pork and beef by the side. Vegetables, vegetable plants, herbs, medicinal herbs, home baked bread. Phone first to order.
Knife Creek Ranch Gail Bezanson	250-296-3279	150 Mile House	Beef: quarter, half, full - no antibiotics or hormones, no fertilisers or pesticides on fields, grain finished, available fall. Phone first to order.
Lorien Nubians at Hermit Hollow Farm Sherry Stewart	250-397-2436	Buffalo Creek, sherrystewart12@gmail.com www.lorien.heronweb.ca	Purebred Nubian dairy goats: breeding stock for sale, proven milk producers, enjoy your own milk, yogurt and cheese. Also, sheep, eggs, garden produce.
New Cal Rabbit Farm Margaret Bishop	250-395-3336	6691 Hwy 97, 96 Mile	Eggs, rabbit meat, rabbit manure (weed free). Phone ahead preferred but can drop in.
No Bull Ranch Dan & Rhonda Dobson	250-395-4145	5978 Valleyview Dr., dobson4@shaw.ca	Beef , grass fed and grain finished. Pork sides to 90 lbs and barbeque pigs raised to fit your party. Horse Lake Honey as available.
Ridgeview Gardens Linda & Hans Glotz	250-791-6644	104-5039 Easzee Dr, 108 Mile Ranch	Perennial flower specialists. Also recycle plant pots, flats, name tags, etc - can drop off plant recyclables to Ridgeview Gardens. Can drop in or found at the South Cariboo Farmers Market.
Sandhill Lea Ranch Lorne Landry	250-791-5300	5028 Abel Lake Rd, landry@bcinternet.net	Lamb by the half or whole, occasionally by the piece. Generally available throughout the year, but always August to November. Email or phone for further info.
Sharpe, Mal & Caroline	250-395-3358	6278 Horse Lake North Road, caramal@explornet.ca	Young, grass-fed beef , all natural. By the side, cut to order. Available August to September.
Simon Lake Nursery Jerry & Nicola Maughn	250-791-6331	5762 Simon Lake Rd (turn off highway at Chris Harris Gallery sign), maughn@telus.net	Bedding plants - flowers & vegetables, flower baskets, trees & shrubs - looking to sell fully grown vegetables in next couple of years. Drop in May to mid-June.
South Cariboo Free Range Eggs Ed Gagne	250-456-6016	scfre@live.ca	Eggs: farm fresh, free range; meat birds; tomatoes, cucumbers, cabbage & cauliflower. South Cariboo Farmers Market or farm gate.
Tatton Lake Sheep Ranch Klaus & Angelica Blanck	250-791-6214	5586 Back Valley Rd, 105 Mile, tatton_lake_ranch@yahoo.ca	Organic, grain fed lamb for sale cut & wrapped July to December. Phone to order.
Timothy Lake Farm Products Stephanie Klausat	250-396-7150	5790 Timothy Lake Road, sktimothy@hotmail.com	Bedding plants - flowers & veggies, hanging baskets May to mid-July. Perennials all season. South Cariboo Farmers Market & farm gate.
Water Witch Herbs Maryanne Abbs	604-877-1223	maryann@resist.ca	Herbs: 50 different species of medicinal & culinary dried & fresh herbs grown in the South Cariboo - all certified organic, some wild harvested - June to September. Email or phone to order - will deliver large orders.
Whitley Lake Ranch Dan LaFrance	250-593-2321	Bridge Lake, d-lafrance@hotmail.com	Beef: grain & grass fed. Phone to order.
Wood, Norman & Diane	250-396-7301	Lac La Hache, drewood@hotmail.com	Beef: quarters & sides - antibiotic & hormone free - grain finished. Ground beef & stew meat available by the pound year-round from farm gate (phone ahead); phone to order sides & quarters.
XH Buffalo Ranch Hans Karlen	250-456-2319	938 South Green Lake Rd, 70 Mile, karlen@xhbuffaloranch.com www.xhbuffaloranch.com	Buffalo meat by the side from November to January. Hides & skulls. Must phone first: retail store at the ranch.

South Cariboo Farmers Market

Royal LePage parking lot
100 Mile House,
Fridays 8:30 to 1:30
Early May to end of September

Clinton Farmers Market

1600 Cariboo Hwy, Clinton
Thursdays 10 am to 3 pm
Mid-May to mid-October



*This second edition of the Farm Fresh Guide is a collaborative effort of the **South Cariboo Sustainability Committee** working together with the **Agri-Culture Enterprise Centre**.*

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***Eating local** is good for you, your family and your community. Buying directly from local producers means that both you and the producer get a better price for top quality food. This guide is intended to help you make connections with agricultural producers in our area.*

Get to know your area producers and support our local economy.



Want to be listed in next year's edition of the South Cariboo Farm Fresh Guide? Contact the Agri-Culture Enterprise Centre at agriculture.enterprise.centre@gmail.com