

Bison • BROAD VALLEY

## FARM

We raise organic bison - certified by OPAM. Because of the backlog the BSE situation has placed on abattoirs, we have had to use a local non-certified facility to cut and wrap the meat. We feel, though, that this has not compromised the integrity of our product. We have some fine meat available and we welcome your calls.

**Hnatiuk Farm**  
David Hnatiuk  
(204) 372-6748  
hnatiuk5@mts.net  
All Year  
Certified - OPAM

**Strawberries, Asparagus • TEULON**

## U-PICK, ORCHARD MARKET GARDEN

We are seasoned U-pick operators - selling Strawberries, Asparagus, Raspberries, Saskatoons and Apples - in season. We manage our orchard and garden organically, but our proximity to a conventional farm, bars us from being certified. We employ a gaggle of geese to weed the strawberries. We offer these fattened birds, cleaned and ready for the oven, for sale in fall.

Directions. Along Hwy #7 north of Winnipeg, turn east at the #229 junc-

**Plum Ridge Farm**  
Betty Kehler and Bob Pizzy  
(204) 886-3472  
Seasonal  
Non-certified organic

tion and travel 3 miles/5 km. until you see our sign at Road 13 East. Turn south, travel 1.5 miles to the farm. Along Hwy #8 turn west at # 229 and travel 6 miles/10 kms until you see our sign at Road 13 East and turn south.

**Beef, Grains, Flax, Forages • ARBORG**

## FARM

We market organic beef, flax, wheat, oats, barley and forages like yellow blossom, sweet clover and alfalfa. Organics From the Ground Up is a family farm. By today's standards we are a small operation consisting of 480 acres. Our farm has been certified organic since 1986 and we strive to do as much value adding as pos-

**Organics From the Ground Up**  
David Schettler  
(204) 378-2830  
All Year  
Certified - OCPP/Pro-Cert

sible to the crops we grow. Please call us for more information.

**FARM** FRASERWOOD/ARBORG • Beef, Lamb, Poultry, Hospitality

**Prairie Grass Fed Meats**

Glen Nicoll, Bragi Simundsson  
1 800 222-0822  
(204) 643-5594 or 376-2369  
[www.countryquarters.com/grass\\_fed.html](http://www.countryquarters.com/grass_fed.html)

All Year  
Certified - WHS

We feed and market beef cattle cooperatively. We use rotational grazing and waterlines to keep the cattle and their manure out in the fields - managing the grass like the bison herds of yesteryear. The cattle are not confined to pens. We do not use any hormonal implants or antibiotics for growth enhancement.



We can package the meat according to your wishes and deliver to your freezer. Please call or see our website for all the information you need about the various cuts and sizes.

We feel that a healthy plant community builds healthy animals and healthy people.

**FARM** ARBORG • Chicken

**Simundsson Family Farm**

Avery and Heida Simundsson  
(204) 376-2369  
Fall  
Natural - Free Range

We have naturally fed and tended free-range chickens for sale in fall. Feel free to call earlier in the year to place your order. We help our parents with other farm chores, but the chickens are ours to take care of and to sell.



*Traders & Certified processors of all Organic Forage Seeds,  
Custom Seed conditioning available*

Paul Gregory P.Ag. Box 190 Fisher Branch, MB R0C 0Z0 e-mail: [paul@interlakeforageseeds.com](mailto:paul@interlakeforageseeds.com)  
Tel: 204-372-6920 or call us toll-free @ 1-800-990-1390

## Success Stories

We called a couple hundred farmers putting together this feast. We asked each one 1. Are you selling organic/natural, home grown food to Manitobans? and 2. Would you value some free advertising? The ones you've already met answered 'yes' to both questions. There were a few growers who answered 'yes' to the first and 'no' to the second. They assured us they have as much business as they can handle right now and so preferred not to advertise. Here, for those of us who believe in the benefit of a bioregional food system, are a couple of our heroes.

### Happy on the farm.

Bernice and Blaine, their four children (ages 9 to 17) and Bernice's parents, make a good living farming three quarters (that's 480 acres) near Elkhorn in the southwest.

They sell eggs from about 100 hens, raise a few pigs, sell grain for milling or to be sold as is, raise bison and cattle for both milk and meat, tend a big garden and provide much of the food they need to feed themselves, their relatives and neighbours. Bernice's Dad is a meat cutter by profession and does some custom cutting for neighbours. They grow certified organic grains, flax and sweet clover seed for local and international markets. And they keep bees and extract honey from their hives.

The decades of specialization and expansion we've seen in prairie agriculture have made diverse farms like this into rare gems. As in days of old, everyone helps with the farm work. Blaine and Bernice always have work to do so the kids make the money they need right at home. "The farm takes care of them and they learn lots along the way", Bernice says. Matthew, the second born, has a natural affinity to the work and the life of the farm – and speaks openly about his desire to be a farmer.

"My garden has become a market garden", says Bernice. "But I don't bother to certify it because I have enough folks around here wanting the vegetables. I wouldn't want to have to charge what it would take to pay for the certification by selling vegetables."

Bernice's roots go back through her childhood in Winnipeg to the family farm where her father grew up. It makes good sense to have a diverse farm she says. "We clean our own grain before we mill it and so we have lots of screenings (chaff and weed seeds) to feed to our pigs and chickens. And so what would otherwise be waste, goes to put food on our plates. The pigs and chickens then produce 'waste' that we pile up and compost so we can fertilize the garden and fields. And so it all goes around like that."

"We've learned that we need to take care of our older equipment," she goes on. "We have a good living on our small farm, but we couldn't afford to buy new