

Fresh from Fundy

Celebrating the Foods of Albert County



Stephanie Robertson of Maplehurst Farm at the Museum Market in Hopewell Cape (see p. 13)

Meet you at the Market

Foods of the Fundy Valley partners with farmers' markets in two locations. These markets serve as a showcase for the many talented food producers and artisans in Albert County. At the markets, you can find local meats, poultry, cheeses, breads and other baked goods, eggs, produce, preserves, plants, flowers, as well as hand-made arts and crafts. The markets are open during the summer from Victoria Day to Thanksgiving.

The **Museum Market** is held every Saturday from 9am to 1pm at the Albert County Museum in Hopewell Cape. Start with a delicious breakfast made with local ingredients,

served in the Community Hall. From there, make your way to the Exhibition Hall, where you will find our vendors set up among the museum's exhibits of farming equipment and tools from our past.

The **Alma Market** is held every Sunday from 9am to 2pm at the Vista Ridge Barn, 41 Foster Rd., overlooking the beautiful Village of Alma. Savour Belgian waffles served with locally made sausages and maple syrup.

Come visit these markets and enjoy the camaraderie and fresh, local food!

Lynne Greenblatt

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Foods of the Fundy Valley

Foods of the Fundy Valley is a non-profit organization founded in 2010. Our mission is to foster an environment that promotes the production and consumption of local foods and local goods in rural Albert County. We are governed by an elected board of directors. We are supported by many passionate and energetic volunteers throughout the community – farmers, bakers, innkeepers, teachers, business owners, accountants, cooks, scientists, artists, people from all walks of life... all of whom share a common love of food and community.

We believe that, to accomplish our mission, we need to start from the ground up. We have established programs in partnership with the Hillsborough and Riverside Schools to work with students from grades K-12. We teach them to grow, prepare, cook and eat fresh, nutritious food right from our soil. **Little Green Thumbs, Caledonia Growing, Riverside School Garden Club, and Kids in the Kitchen** are all successful programs that have been running for the past two years.

The **Museum Market** is held every Saturday from 9am to 1pm at the Albert County Museum in Hopewell Cape. The **Alma Market** is held Sundays from 9am to 2pm at Vista Ridge Barn, 41 Foster Road. Both markets run from Victoria Day to Thanksgiving.

Once a year, we produce and distribute a Local Food Map — a guide to local restaurants, food producers and purveyors, farmers' markets and food events. We also produce this publication, *Fresh from Fundy: Celebrating the Foods of Albert County*.

We are proud of the seafood, meat, poultry, fruits and vegetables grown in our area, as well as the preserves, baked goods, condiments and other food-related items produced within our community. We developed the Fundy Fresh logo which for our business members to proudly display. We also have Fundy Fresh labels, which producers can use to distinguish their products as locally grown or made. So, the next time you see the Fundy Fresh label on a delectable

***Food producers need an outlet for their goods, and residents
need a place to go for local food, without having to make
the long drive to Moncton or Sussex.***

In partnership with the **Shepody Food Bank**, we run the **Shepody Café**, which provides hot, homemade soups and cooking demonstrations during Food Bank hours. We focus on using ingredients that are in the day's food boxes to give clients ideas on how to use the fresh produce.

Food producers need an outlet for their goods, and residents need a place to go for local food, without having to make the long drive to Moncton or Sussex. We partner with farmers' markets in Hopewell Cape and Alma.

food item, you'll know that it was produced right here in your own backyard.

If you share our passion and interest in food and community, we invite you to join Foods of the Fundy Valley. Annual membership dues are \$5 for an individual or \$25 for a business. Membership gives you a voice in our governance and programs, and puts you in touch with your like-minded neighbours. We also have the best AGM Soup Bar in the County!

Lynne Greenblatt

On a warm summer day, a fishing boat on the Bay of Fundy is a lovely sight. But the fishermen in Alma don't just go out on sunny days. I often see boats on the bay on blustery winter days. At night, I see the lights from the boats, sometimes while snow is falling and the wind is howling.

To learn more about what happens on the water, I talked to three Alma fishermen. (Note that both men and women in the fishery are called 'fishermen'.)

At thirteen years of age, Terry Rossiter started working in the lobster fishery by baiting and cleaning out traps. He is now the president of the Alma Fishermen's Association.

Jon Sanford focuses on scallops but also fishes lobster. Jon followed his father's footsteps and went into the fishery when he was twenty years old. He is the Alma Fishermen's Association's scallop representative.

Joanne Butland has been involved in the fishery since 1984 and held a lobster license for three years. She now helps on the boats and runs Crooked Creek Adventures.

Fishing seasons

The Canadian Department of Fisheries and Oceans regulates fishing seasons. The opening and closing dates of the seasons vary with the species and with each district. In Alma, there are two lobster seasons. In the spring, the boats start going out around mid-April. Terry mentions that the season opens before then, but there's not much point in going out too early because the lobsters aren't moving in early spring. The spring season ends on July 31. The fall lobster season runs from October 14 to December 31.

The main scallop season begins on the second Tuesday in January and extends as late as April 30 if the quota

Fishing on the Bay of Fundy

By Janet Wallace



isn't caught before then. Unlike lobster, the scallop season reflects the time of year and the quota for the whole district. Once the quota is reached, the season is closed. Last winter, catches were good and the quota was reached early.

Usually there is a second scallop season from the first Monday in August until the end of September, and the annual quota is split 50/50 between the two seasons. "But this year," Jon says, "the fleet decided to fish it all in one season because catches were good and prices were good." Jon was out on the water for only 21 days, and the whole season lasted just six weeks from January to mid-February. There won't be any more scallop fishing until January 2015.

Jon Sanford says many fishermen will go out no matter how cold it is, but he doesn't go out on the water when the temperature drops below -25°C. Cold conditions make the work difficult and uncomfortable. Also, ice can create major problems and hazardous conditions. "Some years," Jon says, "we lose a couple weeks of the season because of ice. When the ice builds up,

the boats have trouble getting in and out of the harbour."

When the season is closed and the boats are tied up, the fishermen still have work. They overhaul and mend traps, fix gear and work on their boats.

Catching lobster

There are different designs of lobster traps but all have at least one entrance head, kitchen, funnel head and parlour. The kitchen holds a mesh bag containing bait, most often herring. To get the bait, the lobster goes in the entrance head. After eating, the lobster tries to leave by the funnel head and is then stuck in the parlour. An escape hatch is placed in every parlour to allow small lobsters to escape – one of several methods used to protect stocks.

Each boat has three hundred lobster traps. The traps are coloured and every one has its own number issued to the licence holder by the Department of Fisheries and Oceans.

For both lobster and scallops, a boat carries the captain and two to four crew. The workers live between Hillsborough and Alma. Joanne But-

land estimates that “at least half of Alma is involved in the fishery. Sometimes a woman works at the store but her husband is a fisherman.”

“In the summer, most boats ‘fish singles,’” explains Joanne, “one line with one buoy for one trap.” In the fall,

Part of the skill in fishing lobster is predicting the location and movement of the lobster.

many fishermen also trawl with 15-20 traps per line.

In the spring, the fishermen check the traps once a week. The lobsters move slowly when the water is cold. “In the fall,” says Terry, “you pull them as quick as you can, sometimes even twice a day.” The lobsters are moving and hungry, and easier to catch than in the spring.

After the fishermen pull the traps, they sort their catch. They throw back undersized lobsters, females with eggs on their tails and bycatch, such as sand sharks.



The fishermen band the claws of the marketable lobsters and put them in tanks of saltwater. The traps are baited and set back or moved to a new spot.

Part of the skill in fishing lobster is predicting the location and movement of the lobster. Different strategies are used. “Some guys have their traps all at one spot,” says Terry. “Others have them all over.”

“There’s a mind game to it,” he adds. “There’s a time to be in certain places and time to move. Sometimes even though they traps are full, you move them to another spot. It’s like gambling. But you learn.”


“The work is like other self-employment. What you get out of it depends on what you put into it,” Terry says.

“Fishing lobster,” says Joanne “is exciting. Sometimes you get lots of lobsters in the traps. It’s like a lottery.”

Jon adds, “Lobster fishing is ‘hurry up and wait,’” because fishermen rush to pull and set traps, but then they have to wait for the lobsters to be caught.

“With scallops,” he says, “it’s the same, day after day.”

According to Jon, fishing scallops “is not nearly as exciting as fishing lobster. You go to the scallop grounds and



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fish until you're done. You tow your drags; pull up every 15-20 minutes." The crew pick through the catch, tossing back the scallops that are too small. The larger scallops are shucked, washed, put into cloth bags and then stored on ice.

Prices (or how an earthquake in Japan affects business in Alma)

Lobster and scallops from Alma are exported all around the world; consequently, the price fluctuates depending on global factors. The fishermen's income reflects the costs of inputs (particularly fuel, labour and bait) and the price of the product.

A main challenge over the last few years is the low price of lobster.

"Last summer, I don't think anyone made a cent lobstering at \$3.25/lb. but the fall was half-decent and scalloping was good. No one thinks about last summer now," Terry says.

"There are good years and bad years," he adds.

"The resource is strong, stocks are good but price is the issue for lobster,"

concludes Joanne. "And lobster is the bread and butter of the Alma fishery."

In 2014, the price of scallops was high. The reason for the high price is complicated but stems from strong Asian demand for North American scallops. Apparently, many people in Asia didn't want to consume their local scallops because they were concerned about radioactivity — the result of damage to Japanese nuclear reactors after the tsunami in 2011.

Jon says that even though the scallop prices were high, it is unlikely that any one fisherman made more money than usual. Most years only a few fishermen fish scallops in the winter. This year, however, because of the high prices, all the fishermen went out. As a result, the total catch (and revenue) was spread among many boats and the season ended early.

Challenges

"The hardest part of the job," says Jon, "is the long hours." Because of huge tides, the boats can only come to shore around high tide. As a result, the shortest possible work day is 12-14

hours long. Most fishermen work longer days. When scallop fishing, most days last 15-16 hours. In the fall, the lobster fishermen work 24-hour days.

"Once," Terry adds, "I was out for eleven days straight. We would just come in, unload and turn around and go back out. You just sleep when you get a chance — just lie down for a few hours when you can."

Another problem is seasickness. Many fishermen, including Joanne and Jon, get sick whenever the water is rough. Sometimes, says Joanne, they "still get sick every other day."

"You really have to like it if you keep going out even though you get sick a lot," says Joanne. Being seasick "is one of those things you really don't get over until you get back to shore."

The beauty of buying local

Buying directly from the lobster shops in Alma is one reason to support all the people working in the fishery. Another reason is taste.

"The quality of our [shellfish] is as good as it gets," says Joanne.

"You'll get the best quality at the local markets," adds Jon, "because they are the first ones to handle it."

When the season is open, you can see the lobsters coming off the boats and you know you're getting freshly caught lobster. And with seafood, freshness is key to great taste.

In Alma, three lobster shops offer fresh, local seafood. Although we call them lobster shops and their tanks are filled with live lobster (often awaiting export), all three shops sell a variety of seafood.

See details about the lobster shops on pages 15-16.



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A Look at Liptay Farms

By Janet Wallace



You can't help but notice Liptay Farms when driving along Highway 114. The majestic mansard-roofed house, an old stagecoach stop, is set back from the road. The house is perched atop a ridge with a 'mountain' behind, a valley to the

side and Shepody Bay just a field away across the road. You can often see horses grazing the slope towards the creek.

On their farm in Lower Cape, Mindy and Steve Liptay have 30 head of beef cattle, six horses, a flock of laying hens and nearly an acre and a half in vegetables. The vegetables are sold at the Museum Market (Saturday mornings in Hopewell Cape) and through a 75-member CSA Mindy runs with Lisa Brown of Farmer Brown's Greenhouse (see page 9). Eggs are sold from the farm gate or through the CSA.

"We love living this way," says Mindy. "We love bringing up our kids on a farm. This allows us to spend so much time with our children." Jenica (8) and Aynsley (6) both ride horses and compete in the local horse shows.

Steve works off the farm as the auctioneer at the livestock auction in Sussex, NB. He also works with his father, a world champion livestock auctioneer, and two brothers. They auction cars through The Great Northern Auction and estates via Liptay Auctions. Mindy works part-time as a clerk with the auction sales.

"We work hard, but we love it," says Mindy Liptay.

Mindy grew up in Riverside-Albert. Her mother, Janine Underhill, was surprised when Mindy got into farming. As a child, whenever Mindy "got dirt on her hands, she had to wash them right away." Mindy recalls picking potato beetles and thinking it was "the worst work imaginable."





Aynsley

Even though she showed horses, even won awards for jumping at the All American Quarter Horse Congress, she never imagined becoming a farmer.

"A safe and local food system is so important for our economy and our community."

Steve, on the other hand, has a farming background. His grandfather was a market gardener in Ontario.

Steve's first jobs were working on dairy, beef and vegetable farms and in greenhouses.

"It's a great time to be in food production," says Mindy. "The demand for local beef and vegetables, for local food in general, is huge. The main challenge is there are not enough hours in a day."

"We need to bring children and families back to their food," says Mindy. "A safe and local food system is so important for our economy and our community."

Mindy works for change by teaching the next generation to garden and cook healthy meals. She is a board member and active volunteer with Foods of the Fundy Valley.

Along with Lisa Brown of Farmer Brown's Greenhouse and other volunteers, Mindy has started school gardens at Hillsborough Elementary and Caledonia Regional High School and a community garden at the Albert County Museum. She also helped create Kids in the Kitchen, in which students prepare and enjoy meals made with fresh local vegetables.



Jenica

Change will come, she suggests, when people start asking for local food. That will create a demand for more farmers.

"It's important to let people know that they can farm," says Mindy. She and Steve are leading by example ~ a healthy and joyful farm family living off the land.

"We work hard, but we love it," she concludes.



For information on Liptay Farms, contact Stephen & Mindy Liptay, Lower Cape, at liptayfarms@gmail.com. For information on the shared CSA with Farmer Brown's Greenhouse, email mycsafarmers@gmail.com.

Adapted from "Love of the Land: Liptays farm for community" published in Rural Delivery. The complete article can be found in the Writing Samples page under 'Farm Profiles' at www.janetwallace.ca.



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Supporting local businesses & community projects

What is a CSA?

CSA's are sprouting up all over Canada. The term 'CSA' stands for 'Community Supported (or Shared) Agriculture.'

In CSA's, customers subscribe to or join a program to receive a weekly supply of mixed vegetables. Customers, who are sometimes called members or subscribers, usually pay for half or the whole season in the spring.

Each week, farmers provide an assortment of vegetables and herbs. Some CSA's offer the option to add home-baked bread or eggs to the weekly package. Many CSA's are organic – which means the vegetables are grown sustainably and without the use of synthetic pesticides or fertilizers.

Why join a CSA?

Customers join CSA's so they can have a weekly supply of healthy food throughout the growing season. Many CSA members also enjoy the connection with a small farm and the knowledge that they are supporting local farmers.

Elaine and Alan Demaline have belonged to a CSA for several years. After the Demalines moved to Hopewell Cape, they wanted to find local food. They soon realized one of their neighbours, Mindy Liptay, was growing organic vegetables. After

being encouraged by the Demalines, Mindy started a CSA program and the Demalines were the first subscribers.

"We know the food is truly local," says Alan Demaline, "and we know we're supporting the small farm near our B&B." At Innisfree B&B, the Demalines use as much local food as possible, including local eggs, fruit, vegetables and maple syrup.

CSA's are all about diversity ~ each week, members receive a variety of crops. The diversity is good for the customer, farmer and the environment. Subscribers can enjoy many kinds of vegetables and are often introduced to new vegetables through the CSA. Farmers know that even if one crop fails, they will likely have other successful crops to provide to their members. Lastly, diversity is

CSAs are all about diversity. Each week, members receive a variety of crops.

Farmer Brown's Greenhouse and Liptay Farm now offer a joint CSA. Heat-loving crops, such as tomatoes and cucumbers, grow at Farmer Brown's. Cool-loving crops, like lettuce, spinach and peas, grow at Liptay Farm where they benefit from the cool breezes off the bay. Other crops are grown on both farms. Their combined efforts result in a greater choice of crops for their CSA members.

The CSA model offers advantages to market gardeners. Rather than going to farmers' markets and risk coming home with unsold produce, farmers harvest only what is needed.

good for the farm – high biodiversity minimizes pest problems and leads to a more efficient use of nutrients.

Next spring, look for a CSA near you. But sign up early.... Many CSA's are full long before the season begins.

Janet Wallace



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Flat Brook Farm: Growing food, family & community

“Passionate and experimental,” describes Dan Sinclair and Angela Sullivan’s approach to farming.

The focus of Flat Brook Farm, says Angela, is to produce and put away enough food to feed their family throughout the year. The couple have two boys, Ethan (4) and Graydon (2), and another child expected in November. On their small organic farm nestled in a valley outside Alma, Dan and Angela have a large vegetable garden, along with chickens, ducks and pigs.

After meeting the family’s needs, surplus food is sold in the community. Although Angela sometimes goes to the Alma Farmers’ Market, she prefers filling custom orders. When she has extra produce, Angela simply calls her friends and neighbours who are interested in buying organic vegetables and eggs and lets them know what is available. She then picks the vegetables and delivers the orders, enjoying a social visit at the same time. This old-fashioned style of food retail appeals to Angela. She picks

only what she knows she can sell – avoiding the risk of coming home from the farmers’ market with unsold produce. In doing so, she provides several households with healthy food. The most popular vegetables, she says, are the ones used in hodgepodge, a traditional summer meal with carrots, new potatoes and fresh beans cooked in cream.

Dan and Angela love to learn and experiment in their garden. They have adopted several permaculture methods (see page 10). The latest addition is an herb spiral – in which culinary and medicinal herbs are planted in the shape of a coil.

Some experiments are less successful – such as integrating free-range poultry and gardening.

“The chickens lost that one,” says Dan. The poultry remain on pasture, but are now fenced rather than running completely freely (and damaging the garden).

Another goal is to have the children understand where their food comes from. The boys help take care of livestock and work in the garden, although Angela points out that their ‘help’ is sometimes counterproductive. Regardless, Angela and Dan are pleased that their boys have developed an early appreciation of how to grow food and enjoy working outside.

A main challenge is the lack of time. Dan works as an interpreter at Fundy National Park. Gardening work is squeezed in around his full-time job. As a result, he sometimes ends up gardening by flashlight.

Dan describes his approach to gardening as “plant and dash.” He follows the example of his uncle George Sinclair: plant a lot and hope something will grow. (Both Dan and George often end up with plenty of food.)



Dan and Ethan

In addition to raising their young family, working and growing food, Dan and Angela volunteer in many community groups. Dan is a driving force behind the garden at Riverside Consolidated School and is on the boards of Foods of the Fundy Valley, Vision Alma and the Fundy Guild. Angela is on the boards of Alma Recreation Council and Alma Celebration Days. The two help out with many other community activities.

Dan Sinclair and Angela Sullivan put energy, creativity and passion into all they do. The benefits of their hard work extend far beyond their household and farm as they devote their energy into growing food, growing family *and* growing community.

Janet Wallace

For details, contact Dan Sinclair & Angela Sullivan, Flat Brook Farm, 3810 Scenic Dr., Alma, 887-1814, dangela@nb.sympatico.ca



Angela and Graydon
(Ethan behind)

The Future Fundy Farms: Local Harvest



Permaculture can be roughly defined as an agricultural system that is both sustainable and self-sufficient.

Perennial crops (plants that return year after year) are used as much as possible. The focus is on ecological communities of plants, rather than simply looking at one crop at a time.

Where some people see a derelict house, scrubby woods and a brush pile, Angela MacDougall and Ryan Smith see a thriving farm business. On the side of Highway 114, just outside Hopewell Cape, the young couple have cleared land, erected a greenhouse, and planted herbs and vegetables.

Angela (32) and Ryan (33) share a passion for working with nature and providing healthy food. They bring complementary skills and the experience of running several businesses to their new shared venture. The couple are creating Fundy Farms: Local Harvest on the land which once belonged to the father of Prime Minister RB Bennett.

Angela has been growing medicinal herbs and creating herbal teas and seasonings for five years. She recently closed her shop in Moncton to

focus on growing more ingredients for her herbal products. Angela's business in Albert County will continue under the name Herb and Joy.

Although Ryan's background is in forestry, he emphasizes the value of non-timber forestry products harvested from woodlots. One sustainable forest product is the chaga mushroom, a medicinal fungus that grows on birch trees.

In his business MegaChaga, Ryan sells chaga mushrooms online and to health food stores. Angela also incorporates the mushrooms into some of her herbal products. Ryan has another business called Wild Mushrooms and More, in which he sells cultivated and wild mushrooms and other food foraged from the forest and marshlands. Most of the products are edible (and delicious) including shiitake, chanterelle and lobster mush-

rooms, fiddleheads, blueberries, cranberries and goosetongue greens. He also cuts fir tips for wreathes. Chat-ham Biotech, a business Ryan runs with his father, focuses on isolating and marketing the pharmaceutical ingredients found in yew trees.

Next spring, the couple plan to collect another forest product: syrup. Ryan's family owns the sugar bush, more than 200 acres behind the new farm. Tapping the trees is a family tradition carried down from Ryan's grandfather and father. Putting a new twist on the tradition, Ryan makes both maple and yellow birch syrup.

Forest gardening

"There's nothing planted here that you can't consume," says Angela proudly. She is standing among herb seedlings. Several clumps of flowers are blooming, but they're not strictly ornamental. The flowers can be used



together, with plots of mint planted among the shade of the apple trees.

A vegetable garden has been planted between the road and the greenhouse. The couple plan to grow vegetables for themselves, as well as continue the small CSA (Community Supported Agriculture program —see page 8) they started last year.

They grow heirloom varieties of vegetables, old strains noted for their flavour.

Future of Fundy Farms: Local Harvest

“That’s where we’ll put picnic tables,” says Ryan while pointing at the smouldering brush pile contained within an old rock foundation.

As for the derelict house that looks like it might collapse in the next gust of wind – that will be torn down. Ryan hopes to build an underground greenhouse in its foundation.

He gestures towards a patch of rough ground where the shop will be. The couple will sell their own syrup, mushrooms, wild plants and herbal products (teas, bath salts, seasonings). Outside the shop, they plan to have booths for other local businesses to sell their goods, such as campfire wood, vegetables and crafts.

Angela and Ryan have great dreams for their land. Within a short period of time, they have already made great strides in transforming an abandoned property into a vibrant farm business. Their vision, passion and capacity for hard work, along with the support of the local community, will help them on their path.

Janet Wallace

for food or dried for tea. I spot radish seedlings among the herbs.

Dried radish leaves, explains Angela, make a zesty addition to her herbal seasoning blends.

The herb garden extends up the hill into an old overgrown orchard. The forest and the garden blend

Cultivating without chemicals

“We’re not certified organic,” says Angela, “but we’re cultivating without chemicals.” The couple are trying many innovative growing methods including permaculture techniques.



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Growing the Best Basil

It seems that basil is everyone's favourite herb. There is a love affair going on with all the new basil varieties in the seed catalogues. Richters Herbs of Ontario now sells 40 kinds of basil. They are all easily grown from seed, making it difficult to choose just one variety. They all look so inviting with amazing colours and textures. A package of seeds is not a big investment so it would be fun to try a few new varieties each year. You will then discover that you have found some new favourites.

At Tansy Lane Herb Farm, our favourite basil includes the following.

Spicy Globe Basil

This is an attractive form of bush basil with smaller leaves than the larger basil. The leaves form a uniform ball making it a lovely decoration for a patio table. It is great to be able to pick a few leaves to put in a salad while at the table.

Genovese Basil

These are the large leaf basil that we love to grow for pesto, if they make it past the tomato sandwich!

Basil Pesto

2 cups basil leaves
1/2 cup olive oil
3 tablespoon pine nuts
2 garlic cloves peeled
3/4 cup freshly grated
Parmesan cheese

Purée the basil, olive oil, nuts and garlic in a food processor or blender. Fold in cheese. Store for up to a week in the refrigerator or freeze for the winter.

Purple Basils

You can choose from Rubin, Purple Ruffles, Red Genovese and others.

Thai Basils

A favourite is Siam Queen Thai, which is a very regal-looking plant. It has a spicy anise-licorice aroma and flavour. Siam Queen Thai basil is often grown for its ornamental features.

These are only a few of the many wonderful basil seeds available. Consider planting several varieties in a big tub or planter. It would be stunning as well as good-tasting.

Growing Basil

Basil needs to be planted after the ground is warm. It doesn't tolerate cold weather so it is best to be patient. Seedlings are easily started inside four weeks before the last frost. Transplant after they have a set of true leaves and the threat of frost has passed. During the summer, cut sprigs to encourage bushiness and leaf production.

At Tansy Lane Herb Farm, we sell seeds and plants of a number of varieties of basil available.

For details on courses on gardening organically, growing herbs and edible flowers and more, check www.gardeningcourses.weebly.com

Carole Coleman

Have a happy "herby" growing season, from Carole Coleman, the old lady who lives with herbs and cats at Tansy Lane Herb Farm.

Tansy Lane Herb Farm, 490 Albert Mines Rd., Albert Mines NB E4H 1S5. 734-3006/1-877-826-7959, tansyln@nb.sympatico.ca www.tansylane.com

Growing grain in Albert County

Quinoa next to corn . . . barley next to beans . . . just a few possibilities we are exploring in the Albert County Small-Scale Grain Project. We are evaluating the potential of quinoa, hullless oats and hullless barley as crops on market gardens and small farms.

There are many great reasons to grow grain. Gardeners can become more self-sufficient in their food production and farmers can grow livestock feed. Grain and quinoa may be cash crops, along with straw. Also, incorporating grain into a vegetable crop rotation helps break pest cycles, control weeds and improve soil structure and fertility.

There are, however, a few challenges to growing these crops. Vegetable growers lack the specialized equipment used to plant, harvest and process grain. For quinoa, a challenge is its long growing season and the need for dry weather when the crop is mature.

We hope to identify ways to grow grain on a small scale. Our first step was selecting hullless varieties that will be easier to process. We want to identify crop varieties that perform well in our region and are easy to process with minimal equipment. We have planted the crops in six sites in Albert County.

So far, the weather has created many obstacles. As a result of the cold wet spring, we had to delay planting; hopefully there will still be time for the crops (particularly quinoa) to mature before wet fall weather arrives. Also, the damp grey conditions led to considerable slug damage on the quinoa.

We hope to hold a field day in the fall. People can visit the farms and perhaps participate in threshing or winnowing. The field day will be announced on the Foods of the Fundy Valley website and Facebook page. For details, email janetwallace@xplornet.com.

The project is made possible by volunteer energy and funds from the Atlantic Canadian Organic Regional Network (ACORN) and Bauta Family Initiative on Canadian Seed Security.

Janet Wallace

ANC Meats

To have a complete local food supply, we need more than farmers. We need processors, distributors and customers. There are many components to the food system, and one key player is the slaughterhouse.

Throughout Canada, many small abattoirs (slaughterhouses) have closed. The closures affect farmers and, ultimately, consumers. Small-scale farmers can't afford to ship their animals to large abattoirs, and some are reluctant to transport their livestock long distances. Consequently, many farmers have stopped raising livestock and local meat is no longer available in much of rural Canada.

In Albert County, we are fortunate to have a supply of local meat. Arnold Glendenning helps our food economy by running a provincially licensed abattoir in Shepody called ANC Meats.

Arnold is a second-generation butcher. He was introduced to the meat business by watching his father, Harold, cut and wrap meat. The focus of ANC Meats is local beef and pork.

In addition to cutting and wrapping, Arnold also has a smoke-house. He smokes bacon and makes several types of sausage as well as corned beef. He also does custom orders for many farmers and hunters, including processing lamb, deer and moose.

ANC Meat products are available at a few stores year round, including Crooked Creek Convenience in Riverside-Albert (at the junction of Hwy 114 and Rte. 915) and Coverdale Convenience (1017 Coverdale Rd. in Riverview). Arnold sells from the shop but doesn't have regular hours.

From Victoria Day to Thanksgiving, you can buy ANC Meats at the Museum Market in Hopewell Cape every Saturday (9am-1pm), and the Alma Farmers' Market on Sundays (10am-2pm).

Janet Wallace

Arnold & his grandson Aiden at the Museum Market



2 for 1

Individual Admission

Buy one individual admission at regular price and receive a second individual admission (of equal or lesser value) Free. Expires September 30, 2014

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Raising livestock on Maplehurst Farm

Maplehurst Farm is a small family farm operated by Jason Beaton and Stephanie Robertson in Colpitt's Settlement. Our goal is to provide clean healthy food in a way that is humane to both the animals and the producer. Our farm is modelled on methods pioneered by Joel Salatin of Polyface Farm and Walter Jefferies of Sugar Mountain Farms. We believe that these methods are far superior to conventional farming models, as they actually build soil fertility while using only a fraction of the fossil-fuel input. We use no chemical fertilizers, herbicides or insecticides. These methods provide a more humane environment for the animals and allows them to express their natural behaviour.

Our current products are grass-fed beef, pastured Berkshire pork and pastured chicken, turkey and eggs. On occasion we offer breeding stock from our herd of Irish Dexter cattle and Berkshire pigs. Day-old chicks are also available in the spring, from a variety of heritage bred chickens.

Jason Beaton & Stephanie Robertson

Upcoming Events

July 26. Cob Oven Kick-off
Enjoy pizza cooked in our new cob oven at the Museum Market 9am-1pm. Albert County Museum, 734-2003.
www.albertcountymuseum.com
info@foodsoffundyvalley.ca

July 27. Tansy Lane Summer Festival.
Herb workshops, music and brunch. 11am-4pm, Tansy Lane Herb Farm, 490 Albert Mines Rd., 734-3006,
tansyln@nb.sympatico.ca
www.tansylane.com

July 31- Aug. 2. Ten Thousand Villages Festival Sale
Sale of beautiful, fair trade gifts from artisans from 30+ countries. July 31: 1pm-7pm, Aug 1: 10am-7pm, Aug 2: 10am-5pm, Alma Activity Center Upper Level. 8584 Main St., Alma 756-2021

Aug. 4. New Brunswick Day Lobster Supper
Hopewell Cape Community Hall, Albert County Museum, 5pm-8pm. Advance tickets \$25 (no tickets at door). 734-2003.
www.albertcountymuseum.com

Aug. 4. New Brunswick Day at Hopewell Rocks
Performance by local musician Don Coleman, and fun activities for the family at Hopewell Rocks. 8am-8pm. 1-877-734-3429.
www.thehopewellrocks.ca

Aug. 13. Royalty Tea
Hopewell Cape Comm. Hall, Albert County Museum. 2pm-4pm. Advance tickets \$12 (no tickets at door), 734-2003.
www.albertcountymuseum.com

Aug. 23. Blueberry Festival
Curryville Comm. Outreach Center, 786 Albert Mines Rd. Blueberry breakfast & activities. 8am-2pm. 734-2851,
samcas@nbsympatico.ca

Aug 23-24. Rising Tide Festival
Fundy National Park's "biggest and best musical festival to date." See line-up and details at www.pc.gc.ca/eng/pn-np/nb/fundy/activ/special.aspx

Aug. 28. Engaging and Motivating Volunteers
A workshop that explores what motivates people to volunteer and describes how to recruit volunteers to match an organization's needs. For information or to register, please contact the Forest Dale Nursing Home, 882-3001,
forestdale@nb.aibn.com.

Aug 29-30. Fundy Star Party. A Royal Astronomical Society of Canada (NB Chapter) and Fundy National Park Collaboration. Astronomy made easy! See the universe through telescopes and talk to people who love to share their secrets about the stars.
www.pc.gc.ca/eng/pn-np/nb/fundy/activ/special.aspx

Aug. 30. Hodgepodge Supper
An Albert County fresh garden tradition. Hopewell Cape Community Hall, part of the Albert County Museum, 6pm-7pm. Advance tickets \$12 (no tickets at door). 734-2003
www.albertcountymuseum.com

Sept. 27. Lasagna Supper
Hopewell Cape Community Hall, Albert County Museum, 6-7pm. Advance tickets \$12 (no tickets at door). 734-2003
www.albertcountymuseum.com

Sept. 28. Albert County Appreciation Day. Hopewell Rocks. 9am-5pm. In partnership with Shepody Food Bank, cash or non-perishable items collected in lieu of admission fee. 1-877-734-3429.
www.thehopewellrocks.ca

Oct 10-13. Thanksgiving Weekend & Fundy Pumpkin Festival
Fun-filled weekend and Fundy National Park's annual pumpkin carving contest.
www.pc.gc.ca/eng/pn-np/nb/fundy/activ/special.aspx

Oct. 17. Oktoberfest.
Foods of the Fundy Valley celebrates Oktoberfest in Hillsborough. German food, children's entertainment and live music. See details below.

Oct. 18. Hunters Breakfast
Wholesome hot breakfast featuring local ingredients. 8am-11:30am, Curryville Community Outreach Center, 786 Albert Mines Rd., 734-2851
samcas@nbsympatico.ca

Nov. 22-23. "Home By the Fireside" Christmas Concert
Festive music, singing, dancing, drama & refreshments. Nov. 23 at 7pm, Nov. 24 at 2pm, Hopewell Cape Community Hall, Albert County Museum. Advance tickets \$12,
www.albertcountymuseum.com

Dec. 26. Christmas Day Dinner
Curryville Community Outreach Center, 786 Albert Mines Rd., 734-2851.
samcas@nb.sympatico.ca

Come celebrate Oktoberfest!

This fall, Foods of the Fundy Valley will host Oktoberfest! Join us at the Hillsborough Kiwanis October 17 for a night of German food, children's entertainment, live music, and authentic costumes and decorations. The event is sponsored by The Great Northern Auction, Liptay Auctions and the Kiwanis.

We welcome everyone for an afternoon of music starting at 4pm and a German buffet supper from 6-7pm. The menu features authentic German dishes (made with locally sourced ingredients), including spaetzle, schnitzel, sausage, sauerkraut, red cabbage rolls, apple strudel with vanilla sauce and Black Forest squares. There will be a full bar provided by the Kiwanis with local beers for sale.

Following the dinner there will be a dance with live music from The Swell Guys from 8pm to 1am. BBQ sausages will be available for purchase during the dance from 10pm onward.

Adult tickets are \$40 for the full evening including dinner and dance, or \$25 for either the dinner alone (4pm to 8pm) or the dance alone (8pm to 1am). Children's tickets cost \$10 (includes child's buffet). Tickets will be available for purchase at the Museum Market in Hopewell Cape or from Foods of the Fundy Valley board members (see list on page 2).

Jessie Brown



Leslie Tracy

Century 21 Countryside Realty
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www.leslietracy.com



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www.acornorganic.org

Albert County Museum

The People of the Tides: the Human & Industrial History of Albert County.
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