

# *Fresh from Fundy*

## *Celebrating the foods of Albert County*

'Fundy Fresh' is a brand that connects people with the great local food grown, made or harvested in rural Albert County, NB.

In Spring 2013, members of Foods of the Fundy Valley met with many Albert County food producers to develop a branding program which will promote local food. The resulting logo and brand reflects the rich farming and fishing heritage on land and sea that makes up the food landscape of Albert County.

The brand will help consumers identify food grown, harvested, baked or prepared in Albert County. The Fundy Fresh logo will be used by farmers and retailers, and by restaurants to promote dishes made with local ingredients.

Fundy Fresh was inspired by the traditions and heritage of our county, and helps people contribute to Albert County by supporting local food producers.

*Rachel LeBlanc*



*Fresh from Fundy* celebrates the food grown, caught, prepared and enjoyed in Albert County. Continue reading to:

- Discover the food producers in our community – the people who grow, fish, cook and preserve food in Albert County.
- Find out what food is grown and caught in our area throughout the year.
- Learn where to buy local food.

### **Foods of the Fundy Valley**

Foods of the Fundy Valley is a volunteer-based non-profit organization based in rural Albert County, NB.

Foods of the Fundy Valley (FFV) aims to stimulate an interest in agriculture and increase the number of farms in Albert County. The organization promotes local food products, and educates consumers and farmers. FFV holds banquets of local food, educational workshops and markets to highlight the rich resources of this county. We welcome new members.

You can help by joining Foods of the Fundy Valley, supporting local food suppliers, placing ads in our newsletter and/or attending our events. Feel free to email us with questions or suggestions; we welcome community involvement.

#### **Foods of the Fundy Valley**

**PO Box 2002, Riverside-Albert NB E4H 4X2**

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# **Fresh from Fundy:**

## **Celebrating the foods of Albert County**

**~ Summer 2013**

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***Fresh from Fundy: Celebrating the Foods of Albert County*** is produced by Foods of the Fundy Valley. Beginning in 2014, we aim to produce the newsletter every spring and fall. Copies of the newsletter will be distributed to stores, tourist venues and farmers' markets throughout the county. As well, the newsletter will be available online at [www.foodsofthefundyvalley.ca](http://www.foodsofthefundyvalley.ca).

***Fresh from Fundy*** has been produced in part with support from the Agri-Food Market Development Program of New Brunswick Agriculture, Aquaculture and Fisheries.

Join Foods of the Fundy Valley—a membership costs only \$5 a year.

## Local food tastes great.

When it comes to lobster and scallops, we know that the cold water of the Bay of Fundy produces excellent shellfish. Likewise, New Brunswick's maple syrup, fiddleheads and blueberries are recognized for their high quality. These delicious foods are all grown in Albert County.

Our fruits and vegetables also taste great. One reason for this is because farmers selling locally often don't grow varieties that have been bred to withstand long-distance transport. Instead, they can choose varieties of fruit and vegetables noted for their flavour.

When vegetables are going to be shipped, farmers often pick them when they are under ripe. In contrast, when farmers grow food for local markets, the berries, tomatoes and other foods can ripen on the plant. Sun-ripened produce, especially berries and tomatoes, has wonderful flavour.

## Local food is fresh.

Much of the food at supermarkets comes from other provinces or countries, and may have been in transit for days. Even local food sold at the supermarket is rarely as fresh as food sold at a farm stand, U-pick, farmers' market or local lobster shop. Fresh food often tastes better and is healthier than food that has spent days or weeks in shipping or storage.

## Local food is often a healthy choice.

You can make simple meals featuring the intense flavour of local fruits and vegetables. In doing so, you can avoid eating processed foods containing high levels of sodium, fat and/or sugar. As well, because of the wonderful flavour of local food, you don't need to add much fat, sugar or salt.

## Eating local is better for the environment.

Shipping food over long distances burns fossil fuels and contributes to global climate change. Also, food is often damaged during transportation and this contributes to food waste.

## Eating and buying local food can be social events.

Buying food from your neighbours gives you an opportunity to connect with your community. Farmers' markets are often great places to spend time with friends, neighbours and other community members.

## Seasonal eating keeps us in touch with nature.

When you eat local food, you adjust your diet according to the seasons ~ fiddleheads, maple syrup and salad in the spring ~ tomatoes, cucumbers and zucchini at the end of summer. Rather than eating the same diet year round, you can celebrate the bounty of each season.

## Local eating is traditional.

A hundred years ago, almost all the food eaten in Albert County was locally grown. We now grow more types of vegetables but we can use traditional recipes to cook foods in season, such as hodgepodge in early summer and root vegetable stew in the winter.

## By buying local, you support your local economy.

When you buy local food, you support the people who grew, made or caught the food. You also contribute to the whole economy of the region. For example, when you buy food at the farmers' market, the farmer might then spend money at the local store. The storeowner might, for example, hire someone to repair an appliance.

Keeping money in Albert County allows more people to make a living here. The result? More people might choose to live in our beautiful corner of the world. A larger population can create a more vibrant community and strengthen our access to schools, post offices, health clinics, libraries and other services.



# Farmers' markets in Albert County

By Rebecca Tingley



**F**rom spring to fall, there are three farmers' markets each week in Albert County. Foods of the Fundy Valley partners with the Alma and Hopewell Cape markets.

## Hopewell Cape

On Saturday mornings between 8am and 12pm, local vendors sell delicious local goods inside the Hopewell Cape Community Hall at the Albert County Museum.

The Museum Market runs from May until October and offers baked goods, vegetables and meat. There are also activities organized for kids. A hot breakfast featuring local ingredients is available for \$7.

## Alma

The Alma Farmers' Market is located at 41 Foster Road and runs Sundays from 9am-2pm from May until October. For \$7, you can enjoy a hot breakfast made with local ingredients. Fresh produce and sprout kits are available, as well as beef, pork, spreads, goat cheese and bread.

## Riverview

The Riverview Town Market is open Wednesdays from 4pm-9pm from spring to fall at the boardwalk of Chocolate River Station (391 Coverdale Road). Vendors provide fresh produce, jams, baked goods, organic local beef, and gluten-free and vegetarian products.

# Grocery and convenience stores in rural Albert County

By Rebecca Tingley

## Cooke's Clover Farm

2995 Main St., Hillsborough, 734-2010

Local food: fiddleheads, goosetongue greens and samphire greens.

## Crooked Creek Convenience

5964 King St., Riverside-Albert, 882-2918

Local food: local meat, scallops and lobster, as well as produce including goosetongue greens and fiddleheads.

## Harbour View Market

8598 Main St., Alma, 887-2450

Local food: seafood, beef, fiddleheads and berries.

## Hillsborough Irving

2799 Main St., Hillsborough, 734-2650

Local food: fiddleheads, blueberries, samphire greens, goosetongue greens.

## Elgin Country Market

4 River Road, Elgin, 756-3524,

[elgincountrymarket@nb.aibn.com](mailto:elgincountrymarket@nb.aibn.com)

Local food: honey, maple syrup, eggs and garden produce.

## ValuFoods

2842 Main St., Hillsborough, 734-8001

Local food: as much local produce as possible including fiddleheads, strawberries, tomatoes, cucumbers, turnips.



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Contact Us: 382-2777

# Restaurants featuring local food

By Rebecca Tingley

Supporting your community has never been easier; you can dine out while helping to sustain our local food economy. The following restaurants feature local ingredients.

## Cinnamon Soul Café & Bakery

2831 Main Street, Hillsborough  
Tues to Thurs 10am-7pm, Fri & Sat  
10am-8pm, Sun 10am-4pm.  
Local beef and fresh garden produce  
in season. 203-2500,  
cinnamonsoulcafe@hotmail.com

## Broadleaf Guest Ranch Restaurant

5526 Rte 114, Hopewell Hill  
May-October. Local goosetongue  
greens, fiddleheads, meat, herbs,  
eggs, turkey, lobster, scallops, wine.  
882-2349, info@broadleafranch.com  
www.broadleafranch.com

## Cape House Restaurant

Cape Enrage  
June-September, 12pm-5pm or call  
ahead for dinner reservations  
Local wine, scallops, lobster, tea,  
herbs, fiddleheads, eggs, pheasant,  
turkey, honey. 887-2275  
info@capeenrage.ca  
www.capeenrage.ca

## Cleveland Place B&B

8580 Main St, Alma  
Must call 12-24 hours ahead to make  
a reservation. Local beef, pork, eggs,  
seafood, grain, honey, cheese, butter  
and produce (when in season).  
887-2213  
janechrysostom@hotmail.com  
www.cleveland-place.com

In the Heart of it All!  
**The Maplegrove Inn, 1854**  
Offering nightly accommodations and fine dining!



2013, TripAdvisor Excellence Award Recipient!

5 Maple St, Riverside-Albert NB  
E4H 3X1  
Tel: 1.877.882.1801



At the Cape House Restaurant, Chef Jeremy Wilbur uses local ingredients to create seasonal delicacies, such as parsnip cake (above), lobster tacos and sautéed fiddleheads.

## Harbourview Restaurant

8598 Main St., Alma  
Summer: 8am-9pm, Winter: Mon-Fri  
11am-5pm, Sat-Sun 9am-6pm  
Local hamburger, lobster and  
scallops. 887-2450

## The Maplegrove Inn

5 Maple St., Riverside-Albert  
May-October. One meal daily at 7pm;  
24-hour reservations required.  
Local vegetables from the garden,  
eggs and seafood. 882-1801,  
themaplegroveinn@live.com  
www.themaplegroveinn.ca

## An Octopus' Garden Café

8561 Main St., Alma  
Spring to fall: Sun-Thurs 7am-6pm,  
Fri-Sat 7am-8pm; winter: weekends

Local maple syrup, honey, tea, bread,  
meat, eggs, greens, wine, garlic, fruit  
(depending on the season). Most veget-  
ables are from the café's garden.  
887-1020, glass.roots@live.ca

## Patty's Place

2890 Main St., Hillsborough,  
734-3457, Summer: 7am-9pm,  
winter: 7am-8pm, Local eggs, beef  
pattysplacereastaurant@bellaliant.com

## Tides Restaurant

8601 Main St., Alma,  
May-October, 8am-9pm  
Local hamburger, lobster, scallops,  
fiddleheads, blueberries and  
vegetables. 887-2313,  
parkland@parklandvillageinn.com

*Local Chefs featuring Local Product Suppliers and Family Recipes*

### Broadleaf Ranch Restaurant:

Ranch cuisine with home cooked style meals.  
Licensed - Kid's Menu - Sunday Brunch  
Tel: 506.882.0912

### Cape House Restaurant:

Your fine dining option while enjoying the area.  
Licensed - Dinner Reservations Requested  
Tel: 506.887.2275

*Join Us and Make Your Own Memory!*

# A love of lobster

by Rebecca Tingley

People from all over the world enjoy the taste of our succulent Bay of Fundy lobster. Our ice-cold water produces delicious lobsters.

In Albert County, the lobster fishing season is open when lobsters have finished moulting and have hard, fully developed shells. As lobsters grow, new, soft shells form beneath the old shells. When they moult, the lobsters shed (and often eat) the old shells. The new shells then harden quickly in the cold water of the Bay of Fundy.

Although the average market weight of a lobster is a little over a pound, it takes about four to five pounds of hard-shelled lobsters (or five to six pounds of soft-shelled) to get a pound of lobster meat. Soft-shelled lobsters generally have less value per pound, as they do not contain as much meat as a hard-shelled lobster of the same weight.

In Alma, the lobster fishing season is closed during the winter and the moulting season.

In the spring, fishermen check traps every five days as the lobsters are moving slowly. In June and July, the traps are checked every two to three days. In the fall, the traps are checked daily because the lobsters are moving quickly. In Albert County, the legal trap limit is 300 per fisherman.

Highly nutritious, delicious flavour and even the satisfying crack of the shell – all reasons to come to Albert County to enjoy Bay of Fundy lobster.

## Butland's Seafood

April-September. Sun-Sat 10am-6pm  
Local lobster and scallops, and a selection of shrimp, smoked salmon, mussels, dulce and haddock.  
8607 Main St. Alma, 887-2190,  
collinslobster1@nb.aibn.com,  
www.fundylobster.com

## Collins Lobster Fishermen's Market

April-September. Sun-Sat 10am-6pm  
Local lobster and scallops, and a selection of shrimp, smoked salmon, mussels, dulce and haddock.  
20 Ocean Drive, Alma, 887-2054,  
collinslobster1@nb.aibn.com

## Alma Lobster Shop

May-October. Sun-Sat 10am-6pm  
Local lobster and scallops, as well as mussels, haddock, oysters and clams.  
Indoor and outdoor dining area.  
36 Shore Lane, Alma, 887-1987, 887-2550, almalobstershop@nb.aibn.com,  
www.thankfultoo.com

*In Albert County, the lobster fishing season is open when lobsters have finished moulting and have hard shells.*



# Food, flowers and community

## all grow at Farmer Brown's Greenhouse

By Janet Wallace

If you've gone to Fundy Park, visited Moncton or driven through Riverview, chances are that you've seen the work of Farmer Brown. Many of the flowers you see come from Farmer Brown's Greenhouse. But now, after fifteen years in business, the Browns are also growing food for local families.

### Who is Farmer Brown?

Lisa Brown is the force behind the business. Lisa and her husband, Fred, have five commercial greenhouses next to their house in Dawson Settlement. Lisa works full-time at the business and focuses her energy on the greenhouses. Fred works as an air traffic controller and on the farm. He grew up on a 700-acre pota-

to farm near Glassville, NB, and still enjoys growing potatoes, as well as pumpkins. The pumpkins are sold to the Magnetic Hill Zoo for "Boo at the Zoo" and to Fundy Park for Jack-o-lantern carving.

An amazing number of flowers are started in Farmer Brown's greenhouses. Lisa sells more than 25,000 seedlings each year and supplies the flowers for the gardens in Fundy National Park, the City of Moncton and Magic Mountain. She also sells plants to the Town of Riverview, Canadian Tire in Riverview and three landscaping companies.

The large orders and contracts, however, account for only half the sales – the rest are from people who drive up Osborne Corner Road and buy directly from the greenhouses. Many of these people now buy food as well.



Lisa Brown in her greenhouse in the spring

## Feeding families

Lisa began a CSA (community supported agriculture) program in 2012. She provides 45 households with weekly boxes of mixed vegetables from late June until mid-October. The Browns also raise meat chickens, laying hens and turkeys, as well as cattle and hogs.

All of the livestock are given unmedicated feed and are pastured outdoors from spring to fall. Demand is so high that all the pork and beef is sold months before it's ready. For chicken, some customers order ahead while others pick it up at the market in Hopewell Cape.

To meet the growing demand for locally raised meat, the Browns are increasing the size of their herds. They are starting to raise Belted Galloways, a heritage breed. These are sometimes called 'Oreo cows' because the head, shoulders and front legs of the cow are black, the middle is white, and the hindquarters are black.

The Browns are also raising four Berkshire pigs, a heritage breed noted for its flavour and ability to thrive outdoors. "They're happy pigs," says Lisa. "They're on pasture and have a watering hole." They also get to eat all the vegetables that don't look quite good enough to sell.

Lisa's decision to grow and sell more food comes from her strong convictions. "We can't outsource our food," she states. She believes Albert County should be more self-sufficient in food production. For that to happen, she says, people need to buy locally grown food. This will help farms and other businesses in the area.



Hillary Hopper has worked at Farmer Brown's since she was in high school.

## Contributing to the community

Lisa contributes to the local economy and community in many ways. Not only does she supply food to many families, but she also provides employment for several workers.

Every year, Lisa hires four to six full-time seasonal staff. Lisa says she has "been fortunate enough to keep the same work force," and adds, "The staff are very knowledgeable and good workers." Hanna Hopper has worked with Lisa for thirteen years. Hanna's daughter, Hillary, has been helping in the greenhouses since she was in grade 7. She is now studying plant science at the Faculty of Agriculture at Dalhousie University.

Mindy Liptay finds time to work at Farmer Brown's while also raising two daughters and helping her husband, Steve, run their own farm.

*"We can't outsource our food."*

Jessie, Lisa's 23-year-old daughter, is completing her Master's degree but also works at the greenhouse. The Browns have two other children, Siobhan (22) now working in air traffic control and Alex (19) studying engineering.

At Farmer Brown's, food politics and community development are woven into the workday and the lunch break. Lisa and her staff take turns making lunch for the whole crew. Local ingredients are used, such as meat, eggs and vegetables from Lisa or Mindy's farms.

"Lunch is a big deal here," says Lisa. The crew eats lunch together while chatting and laughing. Three of the people at the table are also board members of Foods of the Fundy Valley, and talk often turns to their volunteer work.

## Foods of the Fundy Valley

Lisa Brown is the president of Foods of the Fundy Valley. Hillary Hopper and Mindy Liptay are also on the board. In addition, Lisa and Mindy are the driving force behind the Hillsborough School garden projects. Lisa takes care of the seedlings planted by

the garden club until the students transplant the seedlings either at the school garden or in their own plots at her farm. Lisa feels it's important to teach children how to grow, cook and enjoy eating vegetables.

Lisa recalls that Foods of the Fundy Valley began several years ago at a community forum. Participants were asked to identify a key issue in the community that they wanted to work on.

Lisa Brown wrote "Food" on a sign and held it up...and that was the conception of Foods of the Fundy Valley. Now, three years later, Lisa Brown continues to devote countless hours towards creating a vibrant and healthy community. Lisa's enthusiasm is contagious and stimulates others to volunteer their time as well.

A lot is growing at Farmer Brown's. Bedding plants, vegetables, livestock are only part of the story. In Albert County, community spirit, new farming initiatives and healthy attitudes towards food are all growing with help from Lisa Brown and her team.



*At Farmer Brown's, food politics and community development are woven into the workday.*

### **Farmer Brown's Greenhouse & Market Garden**

*Lisa and Fred Brown*

371 Osborne Corner Road, Dawson Settlement.  
734-1908, [farmerbrown@xplornet.com](mailto:farmerbrown@xplornet.com),  
[www.farmerbrowns.ca](http://www.farmerbrowns.ca), [www.facebook.com/FarmerBrownsGreenhouse](http://www.facebook.com/FarmerBrownsGreenhouse)

*From late April to mid-July, the retail outlet is open daily from 9am-7pm, seven days a week. After mid-July, call ahead.*

*From mid-May to mid-October, every Saturday morning, Lisa Brown sells plants, produce and eggs at the Museum market in Hopewell Cape.*



# Albert County's food calendar

By Rebecca Tingley

*From scallops to squash, lobster to lettuce, food is harvested every month of the year in Albert County.*

On January 1<sup>st</sup>, the fishing boats set sail from Alma in search of scallops. The season lasts until mid-March. While some people are out dragging the Bay of Fundy for scallops, other men and women are at work in the woods. They are getting ready to tap trees. The sap is collected and boiled down into tasty maple syrup. The ideal conditions for the sap to run are nights below freezing with warm days. Depending on the weather, the tapping can start as early as February but often runs from March to April.

As scallop season ends, lobster harvest begins in March 15<sup>th</sup>. The lobsters crawl very slowly in early spring and the traps are checked about every five days. When the season picks up and lobster are more active, the fishermen check traps frequently, sometimes daily.

Spring days become longer and warmer. Fiddlehead picking begins and usually reaches its peak around Mother's Day. Greenhouses are filled with seedlings and salad greens at this time.

School's out and it is harvest time starting with salad greens, peas and then strawberries in late June. Next up for grabs are goosetongue greens, which are found in saltwater marshes for much of July. They are followed by raspberries in mid-July to early August. Meanwhile, scallop season opens after the year's first lobster season ends on July 31<sup>st</sup>.

The summer gives rise to vegetables and another local favourite: blueberries. Blueberry harvest gets underway late July and runs through August while garden produce is at its peak.

When the leaves turn, the harvest of apples, honey and most garden vegetables signify the end of another season.

To end the year, we have the second round of lobster fishing. The season re-opens mid-October and runs until New Years Eve before returning to scallops in January. A fresh new year of food harvesting begins.



# Foods of the Fundy Valley ~ Partners in community

By Lisa and Jessie  
Brown

**F**oods of the Fundy Valley (FFV) believes education around growing, consuming and buying local food is key in expanding not only our local food economy, but also in improving all aspects of our local economy and community in general. Partnering with other community groups and institutions is, in our view, essential to achieving our goals. With this in mind, community outreach initiatives by the FFV education community began in earnest in April 2012.

## Little Green Thumbs

The pilot project of the FFV education committee was our gardening club, Little Green Thumbs, a partnership with the Hillsborough Elementary School. The club formed in April 2012 with forty students (from K-5) and four adult supervisors.

The garden club got off to a fast start by growing flowers for the community and school gardens. The students also grew the seedlings for a 'cucumber house' that they erected (with the help of the United Way Day of Caring crew) at the nearby seniors' home, Fundy Royal Manor.

Little Green Thumbs' main project for spring 2012 was to plant a small vegetable garden plot. In the fall,

the students harvested vegetables from the plot, which they used to prepare a meal for 160. They served soups, rolls and dessert to the entire student body, as well as staff and invited guests.

Next school year, Little Green Thumbs is providing all the classrooms with 'garden towers,' vertical growing structures that incorporate a worm composter in the middle. The project is funded through a grant from the World Wildlife – Canada Green 'CommUnity' School Grants program (\$2500). As well, the students will be building permanent raised vegetable beds and planting fruit trees and shrubs at the school through funding provided by the TD Friends of the Environment Grant (\$1700).

## Caledonia Growing

Caledonia Growing is the Caledonia Middle and High School garden club and was formed in September 2012.

Three teachers incorporated Caledonia Growing projects into their curriculum. Ben Kelly used designing the Golden Courtyard as an opportunity to teach Google Sketchup. The 100+ students taking the class were given the opportunity to provide input into how they would like to improve the school courtyard.

Bryan Ouellette used the design of a 'living wall' as a key teaching tool in his grade 11/12 science class. Jennifer Patterson's grade 7/8 science class built raised straw bale beds, and grew, harvested, and prepared lettuce and kale.

Preparing garden beds  
at Riverside  
Consolidated School.



In spring 2013, the Golden Courtyard was completed with help from many community members and youth, and financial support from the Train Youth project. The courtyard now contains several raised vegetable beds, seating areas and a pergola.

Caledonia Growing is already looking to the future. Teacher Ben Kelly has received funding through the World Wildlife Fund to install two 'Urbio living walls,' described as modular structures that create a wall of plant growth. Next year, the students of Caledonia will be able to graze from their living walls while they study.

## Kids in the Kitchen

Kids in the Kitchen, a partnership with Caledonia Regional High, saw several students and three teachers meeting every week or two to learn the basics of cooking and preparing different foods.

The group baked cookies for seniors' homes at Christmas, and cooked (and served) a turkey dinner for the school staff. Kids in the Kitchen also created a wonderful meal for the Day of Caring volunteers in the Hillsborough area.

There is already an overwhelming student demand for next year's program. Teachers hope to build on the culinary skills the students have developed so the students may grow forward as young chefs. A similar program is planned for Riverside Consolidated School in the 2013-14 school year.

## Shepody Café

The Shepody Café began in February 2013 and is a project of FFV and the Shepody Food Bank. Volunteers have served many meals lunchtime on Wednesdays at the Albert County Health and Wellness Centre. Clients can sit and chat when they come into the centre. They can pick up recipes and enjoy lunch made with ingredients that are part of the weekly food box. Next year, the Shepody Café volunteers plan to offer live cooking demonstrations to create a more interactive meal preparation time.

Foods of the Fundy Valley's education committee has been very busy over the past year. We hope to develop more of these projects and reach out to work with our communities and partner with any groups that are interested in "growing our local food economy."



## Riverside School Garden Club

Our newest school-FFV partnership is the Garden Club at Riverside Consolidated School. This is an active group involving more than half the student population (about two dozen students) and five community volunteers.

After only two months, the group has restored the old school garden, created several raised beds and constructed a 12 X 24 foot greenhouse to be used by the students next year.

The greenhouse project results from partnerships between the garden club, the school, United Way Day of Caring, Shepody Food Bank and Multi Shelter Solutions (who generously donated the greenhouse).

For more information, see 'Kids and kale' on page 13.

# Kids and kale

By Janet Wallace

“I can’t wait to eat some of that kale,” says one boy in grade four.

“It is going to be sooo good,” replies his friend.

Yes, it’s true — children excited about eating greens. Why? Because they had planted, transplanted and harvested the kale themselves as part of the garden club at Riverside Consolidated School.

In Spring 2013, Dan Sinclair, Corinne Snider and I volunteered to start the garden club.

Students of all grades (from K-5) were invited to join. Once a week, we met at noon in the lunchroom or outdoors. We started plants by seed and later transplanted them outside. Children discovered the magic of a seed sprouting into a plant.

Students and volunteers forked and weeded the original school garden. As the soil was turned, the kids found worms and beetles, which provided an opportunity to discuss the ecological roles of the soil life.

In addition to the lunchtime garden club, Bob Osborne of Corn Hill Nursery volunteered his time and expertise to prune the apple trees. Also, with the help of volunteers from the United Way Day of Caring, we created new garden beds on the front lawn of the school.

Tomatoes, greens, carrots, pumpkins and potatoes now grow in the school garden. To add colour, we planted many edible flowers, such as nasturtiums and calendula. We also built a ‘bean teepee’ — a teepee-shaped arrangement of poles for Purple Peacock beans to climb.

In terms of growing, our success was hit and miss. It is difficult to manage seedlings and a garden with only a half hour once a week at a set time.

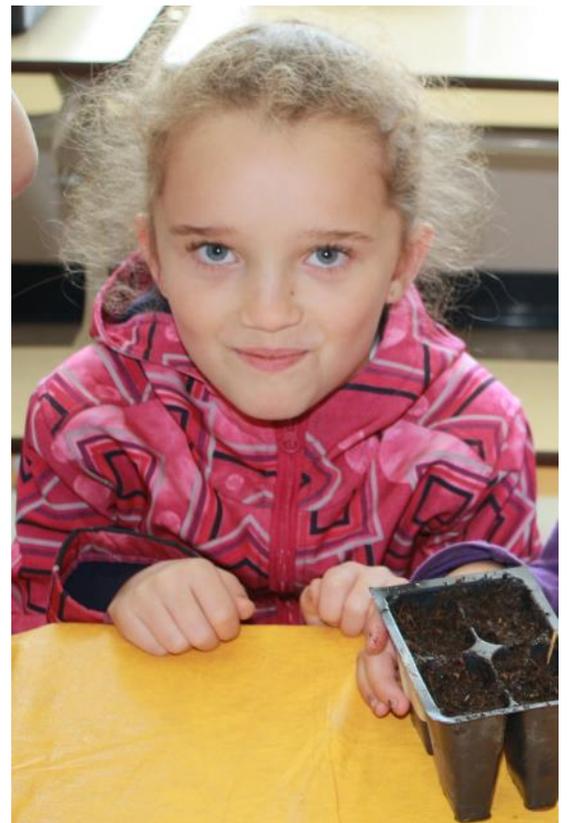
The garden project as a whole, however, was a great success. The children learned that gardening was fun. That alone, in my opinion, makes the project worthwhile.

Gardening is healthy in so many ways — gardening provides exercise, healthy food, fresh air and an opportunity to connect with nature. Fostering a love of gardening in children can help lead to a healthier community.

*Carrots, tomatoes and greens now grow on the school’s front lawn.*

As for the kale, the students gobbled up bowls of raw leaves on the last garden club in June. There was no dressing, no dip, just kale. The kids loved the greens, and more than that, they loved the fact that their efforts had produced a crop.

We welcome volunteers to help during the school year and in the summer. If you’re interested, please email [janetwallace@explornet.com](mailto:janetwallace@explornet.com).



## ANC Meats

4612 Route 114, Shepody  
Year round. Mon-Fri 8am-5pm and markets in Alma and Hopewell Cape. Call ahead on weekends.  
Local foods: beef and pork including patties, sausages, bacon, roasts, steaks, ground beef.  
734-3124, meatshopguy@ancmeats.ca  
www.ancmeats.ca

## Briggs Maples

Chocolate River Station,  
391 Coverdale Rd., Riverview  
Year round. Sat-Tues 10am-5pm, Wednesday 10am-9pm, Thurs & Fri 10am-6pm  
Local foods: maple syrup, sugar, spreads and sauces, maple roasted nuts and maple confections.  
382-3380, dsbriggs@nbnet.nb.ca  
www.briggsmaples.com

## Farmer Brown's Greenhouse & Market Garden

371 Osborne Corner Road, Dawson Settlement and at the Museum Market in Hopewell Cape  
April-October. Call for hours.  
Local foods: beef, pork, poultry, eggs and vegetables.  
734-1908, farmerbrown@xplornet.com  
facebook.com/FarmerBrownsGreenhouse  
www.farmerbrowns.ca

## Farm Life Studio

474 Albert Mines Road  
Albert Mines  
May-October, 10am-5pm  
Local foods: fresh organic garden-grown produce and free-range eggs.  
734-3493, ruthbradford@xplornet.com

## Farmstand

40 Old Great Rd., Hopewell Cape  
June-September  
Local foods: fresh seasonal produce and heirloom vegetables.  
734-3120, twofish33@gmail.com

## Flat Brook Farm

3810 Scenic Dr., Alma  
Vendors at Alma Farmers' Market.  
Local foods: fresh seasonal organic produce, free range eggs, sprouts and wild edibles.  
887-1814, dangela@nb.sympatico.ca

## Harper's U-Pick

2937 Main St., Hillsborough  
Mid-July for about 5 weeks  
Tuesday-Saturday 8am-8pm. Sunday 1pm-6pm (times may vary), closed Mondays.  
Local foods: five varieties of raspberries, gooseberries, black currants, elderberries rhubarb and honey.  
734-2360, gerry@harpersupick.com  
www.harpersupick.com

## Liptay Farms

4396 Route 114, Lower Cape  
June-October. Tues-Thurs 10am-2pm. Rest of the time by chance or appt.  
Local foods: market garden & CSA, grassfed beef. 232-0223, 734-1101, liptayfarms@gmail.com

## Maplewood Farms

107 Nixon Rd., Colpitts Settlement  
By appointment.  
Local foods: Pastured beef and pork, pastured poultry and eggs.  
372-9164, jasonbeaton@hotmail.com

## Mapple Farm

Mail order seed company.  
Local products: heirloom seeds and rootstock for unusual edibles.  
www.mapplefarm.com  
greg@mapplefarm.com

## R&J Honeybee Farm

3332 Route 895, Parkindale  
Year round, drop in.  
Local foods: honey, honey butter, honeycomb and beeswax (at times).  
756-2796, gsdthedale@hughes.net  
www.rjhoneybeefarm.ca

## Shepody Pheasant Preserve

61 Dixson Road, Harvey  
Year round but call ahead.  
Local foods: Eggs, fresh/frozen oven-ready ring-neck pheasant, organic turkey and meat king chickens.  
882-2667, 1-877-743-7639, gamebird@nbnet.nb.ca  
www.shepodyhuntingpreserve.com

## Tansy Lane Herb Farm

490 Albert Mines Rd., Albert Mines  
May-Dec. 10am-5pm by chance or appt. Year round at Dieppe Market.  
Local foods: jellies, vinegars and oils made with wild and garden-grown herbs and fruit. 28 varieties of jellies.  
734-3006, www.tansylane.com, tansyln@nb.sympatico.ca

## Waterside Winery

June-September: Daily 10am-6pm.  
Winter: Weds- Sun 11am-5pm  
Local products: blackberry, blueberry and rhubarb wines.  
2008 Route 915, Waterside 887-2058  
www.watersidewinery.ca

2937 Main St, Hillsborough  
E4H 2X9  
Tel: 506.734.2360  
gerry@harpersupick.com  
www.harpersupick.com



- 5 varieties of raspberries
- gooseberries
- black currants
- elderberries



Discover  
the People  
of the Tides

Open daily 9:30 am – 5:30 pm  
3940 Route 114 Hopewell Cape  
www.albertcountymuseum.ca  
albertcountymuseum@nb.aibn.com

# Heritage in a jam jar

## Preserving food & tradition at Peck Colonial House

By Janet Wallace

“I used to watch the old people plow. They would plow a few furrows and then stop, pick up a handful of soil, and smell it. If it smelled sour, they would add lime to it,” says Stephen Holmstrom.

Stephen Holmstrom is the 9<sup>th</sup>-generation of his family to work the land in Hopewell Hill. He and his wife, Elaine, now live in the 200-year-old Peck Colonial House B&B, a mile away from the house where Stephen grew up.

Stephen gardens and Elaine bakes. Their combined efforts produce delicious jams, jellies, pies and other baked goods. Although they closed their tearoom several years ago, Elaine continues to bake and the couple now plan to sell baked goods, preserves and vegetables from their property.

“We can sell all week long, from 8:00 a.m. to 8:00 p.m.,” says Elaine. Stephen also sells their goods at the Museum Market in Hopewell Cape each Saturday morning.

Selling homemade dessert is part of Stephen’s heritage. When he was a child, his family had an ice-cream stand. His mother made strawberry, vanilla, chocolate and pineapple ice-cream, and the family’s eight Jersey cows supplied the cream.

The Holmstrom ice-cream stand and Stephen’s childhood home were next to the Peck nursery and orchard, near the Hopewell Hill cemetery. “It was one of the first English orchards in the area,” he says, “with 400 varieties of apples.” He tries to keep some of the old varieties alive. He has grafted Transparent, Red Crab, Russet, Blenheim Pippin and Bishop’s Pippin onto trees next to the house.

Stephen recounts how Annie Wright, a resident of Shepody who is more than 95 years old, used to use a variety of apple called the “20-ounce Pippin.” She needed only two of these apples to make a whole pie.

*Stephen gardens and Elaine bakes. Their combined efforts produce delicious jams, jellies, pies and other baked goods.*

“We have got to get people interested,” he says, to save both the varieties and the knowledge of past generations.

While Stephen values lessons from the past, he also continues to experiment. For example, he just bought a nest for Mason bees. He feels that honeybees and other pollinators are suffering from the lack of farming in the area.

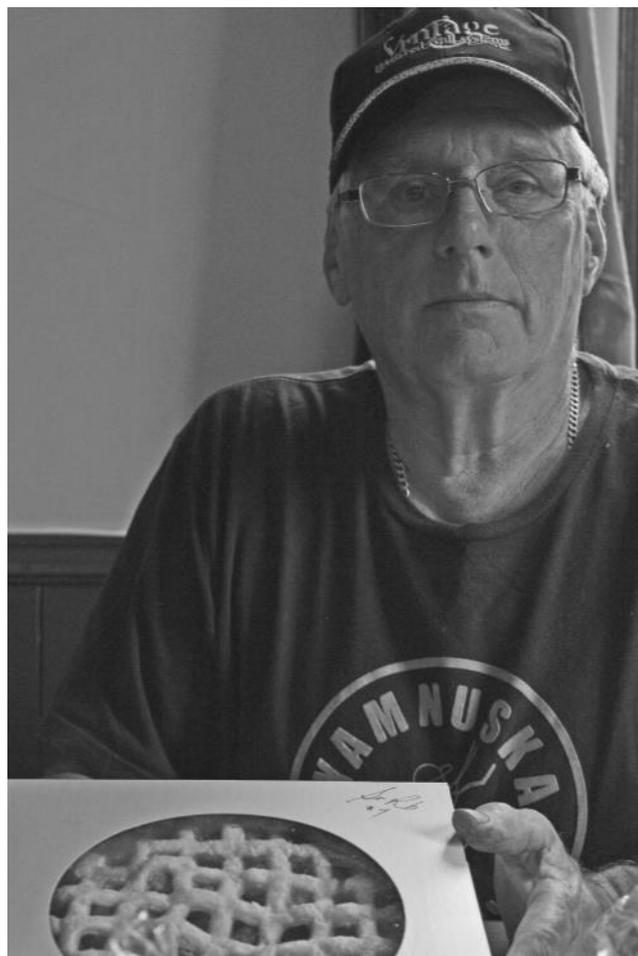
“Many years before,” Stephen says, “there were more bees around, partially because there were so many farms and the farmers used buckwheat, sweet clover and red clover as green manures [crops tilled into the soil to add fertility].”

Back in the early 1900s, farming prevailed and Albert County was

fairly self-sufficient in food production. So much food was produced that grain, hay, apples and beef were exported.

“In the spring,” Stephen recalls, “cattle would be driven up the road to pastures on Caledonia Mountain. Traffic would be stopped a long time as the cattle blocked the road. The fall cattle drive would move the cattle from the mountain to the rail cars, which would take the animals to the meat processing plant in Moncton.”

Riverside and Albert (separate communities at the time) shared a grist mill where local grain was ground into flour. At the creamery,



cream was separated from milk, and then churned into butter. The villages had a tannery where hides were made into leather and a shake-and-stave mill that made barrels to store apples and other food over the winter.

Stephen recalls that when he was a child, many foods, such as corned beef, were preserved in salt. "They salted down everything," adds Stephen. "They even had crocks of goosetongue greens salted down like sauerkraut."

His theory is that people could tolerate such a salty diet because they worked so hard. Stephen continues the tradition of hard work as he farms the fields across from their house.

"It's beautiful soil," says Stephen. He adds organic matter to the soil every year by tilling in leaves and aged cow manure. In these fields, Stephen grows blueberries, strawberries, raspberries, apples and rhubarb for Elaine's baking and preserves. He also grows vegetables for the family and to sell at the market.

Cabbage is one of the main crops. In addition to storing cabbage for winter eating, Elaine makes sauerkraut and freezes it. She estimates that they sold 300 pounds of sauerkraut last winter.

The Holmstroms contribute to the local food system by farming, baking and volunteering. Both are active members of the community.

For ten years, the Holmstroms provided a hot lunch every day at Riverside Consolidated School. Elaine has been on Foods of the Fundy Valley's board of directors since the group began in 2010. Stephen was on the Board of the Albert County Museum for more than a decade and a director of the Albert County Exhibition for more than twenty years.

Elaine and Stephen hope that the 11<sup>th</sup>-generation of Pecks, their grandchildren, will continue to farm the land in Hopewell Hill.

*"It's beautiful soil," says Stephen. He adds organic matter to the soil every year by tilling in leaves and aged manure.*

### Peck Colonial House

*For more information, visit [www.peckcolonial.com](http://www.peckcolonial.com), call 882-2114, or drop by at 5566 Route 114, Hopewell Hill. Stephen enjoys giving tours of the garden.*

### Lessons from Gramma Tingley

Stephen Holmstrom recalls how "Gramma Tingley," who lived next door to him when he grew up, "could cure illnesses by using plants from her garden and the woods."

"Gramma Tingley was like a shaman," says Stephen. He describes how she treated her husband's cancer with tea made from goldthread, red clover and other plants. For blood poisoning, she used a poultice from a Christmas cactus to draw out the toxin.

**"We have to remember the old lessons."**

"People laughed," recalls Stephen, "when they saw her walking through her cucumber patch swiping at the plants with a broom." But when he asked her why, she said she was pollinating the plants. She taught Stephen how to pollinate pumpkins and then cut off the end of the vines after enough fruit had formed. "She knew so much," he says. "She knew if you killed a pig in a certain phase of the moon, the meat wouldn't shrink."

"We have to remember the old lessons," Stephen concludes.



"Gramma Tingley" used a broom to pollinate cucumbers, a job often accomplished by insects, such as the honeybee (shown above emerging from a squash flower).

# Rosemary – an herb to remember

By Carole Coleman

“**R**osemary, that’s for remembrance,” is a quote from Shakespeare’s *Ophelia*. Have you ever wondered how Shakespeare came up with that line?

In ancient times, meat was wrapped in crushed rosemary leaves to preserve it. The herb’s tradition of preserving food is linked with its ability to preserve memories. Greek students wore rosemary garlands at exam time to help remember facts. As the centuries passed, the herb was incorporated into wedding ceremonies to symbolize spousal fidelity and into funerals to encourage survivors to remember the dead.

*Rosemary is an excellent bath herb. Its warming oils bring a deep, penetrating heat to sore tissues and stiff joints.*

Rosemary has long been an important medicinal herb and there is a pharmacological basis for some of its uses. The herb’s leaves and flowers contain a volatile oil, which can be used to help treat depression, headaches and sore muscles. Also, drinking a cup of rosemary tea can help balance gastric juices and aid in digestion.

The herb’s antibacterial properties were valued during World War II when a mixture of rosemary and juniper was burned in the hospitals of France to kill germs.

## Ways to use fresh rosemary

- Add to bread dough (e.g., one tablespoon of chopped rosemary per loaf).
- Make an herbal butter by adding two teaspoons of rosemary to a half cup of softened unsalted butter.
- Toss small potatoes with olive oil and rosemary. Bake or grill in foil.

Rosemary is an excellent bath herb. Its warming oils bring a deep, penetrating heat to sore tissues and stiff joints. To make a rosemary bath, put fresh leaves in a muslin bag under the tap in the tub. The rising steam will clear your mind as the oil refreshes your body. Since rosemary stimulates the mind, don’t do this before going to bed or you might not be able to fall asleep.

Rosemary is best purchased as a plant, rather than started from seed. As with most herbs, rosemary likes a sunny location. Although it is a perennial, it cannot survive our winters outdoors. In the winter, it likes a cool, sunny location inside, like a porch, where the temperature is above freezing. Rosemary does not like to get dry and is very unforgiving when it is neglected. Rosemary can be harvested often to use fresh. Don’t cut more than four inches at a time.

If a rosemary plant is happy, it will reward you with beautiful, tiny, periwinkle-blue flowers in the middle of winter.

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

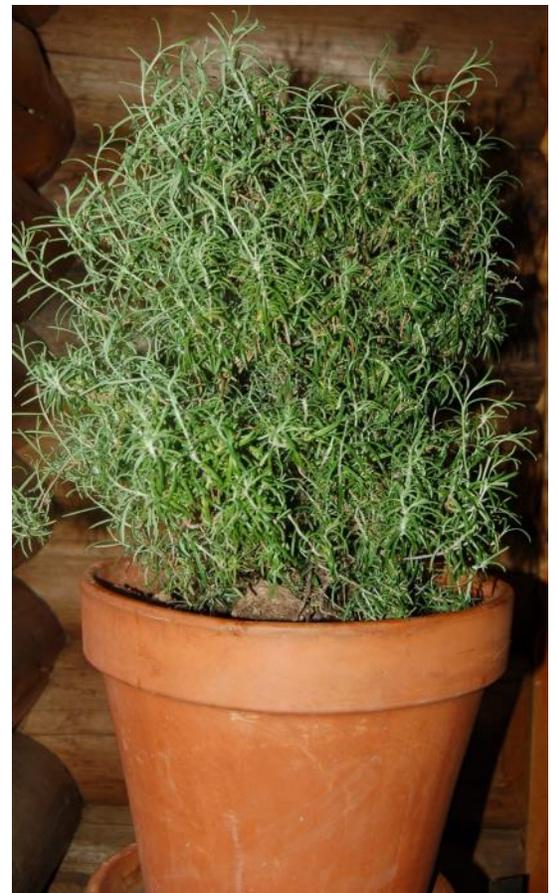
## Rosemary Syrup

- ¾ cup sugar
- 6 sprigs fresh rosemary

In a medium saucepan, combine sugar, rosemary and 1½ cups of water. Bring to boil over medium heat. Cook until sugar has dissolved completely. Remove from heat; let stand 20 minutes. Remove and discard rosemary. Store refrigerated up to two months.

## Sparkling strawberry-rosemary lemonade

- 2 pints strawberries, halved
- 1 cup freshly squeezed lemon juice
- 1 cup rosemary syrup (see below)
- 2 cups club soda
- Juice strawberries to make 2 cups of juice
- Transfer juice to pitcher, add remaining ingredients, stir. Fill pitcher with ice cubes. Garnish with strawberries and serve.



# Upcoming Events

Year round. **Shepody Café & Food Bank**  
8 Forestdale Road, Riverside-Albert  
Weds. 1pm-3pm, 882-2323,  
food\_shepody@hotmail.com  
www.facebook.com/theshepodyfoodbank

May-October. **Museum Market**  
3940 Route 114, Hopewell Cape  
Saturday 8am-12pm.  
info@foodsofthefundyvalley.ca  
www.facebook.com/foodsofthefundyvalley

May-October. **Alma Farmers' Market**  
41 Foster Road, Alma  
Sunday 9am-2pm. 887-2808,  
www.fundyparkchalets.com

May-Fall. **Riverview Market**  
Chocolate River Station Boardwalk, 391  
Coverdale Road, Riverview, Weds. 4pm-9-pm.  
851-1345

August 24. **Blueberry Festival**  
Curryville Community Outreach Center  
786 Albert Mines Road, Curryville  
Blueberry breakfast from 8am- 11:30am.  
Followed by a full day of activities, music and  
a spaghetti supper.  
734-2851, samcas@nb.sympatico.ca  
www.facebook.com/CurryvilleCenter

September 12-15. **Albert County Exhibition.**  
5895 King St, Riverside-Albert  
Celebrate the 100<sup>th</sup> Annual Albert County  
Exhibition. Enjoy a weekend of live entertain-  
ment, rides, games, turkey and roast beef  
dinners and other activities.  
Terry Steeves, 381-0307,  
terry.steeves@irvingoil.com

Mid-October. **Fishing Fleet Launch**  
'Downtown' Alma  
Chowder event featuring local food to  
celebrate the launch of the lobster fleet.  
887-2213, janechrysostom@hotmail.com

October 19. **Hunter's Breakfast**  
Curryville Community Outreach Center  
786 Albert Mines Road, Curryville  
Wholesome hot breakfast featuring local  
ingredients. 8am-11:30am, 734-2851,  
samcas@nb.sympatico.ca  
www.facebook.com/CurryvilleCenter



## The Hopewell Rocks

1-877-734-3429,  
questions@thehopewellrocks.ca

August 5. **New Brunswick Day.** Music and special events included with regular admission.

August 15. **Acadian Day.** Music and special events included with regular admission.

September 29. **Albert County Appreciation Day.** In partnership with the Shepody Food Bank, cash donations or non-perishable items collected in lieu of admission fee.

## Fundy National Park.

887-6000, fundy.info@pc.gc.ca

July 20-21. **Learn to Camp.** Come to Fundy for a guided camping experience and to learn everything about camping.

August 17-18. **Rising Tide Festival.** Local musicians and art work from the Maritimes.

August 30-31. **Fundy Star Party.** Astronomy made easy for everyone.

September 7. **H<sub>2</sub>O Adventure Race.** An exciting trail triathlon taking place in the heart of Fundy. Swim, bike, run, alone or in a team of three. www.fundyh2o.com

September 7-8. **Fundy Open Golf Tournament.**

October 11-14. **Thanksgiving Weekend and Great Fundy Pumpkin Carving Contest.**

## Potatoes in the park

The Shepody potato was developed through breeding trials in what is now Fundy National Park. In the 1940s, the Canadian Department of Agriculture built a potato research station west of Herring Cove. Forests were cleared for potato breeding experiments. Research continued for several years after the park was established in 1948. Now, Matthews Head Trail passes by the site of the former research station and test plots.

The Fundy potato is light brown with white flesh. Although Frederickton's Potato Research Station lays claim to the Fundy potato, the variety was likely developed through trials at Herring Cove.

JW

# Supporters of Foods of the Fundy Valley

## ***Albert County Museum***

Discover the People of the Tides: Twenty-two themed galleries featuring the Human & Industrial History of Albert County. 3940 Rte. 114, Hopewell Cape, 734-2003  
follow us @AlbertCoMuseum  
www.albertcountymuseum.ca  
facebook.com/AlbertCountyMuseum

## ***ANC Meats***

Beef, pork products, bacon, ham, steak, burger and patties. 4612 Rte. 114, Shepody, 734-3124  
meatshopguy@ancmeats.ca  
www.ancmeats.ca

## ***An Artist's Garden Gallery B&B***

1245 Rte. 915, New Horton  
Eco-friendly B&B, locally made pottery, sculpture and painting. Karin Bach, 882-2166  
karin@anartistsgarden.com  
www.anartistsgarden.com

## ***Broadleaf Guest Ranch***

Delicious ranch breakfast, lunch & dinner and Sunday Brunch. 5526 Rte. 114, Hopewell Hill 882-2349, 1-800-226-5405  
info@broadleafranch.com  
www.broadleafranch.com

## ***Butland's Seafood***

Lobster, scallops, shrimp, smoked salmon, mussels, dulce & haddock. 8607 Main St., Alma, 887-2190  
collinslobster1@nb.aibn.com

## ***Collin's Lobsters Fishermen's Market***

Lobster, scallops, shrimp, smoked salmon, mussels, dulce & haddock. 20 Ocean Drive, Alma, 887-2054,  
collinslobster1@nb.aibn.com

## ***Crooked Creek Convenience***

Located at the four-corners in Riverside-Albert. Groceries, produce, gluten-free and more products. 5964 King Street, Riverside-Albert 882-2918

## ***Falcon Ridge Inn B&B***

A peaceful hill top location overlooking the Bay of Fundy and the quiet, seaside village of Alma; where every vantage point allows you to experience the rise and fall of the giant tides of Fundy. 24 Falcon Ridge Dr., Alma 887-1110, 1-888-321-9090  
falcon@falconridgeinn.nb.ca  
www.falconridgeinn.nb.ca

## ***Farmer Brown's Greenhouse & Market Garden***

Hanging baskets, annuals, perennials, vegetables, meat and eggs. 371 Osborne Corner Rd., Dawson Settlement  
Lisa & Fred Brown, 734-1908  
farmerbrown@xplornet.com  
www.farmerbrowns.ca  
facebook.com/FarmerBrownsGreenhouse

## ***Florentine Manor Heritage B&B***

Providing peace, quiet and rest for travellers since 1983. 356 Route 915, Harvey, Mary Tingley, 882-2271, 1-800-665-2271  
florainn@nb.aibn.com  
www.florentinemanor.com

## ***Fundy Highlands Motel & Chalets***

Conveniently located in the heart of the beautiful Fundy Nat'l Park; surrounded by the serenity of nature yet central to park activities, we offer cozy chalets and efficiency studios minutes away from the Bay of Fundy. 8714 Rte. 114, Fundy Park. 887-2930, 1-888-883-8639  
info@fundyhighlands.com  
www.fundyhighlandchalets.com  
facebook.com/FundyHighlands

## ***Harbourview Restaurant***

Local fish, seafood chowder, breakfast, lunch & dinner items. 8598 Main St, Alma, 887-2450

## ***Harper's U-Pick***

Five raspberry varieties, black currants, gooseberries, elderberries. 2937 Main St, Hillsborough  
Gerry Harper, 734-2360  
gerry@harpersupick.com  
www.harpersupick.com

## ***Liptay Farms***

Beef cattle, market garden, CSA. 4396 Rte. 114, Lower Cape  
Stephen & Mindy Liptay  
734-1101, Cell: 232-0223  
liptayfarms@gmail.com

## ***The Maplegrove Inn, 1854***

Offering nightly accommodations and fine dining incorporating local produce and products. 5 Maple St., Riverside-Albert  
Jeff & Sonya Schnare, 877-882-1801  
882-1801,themaplegroveinn.ca  
themaplegroveinn@live.com

## ***Mapple Farm***

Mail-order source of seeds for heirloom vegetables and plant and rootstock for unusual edibles. Greg Wingate, greg@mapplefarm.com  
www.mapplefarm.com

## ***Rob Moore, PC, MP, Fundy Royal***

## ***An Octopus' Garden Café***

Not only do we sell local food and art, we also specialize in creating our menu around locally produced food, including dairy, meat, fruits, veggies, coffee, beer, tea, condiments and herbs. 8561 Main St, Alma, 887-1020, glass.roots@live.ca  
www.anoctopusgardencafe.com

## ***Peck Colonial House B&B***

Pies, bread, muffins, doughnuts, squares, cookies, jams, jellies, marmalade, maple syrup & pickles. We grow flowers, grains, vegetables & fruit. Elaine & Stephen Holmstrom, 5566 Rte. 114, Hopewell Hill, 882-2114, stay@peckcolonial.com  
www.peckcolonial.com

## ***Ponderosa Pines Campground***

Tenting, RV's/trailers, full service, swimming pool, fishing. 4325 Rte. 114, Hopewell Cape, 734-3121, 1-800-822-8800,  
ponderosa@nb.aibn.com  
www.ponderosapines.ca

**Supporters of Foods of the Fundy Valley (continued)**

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490 Albert Mines Rd, Albert Mines,  
Carole Coleman, 734-3006,  
tansyln@nb.sympatico.ca www.tansylane.com  
facebook.com/TansyLaneHerbFarm

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tansyln@sympatico.ca  
www.tansylane.com



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