

South Cariboo Farm Fresh Guide 2010



Connecting
local food with
local people



Producer Contact	Telephone	Address	Product Details
Annette's Garden Annette Fuller	250- 396-4537	4027 Highway 97S, Lac La Hache (across from Lac La Hache Motel)	Raspberries, strawberries, tomatoes, cucumbers, peppers, squashes, carrots, potatoes, beets, onions, leeks, cabbages, cauliflower, lettuce: organic, no pesticides, herbicides or artificial fertilizers. Can phone to put in order or just drop in; sometimes sells berries to Lac La Hache stands.
BEADS = Building Economics & Agriculture through Diversity & Sustainability Jessie Archie	250- 397-2227	Canim Lake Indian Reserve #1 (at the old gas station, Canim Hendrix Rd) employmentcoord@canimlakeband.com	Tomatoes, cucumbers, dill, potatoes, carrots, onions, zucchini, squash, peppers, garlic, strawberries, raspberries, black currants, huckleberries: July through October. Phone ahead, delivery possible with orders phoned in, sometimes at the South Cariboo Farmers Market.
Bridge Creek Estate Don Savjord	250- 395-2485	401 Exeter Rd (across from TimbrMart) bridgecreek@telus.net	Beef: natural, cut & wrapped available Oct/Nov Horses: for sale year-round www.bridgecreek.ca
Bumble Bee Garden Market Sally & Steve	250- 706-4161	Lakeside of Hwy 97, Lac la Hache Opposite Community Hall bumblebeemarket@gmail.com	BC Fruits, local Cariboo meats, sausage, pepperoni, organic cheese, honey, fresh vegetables, wild BC salmon jerky, BC fruit juices, dairy & snacks. Retail store: open seasonally 7 days a week, 8am - 8pm.
Canabo Cattle Co. Kim or Ron	250- 456-7644	6526 Little Green Rd, 70 Mile House hocanada@telus.net	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 caribooplanranch@bcwireless.com	Bedding plants: vegetables, flowers, herbs, small trees & perennials. Retail outlet at 715 Alder Avenue, 100 Mile House beginning May to mid June.
Christensons Ranch Ruby Christenson	250 296-3393	2742 Enterprise Rd, Lac La Hache	Beef: steroid free & grass fed. Phone to order.
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 2010 season. At South Cariboo Farmers Market or farm gate sales (phone first) Beef: grassfed, 18 months old (Oct/Nov); boxed beef & lean hamburger (year-round, according to availability); lamb & goat (fresh Oct-Dec & frozen year-round). Visitors welcome, phone first; will deliver within certain radius; hamburger at South Cariboo Farmers Market & Bumblebee (LLH – also lamb); taking orders for fall beef & lamb.
Circle H Ranch Ann Armann	250- 395-0138	7190 Watch Lake Road, Lone Butte annarmann@highlandponies.ca	Beef: all natural, hormone & antibiotic free. Can visit ranch to select yearling. Will sell halves or whole. Phone to order.
Club Ranch Cattle Co Ltd Marvin & Cris Monical	250- 396-7272	Lac La Hache tatton@bcinternet.net	Pork, lamb, turkey & chicken: pasture raised; Beef: grassfed; all antibiotic free, no growth hormones or animal by-products. www.familyfarmnaturalmeats.com On-line ordering or phone, weekly delivery to 100 Mile; also at South Cariboo Farmers Market.
Family Farm Natural Meats Tina & Chris Johnson	250- 397-2547	Forest Grove info@familyfarmnaturalmeats.com	Beef: grain fed 250lb to 300lb halves; Christmas trees U-cut December (early tagging available). Phone to order.
Granger, Rod	250- 791-6311		Dorset breeding stock & lamb meat available year round. Phone or email to order.
Haddenville Farms Bill & Maureen Hadden	250- 395-3957	Horse Lake Road hadville@bcinternet.net	Honey. Available at Higher Grounds Natural Foods (100 Mile), Bumble Bee Garden Market (Lac La Hache), Margetts Meats/Beaver Valley Feeds/ Stawell Health Foods (Williams Lake); also sell farm gate (phone first).
Hay Meadow Honey Ted & Jane Hancock	250- 440-5689	Dog Creek, BC	Goat and pork: all natural, free range. Phone or email to order.
Helena Lake Ranch Amber Summerhayes	250- 706-3106	amber@helenalakeranch.com	

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Horn Ranch Gus Horn	250- 395-4496	100 Mile House pharmboy@shaw.ca	Beef: natural, grass-fed, cut & wrapped and frozen (year-round). Phone or email - will deliver upon request.
Horse Lake Farm Co-op - CEEDS Karen Greenwood & Rod Henneker	250- 395-3580	Horse Lake Road ceeds@bcinternet.net	Wide variety garden vegetables throughout summer, organically grown, not certified ... Also beef, lamb and pork (phone to order); eggs & herbs . At the South Cariboo Farmers Market and farm gate.
Horse Lake Farm Co-op Arrowhead Nursery Lorraine Lebourdais & Rob Diether	250- 395-4042	Horse Lake Road rlceeds@bcinternet.net	Delivery of fresh produce " Wonderful Wednesdays " box; Bedding plants organically grown but not certified.
Hungry Valley Ranch John Wells	250- 395-3539	end of Horse Lake North Road	Horse hay: small squares and small rounds. 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 Holly Stewart	250- 397-2436	Forest Grove lorien@heronweb.ca	Purebred Nubian dairy goats: breeding stock for sale, proven milk producers, enjoy your own milk, yogurt and cheese. Check website www.lorien.heronweb.ca , then email or phone.
Murphy Meadow Ranch Iris Wright	250- 296-4239	150 Mile House	Beef: mixed quarters - no antibiotics or growth implants, grass finished in the fall, otherwise hay and grain finished. Phone to order.
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.
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.
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 few 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. Farmgate and South Cariboo Farmers Market
Tatton Lake Sheep Ranch Klaus & Angelica Blanck	250- 791-6214	5586 Back Valley Rd, 105 Mile, tatton_lake_ranch@yahoo.com	Lamb. Phone to order.
Timothy Lake Farm Products Stephanie Klausat	250- 396-7150		Bedding plants: flowers, vegetables, hanging baskets May to mid-July. South Cariboo Farmers Market & 150 Mile Farmers Market (Saturdays 2011). 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.
Water Witch Herbs Maryanne Abbs	604- 877-1223	maryann@resist.ca	
Whitley Lake Ranch Dan LaFrance	250- 593-2321	Bridge Lake d-lafrance@hotmail.com	Beef: grain & grass fed. Phone to order.
Woods, 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 House, karlen@xhbuffaloranch.com	Buffalo meat by the cut in summer and by the side in winter. www.xhbuffaloranch.com 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



A volunteer initiative that grew out of the Stone Soup Gathering held by the **South Cariboo Agriculture Enterprise Centre** in April 2010, this guide helps you to make connections with agricultural producers in the South Cariboo.

Eating local is good for you and good for the environment. With climate change challenges facing us more everyday, thinking about “food miles”, the distance that your food travels from farm to plate, is becoming more important.

Buying from local producers also means you and the producer get a better price for top quality food.

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 Christine Jordaan at 250-395-6124 or scjordaan@shaw.ca
Watch for an expanded edition in 2011.