

# Sunnyside Quarterly

Sunnyside Natural Market is a locally owned, family operated, community focused, small business. Operating in Kensington since 1997.

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[www.sunnysidemarket.ca](http://www.sunnysidemarket.ca)



## Alberta Dairy Farm Tour

Our dairy purchaser Rich, along with fellow Sunnysiders Tyla, Robbie, and myself got the chance to visit Vital Green Farm, and Fairwinds Farm in July. The first stop was Vital Green Farm, just outside of Picture Butte, Alberta.

Vital Green Farm began in 2002 as the first organic dairy available in Alberta. Joe Mans, a third-generation dairy farmer, runs the farm with his wife Caroline, their energetic kids, and a handful of staff. Joe first showed us his unassuming milking setup (only 5 cows at a time) before inviting us to hop in the back of his pickup so he could take us out to the pasture. As we strolled through the farm, Joe talked about his holsteins and the dairy industry with the passion and expertise of a farmer who loves what he does.



In total, Vital Green Farm has only 60 holstein cows - one of the smallest dairy operations in Western Canada. Each cow produces around 60-100 litres of milk each day, and is milked twice. Other than these two sessions, the herd spends its time foraging on a rotating pasture. As the cows chewed cud and looked at us curiously, Joe proudly pointed out the plant diversity on the pasture: barley, clover, alfalfa, kale, sweet peas, rye, and native prairie grasses keep the cows happily fed until late October. For the winter, a hay of the same crop is made on the farm.

At Fairwinds Farm, we were greeted by Ben and Anita Oudshoorn who, since 1999, have run the farm with the help of their family, and a small but loyal staff. Ben had to scratch his head to remember how long he's supplied Sunnyside Natural Market - more than a decade.



Ben Oudshoorn and his goats at Fairwinds Farm



When we first entered the barn, a herd of 300 goats gathered around to check us out. Soon they were bored with us and moseyed out the back of the barn and into the sunshine. Large piles of fresh organic barley and alfalfa hay were spread around for the goats to munch on, and they also have access to the bluffs that encircle the farm.

Goat milk, yoghurt, and cheese is all prepared on-site. Inside the processing facility there are 9 wheels of cheese just beginning the aging process. These 9 wheels required around 800 litres of goat milk to produce. To

put this in perspective, a goat produces only a little more than 10 litres per day! Anita says she started making goat cheese out of curiosity - to see if she could make something good for the family. Today, Fairwinds Farm produces a ton of great cheeses, including sweet and savoury chevres, and creamy, crumbly feta.

There are many similarities between Fairwinds Farm and Vital Green Farm. Both produce milk, yoghurts, and a variety of cheeses. Both were pioneers in Alberta's organic dairy industry. Both farms produce their yoghurts, cheeses, and milk onsite, ensuring a fresh, high quality product with a lower environmental impact. Above all, both farms are run by caring and dynamic families with a concern for animal welfare and organic production. A huge thanks to the Mans & Oudshoorn families for welcoming us!

## BYOB: Bring Your Own Bag, Support the Community

Did you know that each time you Bring Your Own Bag to the store we put 5 cents into our Community Donation Program? This month's current recipient is Apiaries & Bees for Communities. A.B.C. is a community-focused group of apiarists that aims to educate and advocate for honey bee and native bee conservation. For three years we've owned two community beehives through A.B.C., and we've always been inspired by their passion and innovation.

Our last BYOB recipient was the Water for Riley Project, a community funded initiative to have a drinking fountain installed at Riley Park. We're happy to say nearly \$300 was raised for the project. The water fountains final form will be chosen from several designs



Patty and MLA Joe Ceci attending a sneak-peek of the Alex Community Food Centre. Photo by Robert Skoye

submitted by ACAD students, and will serve to quench the thirst of the many people that play and relax in Riley Park.

This past spring \$500 was raised for Enactus Calgary's community orchard program. Enactus aims at enhancing the city's green space and promoting a sustainable food economy. Bringing a bag does a lot more than simply carrying your groceries!

In other community news, we can't wait for the launch of The Alex Community Food Centre this year - the first Community Food Centre in Alberta! Store-owners Pat & Patty visited a sneak-peek on Neighbour Day in June. It's set to open this September in Forest Lawn, and will be a haven for learning how to grow, cook, share, and advocate for good food. The Centre will offer free programs for those living in the community, and hopes to build better

health, develop new skills, and engage through food.



## Food on the Trail: Perfect Picks for Your Next Hike

High road, low road, front country or back country - whatever the terrain, distance or duration, everyone agrees that having the right trail snacks can make or break the hike. Here's a selection of nutrient dense, portable fuel for your next adventure in the great outdoors!

### Veggie-Go's Fruit & Veggie Strips

Made with whole, organic, non-GMO fruits and vegetables. These strips are the perfect on-the-go snack. An easy fit in pocket, purse, or climbing pack.



### Harvest Stick

Handcrafted in small batches, these artisan meat snacks are made with prairie raised, grass-fed beef and all-natural, antibiotic free pork. They're available with a variety of vitamin rich fruits & vegetables including cherries, apricots, apples, pineapple, & sweet potato. Whole food fuel for the weekend warrior!



### Just Great Stuff Chocolate Peanut Butter Powder

Just add water for a smooth protein rich spread. Made with all-organic ingredients - perfectly roasted, premium peanuts, dutch-processed chocolate & sweetened with coconut sugar. Great for camping & picnics!

### Left Coast Savoury Trail Clusters

Check out our bulk section for these organic bundles of nutrient dense seed, nut, & whole grain goodness. Made with pumpkin, sesame, sunflower, chia, & flax seeds, these are a tasty twist on traditional trail mix. They're also gluten free!



### Simply Sweet Baking Co. S'mores Kit

Celebrate the end of the trail with this gluten, dairy & nut free version of the campfire classic. Includes graham crackers, non-GMO marshmallows and chocolate bar.

## How Do You Like Them Apples... Peaches, Plums, & Pears

It's one of the best times of the year. The harvest is coming in good and plenty, and a variety of B.C. fruit is gracing our shelves. Here's a tasting guide to help you pick the right fruit for your palate.

**Zestar Apples:** Crisp and juicy. Has a well balanced flavour with a nice blend of tart and sweet. Would work well as a baking or dessert apple.

**William's Pride Apples:** Has a dynamic, sweet flavour with hints of berry and grape. Softer flesh.

**McIntosh Apples:** A classic! Crisp, refreshing, and sweet. Also, it's Canada's national apple.

**Bartlett Pear:** Also known as the Williams Bon Chrétien. One of the most widely cultivated pears. Mild, sweet, and fragrant.

**Late Italian Plums:** Very juicy with a delicate, subtle flavour and a bright sweetness. Great for a quick pick-me-up.

**Late Freestone Peaches:** Very juicy and sweet. Good to eat now, or we recommend canning them for a bite of summer when the temperatures are dipping low.



## Seasonal Recipe:

### Tomato, Basil, & Feta Salad

Here's a simple and savoury salad that uses local tomatoes, cucumbers, basil and feta cheese from Fairwinds Farm. Add some Mediterranean zest to these final weeks of summer!

#### What you'll need:

- 6 fresh Gull Valley Roma tomatoes, diced
- 1 quartered, chopped English cucumber
- 3 green onions, chopped
- 1/4 cup fresh basil leaves, torn to your liking
- 3 tbs. olive oil
- 2 tbs. balsamic vinegar
- 3 tbs crumbled Fairwinds Farm feta cheese
- salt & pepper to taste

#### Directions:

1. Put the tomatoes, cucumber, green onions, basil, and feta cheese into a large bowl.
2. Drizzle over olive oil & balsamic vinegar.
3. Toss, and season with salt & pepper.

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