

**FREE**

# **From Our Atlantic Woods**

## **Non-Timber Forest Product Directory 2009-2010**



**Your guide to local businesses within New Brunswick, Newfoundland & Labrador, Nova Scotia and Prince Edward Island that use forest resources to produce tasty foods, natural products, unique crafts and woodwork, as well as offer one-of-a-kind ecotourism opportunities. This directory also features recipes, photos, articles and resources related to NTFPs.**

# Welcome to Atlantic Canada and Maine's first-ever directory of non-timber forest product (NTFP) businesses and organizations!

NTFPs are generally defined as forest plant, tree and mushroom resources other than timber. They include unprocessed resources like fiddleheads and fir pitch as well as value-added products like bent willow furniture and blueberry jam, and finally, they also include ecotourism opportunities like bird-watching tours.

NTFPs have been picked and produced by Aboriginals long before the arrival of European settlers to North America. Through the years, NTFPs have provided economical, cultural and spiritual benefits to producers and consumers alike.

“Buying locally” is a growing trend and it makes sense to support your neighbourhood businesses by buying products that are produced mere kilometres away instead of whole continents away. The purpose of this directory is to showcase the multitude of NTFPs being produced in our own backyards, be they decorative, edible, health-promoting or other. We also want to encourage linkages between growers and producers who may be able to share resources and expertise.

The *From Our Atlantic Woods* directory is also available at [www.fromouratlanticwoods.com](http://www.fromouratlanticwoods.com). You can easily search for what you are seeking by province/state, county and product category. Although Maine is not included in this printed version, it has listings online.

## For more information or to provide any comments:

Email: [ntfp@infor.ca](mailto:ntfp@infor.ca)

Call: 506-450-8787 or 877-450-8787

Fax: 506-454-0652

Want to add your business to the directory? - see page 53.

## Thanks to Everyone Who Made This Publication Possible!

INFOR Inc. led the effort to produce this directory, but many people were involved with its production. We would like to thank the members of our steering committee as well as contract employees hired to help with recruitment and project coordination:

Janette Desharnais (chair) – INFOR Inc.

Stephanie Fearon (project coordinator)

Sid Watts – PEI Department of Environment, Energy and Forestry

Susan Squires – Memorial University and the NL Forest Training Association

Dave Fuller – University of Maine Cooperative Extension

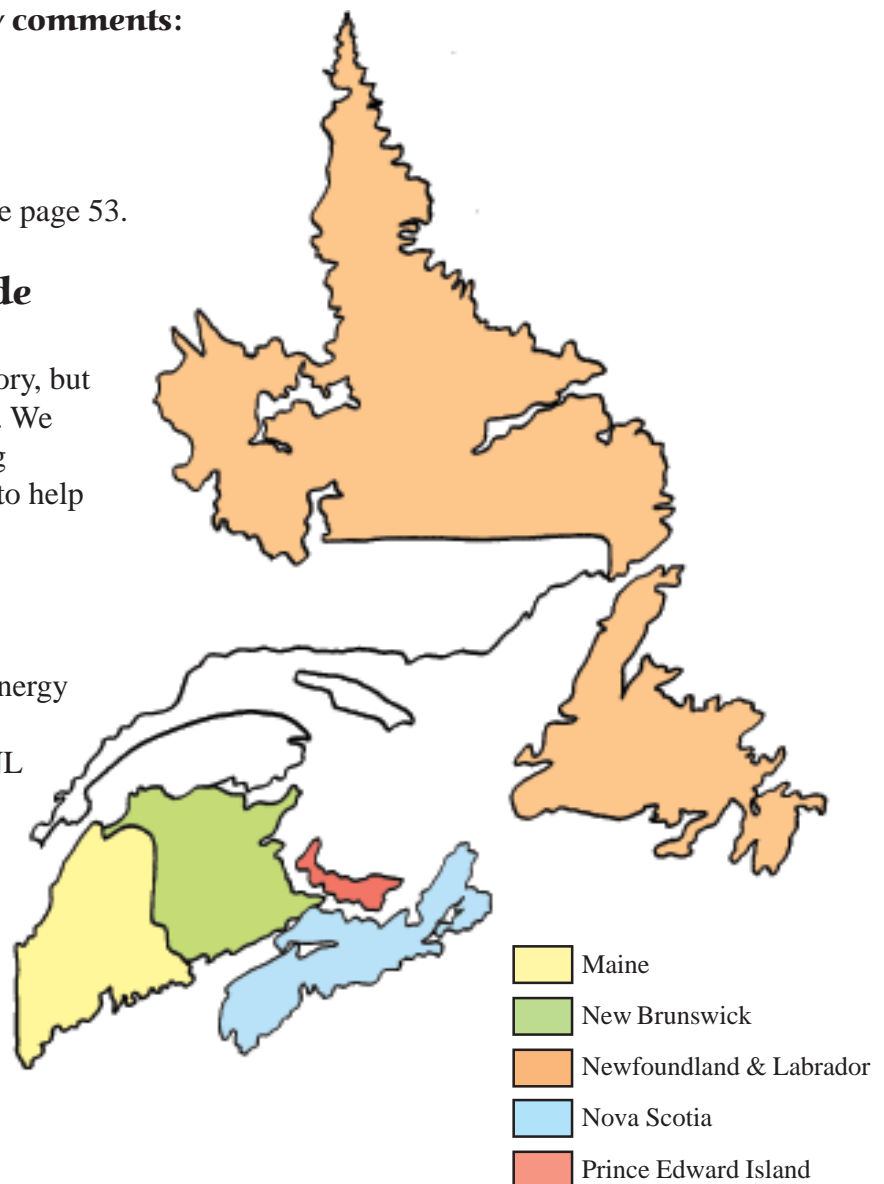
Simon Mutabazi – NS Department of Natural Resources

Ron Smith – VarFor Ltd.

Nairn Hay – Fundy Model Forest

Barb Scott – Fundy Model Forest

Students: E. Michael Bowlin (NB) and Sarah D'Appollonia (NS)





## Contents

### Listings

|                                  |       |
|----------------------------------|-------|
| New Brunswick Listings           | p. 3  |
| Newfoundland & Labrador Listings | p. 21 |
| Nova Scotia Listings             | p. 27 |
| Prince Edward Island Listings    | p. 41 |

### Recipes

|                                    |       |
|------------------------------------|-------|
| Cloudberry Ginger Tart             | p. 11 |
| Red Berry Sauce for Wildfowl       | p. 12 |
| Cedar-Planked Salmon               | p. 15 |
| Lingonberry Vinaigrette            | p. 22 |
| Wild Chanterelle Mushroom Soup     | p. 26 |
| Shrimp and Fiddlehead Medley       | p. 33 |
| Creamy Wild Mushroom Sauce         | p. 37 |
| Maple Salmon with Wild Blueberries | p. 42 |
| Wild Blackberry Jam                | p. 46 |
| Hawthorn Sauce                     | p. 49 |

### Articles

|                                      |       |
|--------------------------------------|-------|
| First Nations & NTFPs                | p. 5  |
| The Story of Figured Woods           | p. 7  |
| Harvesting Balsam Fir Sap            | p. 13 |
| How to Make a Balsam Fir Wreath      | p. 17 |
| Choosing and Maintaining Your Wreath | p. 18 |
| The Serviceberry                     | p. 19 |
| Bee Pollination of Berry Crops       | p. 23 |
| Scavenger Hunt                       | p. 25 |
| The History of Strawberries          | p. 30 |
| Fiddlehead Frenzy                    | p. 31 |
| Birch Syrup                          | p. 35 |
| Spruce Gum                           | p. 43 |
| Basket Weaving                       | p. 45 |
| Ecotourism                           | p. 47 |

## From Our Woods To Yours: 'Wild' Goes National

Back in August 2005 when the first 'Buy BC*wild*' directory of non-timber forest products from the wilds of British Columbia was still hot off the press, we dreamt of the day when a directory focused on these remarkable and diverse products would stretch from coast to coast to coast. Four editions and almost 100,000 Buy BC*wild* directories later, an important step has been taken in realizing this pan-Canadian vision with the launch of *From Our Atlantic Woods*. The Atlantic Woods team has done a remarkable job of making the NTFP directory concept their own with unique products from Atlantic forests and farms.

With a 5<sup>th</sup> annual edition due out in June 2009, Buy BC*wild* has proven itself to be an important tool for educating the public, helping to bring the sector together, and connecting consumers to producers. We know that the hard work of the people at INFOR Inc. and their partners across Atlantic Canada and Maine will pay off with the same benefits to producers. The directories from east and west also contribute to strengthening a growing national network focused on the sustainable use and management of these often overlooked but important resources. Congratulations to the Atlantic Woods team!

Tim Brigham  
Centre for Non-Timber Resources  
Royal Roads University  
Victoria BC

To view the latest Buy BC*wild* Directory, please visit: <http://buybcwild.com/buy-bcwild-directory>  
More information on the work of the Centre for Non-Timber Resources can be found at <http://cntr.royalroads.ca/>

# New Brunswick

## Ambois

Irka Laplante  
360 RR 3  
St-Basile, NB E7C 2C8  
(T) 506-737-3413  
ambois\_irka@hotmail.com  
MANUFACTURER  
*Ambois constructs rustic wooden furniture.*

## Angela Belyea

323 Parleeville Rd.  
Norton, NB E5T 1V1  
(T) 506-839-2519  
belyea@nb.sympatico.ca  
RETAIL/MANUFACTURER  
*Creates unique wearable art from hemp and flax, and uses tree bark and alder to create dyes to colour her textile creations.*

## Barb's Berries

Barb & Dave Clark  
U-Pick: Temperance Vale, NB  
Mailing: 5890 Rte. 105  
Lower Brighton, NB E7P 1A3  
bjclark@explornet.com  
RETAIL/SUPPLIER  
*Barb's Berries is a U-pick operation that offers up strawberries, raspberries, and peas.*

## New Brunswick Facts

### Provincial Flower

Purple Violet

### Provincial Tree

Balsam Fir

### Provincial Bird

Black-Capped Chickadee

### Provincial Capital

Fredericton

### Province Size (total)

72,908 km<sup>2</sup>

### Provincial Population

747,302 (2008)

## Bates Landing

Bob Bates  
1222 Rte. 850  
Kiersteadville, NB E5T 3N7  
(T) 506-485-2497  
jbates@nbnet.nb.ca  
RETAIL/WHOLESALE/SUPPLIER  
*Organic U-pick strawberries, raspberries, and sweet corn. Open from June to September, 9a.m. to 9p.m. Also sells crafts, home-baking and other fresh produce.*

## Baymount Adventures Inc.

Kathy & Richard Faulkner  
17 Elvin Jay Dr.  
Hillsborough, NB E4H 2S9  
(T) 877-601-2901  
info@baymoutadventures.com  
www.baymountadventures.com  
RETAIL

*A variety of outdoor activities such as guided hiking, caving, mountain biking and sea-kayaking tours are offered.*

## Beeswax Creations by Lynn

Lynn McCarthy  
103 Horton Lane  
Penobsquis, NB E4G 2C8  
(T) 506-432-6020  
RETAIL/MANUFACTURER  
*Handcrafted candles, ornaments and wall plaques created from pure beeswax.*

## Bell's Woodlot

Martha Bell  
5 Church St.  
Stickney, NB E7L 4E3  
In-Season:  
(T) 506-392-6862, (F) 506-392-1019  
Off-Season:  
(T) 506-392-5979, (F) 506-392-6731  
mbell@bellwireproducts.com  
www.bellswoodlots.com  
RETAIL/MANUFACTURER/SUPPLIER  
*Christmas trees, wreaths and associated greenery grown and sold.*

### Bill's Rustics

Darrell W. Paul  
320 Maliseet Dr.  
Fredericton, NB E3A 2V9  
(T) 506-472-6013 or 506-472-7773  
SUPPLIER  
*Produces rustic furniture, carvings, baskets, paddles, as well as wall and corner shelves.*

### Birdseye Specialty Products

Trueman Price  
1355 Rte 8 Hwy.  
Nashwaak Bridge, NB E6C 1W8  
(T) 506-367-2747  
birdseyespecialtyproducts@rogers.com  
www.freewebs.com/birdseyespecialtyproducts/  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Unique locally hand-crafted items made from solid birdseye maple.*

### Bleuets NB Blueberries

Jamie Morrison  
1350 Regent St., Suite 247, MCFT  
Fredericton, NB E3C 2G6  
(T) 506-459-2583 or 866-840-2583,  
(F) 506-459-8920  
bnbb@nb.aibn.com  
www.nbwildblue.ca  
OTHER/ASSOCIATION  
*Industry organization representing NB blueberry producers, processors and industry groups to support promotion and research that contribute to improved production and marketing opportunities.*

### Boulet Valley Farm

Yves Boulet  
3181 Rte. 205  
Connors, NB E7A 1R7  
(T) 506-992-3795, (F) 506-992-1119  
boulet20@nb.sympatico.ca  
WHOLESALE  
*Boulet Valley Farm provides Christmas trees for wholesale.*

### Brent Machine Works

Ed Sullivan  
40 Brookview Cres.  
Saint John, NB E2M 4L1  
(T) 506-672-5286  
sulli@nb.sympatico.ca  
RETAIL/MANUFACTURER  
*Wood turnings with figured woods including maple, cherry, and birch.*

### Brent Rourke

569 Rte. 121  
Bloomfield, NB E5N 4T9  
(T) 506-832-3716 or 877-503-4440,  
(F) 506-832-2232  
cabinet@nbnet.nb.ca  
www.shakerboxesnb.com  
RETAIL/MANUFACTURER  
*Creates hand-crafted wooden items, specializing in shaker boxes, made from birdseye maple, cherry, or cherry with a birdseye maple lid.*

### Brighton Botanicals

Pam Trenholm  
7096 Rte. 105 Upper Brighton  
Hartland, NB E7P 2P5  
(T) 506-375-4954  
pwheeler@nbnet.nb.ca  
www.brightonbotanicals.com  
RETAIL/WHOLESALE/SUPPLIER  
*Organically grown medicinal and culinary herbs (rosehips, clover, stinging nettle, hawthorn berries, etc.), mushrooms (shiitake), and fiddleheads. Brighton Botanicals also sells tea blends using wild raspberry and rosehips.*

### Bruce Mclean

124 Estey Rd.  
Waterville, NB E7P 1H3  
(T) 506-375-6530  
RETAIL/WHOLESALE/SUPPLIER  
*U-pick strawberry patch and stand.*

## Introduction to Non-Timber Forest Products

Are you a woodlot owner who wants to learn about the resources in your woodlot besides wood? Are you an entrepreneur exploring the possibility of starting up a small business using forest resources? Interested in learning more about NTFPs?

If so, you may be interested in attending or offering INFOR Inc.'s one-day workshop on NTFPs in your area.

The session covers the following:

- What are NTFPs?
- What's out there? – resources, products and markets
- Why and how to manage your woodlot for NTFPs
- Learn about both the challenges and opportunities associated with managing for NTFPs

For more information, contact INFOR Inc.:  
infor@infor.ca or  
506-450-8787

## First Nations and NTFPs

Non-timber forest products have been an essential component of aboriginal life for thousands of years. However, many, if not most, uses of NTFPs by First Nations in Atlantic Canada, Maine, and elsewhere were not developed using an economic model. Knowledge regarding many NTFPs such as plants used in traditional medicine was first and foremost regarded as a gift, and the use of that gift involved a respectful relationship with the land. The following quote from Parsons and Prest<sup>1</sup> captures this concept well:

“Aboriginal forestry practice is more than just following a prescription outlining when, where and how to harvest, but prescribes how a respectful relationship with the natural world can be developed.”

Almost without exception, NTFPs have been and continue to be used within aboriginal communities. One only has to look at the care that goes into the production of NTFPs by First Nations Peoples to recognize the importance that is given to respecting the land and its bounty.

continued on p.6

## Canada Calling

Glen Mills  
7675 Rte.104  
Coldstream, NB E7P 3L7  
(T) 506-375-6475, (F) 506-375-8624  
cacallnb@nbnet.nb.ca  
www.canadacallingnb.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Offering an assortment of  
handmade balsam fir wreaths and  
garlands for sale.*

## Canadian Organic Maple Co. Ltd

Gus Hargrove  
PO Box 524  
Bath, NB E7G 2N3  
(T) 506-278-5998, (F) 506-278-3966  
hargrove@nbnet.nb.ca  
www.canadianorganicmaple.com  
*Organically grown and produced  
maple products including syrup,  
spreads and sugar.*

## Charles Morrison

30014 Rte. 134  
Dalhousie Junction, NB E3N 6A8  
(T) 506-759-8309  
dcmojhem@nbnet.nb.ca  
<http://personal.nbnet.nb.ca/dcmojhem/>  
RETAIL/MANUFACTURER  
*Morrison is a woodturner who  
creates vases, bowls, and dishes  
from birch, maple, ash and spalted  
wood.*

## Charlie McIntosh's Berry Farm

Shauna McIntosh  
273 Rte. 565  
Johnville, NB E7J 1M3  
(T) 506-278-3874  
mcfarm@nb.sympatico.ca  
RETAIL/WHOLESALE/SUPPLIER  
*Strawberries, raspberries,  
greenhouse vegetables (including  
tomatoes and garden veggies);  
also onsite are U-pick strawberries  
and raspberries fields.*

## Chatham Biotec Ltd.

Karen Doolin  
761 Hillsborough Rd.  
Riverview, NB E1B 3W1  
(T) 506-854-7253, (F) 506-854-5894  
karendoolin@chathambiotec.com  
www.chathambiotec.com  
WHOLESALE/MANUFACTURER/  
SUPPLIER  
*Chatham Biotec harvests and  
processes Canada yew for use in  
pharmaceuticals.*

## Clint's Raspberry U-Pick

Clint Betts  
1075 Murray Rd.  
Bass River, NB E4T 1N4  
(T) 506-785-9808  
RETAIL/SUPPLIER  
*U-pick raspberry fields, as well as  
some strawberries; also supplies  
berries to local store.*

## Coastal Cranberries Ltd.

Georgina Goodland  
6 Station Rd.  
Dorchester, NB E4K 3A1  
(T) 506-856-8574, (F) 506-379-1081  
RETAIL/WHOLESALE/SUPPLIER  
*Cranberries available for retail or  
wholesale.*

## The Conservation Council of New Brunswick

Tracy Glynn  
180 St. John St.  
Fredericton, NB E3B 4A9  
(T) 506-458-8747, (F) 506-458-1047  
forest@conservationcouncil.ca  
www.acadianforest.ca or  
www.conservationcouncil.ca  
OTHER  
*The Conservation Council offers  
guided and interactive tours of  
Odell Park in Fredericton covering  
key concepts of a healthy forest. To  
book a tour or a presentation or  
for more information, contact us.*



### David R. Morris Woodworker

David R. Morris  
29 Wayne Lane  
Fredericton, NB E3B 9S7  
(T) 506-457-1290  
dkmorris@rogers.com  
RETAIL/MANUFACTURER  
*Woodworking, small furniture, chests, mats, coasters and trays. David Morris works with a variety of woods, including maple, cherry, birch, oak, walnut, birdseye maple and curly maple, as well as a variety of figured woods.*

### Dean Butterfield

11664 Rte. 105  
Kilburn, NB E7H 3W5  
(T) 506-273-2413  
tabrdukr@nbnet.nb.ca  
RETAIL/SUPPLIER  
*Certified D.C. Butterfield Ramble Staffs (walking sticks) made from all varieties of wood including hawthorn, maple, beech, curly maple and curly birch.*

### Down East Walking Sticks

Barrie Bochoff  
58 Riverview Dr.  
Somerville, NB E7P 3B4  
(T) 800-920-HIKE (4453)  
barrie@downeastwalkingsticks.com  
www.downeastwalkingsticks.com  
MANUFACTURER  
*Hand-carved walking and hiking staffs made from birdseye maple, curly maple, curly birch, black cherry and oak; also will use imported woods per customer's request.*

### E.B. Woodwork

Emile Babin  
Cove Rd.  
Notre-Dame, NB E4V 1X9  
(T) 506-576-7504  
RETAIL/MANUFACTURER  
*Produces wooden bowls and hollow forms made primarily from figured woods.*

### Elmhurst Outdoors

Gig Kierstead  
65 Ganong Rd.  
Erbs Cove, NB E5N 8B2  
(T) 506-832-4421  
elmhurst@nbnet.nb.ca  
www.elmhurstoutdoors.ca  
RETAIL  
*Sugar bush tours and pancake breakfasts, educational programs for school groups (ecology and outdoor pursuits).*

Unfortunately, the NTFP sector as a whole has been largely fragmented and First Nations activities are no exception. The communication gap between aboriginal and non-aboriginal communities has contributed to this problem. Hopefully the *From Our Atlantic Woods* directory will help facilitate bringing aboriginals and non-aboriginal people and communities together using a model of mutual respect and fair benefit sharing within the NTFP sector.

<sup>1</sup> Parsons and Prest. 2003. For. Chron. 79(4): 779-784

**BRENT MACHINE WORKS**  
WOOD TURNING & MACHINING

**CHERRY WOOD  
A SPECIALTY**

**ED SULLIVAN**  
FURNITURE MAKER  
(506) 672-5286  
40 BROOKVIEW CRES.  
SAINT JOHN, NB

**DESIGN & BUILD  
CUSTOM MADE FURNITURE**

|          |           |
|----------|-----------|
| CHAIRS   | TABLES    |
| HUTCHES  | ARMOIRES  |
| CABINETS | AND MORE! |

**MADE FROM:**  
BIRDSEYE MAPLE  
CHERRY WOOD  
OAK  
MAPLE

## The Story of Figured Woods

The unique characteristics of “figured woods” make them generally accepted in the world of non-timber forest products. Very common species of trees can have very uncommon characteristics or “figures” in the grain of the wood. The most common figures found in Atlantic Canadian and Maine trees are: burls, birdseye maple, spalted wood, curly maple and quilted birch.

### Burls

Burls are abnormal growths that occur on the outside of trees. Their unique swirling grain patterns create some of the best patterns in figured woods for turners. Many bowl turners actively seek these unusual anomalies. Often small pockets of bark are captured within the burl adding to their unique character. No two burls are ever the same and therefore no two products made from them will ever be the same. This uniqueness makes products created from them some of the most sought after wood pieces in the region.

continued on p.8

New Brunswick Directory

### Les Entreprises Deux Milles Ltd.

Lucien Charest  
81 Rte. 265  
Kedgwick River, NB E8B 1R1  
(T) 506-284-2651  
MANUFACTURER  
*Makes maple syrup and other maple sugar products.*

### Entreprise la Renaissance Inc.

Aline St. Pierre  
7384 Rte. 17  
Kedgwick Ouest, NB E8B 1W3  
(T) 506-284-2886, (F) 506-284-2886  
RETAIL/MANUFACTURER  
*Produces and sells maple syrup, butter and other associated products.*

### EP's Intarsia Art & Fretworks

Everett Parker  
8286 Rte. 105  
Riverbank, NB E7L 3Z8  
(T) 506-392-8267  
emparker@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*Woodturning with butternut, apple, curly maple, and birdseye birch.*

### Érablière Le SiRoytier Inc.

Diane Roy  
(T) 506-235-2540, (F) 506-235-8040  
MANUFACTURER/SUPPLIER  
*Producers of maple syrup products and value-added products.*

### Érablière Sucre D'or Ltée

Yvette Theriault  
180 des Ressources Rd.  
Pointe Sauvage, NB E2A 3Z6  
(T) 506-544-6872  
MANUFACTURER  
*Producers of New Brunswick maple syrup.*

### Evergreen Tea

Ben Young  
PO Box 3205, Stn. B, 1157 Kingsley Rd.  
Douglas, NB E3A 5G9  
(T) 506-363-5005, (F) 506-363-3454  
bsw@nbnet.nb.ca  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Produces evergreen tea using red spruce needles.*

### Faculté de foresterie, Université de Moncton, campus d'Edmundston

Robbie Ritchie  
165 Hébert Blvd.  
Edmundston, NB E3V 2S8  
(T) 506-737-5234, (F) 506-737-5373  
rritchie@umce.ca  
www.umce.ca/foresterie  
*Education, research, demonstrations and technology transfer in the fields of forest sciences and agroforestry (including NTFPs). We offer multiple demonstration sites in our experimental forest in Ste-Anne-de-Madawaska, at l'Érablière de la Montagne Verte in St-Joseph, at the Madawaska Maliseet First Nation Reserve and many other locations.*

### Falls Brook Centre

Jean Arnold  
125 South Knowlesville Rd.  
Knowlesville, NB E7L 1B1  
(T) 506-375-8143, (F) 506-375-4221  
ja@fallsbrookcentre.ca  
www.fallsbrookcentre.ca  
OTHER  
*The Falls Brook Centre is a demonstration site for NTFPs and other practices that promote rural self-sufficiency and environmental sustainability.*



## Fanjoy Farm

Oscar & Sheila Fanjoy  
144 Urney Rd.  
Waterford, NB E4E 4Z8  
(T) 506-433-3659  
osfanjoy@nb.sympatico.ca  
RETAIL/MANUFACTURER  
*Family farm growing raspberries, cranberries, blackberries, strawberries, chokeberries, producing jams; also sells eggs and chicken meat.*

## La Ferme Maury "Le Vin de L'Acadie"

Serge Maury  
2021 Rte. 475  
Ste-Edouard-de-Kent, NB E4S 4W2  
(T) 506-743-5347, (F) 506-743-5347  
fermemaury@hotmail.com  
www.fermemaury.com  
RETAIL/MANUFACTURER  
*Grape, elderberry and blueberry crops. Wine, juice and elderberry syrup available only from April to mid-October. Tours of the vineyards and other plantations are available. Products available at three markets: Dieppe, Bouctouche and Shediac.*

## Ferme Michaud Farm

Marc Michaud  
635 Rte. 475  
Baie de Bouctouche, NB E4S 4N9  
(T) 506-743-6947, (F) 506-743-8625  
fermicha@nbnet.nb.ca  
RETAIL/WHOLESALE/SUPPLIER  
*U-pick strawberries and raspberries, other assorted vegetables, including green and wax beans.*

## La Framboise 'Rit' Francoeur

Antonia Francoeur  
696 Grande Riviere Rd.  
Notre-Dame-de-Lourdes, NB E7E 1W7  
(T) 506-423-6608  
RETAIL/WHOLESALE/  
MANUFACTURER  
*U-pick raspberries; also makes and sells jam (strawberry, etc.).*

## Fisher's Sugar Camp

Wilfred & Dorothy Fisher  
2875 Rte. 490  
McQuaid, NB E1G 3J5  
(T) 506-383-8717  
ddfisher@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*Maple sugar products for sale including syrup and butter.*

## Flexiway Products Ltd.

Mike Thorne  
140 Melissa St., Unit 1  
Fredericton, NB E3A 6W1  
(T) 506-457-1870, (F) 506-457-1770  
info@flexiway.ca  
www.flexiway.ca  
RETAIL/MANUFACTURER/  
SUPPLIER  
*Wood products using a variety of figured woods and other types of wood. Services offered include made-to-order crates, gift boxes, plaques, etc., and laser engraving of text, logos, images and more.*

## Freddy Bee Honey

Josh Robinson  
45 Hawkins St.  
Fredericton, NB E3A 1P2  
(T) 506-459-8683 or 506-461-8614  
freddybeehoney@hotmail.com  
RETAIL/MANUFACTURER  
*Local pure honey sold, along with associated products including handmade beeswax candles, flavoured honey, and chocolate honey.*

## Gallery Maurice

Maurice Gamblin  
20157 Rte. 2  
Bairdsville, NB E7H 3V3  
(T) 506-273-3093  
gamwoods@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*Wood turning, mainly with local wood, burls, etc.*

## Birdseye Maple

Although many people think they know what causes the pattern resembling birds' eyes in sugar (hard) maple no one has yet given scientific proof of the cause. While the birdseye feature is most often linked to sugar maple, it can also occur in yellow birch, white birch, American beech and white ash. As the tree grows, small dimples begin to form in the cambium layer which is the layer responsible for the new growth of bark and wood. Each year, as the tree puts on new wood, these dimples create a unique pattern in the wood which we call "birdseyes". Since the birdseyes radiate from the center of the tree, the pattern of birdseyes is best seen when the wood is sawn at right angles to this growth. Most people believe you cannot see the birdseyes unless they remove the bark. However the presence of birdseyes can be seen in the outer bark by looking closely for these tiny depressions.

## Spalted Wood

Spalted wood refers to the figure in the wood created by a type of natural decaying process. The mycelium of fungi penetrates the wood usually when it is still in the form of a log. As the wood begins the early stages of decomposition, unique patterns are created. To maximize the potential for spalted wood, the trick is to cut or turn wood pieces at the right time--too soon and the patterns are not well developed, too late and the wood becomes soft or "punky". Spalting can occur in most species but the best seem to be birch, beech and maple.

continued from p.8

### **Curly Maple**

The curly maple pattern is most common and striking in red (soft) maple but it can be found in other species. It creates a very attractive 3-D appearance in well-finished products. Also referred to as “tiger maple”, this pattern is created in the wood through a wave-like grain pattern. Curly maple can be identified in the log by looking at the bumpy waves in the wood under the bark. The larger the diameter of the tree, the more valuable the curly maple log may be. Musical instrument artisans, such as violin, cello and guitar makers, seek out this unique grain pattern.

### **Quilted Birch**

Quilted birch sports a pattern that is similar to the curly figure; however, the frequency of the pattern is much wider. For this reason, this pattern is not as sought after for small wooden items but can be attractive in cabinets and furniture.



Spalted wood

## New Brunswick Directory

### **Gilbey's Farm Limited**

Earl Gilbey  
64 Keswick Ridge Rd.  
Keswick Ridge, NB E6L 1R8  
(T) 506-363-3145, (F) 506-363-3430  
api@nbnet.nb.ca  
RETAIL/WHOLESALE/SUPPLIER  
*Offers honey for sale, in addition to beekeeping and pollination services.*

### **Glenvale U-Pick**

Brian Balzer  
426 Baseline Rd.  
Glenvale, NB E4Z 3A1  
(T) 506-756-2176  
balzer@nbnet.nb.ca  
RETAIL  
*Glenvale U-Pick has fields of strawberries and raspberries available to consumers who want to pick their own berries.*

### **Golden Ridge Maple Sugary**

Dixie LaPage  
571 Knowlesville Rd.  
Knowlesville, NB E7L 1P1  
(T) 506-375-6027, (F) 506-375-6461  
kdlapage@nb.sympatico.ca  
WHOLESALE/MANUFACTURER/  
SUPPLIER  
*Producers of maple syrup for wholesale.*

### **Good Spring Farm**

Brock & Karen Davidge  
730 Rte. 616  
Keswick Ridge, NB E6L 1T1  
(T) 506-363-3744  
brock.davidge@rvh.nb.ca  
RETAIL/SUPPLIER  
*Sells certified organic strawberries, raspberries, blackberries, as well as assorted vegetables and numerous varieties of potatoes.*

### **Grain Effects Woodworking and Lumber Sales**

Julia Cammack  
1350 Regent St.  
Fredericton, NB E3C 2G6  
(T) 506-455-4632 or 506-261-0505 (C)  
julia@grainfx.ca  
www.grainfx.ca  
RETAIL/SUPPLIER/OTHER  
*Character hardwood: turning blanks, non-typical cuts, custom orders, native and locally-grown non-native species.*

### **Granite Town Farms**

David Hatt  
151 Brunswick St.  
St. George, NB E5C 3A4  
(T) 506-755-6314 or 866-660-WILD,  
(F) 506-755-1881  
gtf@wildblueberry.ca  
www.wildblueberry.ca  
RETAIL/MANUFACTURER/SUPPLIER  
*Produce and sell blueberries, jams, jellies, syrups, relish and teas.*

### **Great Bear Campground and Sugar Bush**

3549 Rte. 105  
Bear Island, NB E6L 1J6  
(T) 506-575-8151, (F) 506-575-8333  
edr@nbnet.nb.ca  
www.greatbearcampground.com  
RETAIL/MANUFACTURER  
*We provide a number of services such as selling maple syrup and giving guided tours of our sugar bush to large groups. We also have a campground onsite.*

### **Green Indian**

Lynn Dingee  
13094 Rte. 105, Unit D  
Tobique First Nation, NB E7H 3Y4  
(T) 506-273-2865, (F) 506-273- 6284  
green.indian@yahoo.ca  
RETAIL/MANUFACTURER  
*Items sold include floral arrangements with natural flowers, silk plant arrangements, balsam fir wreaths and native crafts.*

## Hamilton Forestry Products

Sterling Hamilton  
605 Halcomb Rd.  
Halcomb, NB E9E 1X2  
(T) 506-836-2818, (F) 506-836-9193  
shamiltn@nbnet.nb.ca

RETAIL

*Maple products available for sale, including syrup, butter and candy.*

## Harper's Raspberry U-Pick

Gerry Harper  
2937 Main St.  
Hillsborough, NB E4H 2X9  
(T) 506-734-2360

suemlutes@rogers.com

RETAIL/MANUFACTURER

*Raspberry U-pick, and also retail outlet on-site; open from the beginning of July through to the end of the season.*

## Haynes Farms

Penny Haynes  
478 Plymouth Rd.  
Plymouth, NB E7M 5Y4  
(T) 506-328-8264

pennyp\_31@yahoo.ca

RETAIL/WHOLESALE/SUPPLIER

*The Haynes Farm offers U-pick strawberries and raspberries.*

## Herb Eagles Woodworker

Herb Eagles  
489 Salisbury Rd.  
Colpitts Settlement, NB E4J 1K4  
(T) 506-372-4805

hjeagles@nbnet.nb.ca

*Woodworking with burl wood, birdseye maple, curly maple and other figured woods. Produces pens and bowls and other wooden items. Also does scroll saw work, intarsia, and some tool- and die-making.*

## Hillandale Woodturning

Don Pickett  
20683 Rte. 2  
Hillandale, NB E7H 3R1  
(T) 506-273-2971, (F) 506-273-2971  
info@hillandalewoodturning.com  
www.hillandalewoodturning.com

RETAIL/WHOLESALE/  
MANUFACTURER

*Artistic woodturning using burl woods and spalted woods (birch, maple, ash and butternut) to create bowls, lamps, candle holders and coffee tables.*

## House of Tudor

Sue Warrington  
311 Rte. 4  
Harvey, NB E6K 1X1  
(T) 506-366-3242

keithsue@nb.sympatico.ca

RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER

*Quality hand produced preserves: jams, jellies and chutneys made from local fruit and berries.*

## Hunter Brothers Farm

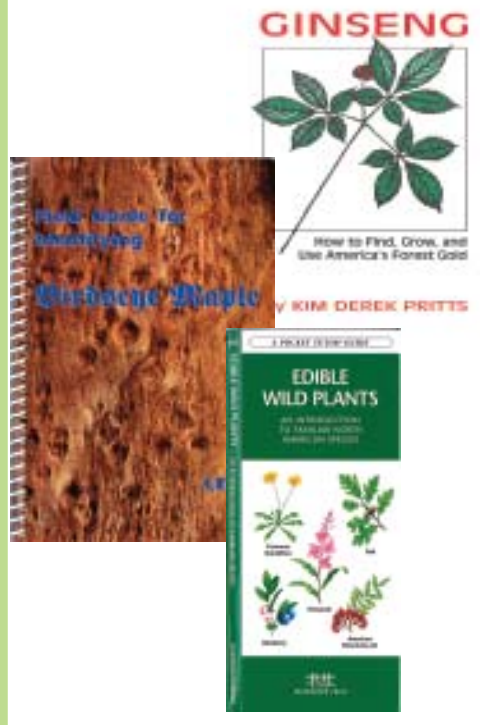
Chip Hunter  
643 Main St.  
Florenceville, NB E7L 4J6  
(T) 506-392-6279, (F) 506-392-VEGI  
huntbros@nbnet.nb.ca  
www.hunterbrothers.ca  
RETAIL/SUPPLIER

*Family farm growing raspberries for retail sale as well as other assorted vegetables (sweet corn, tomatoes, peas and zucchini).*



INFOR Inc. is a non-profit organization in New Brunswick that offers education and information services to private woodlot owners, Christmas tree growers and maple syrup producers. We've always had our proverbial 'foot in the door' when it comes to non-timber forest products, but of late, we have been putting extra emphasis on this field with this directory project, as well as our one-day sessions on NTFPs. We have also been collaborating with Ron Smith from VarFor Ltd. to produce an easy-to-use tool that woodlot owners can use to have a general idea of which NTFPs exist on their land base.

We have over 350 books available in our bookstore and we are continually looking for more titles relating to the NTFP industry. Visit our website, [www.infor.ca](http://www.infor.ca), and click on 'Catalogue' on the menu to see our full collection of books.





## Cloudberry Ginger Tart

For fun, try using a different type of fruit spread: strawberry, cranberry, orange, etc. or any combination you like.

Yield: one 9" (23 cm) tart.

### Ingredients:

#### Crust

2 cups (500 ml) finely ground ginger snaps

½ cup (125 ml) butter, melted

#### Filling

8 oz (250 g) cream cheese

3 tbsp (45 ml) sugar

3 tbsp (45 ml) milk

1 tbsp (15 ml) crystallized ginger, finely chopped

Pinch of salt

#### Topping

1 cup (250 ml) cloudberry spread

2 tbsp (30 ml) cloudberry liqueur (optional)

### Directions:

#### Crust

Combine the crumbs and butter.

Press into a 9-inch springform pan. Bake 8–10 minutes in a 175C (350F) oven. Cool completely.

#### Filling

Beat all filling ingredients together until light and fluffy. Spread onto cooled crust and refrigerate until firm.

#### Topping

Combine the topping ingredients and spread evenly over the cream cheese filling. Refrigerate.

Submitted by: Pure Labrador  
www.preserves.nf.ca

11 From Our Atlantic Woods

New Brunswick Directory

### INFOR Inc.

Janette Desharnais  
1350 Regent St., Suite 223, MCFT  
Fredericton, NB E3C 2G6  
(T) 877-450-8787 (F) 506-454-0652  
infor@infor.ca

www.infor.ca

OTHER

*We offer educational and information services to the province's maple syrup producers, woodlot owners and Christmas tree growers through the use of our courses, website, quarterly newsletter, books and more.*

### Ironwood Bowls

Clayton Macdonald  
28 Marble St.  
Four Corners, NB E4E 3P9  
(T) 506-433-5575

ironwood@nbnet.nb.ca

www.ironwoodbowls.com

RETAIL/MANUFACTURER

*Bowls made from maple, birch, ash or cherry (mainly spalted woods).*

### Jack Massey

521 Darlings Island Rd.  
Darlings Island, NB E5N 6T2  
(T) 506-832-4440

jackbonhouse@gmail.com

RETAIL/MANUFACTURER/SUPPLIER

*Windsor chairs and benches-- working primarily with ash, curly birch, birdseye, and cherry woods.*

### James Dunlap

86 Hillcrest Dr.  
Perth-Andover, NB E7H 2H2  
(T) 506-273-2096, (F) 506-273-3663

RETAIL/WHOLESALE

*Christmas tree grower and wreath manufacturer; products available for retail sale and wholesale.*

### JJ's Wood Creations

Jon Black  
33 Cameo Ct.  
Moncton, NB E1A 6S2  
(T) 506-875-2474  
capeblack@hotmail.com  
RETAIL/MANUFACTURER

*Jon specializes in exotic wood cutting boards and counter tops. He uses about 30 types of wood including local woods such as birdseye maple, curly birch, yellow birch, cherry, cherry burls, and rock maple. He also uses woods from around the world like purple heart, bloodwood and tigerwood.*

### Joe's Woodworking Ltd.

Joe Pitre  
775 Riverside Dr.  
Fredericton, NB E3A 8R1  
(T) 506-459-1144

josephpitre@rogers.com

RETAIL/MANUFACTURER

*Wooden bowls, spoons, forks, cribbage boards made with birdseye maple and curly maple.*

### John Shackleton Wood Worker

John Shackleton  
139 Tilley Rd.  
Gagetown, NB E5M 1H5  
(T) 506-488-3028

jshackle@nbnet.nb.ca

RETAIL/MANUFACTURER

*Cutting boards, wooden boxes and salad servers using NB hardwood and figured woods like walnut, birdseye maple, and spalted woods.*

### Julienne's Dried Flowers

Julienne Cano-Gauthier  
88 Wilsey Rd.  
Fredericton, NB E3B 5J1  
(T) 506-459-3762

at88wilsey@rogers.com

RETAIL/OTHER

*Dried wild flowers on canvases, vases, bowls, candle holders, cards with envelopes, rocks for use as paperweights and more.*

## Red Berry Sauce for Wildfowl

### Ingredients

2 cups (500 ml) fresh or frozen berries (raspberries, blueberries, cranberries, strawberries, blackcurrants or blackberries) – at least three varieties  
1 tsp (5 ml) chicken stock powder  
2/3 cup (150 ml) water (approx.)  
2 tbs sugar

### Directions

Bring all ingredients to a boil, reduce heat and let simmer until the mixture softens to a purée (5-10 min.).

Push the mixture through a fine sieve using a wooden spoon to remove the seeds from the fruit and recuperate the extracted juice which will be quite thick.

If necessary, add water to liquefy it or heat for bit more to thicken the sauce.

Serve over cooked wildfowl or poultry.

## Kenneth Maple Farms

Michael Salmon  
PO Box 483  
Bath, NB E7J 2N3  
(T) 506-246-1884 or 888-558-1886,  
(F) 506-246-1910  
kennethmaplefarms@nb.aibn.com  
RETAIL/WHOLESALE  
*Maple syrup and associated products such as lollipops, jelly, maple butter, granulated sugar, maple-peanut spread, chocolate covered candy and gift trays.*

## Keswick Hearts and Crafts

Phillip Fanjoy  
77 Rte. 105  
Keswick Ridge, NB E6L 1A2  
(T) 506-363-3723  
RETAIL/MANUFACTURER  
*Fret wood crafts made of hardwood and figured woods such as birdseye maple, curly maple, as well as curly cherry or curly birch (when available). Also makes rustic signs out of cedar.*

## Keyword Enterprises Ltd

Gordon Young  
101A Moss Ave.  
Fredericton, NB E3A 2G2  
(T) 506-458-9366, (F) 506-450-3706  
keyword@keyword-trees.com  
www.keyword-trees.com  
WHOLESALE/SUPPLIER  
*Supplier of Christmas trees, balsam fir seedlings, and bailing twine.*

## L & R Evergreens

Laura & Raymond Folkins  
92 Rte. 870  
Kierstead Mountain, NB E5P 1V6  
lfolkins@nbnet.nb.ca  
RETAIL/WHOLESALE/SUPPLIER  
*Christmas tree grower and supplier; also makes and sells wreaths.*

## Landry's Birdseye Bowls

Leonard Landry  
2705 Main St.  
Belledune, NB E8G 2J3  
(T) 506-522-5512  
birdeyre@nbnet.nb.ca  
www.ceibathurst.com/birdseye  
RETAIL/MANUFACTURER/SUPPLIER  
*Woodturned bowls and hollow forms; birdseye maple is the specialty.*

## Lemon Balm Lane

Ralph Deveau  
17 Wilfred Ave.  
Fredericton, NB E3B 9R9  
(T) 506-366-8181, (F) 506-472-4289  
info@lemonbalm lane.com  
www.lemonbalm lane.com  
RETAIL/MANUFACTURER/SUPPLIER  
*All natural, herbal skin care products. Products include lotions, creams, soap bars, shampoo bars, acne ointment, psoriasis & eczema ointments, insect repellent, bath salts, and teas just to name a few.*

## Maritime Village

Bob Martin  
181 Rogers Rd.  
Kingston, NB E5N 7Y1  
(T) 506-832-4896  
RETAIL/MANUFACTURER/SUPPLIER  
*Seasonings and preserves made from fresh raspberries, strawberries, and cranberries.*

**VarFor Ltd.** rsmith@0225@rogers.com

**Ronald F. Smith, PhD, RPF**

*Forestry consulting and contract research  
Non-timber forest products, agroforestry and biodiversity*

12 Chateau Drive  
McLeod Hill, NB  
E3A 5X2

Tel: (506) 453-1792 Cell: (506) 440-2199

## Harvesting Balsam Fir Sap: A Sticky Business

For many centuries people all over the world have used resin or gum from different fir species for various purposes. To name a few, fir resin is used in cough syrup recipes and the making of optical lenses and cover glasses for microscopes. In Canada, balsam fir gum is used in producing many finished and semi-finished goods sold on the market for domestic, commercial and pharmaceutical consumption. Harvesting balsam fir resin could represent a bit of added income for New Brunswick woodlot owners who do not mind getting their hands sticky.

Harvesting of balsam fir gum is done with a picoué, which is a container with a jagged spout. This instrument can be homemade with a small 300-400 ml (10-14 oz) tin can. The picoué must not be made with aluminum or copper since the resin oxidizes when in contact with these metals giving it a black colour and making it unusable as an edible product.

The harvesting period runs from May to November with sap becoming more liquid as the temperature increases. Collection must never be done in the rain since the resin becomes white when in contact with water, making it unusable.

continued on p.14

## Mascarene Woodworks

Joseph Hunt  
365 Mascarene Rd.  
Mascarene, NB E5C 2R8  
(T) 506-755-2233  
RETAIL/MANUFACTURER/SUPPLIER  
*Turning of art and utility bowls  
using indigenous woods and burls  
from New Brunswick.*

## McCrea Farms

Nancy Colpitts  
2670 Rte. 705  
Shannon, NB E5T 4G2  
(T) 506-485-5600, (F) 506-485-5620  
bnccejc@nb.sympatico.ca  
www.mccreafarms.com  
*Farm vacations, maple syrup  
production, sugarbush tours,  
pancake breakfasts, woodlot trails,  
wildlife viewing and photography.*

## McCullough's U-Pick

273 Rte. 616  
Keswick Ridge, NB E6L 5R9  
(T) 506-363-3106, (F) 506-363-2528  
krfarms@nb.sympatico.ca  
RETAIL  
*Visit McCullough's for U-pick  
strawberries.*

## Mckinney's U-Pick

David Mckinney  
761 Rte. 105  
Maugerville, NB E3A 8L1  
(T) 506-357-5444  
davemck@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*This Maugerville U-pick farm  
offers raspberries, blueberries and  
vegetables.*

## McLellan's Maple

Roy McLellan  
4212 Rte. 540  
Belleville, NB E7M 5X8  
(T) 506-328-2029  
lauriemc@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*Maple syrup, candy and butter;  
tours of our maple bush are also  
available.*

## Moss' Blueberries

Donna Moss  
1256 Rte. 107  
Cross Creek, NB E6B 1V6  
(T) 506-367-2463  
RETAIL/MANUFACTURER  
*Grows blueberries for sale, also  
has a small U-pick operation.*

## Mountindale Farm

Richard & Heather Brown  
620 Rte. 121  
Bloomfield, NB E5N 4V3  
(T) 506-832-5683  
info@mountindalefarm.com  
www.mountindalefarm.com  
RETAIL  
*Certified organic U-pick  
strawberries and raspberries, as  
well as certified organic beef and  
lamb.*

## New Brunswick Maple Syrup Association

Yvon Poitras  
1350 Regent St., Suite 223, MCFT  
Fredericton, NB E3C 2G6  
(T) 506-458-8889, (F) 506-454-0652  
yvp@nb.aibn.com  
www.maple.infor.ca  
OTHER  
*Represents the interests of its  
members, sees to the constant  
evolution of quality standards,  
promotes the industry to the  
general public and offers  
information and training  
opportunities.*





## Olivier Soapery

Réjean LeBlanc  
831 Rte. 505  
Ste-Anne de Kent, NB E4S 1J9  
(T) 506-743-8938, (F) 506-743-2904  
info@oliviersoaps.com  
www.oliviersoaps.com  
RETAIL/WHOLESALE/  
MANUFACTURER

*The Olivier Soapery is a family owned and operated business specializing in the production of high quality therapeutic olive oil soaps and skin care products. Olivier combines the aromatherapeutic properties of pure essential oils (including forest plants as well as softwood and hardwood tree oils), the art of traditional soap-making, the science of plants & flowers and the history of pure olive oil to create extraordinary, biodegradable, long lasting skin care products. Tours and demonstrations of The Soapery are also available.*

## O'Toole Gallery

Kerry O'Toole  
109 College St.  
Woodstock, NB E7M 1K5  
(T) 506-328-6207, (F) 506-325-9257  
RETAIL/MANUFACTURER  
*Woodcarving and woodworking using woods such as basswood, pine and butternut woods.*

## Perry's Tree Lot

Arnold Perry  
39 Bolton St.  
Moncton, NB E1E 2H5  
(T) 506-855-4005  
apperry@rogers.com  
WHOLESALE  
*Perry's Tree Lot sells Christmas trees and offers cut and chip services.*

## Peter Walsh

2502 Rte. 845  
Carters Point, NB E5S 1N7  
(T) 506-763-2730  
pawalsh@nbnet.nb.ca  
RETAIL/MANUFACTURER/SUPPLIER  
*Walsh produces and sells New Brunswick honey.*

## Prince Cove Berry Farm

Henry & Anna Goguen  
3478 Rte. 690  
Minto, NB  
(T) 506-327-3600  
RETAIL  
*U-pick strawberries, high-bush blueberries and wild blueberries*

## The Pumpkin Lady

Martha Bowman  
5814 Rte. 505  
Jardineville (Rexton), NB E4W 2J2  
(T) 506-523-4318, (F) 506-523-4350  
pumpkinlady@nb.aibn.com  
*Market garden, selling fresh blueberries and assorted vegetables, as well as herbs (basil and oregano); open August and September, 10 a.m. to 6 p.m., seven days a week.*

## R & J Honeybee Farm

Bob Seaman  
3332 Rte. 895  
Parkindale, NB E4Z 2S2  
(T) 506-756-2796 or 506-756-0212 (C)  
gsdthedale@hughes.net  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Sells honey and beeswax and also offers pollination services.*

## Raymond Young

218 Rte. 715  
Jemseg, NB E4C 3N4  
(T) 506-488-3211  
RETAIL/WHOLESALE/SUPPLY  
*U-pick strawberries and vegetable stand.*

To gather resin, the sharp teeth of the picoué are inserted into the bark, under the resin blister. Only the big blisters should be picked in order to avoid damaging the health of the trees. The regeneration of the resin blisters takes approximately five years. If these simple guidelines are followed, harvesting should not harm the trees as the blisters heal rapidly.

Once the sap is gathered, it then needs to be filtered to remove any impurities such as bark or leaves. Straining can be done with nylon socks or in a strainer. The gum can be stored in two or four litre transparent plastic containers such as pop or juice bottles. The containers must be cleaned and dried beforehand. The size of containers accepted varies depending on the companies. The containers must be kept in a cool and dark area so the resin can conserve its properties.

An experienced harvester in a stand with a high proportion of balsam fir trees can pick up to six to eight pounds of resin a day.

## **Cedar-Planked Salmon with Rum & Maple Syrup Glaze**

No longer is maple syrup simply a sweet dessert or breakfast treat; it can be used in savoury applications as well. This is a delicious and unique way to prepare and enjoy local salmon and maple syrup.

Serves 3

### **Ingredients:**

Food-grade cedar plank  
1/4 cup (50 ml) dark rum  
2 tbsp (20 ml) soy sauce  
1/2 cup (125 ml) pure maple syrup  
1 salmon filet (skin on) – approx.  
1.5 lbs (0.7 kg)  
Salt & pepper  
1 tbsp (15 ml) lemon pepper  
seasoning  
1 lemon, halved

### **Plank preparation:**

Soak plank for at least three hours in water. Use cans or other heavy objects to weigh it down.

### **Glaze:**

Combine rum, soy sauce and maple syrup in a small saucepan.

On a low boil, reduce by about half. Mixture will thicken and coat the spoon.

Once desired consistency is achieved, keep warm on lowest setting on stovetop.

continued on p.16

## **Red-Robin Christmas Trees and Maple Syrup**

Gerry Redmond  
383 Rte. 616  
Keswick Ridge, NB E6L 1S2  
(T) 506-458-5128 or 506-363-3115,  
(F) 506-363-3113  
gredmond@mcft.ca  
RETAIL/WHOLESALE  
*Maple syrup (Sugar Bush Gold label), Christmas tree U-cut and wholesale. Fuel wood is also available for sale.*

## **Riordon Maple Products**

George Riordon  
9083 Rte. 11  
Pokeshaw, NB E2A 5S3  
(T) 506-546-4004, (F) 506-546-4004  
jmgriord@nb.sympatico.ca  
RETAIL  
*Products for sale include maple syrup, butter, toffee, hard/soft sugar, lollipops, hard candy, jelly; visits to the sugarbush are available by appointment.*

## **River Valley Adventures Inc.**

Mike Carpenter  
415 Main St.  
St. Martin, NB E5R 2G1  
(T) 506-833-2331 or 888-871-4244  
info@rivervalleyadventures.com  
www.rivervalleyadventures.com  
RETAIL  
*Services available include guided hiking tours, sea-kayaking tours, bike rentals, and bike and boat sales.*

## **Rocky Mountain Maples**

David Briggs  
2979 Main St.  
Hillsborough, NB E4H 2X9  
(T) 506-734-3380 or 506-866-5946 (C)  
(F) 506-734-2339  
dsbriggs@nbnet.nb.ca  
RETAIL/WHOLESALER/  
SUPPLIER  
*Maple syrup and associated products such as butter, cream, jelly, BBQ sauce, maple suckers, taffy and maple coated nuts.*

## **Royal View Maples**

Andrew Crawford  
300 Royalton Rd.  
Royalton, NB E7K 2G9  
(T) 506-276-4334, (F) 506-276-4334  
andrcole@nb.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Maple syrup in a wide variety of fancy glass bottles, plastic jars and cans; maple butter, candy, maple peanuts, and maple jelly are also available..*

## **Scroll Saw Portraits / Intarsia Sculptures**

Judy Ryder  
143 French Village Rd.  
Rothsay, NB E2S 1A9  
(T) 506-847-4419  
annryder@msn.com  
RETAIL/MANUFACTURER  
*Intarsia work done with figured woods, birdseye maple, curly maple and others (whatever is available). Scroll saw work including portraits with plywood and custom logos in wood.*

## **Shikatehawk Maple Products Ltd.**

Andrew Harvey  
632 Divide Rd.  
Divide, NB E7L 1K6  
(T) 506-392-6168, (F) 506-246-1187  
RETAIL  
*Maple syrup available for sale.*

## Slocum's Farm Fresh Produce Ltd.

Michael Slocum  
6179 Rte. 105  
Waterborough, NB E4C 2Y3  
(T) 506-362-5544, (F) 506-362-9182  
regveg@nb.sympatico.ca  
RETAIL/SUPPLIER

*Fresh strawberries and a full assortment of vegetables at roadside stand.*

## Sorrell's Berries

Barb Sorrell  
2466 Rte. 560  
Williamstown, NB E7K 1S9  
(T) 506-276-4789  
RETAIL/MANUFACTURER/SUPPLIER

*Picked and U-pick strawberries and raspberries; in operation usually only during the month of July.*

## Soulflower Herbals

Cecelia Brooks  
1280 Rte. 8  
Nashwaak Bridge, NB E6C 1T3  
(T) 506-461-6806  
soulflowerhoney@yahoo.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER

*Organic & natural body care products made with botanicals from our Atlantic woods. Handmade in small batches. All-vegetable soaps, moisturizers & salves.*

## Spruce Hill Nurseries

Charles McNair  
4 Welch St.  
Bristol, NB E7L 2E4  
(T) 506-392-5553  
cmcnair@aernet.ca  
www.sprucehillnurseries.com  
RETAIL/WHOLESALE

*Items for sale include Christmas trees, wreaths, greenery, seedlings, and transplants.*

## Stephenson Maple Farms

Dean Stephenson  
216 Melville Rd.  
Lansdowne, NB E7L 3X3  
dean@stephensonmaplefarms.ca  
www.stephensonmaplefarms.ca  
(T) 506-375-8592,

(F) 506-375-4085 (call first)  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Products available include maple syrup in 375 ml bottles and in bulk.*

## Sucrerie Bossé

Réal Bossé  
17039 Rte. 2  
St-Jacques, NB E7B 2G6  
(T) 506-735-3817, (F) 506-735-3817  
rcbosse@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*Maple syrup, butter, taffy, sugar, granulated sugar and caramel (taffy on snow). Guided tours of the facilities available as well.*

## Sucrerie Maurifils

Régis Ouellet  
3027 Rte. 120  
Saint-Hilaire, NB E3V 3K3  
(T) 506-258-3955  
info@maurifils.com  
www.maurifils.com  
RETAIL/MANUFACTURER  
*We sell maple syrup and offer sugarbush tours.*

## Sunset Lodge Collectibles

George C. Bidlake  
349 Inglewood Dr.  
Fredericton, NB E3B 2L1  
(T) 506-454-5649  
gcbidlake@yahoo.ca  
RETAIL/MANUFACTURER  
*Small turned wooden crafts, for example, snowmen, mushrooms, lighthouses using found round wood, driftwood, deadfall, as well as some figured woods such as curly or birdseye maple.*

## Salmon:

In the meantime, lay salmon filet skin-side down and rub in salt, pepper and lemon pepper on skinless surface only.

Preheat barbecue to 500°F (260°C).

Remove plank from water and place on preheated BBQ grill until it crackles and gives off a bit of smoke (3-4 minutes).

Place salmon on plank skin side down and reduce heat to medium-low. Close BBQ cover and cook salmon for 15 to 20 minutes until it reaches an internal temperature of 135°F (57°C).

Open cover periodically to make sure the plank doesn't flare up; spray with water if it does.

## Presentation:

Once salmon is cooked, remove from plank onto plate.

Squeeze juice from lemon halves onto warm fish.

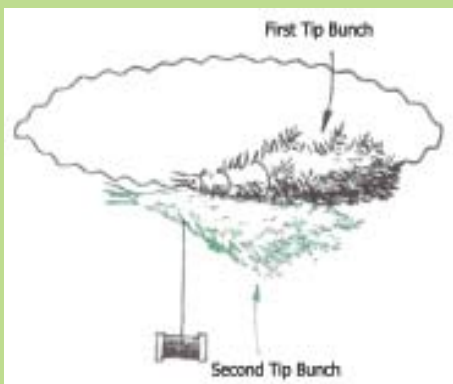
Just before serving, drizzle glaze over salmon portions.



## How to Make a Balsam Fir Wreath

Making a balsam fir wreath is not necessarily a difficult process but there is definitely a lot more to it than just tying some random tips together on a wire ring with some wire.

The basic structure of a wreath is a ring form, and while the size of the ring determines the final size of the wreath you must take into account that the branches will add substantial volume to the finished product. For example, a 20 cm (8") ring will yield a 30-35 cm (12-14") wreath.



To make a wreath from balsam fir tips, first gather many tips of the same length. Secondly, gather the branches in small bundles and then attach them to the form using wire. Continue to attach tips, working centrically until the tips are attached over the whole ring form.

## Sunset Strawberry and Raspberry U-Pick

Susan Walker  
U-pick: Ferris St. off of Sunset Dr.  
Fredericton, NB  
Mailing: 24 Mannington Lane,  
Fredericton, NB E3A 5S6  
(T) 506-459-3183  
susanwal@nb.sympatico.ca  
RETAIL  
*U-pick strawberries, raspberries and occasionally, blueberries.*

## Sylvio

Sylvio Dugas  
6 Restigouche St.  
Kedgwick, NB E8B 1J5  
dugasyl@nbnet.nb.ca  
www.sylvio.ca  
(T) 506-284-2300, (F) 506-284-2300  
MANUFACTURER  
*Turned wood, wooden neckties, vases, wineglasses, decorative and functional bowls, and unique pieces.*

## Tansy Lane Herb Farm

Carol Coleman  
490 Albert Mines Rd.  
Albert Mines, NB E4H 1S5  
(T) 506-734-3006  
tansy@nb.sympatico.ca  
www.tansylane.com  
RETAIL/MANUFACTURER  
*Herbs from the designed gardens (available for touring) are transformed into beautiful herbal vinegars, oils and jellies. Our line of bath products are made with the purest ingredients and essential oils.*

## Tedish Products Ltd.

Roland Robichaud  
78 Vienneau St.  
Cap-Pelé, NB E4N 2C6  
(T) 506-577-2562 or 506-533-0144 (C)  
r.robichaud@rogers.com  
RETAIL/WHOLESALE/SUPPLIER  
*U-pick strawberries and assorted vegetables.*

## Tom Stuart

30 Mars Lane  
Hanwell, NB E3C 1M9  
(T) 506-458-5748  
tstuart@nbnet.nb.ca  
RETAIL/MANUFACTURER  
*Furniture made with some figured woods such as curly maple and flame birch, as well as pine, maple, white oak, walnut, and mahogany.*

## Tribal Footwear & Apparel

Cecelia Brooks  
1280 Rte. 8  
Nashwaak Bridge, NB E6C 1T3  
(T) 506-461-6806  
soulflowerhoney@yahoo.com  
RETAIL/OTHER  
*Tribally inspired footwear and apparel hand-made using naturally brain-tanned hides by Wolastoqiyak family. All footwear is custom made to order.*

## Trites Family Sugarbush

Brent Trites  
326 Briggs Cross Rd.  
Stilesville, NB E1G 3G3  
(T) 506-384-4850  
tritesugarbush@yahoo.ca  
www.geocities.com/tritesugarbush/index.html  
RETAIL/MANUFACTURER  
*Items for sale include maple syrup, cream, and butter; tours of sugar bush are also offered in-season along with a pancake house.*

## Tuddenham Farms

Todd Tuddenham  
PO Box 202  
St. Stephen, NB E3L 2X1  
(T) 506-466-1840, (F) 506-466-2829  
RETAIL/WHOLESALE  
*Hand-cleaned blueberries and blueberry wine for sale.*

## Turnings with Character

Peter Kinsella  
1954 Rothesay Rd.  
Rothesay, NB E2H 2J7  
(T) 506-849-3706  
peterkin@nb.sympatico.ca  
www.turningswithcharacter.com

*Woodturnings using burl wood (maple, cherry, white and yellow birch, cedar and poplar) to make vases, bowls and other artistic turnings.*

## Utopia U-Pick / Magnetic Hill Winery

Janice Everett  
860 Front Mountain Rd.  
Moncton, NB E1G 3H3  
(T) 506-384-WINE, (F) 506-852-7887  
everett.jj@gmail.com

www.magnetichillwinery.com  
RETAIL/MANUFACTURER  
*Strawberries, raspberries, maple syrup and assorted berry wines.*

## VarFor Ltd.

Ronald F. Smith, PhD, RPF  
12 Chateau Dr.  
McLeod Hill, NB E3A 5X2  
(T) 506-453-1792, 506-440-2199 (C)  
rsmith0225@rogers.com  
OTHER  
*Forestry consulting and contract research on non-timber forest products, agroforestry and biodiversity.*

## Waterside Farms Cottage Winery

Linda Mantell  
2008 Rte. 915  
Waterside, NB E4H 4M9  
(T) 506-887-2058, (F) 506-887-2058  
watersidewinery@gmail.com  
www.watersidewinery.ca  
RETAIL/MANUFACTURER  
*New Brunswick wines including blueberry and rhubarb.*

## Wild Adventures/ Aventures Sauvages.com

Rodrigue Arseneau  
898 Robertville Rd.  
Dunlop NB E8K 2K5  
(T) 506-783-7896 or 506-545-5869 (C)  
rodriquearseneau@rogers.com

OTHER  
*Fresh and dried mushrooms, edible and medicinal plants, and Labrador tea. Ecotourism opportunities including day adventures for the purpose of identifying and harvesting, as well as training on edible mushrooms and herbs.*

## Wilson Wreath Company Ltd.

Peter Hess  
11 Squire St.  
Sackville, NB E4L 4K8  
(T) 1-800-5WREATH, (F) 506-939-3112  
information@wilsonwreath.com  
www.wilsonwreath.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Wilson wreaths produces quality and sweet smelling balsam fir wreaths, centerpieces, kissing balls, festive door swags and greens for the direct gifting market, the fundraising market and the wholesale market in Canada and the USA. Our secure e-commerce website allows the gift-giving consumer to easily and quickly order our products for themselves or for a special client or friend. Their choice is carefully boxed and delivered direct with a holiday message through the post or via courier.*

## Choosing and Maintaining Your Wreath

A good wreath should be compact and sturdy, with a distinct round hole in the center. If you can still spot the ring, wire or broken stems on the wreath, this probably means that it needs more tips or that it was not constructed properly. Wreaths should also be of appropriate weight. For example, a 30-35 cm (12-14") wreath should weigh approximately 0.7-0.9 kg (1.5-2 lbs), while a 50-60 cm (20-24") wreath should weigh approximately 1.6-1.8 kg (3.5-4 lbs).

Getting the most from your wreath is also important. If possible, your wreath should be hung in a cool and damp location where it is not going to be directly hit by wind, rain or sunlight. If it is kept indoors, keep it in a well ventilated area. Finally, if your wreath begins to wilt or dry out, spray it with some water. It needs to be hydrated too just as your natural Christmas tree needs to be watered regularly.



## The Serviceberry

Serviceberry, *Amelanchier arborea*, also known as Juneberry, shadbush or shadblow (because it blooms when shad run in streams in the spring to spawn) is a common woodland shrub. The fruit are blueberry-sized, purple-red in colour, and sweet with a mild taste. You may have to compete with the birds to get the berries, but it might be worth your while.

Serviceberry is a shrub that tends to grow quite tall. Another similar, shorter species that can be planted is the Saskatoon serviceberry, *Amelanchier alnifolia*. 'Regent' is a good example of Saskatoon serviceberry that bears sweet fruit that can be easily reached.

## Windy Ridge Turnings

David Macminn  
2676 Rte. 3  
Harvey, NB E6K 1S2  
(T) 506-366-5418  
bmacminn@nbnet.nb.ca  
RETAIL/MANUFACTURER/SUPPLIER  
*Woodturned bowls made primarily with cherry, birdseye maple, and cedar woods.*

## Winegarden Estate Ltd

Werner Rosswog  
815 Rte. 970  
Baie Verte, NB E4M 1Z7  
(T) 506-538-7405, (F) 506-538-7405  
rosswog@nbnet.nb.ca  
www.winegardenestate.com  
RETAIL/MANUFACTURER/SUPPLIER  
*Fruit wines – primarily blueberries and raspberries.*

## Wintergreen Farms Inc.

Jeffrey MacMullin  
92 Poets Lane  
Fredericton, NB E3B 9P7  
(T) 506-328-5522, (F) 506-454-6139  
sunmac@nb.sympatico.ca  
WHOLESALE/SUPPLIER  
*Wintergreen Farms sells balsam fir Christmas trees, wreaths and other greenery.*

## Wooden It Be Nice

Eugene Mattinson  
15 Millstring Dr.  
Charters Settlement, NB E3B 1W9  
(T) 506-459-7343  
glhem@nb.sympatico.ca  
RETAIL/MANUFACTURER  
*Scroll saw work, handcrafted items, key racks and jewellery; products made from solid hardwood, both local and imported, specialty woods and figured woods.*

## Woodenspired.ca

Tim Sears  
74 Humphrey St.  
Moncton, NB E1C 6P1  
(T) 506-855-9441  
timsears@nbnet.nb.ca  
www.woodenspired.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Woodenspired creates wooden fine crafts using some figured wood, as well as maple, bloodwood, yellow heart, purple heart and black walnut, just to name a few.*

## Wood-en-such

Allan Brewer  
Products: 13094 Rte. 105, Unit D  
Tobique First Nation, NB E7H 3Y4  
Mailing: 326 Main St.  
Plaster Rock, NB E7G 2C4  
a.brewer3@hotmail.com  
RETAIL/MANUFACTURER/SUPPLIER  
*Hand-carved wood bowls, spoons, relief carvings, etc. made from deadfall woods, cedar, ash, butternut, curly maple and other specialty woods.*

## Yuletide Tree Farm

Chuck Secord  
1970 Rte. 112  
Upper Coverdale, NB E1J 1Y9  
bigtree@nb.sympatico.ca  
(T) 506-372-9522, (F) 506-372-9858  
RETAIL  
*U-cut Christmas trees and pre-made wreaths for sale.*



**New Brunswick Maple  
Syrup Association Inc.**  
**Association Acéricole  
du Nouveau-Brunswick Inc.**

*The Sweet Taste of  
Springtime All Year 'Round*

**Tel: (506) 458-8889**  
**Fax: (506) 454-0652**  
**yrp@nb.aibn.com**  
**www.maple.infor.ca**







# GRAIN EFFECTS

100% Maritime  
Lumber

*Woodworking & Lumber Sales*

## Lumber

Sawn from well aged logs, most pieces do not display typical color. Colour variations range from subtle blue, gray and red highlights in maple and birch to heavy spalting in beech.

Pieces with live edge, bark inclusions and other defects can add a natural element to a traditional piece of woodwork.

Looking for something a little out of the ordinary? Check out my website. If it hasn't been sawn yet it could be milled to the dimensions you need.

## Furniture

Looking for the right piece of furniture to fit in a small space or to fill a big one? How about a custom designed table made to fit your room and style? You can even visit the yard and choose the stock used to build it.

## Specialty Pieces

Burl slices, turning or carving blanks or crotch wood. Visit the website or the yard to see what's available.

Local Delivery  
Available!

Large or small... all  
orders welcome.

**Grain Effects Woodworking and Lumber Sales**

1350 Regent Street

Fredericton NB

E3C 2G6

(506) 455-4632

(506) 261-0505 (cell)

Julia@grainfx.ca

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



# Newfoundland & Labrador

## Auk Island Winery

Grant Young  
29 Durrell St.  
Twillingate, NL A0G 1Y0  
(T) 877-639-4637, (F) 709-884-2237  
info@aukislandwinery.com  
www.aukislandwinery.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*We use freshly picked, wild  
Newfoundland and Labrador  
blueberries, crowberries, black  
currants, strawberries,  
bakeapples, raspberries,  
partridgeberries, and  
gooseberries, as well as local  
damsons, rhubarb, and iceberg  
water to create a wide range of  
fruit wines. Individual wine tours  
occur year-round. Please try to  
call ahead in the off-season to  
ensure a tour is available. We can  
accommodate group tours of up to  
50 visitors. For groups of over 10,  
please call ahead to schedule a  
convenient tour time.*

## Newfoundland & Labrador Facts

**Provincial Flower**  
Pitcher Plant

**Provincial Tree**  
Black Spruce

**Provincial Bird**  
Atlantic Puffin

**Provincial Capital**  
Saint John's

**Province Size (total)**  
405,212 km<sup>2</sup>

**Provincial Population**  
508,944 (2008)

## Barbara Wood

PO Box 251, Stn. B  
Happy-Valley-Goose-Bay, NL A0P 1E0  
(T) 709-896-5449  
Barbaraswood@hotmail.com  
RETAIL/WHOLESALE/  
MANUFACTURER  
*I use over twenty plants and trees  
including balsam fir, birch, alder  
and tree fungi to create crafts and  
artwork, such as painted talking  
sticks, alder twig Santas, painted  
tree fungi, balsam fir sachets,  
willow beads, and birch bark tree  
ornaments.*

## Campbellton Berry Farm

Philip Thornley  
PO Box 118  
Campbellton, NL A0G 1L0  
(T) 709-261-2739, (F) 709-261-2322  
campbelltonberry@nfupick.com  
www.nfupick.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER/OTHER  
*U-pick and pre-picked  
strawberries and raspberries  
available in season; frozen  
strawberries and raspberries are  
also available.*

## Caribou Adventure Tours

Paul Wood  
PO Box 1492  
Lewisporte, NL A0G 3A0  
(T) 709-535-8379 or 709-541-1188  
Caribou.adv@nf.sympatico.ca  
RETAIL  
*Safaris and hikes accompanied by  
a biologist to view wildlife  
(woodland caribou, moose, etc.) in  
the Central Newfoundland Forest.  
Fly fishing trips for Atlantic  
salmon and brook trout. Canoe  
and kayak rentals.*

## Dark Tickle Company

Stephen Knudsen  
PO Box 191  
Griquet, NL A0K 2X0  
(T) 709-623-2354, (F) 709-623-2405  
sales@darktickle.com  
www.darktickle.com  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Producer of a variety of products made from unique hand picked wild berries of NL. We showcase what we do on site. Also, on our boardwalk, we offer guided tours interpreting the berries and other native plants. We are a member of the Economusée network.*

## Drifting Inn

Keith & Judy Osmond  
7 Riverside W., PO Box 955  
Grand Bank, NL A0E 1W0  
(T) 709-832-1605  
jude@persona.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Driftwood birdhouses, birdfeeders, ornaments, wall plaques and door knockers made entirely of salt water wood that has drifted in on the beaches surrounding our community.*

## Environmental Education Commission

Vincent McDonald  
PO Box 2265  
St. John's, NL A1C 6E6  
(T) 709-753-1060, (F) 709-753-1224  
Environmentaleducation@nf.aibn.com  
www.envision.ca/webs/eec  
OTHER  
*The Environmental Education Commission operates an Environmental Education Centre at Deer Park approximately 65 km from St. John's. The primary function is to offer hands-on environmental education programs, designed by Eastern School District staff, to upper elementary and junior high students. Students spend two days at the Centre in groups of about 60 with their school home room teacher assisted by professional staff at the Centre. The Centre has a fully equipped commercial kitchen, classroom and meeting facilities, showers, electricity, etc. There are sleeping accommodations for 70 people (six bunk beds per room).*

## Apple, Walnut and Blue Cheese Salad with Lingonberry Vinaigrette

Serves 4

### Ingredients (Vinaigrette)

3 tbsp (45 ml) Lingonberry Syrup  
1 tbsp (15 ml) red wine vinegar  
3 tbsp (45 ml) olive oil  
Salt and pepper

### Directions

Mix all together and shake well.

### Ingredients (Salad)

Mixed baby salad greens  
1 apple  
¼ cup (60 ml) walnuts, toasted and coarsely chopped  
¼ cup (60 ml) crumbled blue cheese

### Directions

Spread a bed of salad greens on 4 plates.

Core and quarter the apples.

Thinly slice each quarter into 6 – 8 slices and place on the greens in an attractive fan.

Sprinkle 1 tbsp (15 ml) each walnuts and blue cheese over the apple and greens.

Drizzle the Lingonberry Vinaigrette over the salads.

Submitted by: Pure Labrador  
www.preserves.nf.ca





## Bee Pollination of Berry Crops

Aside from honey and the countless other value-added products we get from bees (for example beeswax candles and royal jelly), bees also play an important role in berry crop production. While some berry growers rely solely on wild bee populations to pollinate their berry flowers, others take matters into their own hands and rent beehives from beekeepers to ensure that enough pollination will occur to produce a good harvest.

Pollination is, according to some, the most important ecological process in the world; it is vital to the reproduction of approximately 90 per cent of seed-producing plants. Through natural selection, many of these plants have developed showy flowers to attract pollinators.

Even if other insects are also able to pollinate plants, honeybees are often considered to be the best pollinators because not only are they manageable and numerous, but they can cover large areas and will continue to visit one species of flower until all the nectar and pollen are gone.

In recent years, there has been a new threat to North American bees, called Colony Collapse Disorder (CCD). CCD struck approximately a quarter of the hives in the United States in 2007, and in many cases wiped out most or all of the affected beekeepers' hives.

continued on p.24

### The Greenhouse

Kim Thistle  
1 Strawberry Loop (Service Rd.  
off the Trans-Canada Hwy)  
PO Box 2237, RR 1  
Little Rapids, NL A2H 2N2  
kim@thegreenhouse.ca  
www.thegreenhouse.ca  
(T) 709-634-5757, (F) 709-639-3167  
RETAIL/MANUFACTURER  
*We sell custom handmade  
Christmas greenery products  
including wreaths, swags, garlands  
and kissing balls. We currently  
export our products throughout  
Canada and the US.*

### Knotty Creations

Bill & Linda Callahan  
PO Box 35  
Winterland, NL A0E 2Y0  
(T) 709-279-5071  
RETAIL/WHOLESALE  
*We specialize in turning unique,  
natural shaped bowls, vases,  
platters and urns from local burls  
and woods, much of which we  
harvest near our home.*

### Labrador Preserves Co.

Larry Stephan  
PO Box 161  
South River, NL A0A 3W0  
(T) 709-786-4551  
l.stephan@nf.sympatico.ca  
www.preserves.nf.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Turns pure Labrador cloudberrries  
(bakeapples), lingonberries  
(partridgeberries), and blueberries  
into gourmet spreads and syrups.  
Our products are made from the  
finest of these wild berries grown  
on the pristine, pollution-free  
barrens and marshes of this  
northern climate.*

### Linkum Tours Ltd.

Ed English  
PO Box 652  
Corner Brook, NL A2H 6G1  
(T) 877-254-6586, (F) 709-639-1592  
info@linkumtours.com  
www.linkumtours.com  
RETAIL/WHOLESALE  
*Linkum Tours will tailor your  
exploration of the unique corners  
and customs of Newfoundland and  
Labrador to suit your pace and  
interests. Untouched nature and  
vibrant cultures blend to fill your  
visit with memories.*

### MUN Botanical Garden Inc.

Wilf Nicholls  
St. John's, NL, A1C 5S7  
(T) 709-737-8590, (F) 709-737-8596  
wnicholl@mun.ca  
www.mun.ca/botgarden  
RETAIL/WHOLESALE  
*Botanical research and  
development in native plants. Sales  
of ornamental plants, native plants  
for re-vegetation projects, selection  
of native species for nutraceutical  
uses and new agronomic crops.*



## Natural Newfoundland Nutraceuticals Inc.

Lionel Rodrigues  
PO Box 98  
Whitbourne, NL A0B 3K0  
(T) 709-759-3003, (F) 709-759-3097  
adm@nnni.ca  
www.rodriqueswinery.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*We research and develop  
nutraceutical products of the  
highest quality and purity through  
the utilization of innovative and  
cutting edge technology with a  
mandate to both inform and  
empower consumers to have easy  
access to overall health and  
wellness. We use herbs such as  
wild blueberries, bilberries,  
cranberries, lingonberries, and  
sea-buckthorn to produce pure  
berry powders.*

## Naturally Hand-Dyed by Susan Furneaux

Susan Furneaux  
Anna Templeton Centre  
for Craft Art and Design,  
278 Duckworth St.  
St. John's, NL A1C 1H3  
(T) 709-576-7400  
sfurneaux@nf.sympatico.ca  
www.susanfurneaux.com  
RETAIL/WHOLESALE/OTHER  
*A fine art studio (textiles),  
dedicated to the use of nontoxic  
mordants and natural dyes created  
with local plants.*

## Newfoundland Bee Company

Paige Marchant  
PO Box 99  
Pasadena, NL A0L 1K0  
(T) 709-686-2499  
paige@newfoundlandbeecompany  
www.newfoundlandbeecompany.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Wildflowers and honey lip balm  
and skin creams; pollination  
services, honeybees and queens.*

## Ossetra

Lisa Walsh  
PO Box 39056  
St. John's, NL A1E 5Y7  
(T) 709-754-7772 or 866-443-7772  
lisa@ossetra.ca  
www.ossetra.ca  
WHOLESALE/MANUFACTURER/  
SUPPLIER  
*Ossetra, Wondrous Earth is a  
100% chemical free food and spa  
product line utilizing indigenous  
ingredients like blueberries,  
partridgeberries, bake-apples,  
seaweed and mud from  
Newfoundland and Labrador. Our  
spa products have a unique iceberg  
water base; Ossetra is pure in  
every respect. Sustainable  
harvesting, eco-friendly packaging  
and effective results make Ossetra  
the premier choice for health-  
minded individuals. Visit our  
website to view our products and  
information.*

CCD is still quite misunderstood; it was first discovered in 2004, and its most notable symptoms are the absence of adult bees in hives, with no record of their corpses, and the presence of both honey and pollen in hives.

So far, it seems CCD has not affected Atlantic Canada; however, we too are losing bees in record numbers. Eighty percent of New Brunswick bees died over the 2006-2007 winter, from the cold winter and poor fall conditions. While many beekeepers are now on the lookout for CCD, other risks to bee populations, which may also be partially to blame for the bee deaths in the United States, are parasitic mites, poor nutrition, pesticides and stress.

Tens of thousands of honeybee colonies are rented out each year across Canada for pollination purposes. Although it is hard to say exactly how much of an impact honeybees have on berry crop production, estimates range from over three-quarters dependence for blueberry and cranberry crops, to approximately a quarter dependence where strawberries are concerned. This dependence shows that the massive decreases in honeybee numbers not only put honey and beeswax related production in jeopardy, they also have a major impact on plants that rely on bees for pollination.





## Scavenger Hunt

A fun game to play in your backyard, or any forest you find yourself in. A good way to teach kids about their wild surroundings while keeping them entertained!

- a maple tree
- a spider's web
- an acorn
- a wild flower
- moss on a tree
- a pine cone
- a leaf of any colour but green
- something scented
- a dead tree
- wild berries
- a y-shaped twig
- a bird's nest
- an animal hole in the ground
- a leaf with insect holes
- evidence of the presence of people
- a butterfly
- something yellow
- something red

### Paradise Farms Inc

Aubrey Goulding  
97 St. Thomas Line  
Paradise, NL A1L 2P9  
(T) 709-782-1435, (F) 709-782-2189  
info@beenatural.ca  
www.beenatural.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Paradise Farms manufactures all natural body products from the beehive, as well as beeswax candles and honey. Group tours and demonstrations are available upon request.*

### Play

Rosalind Ford  
PO Box 222  
Middle Amherst Cove, NL A0C 2A0  
(T) 709-445-2007  
rosalindford@nf.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Naturally hand-dyed 100% cotton children's toys. Rag dolls, finger puppets and hand puppets for children of all ages. These toys are designed to encourage creative play.*

### Rodrigues Winery

Lionel Rodrigues  
PO Box 98  
Whitbourne, NL A0B 3K0  
(T) 709-759-3003, (F) 709-759-3097  
adm@nni.ca  
www.rodriqueswinery.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Rodrigues Winery has continued to grow in both capacity and in the variety of wines produced from wild berries and pesticide-free fruit to become Canada's largest exclusively fruit winery. All wines are Kosher and sulphite-free. Winery tours, wine tasting and the wine shop are open year round. Your personal tour of our winery will expand your knowledge of our art of fruit wine making.*

### Sap World Co. Ltd.

Craig Lewis  
44 Torbay Rd., Suite 326, Nuport Bldg.  
St. John's, NL A1A 2G4  
(T) 709-738-0505, (F) 709-726-1627  
craig@sapworld.ca  
www.sapworld.ca  
MANUFACTURER  
*We tap into nature's goodness by providing beverages made from pure natural resources. Try our birch sap wine, "Lady of the Woods" and our birch sap vodka, "Birch Wynd".*







## A Recipe from the Maritime's Own Chef Michael Smith

Since time immortal we've been drawn to the forests around us. The simple pleasure of immersing ourselves in the quiet shadows of the woods has always been inspired by the flavours we found there. Today we're blessed with a tradition of unique wild ingredients, each with marketable values that transcend consumer demand for organic, local and fresh. As a chef I'm proud that our collective Atlantic cuisine continues to embrace not just our maritime and agricultural roots but the treasures of our forests.

### Wild Chanterelle Mushroom Soup

Serves 4

#### Ingredients

4 tablespoons butter  
2 pounds of chanterelle mushrooms, sliced, the wilder the better  
1 large chopped onion  
1/4 cup of sherry, Marsala, Madeira or any red wine  
1/4 cup of flour  
1 tablespoon of chopped fresh thyme  
a bay leaf  
4 cups of chicken, beef or vegetable stock  
1 cup of heavy cream or sour cream  
salt and pepper to taste  
1 tablespoon of fresh or dry tarragon  
a bunch of flat leaf parsley



#### Directions

Melt the butter in a soup pot over medium high heat then add the onions and mushrooms. Sauté for five minutes or so until the mushrooms are wilted and release their moisture. Add the wine, thyme, bay leaf and flour and reduce the heat to low. Continue cooking for another five minutes or so stirring constantly and scraping the bottom of the pot. Add the stock and cream and simmer for another 20 minutes or so. Taste and season with salt and pepper. Stir in the tarragon. Serve as is, or if you prefer, purée all or part of the soup. Sprinkle each bowl with lots of chopped fresh parsley.



# Nova Scotia

## A. K. Goodwin Enterprises

Gracie & John Goodwin  
RR 1  
Southampton, NS B0M 1W0  
(T) 902-546-2346  
RETAIL/WHOLESALE/  
MANUFACTURER

*Nova Scotia maple syrup, maple butter, maple cream and maple wax, all produced on site. Visitors welcome for sugar bush tours – please call ahead.*

## Acadian Maple Products Ltd.

Brian Allaway  
13578 Peggy's Cove Rd.  
Upper Tantallon, NS B3Z 2J2  
(T) 902-826-2312, or 888-276-2753  
info@acadianmaple.com  
www.acadianmaple.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER

*Acadian Maple Products Ltd. offers its clients high quality maple syrup and value-added maple products such as hard and soft maple candy, maple BBQ sauce, maple butter, maple roasted peanuts and more. In addition, a full line of blueberry products is also available: blueberry syrup, blueberry maple syrup, juice, vinegar and a variety of jams and jellies.*

## Nova Scotia Facts

**Provincial Flower**  
Mayflower

**Provincial Tree**  
Red Spruce

**Provincial Bird**  
Osprey

**Provincial Capital**  
Halifax

**Province Size (total)**  
55,283 km<sup>2</sup>

**Provincial Population**  
938,310 (2008)

## Austins Sugar Woods

C. Keith & Nancy Lou Austin  
1192 Windham Hill Rd., Rodney, RR1  
Springhill, NS B0M 1X0  
(T) 902-597-2882  
austinmaple@ns.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER

*Produces maple products including maple syrup, cream, butter, sugar and wax. Tours are also offered.*

## Bentley's Blueberries & Maple

Jean Bentley  
PO Box 11  
Westchester Station, NS B0M 2A0  
(T) 902-548-2973  
jbentley@ns.sympatico.ca  
RETAIL/WHOLESALE

*On top of growing blueberries, Bentley's also produces maple syrup, butter, cream, sugar and maple leaf candies.*

## Bezanson Family Christmas Tree Farm

Steve Bezanson  
3750 Black Rock Rd.  
Waterville, NS B0P 1V0  
(T) 902-583-7410  
christmastree@ns.sympatico.ca  
www.bezansonchristmastrees.com  
RETAIL/WHOLESALE

*U-pick, we pick, retail, or wholesale environmentally friendly Nova Scotia balsam fir Christmas trees from table-top size to 11 feet.*



## Blomidon Estate Winery

Janet Woodworth  
PO Box 208, 10318 Hwy. 221  
Canning, NS B0P 1H0  
(T) 903-582-7565 or 877-582-7565,  
(F) 902-582-3361  
habwines@ns.sympatico.ca  
www.blomidonwine.com

### RETAIL/SUPPLIER/OTHER

*Blomidon Estate Winery is open year round. Our signature wines are Baco Noir, L'Acadie, Seyval and Chardonnay. Wines made with grape, blueberry, black cherry, green apple, strawberry, rose petal and orange blossom.*

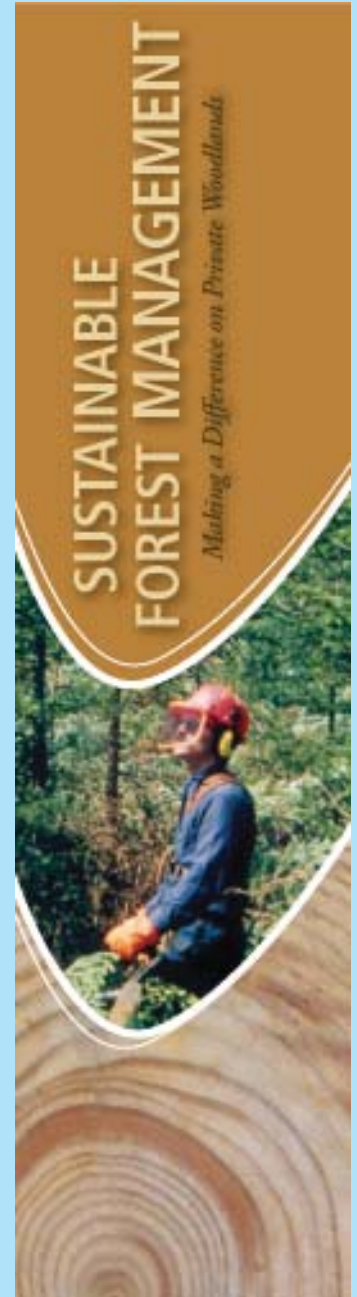
*Complimentary wine sampling is offered in the retail shop. We also offer wine by the glass on our patio. Tours are available for a small fee, pre-booking is preferred. We are a perfect picnic spot for those heading out to Scot's bay, Blomidon Park or the Look-Off. Our wines are sold primarily through our retail store but can also be found in select NSLC outlets, the Halifax Farmer's Market and some of Nova Scotia's finest restaurants.*

## Christmas Tree Council of Nova Scotia

Len Giffen  
(T) 902-895-6914  
lgiffen@ctcns.com  
www.ctcns.com

### OTHER

*The Christmas Tree Council of Nova Scotia provides a voice for Nova Scotia Christmas tree growers at the provincial, national and international level, as well as research, promotion, and education of the Nova Scotia Christmas tree industry. We provide training and professional support for Christmas tree growers and we maintain an online directory for Christmas tree wholesalers and u-cut operations in the province. Nova Scotia balsam fir Christmas trees are unique to Nova Scotia. Our Maritime climate enables us to "grow the traditional Christmas tree". Our trees have strong lush green needles, and the aroma of our balsam fir cannot be duplicated. Our seedlings have been the basis for the worldwide balsam Christmas tree industry. We continue to grow our trees Mother Nature's way, in wild stands.*





## Chuckles & Associates

Charles Pretty  
PO Box 395  
Canning, NS B0P 1H0  
(T) 902-585-7312  
fenn\_pretty@ns.sympatico.ca  
RETAIL/WHOLESALE/SUPPLIER  
*Beautiful wood pieces like walking sticks and sculptures are made from burls on trees and knot forms.*

## Coastal Trails Hiking Tours

Danielle Robertson  
35 Robertson Loop  
Port Joli, NS B0T 1S0  
(T) 902-683-2573  
discoverportjoli@ns.sympatico.ca  
OTHER  
*Explore beautiful beaches in parks and sanctuaries in Queens County with a local licensed guide. Discover birds, seals, historic sites, edible plants and spectacular scenery in Kejimikujik National Park and Thomas Randall Provincial Park.*

## Collector Canes

Doug & Zella Perry  
659 Ferry Rd., RR 2  
North Wallace, NS B0K 1Y0  
(T) 902-257-2817  
zperry@auracom.com  
www.auracom.com/zperry  
RETAIL/MANUFACTURER  
*Handcrafted canes and walking sticks made from Nova Scotia woods.*

## Conscious Wave Soaps & Body Products

Linda Fuller  
408 East Davison St., RR 3  
Wolfville, NS B4P 2R3  
(T) 902-542-2795  
roger.allen@ns.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*A selection of natural, herbal & aromatherapy soaps, face creams, lotions, massage & bath oils, body powders, Dead Sea salts, salves, balms, waters & rosewater; lip balms, nasal inhalers, eye bags, sachets, and knit items. Products contain high-quality, all-natural ingredients that are organically-grown or wild-crafted from Nova Scotia's forests. The products from the forest include wild rose water, St. John's wort muscle rub, wild woods sachets (including spruce cones, sweet fern and wild rosehips), wild rose sachets, sweet fern and sweet grass herbal pillows, and sweet fern and sweet grass incense.*



What does sustainable forest management mean to you?

How can you practice good stewardship on your woodland?

Do you know how to get financial assistance for silviculture on your woodland?

Do you voluntarily follow the Code of Forest Practice?

Learn more by visiting the Nova Scotia Department of Natural Resources Stewardship and Outreach Services.

Phone Toll Free:  
1-866-226-7577  
Email:  
woodlot@gov.ns.ca

www.gov.ns.ca/natr/extension

## Cornect Family Farm

Margaret Cornect  
 RR 5, New Glasgow, 365 Cornect Rd.  
 Denver, NS B2H 5C8  
 (T) 902-883-2747  
 margaret.cornect@ns.sympatico.ca  
 www.cornectfamilyfarm.com  
 RETAIL/MANUFACTURER/SUPPLIER  
*This family-run farm produces countless bee and honey products for sale. Honey products include liquid and creamed honey, three varieties of honey butter (original, cinnamon and orange), jams/jellies sweetened naturally with only honey, as well as honey cranberry chutney, honey relish and honey mustard pickles. We also produce beeswax lip balm and skin cream, as well as 100% natural beeswax candles. Bees available to rent for pollination services. Gift boxes of jams/jellies are available for the Christmas season. Tours of honey house and bee yard available.*

## Crown Jewel Resort Ranch

Nahman Korem  
 992 Westside Baddeck Rd., RR 1  
 Baddeck, NS B0E 1B0  
 (T) 902-295-1096  
 info@crownjewelresort.com  
 www.crownjewelresort.com  
 RETAIL/MANUFACTURER/OTHER  
*We offer maple syrup products and 25 km of trails on site for hiking, horseback riding/driving, cross-country skiing, and dog-sledding. Our 600 acres of forests include 200 acres of old growth forest. We forage our woods for wild edible plants that are served in our restaurant.*

## Dickinson Bros.

David Dickinson  
 7799 Hwy. 2, RR 3  
 Southampton, NS B0M 1W0  
 (T) 902-546-2342  
 dickinson@xplornet.com  
 RETAIL/WHOLESALE  
*Produce maple products including syrup, cream, butter, hard sugar, granulated sugar and jelly.*

## Freewheeling Adventures

Philip Guest  
 2070 Hwy 329  
 Hubbards, NS B0J 1T0  
 (T) 902-857-3600  
 philip@freewheeling.ca  
 www.freewheeling.ca  
 RETAIL/SUPPLIER/OTHER  
*Offers tours and rentals including canoe, kayak, bicycle and hiking.*

## Fresh Start Woodturners

Don Moore  
 5619 Hwy. 236  
 Upper Kennetcook, NS B0N 2L0  
 (T) 902-362-2959  
 moorewood@ns.sympatico.ca  
 RETAIL/WHOLESALE/  
 MANUFACTURER/SUPPLIER/OTHER  
*Produces one-of-a-kind sculptures for private and public collections, corporate gifts etc. Also sells woodturning blanks and burls and offers instruction in woodturning at various levels.*

## Frosty Maple Products

Harold & Gloria Langille  
 491 South Brook Rd., RR 1  
 Southampton, NS B0M 1W0  
 (T) 902-546-2275  
 WHOLESALE  
*Produce pure maple syrup for wholesale.*

## Strawberries

“Doubtless God could have made a better berry, but doubtless God never did”.

Such is how 17<sup>th</sup> century writer Dr. William Butler described the strawberry. From smoothies to shortcakes and jams to jellies, the strawberry is a versatile accessory fruit grown on almost every continent.

It is known that ancient Romans cultivated strawberries and that in 13<sup>th</sup> century France the strawberry was harvested for use as a medicinal plant to treat gout and to aid digestion, for instance, but also to remedy sunburns and discoloured teeth. It is also at this time that it was first claimed that strawberries have aphrodisiac qualities, a claim that still persists today...

More recently and closer to home, Europeans found strawberries upon their arrival in Virginia in 1588. In Europe, the wild strawberry remained the dominant variety until cultivated strawberries became popular late in the 17<sup>th</sup> century. At that time, gardeners began breeding strawberries for size, shape and flavour. Today the strawberry is the most popular berry fruit in the world.

There are several theories as to how these tasty treats came to be known as “strawberries”. The most popular belief is that the Anglo-Saxon verb “to strew”, or a variant thereof. In time, the fruit assumed a number of monikers such as streabergen, streberie, straibery, straubery, and as it is known today, “strawberry”.

## Fiddlehead Frenzy

As a young unfurled fern, *Matteucia struthiopteris* is commonly known as a fiddlehead for obvious reasons, but as a mature fanned-out plant, it looks more like the tail feathers of its other namesake: ostrich fern.

Picking and eating fiddleheads is a Maritime and Maine spring tradition, and according to the Canadian Encyclopedia, the fiddlehead is the most important edible fern and the only native Canadian plant that has achieved commercial success as a vegetable. The ostrich fern grows in all of Canada's provinces and even in pockets of all three territories and Alaska, as well as in northeastern United States, as far south as Virginia.

The best places to hunt fiddleheads are along river and stream banks, in open woodlands, and at the edges of swamps and marshes. They should be picked away from roadsides and other areas where they might be contaminated with pollution, herbicides and pesticides. Although it is impossible to pin down reliable statistics on fiddlehead sales, annual North American sales likely stand at between 7 and 10 million dollars.

continued on p.32

## GEMMS from Forest & Farm

Veronica DeYoung  
226 Addington Forks Ext.  
Antigonish, NS B2G 2K8  
(T) 902-863-5928 or 902-870-3785 (C),  
(F) 902-863-5928  
veronica@gemms.ca  
www.gemms.ca  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*We are seasonal producers of quality fresh balsam fir & pine Christmas products such as kissing balls, sprays, and swags. We also sell fresh wild chanterelle mushrooms, fiddlehead greens, dried balsam for crafts and wild berries (blueberries, blackberries and cranberries).*

## Grants Guided Adventures

Troy Grant  
PO Box 1744  
Liverpool, NS B0T 1K0  
tagrant@eastlink.ca  
www.myspace.com/grantsguidedadventures  
OTHER  
*I offer nature walks, canoe trips, hunting for rabbit, partridge, deer, bear and moose as well as fishing for trout, bass and pickerel in Atlantic Canada.*

## Great E.A.R.T.H. Expeditions

Ryan Barry  
30A Wildwood Blvd.  
Dartmouth, NS B2W 2L8  
(T) 902-223-2409  
ryan@greatearthe Expeditions.com  
www.greatearthe Expeditions.com  
OTHER  
*Providing eco-adventure tours throughout Nova Scotia. Small group tours include hiking, camping, and sea kayaking; they range from half-day to multi-day tours. All ages are welcome and meals and transportation are all provided.*

## Green Dragon Organic Farm and B&B

Gerlinde Pilgrimm & Stephan Hederich  
3082 Balmoral Rd., RR 4  
Tatamagouche, NS B0K 1V0  
(T) 902-657-0081  
greendragon@ns.sympatico.ca  
www.greendragon.ca  
RETAIL/SUPPLIER  
*Organic farm featuring fresh shiitake mushrooms and other salad greens and vegetables. Organic venison raised on site. Environmentally friendly B&B with walking and hiking trails.*

## Guided Wilderness Hiking Adventures

Lawrence Barron  
PO Box 7, 90 Barron Rd.  
Ingonish Harbour, NS B0C 1L0  
(T) 902-285-2895  
lawrencebarron@ns.sympatico.ca  
www.adventurenovascotia.com  
*Guided wilderness hikes along the world famous Cabot Trail at Barron Road in Ingonish Harbour in beautiful Cape Breton, Nova Scotia. Beautiful and remote scenery with breath-taking views. Hikers will witness old-growth forests, mountain ranges, waterfalls, wildlife, ocean views, river valleys and lakes.*

## Haveracres Maple Farm

Jason Haverkort  
295 St. Joseph's Rd.  
Antigonish, NS B2G 2K8  
(T) 902-863-3614  
RETAIL/WHOLESALE  
*Maple syrup is produced from over 10,000 maple trees in the Keppoch area of Antigonish County. We are the county's only commercial producer of maple syrup.*



## **Higbee's Berry Farm & Nursery**

Glenn, Cindy & Shane Higbee  
867 Mill Rd., RR 2  
New Ross, NS B0J 2M0  
(T) 902-689-2882  
RETAIL/WHOLESALE

*Our farm and nursery offer high bush blueberries and plants, strawberries, raspberries, gooseberries, currants, black currants, vegetables and honey.*

## **Hinterland Adventures and Gear**

Ann Lewis  
54 Gates Lane  
Weymouth, NS B0W 3T0  
(T) 902-837-4092 or 800-378-8177  
odysseys@kayakingnovascotia.com  
www.kayakingnovascotia.com  
SERVICE PROVIDER

*Guided wilderness canoe tours from 3-21 days in the Tobetic Wilderness Area. Full, half and multi-day sea kayaking tours on the Sissiboo River and St. Mary's Bay in southwestern Nova Scotia.*

## **Honey Care Farm**

Maurice Comeau  
55 W. Old Post Rd.  
Smith's Cove, NS B0S 1S0  
(T) 902- 245-1845  
honeycarefarm@eastlink.ca  
RETAIL/SUPPLIER

*Honey Care Farm offers pure, natural, unpasteurized honey from the wildflowers of southwestern Nova Scotia. Also offers pollination services.*

## **Inklings in Wood / Artistic Woodturning**

Ben McLellan  
9007 Hwy. 215  
Maitland, NS B0N 1T0  
(T) 902-261-2100  
info@inklingsinwood.com  
www.inklingsinwood.com  
RETAIL

*Unique, collectible artistic woodturnings from woods and burls native to Nova Scotia; pieces include such works as vases, bowls and urns. Working studio and adjacent gallery open year-round: 9 a.m. to 9 p.m.*

## **Jamie's Acadian Wood Carvings**

Jamie Thibault  
Site 4, Box 6  
Church Point, NS B0W 1M0  
jamiescarvings@gmail.com  
www.jamiescarvings.com  
RETAIL/MANUFACTURER  
*Hand-carved Nova Scotian hardwoods and softwoods including birdseye maple, cherry, birch, clear maple, white birch burls, apple wood, red oak and pine are used to make pendants, rings and sculptures.*

## **Jim's Xmas Trees**

Jim Weatherby  
1472 Belmont Rd., RR 2  
Debert, NS B0M 1G0  
(T) 902-662-2425  
dweatherby@eastlink.ca  
SUPPLIER  
*Our lot includes three grades of Christmas trees: select, #2, and bundles in various heights ranging from 4 to 12 feet.*

The First Nations People in North America were the first to discover and reap the nutritional benefits of fiddleheads which are a source of iron, potassium, niacin, riboflavin, magnesium, phosphorus and vitamins A and C. When either eaten whole, steeped in tea or made up in a spring tonic, they are said to aid with issues like constipation, scurvy and high blood pressure.

Most people would say that the best way to serve cooked fiddleheads is straight up or with a simple dot of butter and a sprinkling of salt and pepper in order to fully enjoy their fresh and wholesome attributes. However, others have created a variety of cream or other types of sauces to accompany fiddleheads. The young ferns can also be incorporated into stir-fries, stews, casseroles and soups. They are easily frozen after a quick one-minute blanching and cool-down period.

## Shrimp and Fiddlehead Medley

No longer are fiddleheads merely a side dish! This tasty combination of fiddleheads, mushrooms and shrimp make a fantastic sauce for your pasta and will definitely give your family a new way of eating fiddleheads.

Serves 6

### Ingredients

1 lb (455 g) fiddleheads  
6 cups (1.5 l) water  
1 3/4 lbs (795 g) raw shrimp  
6 ounces (170 g) linguine,  
uncooked  
1 tsp (5 ml) butter  
2/3 cup (150 ml) onion, chopped  
1/2 cup (125 ml) green pepper,  
diced  
1/2 lb (225 g) fresh mushrooms,  
sliced  
1 tsp (5 ml) dried thyme  
1/4 tsp (1 ml) ground black pepper  
1/8 tsp (0.5 ml) salt  
1/8 tsp (0.5 ml) celery seeds  
2 tbsp (30 ml) lemon juice

### Instructions

Cut ends off fiddleheads. Remove scales and wash thoroughly.

Bring water to a boil in a large saucepan; add shrimp and cook three to five minutes, or until done. Drain well, and set aside.

Cook fiddleheads in boiling water for ten minutes. Drain.

Cook pasta as directed, without salt or oil. Drain well, set aside and keep warm.

continued on p.34

Nova Scotia Directory

## Jollitree Farm

Douglas MacAdam  
188 Willow St.  
Truro, NS B0N 5A2  
(T) 902-897-7410  
admacadam@eastlink.ca  
RETAIL/WHOLESALE  
*We have 55 acres of sheared balsam fir and scotch pine Christmas trees on the Irwin Lake Rd, just South of Truro. All standard sizes are \$20.00 + HST. Trees can be baled for \$2.00. Heated cabin, parking and good roads.*

## Kevin McCormick Sales & Services

Kevin McCormick  
789 Rodney Rd., RR 1  
Springhill, NS B0M 1X0  
(T) 902-597-2645  
kevinmccormick@ns.sympatico.ca  
www.maplepower.ca  
RETAIL/MANUFACTURER/SUPPLIER  
*We sell maple products, as well as offer sales and services of all related maple equipment for the hobby or professional producer.*

## Lantz' Old Tyme Christmas Trees

Bill Lantz  
PO Box 533  
Mahone Bay, NS B0J 2E0  
(T) 902-624-0417  
oletymexmas@eastlink.ca  
www.lantzchristmastrees.com  
WHOLESALE/SUPPLIER  
*Naturally-grown balsam fir Christmas trees, grown without use of herbicides or pesticides and available in all sizes and grades.*

## The Last Resort Farm

Nick & Vicki Mirabile  
2534 South Shore Rd., RR 1  
Malagash, NS B0K 1E0  
(T) 902-257-1875  
vmirabile@ns.sympatico.ca  
*Provide organically grown high bush blueberries, red and black currants, pears, plums, sour and sweet cherries, elderberries, gooseberries, blackberries. We are also the home to Malagash Alpacas, Shetland and Icelandic Sheep® from which we produce fine fibre and wool fleece. We also sell Rovings batts, yarns, and felt produced from our own fleece.*

## L.O.R.D.A.

J. David Leese (curator)  
PO Box 591  
Westville, NS B0K2A0  
(T) 902-396-4470  
dave@lorda.org  
www.lorda.org  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Seniors and disabled persons recreation park, offering fishing, camping, games, trails, bird watching, and aquarium-stage. Park is open to everyone, but fishing reserved for seniors or disabled. We also manufacture maple syrup.*

## Lunenburg Balsam Fir Co-op

Ed Walters  
PO Box 485  
Bridgewater, NS B4V 2X6  
(T) 902-543-9592  
edwalters@eastlink.ca  
www.lbcoop.com  
WHOLESALE/SUPPLIER  
*We have 8000 to 10,000 balsam fir Christmas trees from 2 to 20 feet tall; wreaths, brush and garlands available with tree orders. Red, white and Scotch pine varieties are available upon request.*

### Lynda's Corner

Lynda Drope  
RR 6  
Bridgewater, NS B4V 2W5  
(T) 902-685-2220

*Lynda's products are available at the Halifax City Market; they include maple syrup, cream, butter and candies (available year-round), as well as chanterelle mushrooms (available late July to late September).*

### Lynn Rotin

726 West Pennant Rd.  
West Pennant, NS B3V 1M2  
(T) 902-346-2018  
thestudio@eastlink.ca  
www.lynnrotin.com

RETAIL

*Fine art paintings on recycled, aged wood; available for sale at the Halifax Farmers' Market – Saturdays 7 a.m. to 1 p.m..*

### Maplewood Maple Syrup & Christmas Tree Farm

Bonnie & Rex Veinot  
2819 Barss Corner Rd., RR 1  
Barss Corner, NS B0R 1A0  
(T) 902-644-3358  
rveinot@ns.sympatico.ca  
RETAIL/MANUFACTURER/SUPPLIER

*We produce and sell maple syrup, butter, and cream as well as Christmas trees.*



### Maritime Medicinal Mushroom Inc.

Brad Wagner  
573 Laconia Rd.  
Bridgewater, NS B4V 2W5  
(T) 902-685-2080  
info@maritimemedicinalmushrooms.com  
www.maritimemedicinalmushrooms.com

*Food and medicinal extracts from forest-produced mushrooms. Spawn, inoculation and educational services for converting forest wood waste into mushrooms. Maritime Medicinal Mushroom Inc. seeks partners in woodlot owners who wish to produce in association with us and work within a unified marketing and processing effort.*

### Maritime MicroBiologicals Inc.

David Boyle  
24 Parker St.  
Truro, NS B2N 3R1  
(T) 902-896-2498  
dboyle@nsac.ca  
www.marimicro.ca  
RETAIL/WHOLESALE/SUPPLIER/  
OTHER

*We grow specialty mushrooms, provide workshops on growing specialty mushrooms, and conduct microbiological research. We also offer blocks and spawn for those who wish to grow their own mushrooms.*

### Mary van den Heuvel

891 Lower Springfield Rd.  
St. Andrews, NS B0H 1X0  
(T) 902-863-3719  
mary.vdh@ns.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER

*Mary van den Heuvel sells not only Christmas trees but also wreaths, tri-sprays and wild found art.*

Meanwhile, add butter to a non-stick skillet and heat until the butter melts.

Add onion and green pepper and sauté until tender-crisp.

Stir in fiddleheads.

Add sliced mushrooms, thyme, pepper, salt, and celery seeds to vegetable mixture; stir well.

Cook, uncovered, over medium heat three to four minutes or until the mushrooms are tender, stirring often.

Stir in shrimp and lemon juice; cook until heated through, stirring often.

Place pasta on a large platter, spoon shrimp mixture on top. Serve immediately.



## Birch Syrup

So, you live in an area where the nearest maple tree is many kilometres away, but you want something sweet to pour on your pancakes. What do you do? You start tapping birch trees of course.

Although perhaps not well known, the practice of tapping birch trees is very old. Across the North, from Finland to Ukraine, Alaska and the Canadian North, First Nations and early settlers alike collected birch sap for a variety of reasons. It has been used to make wine and been investigated as an alternate sugar source here in Canada and in Europe. Low sugar content (about half that of maple sap), short seasons and a different chemical make-up have generally impeded the commercial development of birch syrup. In the early 1990s, as part of the growing interest in non-timber forest products, the state of Alaska funded a study to investigate the viability of developing a birch sap industry. It concluded that although the production of syrup from birch trees was more complex than traditional maple products, it was possible and commercially viable.

continued on p.36

Nova Scotia Directory

### Mike Oudemans

PO Box 132  
River John, NS B0K 1N0  
(T) 902-351-3029  
moudemans@ns.sympatico.ca  
*Mike Oudemans is a printmaker and woodworker who works with woods such as birdseye maple and spalted beech.*

### Milltown Forestry Services Ltd.

Charlie Baird  
213 Milltown Rd.  
Old Barns, NS B6L 1M3  
(T) 902-899-7889  
milltown@eastlink.ca  
RETAIL/WHOLESALE  
*We run a harvesting company specializing in commercial thinning and selection management. We also sell maple syrup and run a nursery where we grow and sell native trees and shrubs.*

### Natural-Wood-Design

Norbert Vetter  
4834 St. Peters-Fourchu Rd.  
Grand River, NS B0E 1M0  
(T) 902-587-2699 or 902-857-2509  
vetter@ns.sympatico.com or  
info@natural-wood-design.com  
www.natural-wood-design.com or  
www.naturholz-design.de  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Since 1999, I have been producing log furniture, wood designs and wood carvings using local Cape Breton wood. I like to work with wood because it is a warm material and fun to use. My pieces are showcased in Craft and Design in Sydney, as well as on my website.*

### North River Kayak Tours & Boat Rentals

Angelo Spinazzola  
RR 4  
Baddeck, NS B0E 1B0  
(T) 902-929-2628 or 888-865-2925  
info@northriverkayak.com  
www.northriverkayak.com  
*Guided half-day to five-day sea kayaking tours around beautiful Cape Breton Island, some include hiking portions. Beginners welcome and rentals are available. Nova Scotia Adventures tour operator of the year.*

### Northeastern Christmas Tree Association

Norman MacIsaac  
797 South River Lake Rd.  
Giant's Lake, Goshen, NS B0H 1M0  
(T) 902-783-2430  
sales@necta.ns.ca  
www.necta.ns.ca  
*The Northeastern Christmas Tree Association is the world's leading source for quality Christmas trees. Our balsam fir Christmas trees are considered the best in the world and are currently shipped to North, Central and South America as well as the Caribbean.*

### Nova Tree Company

Karen Verboom  
PO Box 1646, 2 Willow Lane  
Truro, NS B2N 5Z5  
(T) 902-895-6258  
kverboom@novatreeco.com  
www.novatreeco.com  
RETAIL/WHOLESALE/  
MANUFACTURER/SUPPLIER  
*Native tree and shrub seeds; post and rail fencing; and landscape mulch (regular brown, coloured – black and red).*

## Pick Up Sticks Woodworking

Doug O'Hearn  
609 Upper Lakeville Rd., RR 2, Jeddore  
Oyster Pond, NS B0J 1W0  
(T) 902-845-2465  
doug@virtualcritters.ca  
www.virtualcritters.ca  
RETAIL/MANUFACTURER  
*Hand-crafted wooden fish and snakes with realistic flexibility, achieved by a canvas spine which holds the individual side pieces together.*

## Red Dragon Crafts

Brenda Goss  
6 Deyoung Dr.  
Eastern Passage, NS B3G 1N2  
(T) 902-405-0961  
brendagoss@eastlink.ca  
www.reddragoncrafts.com  
RETAIL/MANUFACTURER  
*We sell a variety of crafts including wood carvings, scroll saw art, custom jewellery and rope work art.*

## S&R Thompson Maple Products

Stan & Ruth Thompson  
18480 Hwy. 2  
Fenwick, NS B0L 1C0  
(T) 902-667-3044  
srthompson@eastlink.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Amongst the maple products we produce and sell are maple syrup, butter, cream and granulated sugar.*



## Scott Walking Adventures

Angela Chisholm  
PO Box 308  
Hubbards, NS B0J 1T0  
(T) 902-858-2060 or 1-800-262-8644  
adventures@scottwalking.com  
www.scottwalking.com  
*We offer rich walking and hiking vacation experiences designed for inquisitive travellers who want to see the world in a different way. Our unique journeys combine challenge and adventure travel with the finest creature comforts at the end of the day. You will rest at charming, cozy inns and enjoy excellent cuisine shared with good company.*

## Seafoam Woodturning Studio

Derek Andrews  
3178 Hwy. 6, RR 4  
River John, NS B0K 1N0  
(T) 902-351-3886 or 888-428-3794  
www.seafoamwoodturning.com  
RETAIL/MANUFACTURER  
*Whether you are looking for a one-of-a-kind work of art or an inexpensive gift, you can be sure to find quality products and personal sales service at Seafoam Woodturning Studio. Products sold include bowls, pendants, wine stoppers and more.*

## She'nan'igans

Nancy MacLean  
1412 Ohio Rd., RR 1  
Antigonish, NS B2G 2K8  
(T) 902-863-4033  
xroads@ns.sympatico.ca  
www.antigonishfarmersmarket.com  
RETAIL  
*Produces wooden spoons, spatulas and tongs from Keppoch Mountain hardwoods.*

## Similarities and Differences between Birch and Maple

The basic principles behind making birch syrup are the same as for maple, boil off the excess water until you are left with a concentrated sugar solution measuring roughly 67 on the Brix scale. That's where the similarities end. The major differences arise from the local climate and the chemical make up of birch sap.

Maple sap sugar content generally runs between 2 and 4 Brix, while birch sap is around 1Brix. The principle sugar in maple sap is sucrose, while birch sap contains the simple sugars fructose and glucose.

Fructose caramelizes at a lower temperature than sucrose, meaning that birch sap is easily burned despite requiring longer boiling time due to the reduced sugar content. Birch sap also contains different acids and inorganic compounds, all of which lead to a darker colour and distinctive taste far different from maple syrup.

Beyond processing, the logistics of collecting birch sap are somewhat different. Tap-ready birch trees are generally smaller in diameter than maples, meaning that fewer taps per tree are possible in order to maintain health and vigour. The short season, low trunk pressure and weaker root systems all make pipeline collection systems impractical, thus most producers use old style bucket collection. However, pipelines are now coming into use.

## **Creamy Wild Mushroom Sauce**

### **Ingredients**

3 oz (80 g) dried wild mushrooms  
2 shallots, chopped  
Olive oil  
1/3 cup (75 ml) of Madeira (or 1/4  
c. (60 ml) of port)  
1 cup (250 ml) 35% cream  
Corn starch  
Salt and pepper

### **Directions**

Soften the mushrooms in lukewarm water for 1/2 hour (make sure they are completely covered with water).

Cook the shallots in olive oil in a medium-sized skillet.

Remove mushrooms from water (reserve water) and squeeze out more water by pressing it out with your hands. Add mushrooms to skillet and increase heat.

Deglaze (scrape up bits) with Madeira or port and reduce the heat to allow some of the liquid to evaporate.

Pour 1/4 c. (60 ml) of the water used to soak the mushrooms and cream into the skillet. Bring to a boil with a pinch of corn starch.

Pour the mixture into a mixer and blend. Pour the mixture through a fine sieve.

When ready to serve, reheat sauce on low heat and season as desired.

Pour over cooked veal, pork or wild game.

Nova Scotia Directory

## **Shubenacadie River Adventure Tours Ltd**

Laurie & Duncan Johnson  
10061 Hwy. 215  
Shubenacadie, NS B0N 2H0  
(T) 888-878-8687  
adventure@shubie.com  
www.shubie.com

### **OTHER**

*Come enjoy a white-water rafting experience, which includes a safety orientation, lifejackets, refreshment breaks, and a complimentary barbecue. Enjoy our lodge and facilities and make sure to visit the pool, trout pond and hiking trails. We also sell Christmas trees and wreaths.*

## **Steven Kennard**

9545 Hwy. 221  
Canning, NS B0P 1H0  
(T) 902-582-3795  
steve@stevenkennard.com  
www.stevenkennard.com  
*Woodturner and furniture maker who makes sculptural turned boxes and fine furniture.*

## **Stuart L. Taylor, Woodturner**

Stuart & Avis Taylor  
11 MacIntosh Rd.  
Middle Sackville, NS B4E 3B3  
(T) 902-865-8355  
sltaylorturner@gmail.com  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Figured Nova Scotia wood species "turned" into vases, bowls, flowers, mushrooms, boxes and dishes. The figuring in Mother Nature's designs enhances the beauty of Mr. Taylor's designs.*

## **Sugar Moon Farm**

Quita Gray & Scott Whitelaw  
221 Alex MacDonald Rd.  
Earltown, NS B0K 1V0  
(T) 902-657-3348 or 866-81-MAPLE  
info@sugarmoon.ca  
www.sugarmoon.ca  
RETAIL/MANUFACTURER  
*Year-round maple syrup farm and restaurant offering sugar camp tours, maple store, hiking trails and all-day breakfasts.*

## **SunRoot Farm**

Corrie Melanson  
3101 Hwy. 236  
Kennetcook, NS B0N 1P0  
(T) 902-632-2497  
jen@sunroot.org  
www.sunroot.org  
RETAIL/WHOLESALE/  
MANUFACTURER  
*SunRoot Farm grows a variety of medicinal and culinary herbs. All herbs are organically-grown or ethically wild-crafted from the rolling hills of Hants County. Herbal products, including salves, oils, and tinctures are sold through our Community Shared Agriculture (CSA) Program. Bulk orders available on request.*

## **Swan's Maple Products**

Jim Bezanson  
416 Grist Mill Rd.  
Central New Annan, NS B0K 1V0  
(T) 902-657-2462  
jim.b@ns.sympatico.ca  
www.acadianmaple.com  
*Pure Nova Scotia maple sugar products available for sale.*



### T. Ernst Forest Products Inc.

Tom Ernst  
RR 2  
Mahone Bay, NS B0J 2E0  
(T) 902-624-6133  
RETAIL/WHOLESALE  
*Christmas trees, wreaths and brush, available for retail and wholesale.*

### Terron Dodd

RR 3  
Whycocomagh, NS B0E 3M0  
(T) 902-756-9068  
treskjeer@yahoo.com  
RETAIL/MANUFACTURER  
*Creations of natural wood, mostly carved wooden spoons, but also bowls, stools, coat hooks, and occasionally, sculptures. Most of the wood comes from my own property on the lower slopes of Campbell's Mountain, Roseburn near Whycocomagh, or else from local firewood I have bought.*

### Three J's Wild Blueberry Farm

Donald Sollows  
RR 1  
Tiverton, NS B0V 1G0  
(T) 902-839-2686  
sherilynsemail@gmail.com  
RETAIL  
*Three J's grows and sells organic wild blueberries.*



### Tight Lines Guide Service

Bill Curry  
PO Box 44  
Port Maitland, NS B0W 2V0  
(T) 902-649-2428  
flyfish@tightlines.ca  
www.tightlines.ca  
RETAIL/OTHER  
*Tight lines is a fly-fishing specialty guide service, but we also offer professional licensed guiding for other recreational activities such as bird-watching, photography tours, canoeing, kayaking, snowshoeing, and hiking. We also offer instruction in GPS use, geocaching and waymarking.*

### Valley Mushroom Company Ltd.

Leonard North  
PO Box 59, 867 Randolph Rd.  
Waterville, NS B0P 1V0  
(T) 902-538-1050  
info@valleymushrooms.com  
www.valleymushrooms.com  
WHOLESALE/SUPPLIER  
*Cultivated, pesticide-free white and portabella mushrooms available for sale. Wild mushrooms are also offered in season.*

### Wendell Smith

RR 3  
Amherst, NS B4H 3Y1  
(T) 902-447-3466  
WHOLESALE/MANUFACTURER/  
SUPPLIER  
*Maple syrup, cream, and butter in a variety of sizes available for sale in season.*



## Wild Blueberry & Maple Centre

Linda Cloney  
PO Box 338  
Oxford, NS B0M 1P0  
(T) 902-447-2908, (F) 902-447-3377  
www.town.oxford.ns.ca  
townblue@town.oxford.ns.ca  
RETAIL/OTHER

*Upon entering the Centre, you are welcomed by our friendly and knowledgeable staff. As you proceed into the exhibits area, you will be introduced to the wild blueberry & maple industries and learn of their relevance and importance to the Nova Scotia economy. Throughout the entire self-guided tour, you will see both wild blueberry and maple industry tools and implements lent to us by local producers. Some are now obsolete, while others have only been lent to us for the "off" season. After your tour, get interactive as you take a more in-depth look at the wild blueberry and maple industries at our multi-media displays; browse through our retail area and take home some wild blueberry and maple merchandise and mementos or take a stroll on the grounds which are beautifully landscaped with wild blueberries and maple trees, and overlook Black River.*

## Woodlands and Meadows Perennial Nursery and Gardens

Jane Blackburn  
827 Black Rock Rd.  
Clifton, NS B6L 1C3  
(T) 902-895-8727  
Garden.rail@ns.sympatico.ca  
www.woodlandsandmeadows.ca  
RETAIL

*Unusual perennials, native and woodland plants, basket/pot annuals, moss hanging baskets, living wreaths, and unique cement birdbaths. Visit our nursery for garden tours and information.*

## Wyvern Farms Ltd.

Brian Sweet  
762 Wyvern Rd.  
Collingwood Corner, NS B0M 1E0  
(T) 902-686-3357  
bsweet@eastlink.ca  
MANUFACTURER  
*Producer of in-season maple syrup, cream and butter.*



**What are the Wildlife Habitat & Watercourses Protection Regulations?**

**Why protect wildlife habitat?**

**What is a Special Management Zone (SMZ)?**

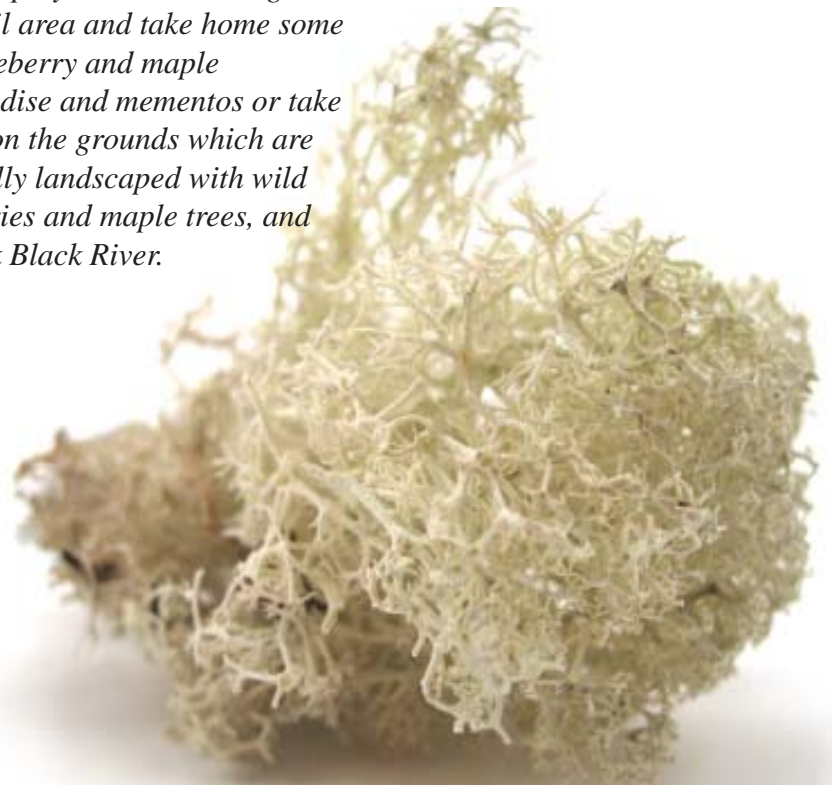
**How big is a Wildlife Clump?**

**Why is leaving coarse woody debris important?**

Learn more by visiting the Nova Scotia Department of Natural Resources Stewardship and Outreach Services.

Phone Toll Free:  
1-866-226-7577  
Email:  
woodlot@gov.ns.ca

[www.gov.ns.ca/natr/extension](http://www.gov.ns.ca/natr/extension)



## Do you own wooded property in Nova Scotia?

If so, you're in good company. The Stewardship and Outreach Section of the Nova Scotia Department of Natural Resources has several extension programs geared towards private woodlot owners, including:

### **The Nova Scotia Woodlot Owner of the Year Award (WOYA)**

WOYA recognizes Nova Scotia land owners who practise sustainable woodlot management. Nominations are accepted until March 31<sup>st</sup> each year. Regional and provincial winners are then chosen. Public field days are held on winners' woodlots during the fall. During these events, woodland owners have the opportunity to share their knowledge and experience while showcasing their award-winning woodlots.

### **Woodlot Management Home Study Series**

Interested in learning more about silviculture, wildlife habitat or safe forestry practices? Why not check out the Woodlot Management Home Study Series offered by NS-DNR. This free correspondence course consists of 15 easy to read modules that focus on specific topics of woodlot management. These courses can be taken online, or you may also request a hard copy of any module.

### **Woodland Owner Conferences (WOCs)**

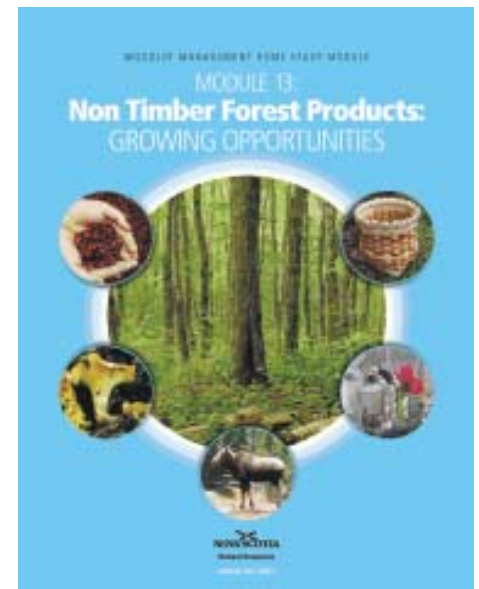
The WOCs are held annually in all three regions across Nova Scotia. These conferences are held to inform woodland owners of current forestry and woodland management issues. The conferences are also a great opportunity for woodland owners to make contact and network with other woodland owners and tradespeople from the resource industry.

### **Woodlot Management Courses**

These courses offered by NS-DNR are held throughout the province at various times. Course topics are chosen based on an on-demand request from woodland owners.

### **Home-Based Woodlot Management Education Opportunities!**

The Stewardship and Outreach Section of NS-DNR recently added a new home based module on non-timber forest products (NTFPs) to their Woodlot Management Home Study Series.



Module 13 "Non Timber Forest Products: Growing Opportunities" provides basic information on the importance of NTFPs. Included in this module is information on wild edibles, natural medicinal products, and recreational services, to name a few. This module will help woodlot owners learn about the many potential uses of their land while giving insight into the possible challenges of growing and harvesting NTFPs. The module is available online and hard copies are available on request.

### **For more information on any of these programs, contact:**

Stewardship and Outreach Section  
Nova Scotia Department of Natural Resources  
PO Box 689, Halifax, NS B3J 2T9  
Phone: 902-424-5444  
Toll Free: 1-866-226-7577  
Fax: 902-424-7735  
Email: [woodlot@gov.ns.ca](mailto:woodlot@gov.ns.ca)  
Web: [www.gov.ns.ca/natr/extension/](http://www.gov.ns.ca/natr/extension/)



# Prince Edward Island

## Allan Pridham

PO Box 363  
Alberton, PE C0A 1B0  
(T) 902-853-2268  
RETAIL/WHOLESALE/  
MANUFACTURER

*Most wood turners create a line of products or styles that are somewhat unique to the individual. Allan's "signature" pieces are made from a mix of birdseye maple and purple heart. These colourful, eye-catching turnings are produced in a variety of functional and decorative pieces: plates, bowls, lazy Susans and salt & pepper shakers.*

## Autumn Collection

Joan McInnis  
PO Box 1060  
Montague, PE C0A 1R0  
(T) 902-838-3701, (F) 902-838-3701  
Ejnmj.mcinnis@pei.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER

*Homemade jams and jellies made from wild hand-picked berries and fruit. Jams and jellies made with very few additives and only natural thickeners for the jellies; PEI-grown products with only a few exceptions. Products are available at Balderson's Farm Market, Cross Roads, PEI.*

## Prince Edward Island Facts

**Provincial Flower**  
Pink Lady's Slipper

**Provincial Tree**  
Red Oak

**Provincial Bird**  
Blue Jay

**Provincial Capital**  
Charlottetown

**Province Size (total)**  
5,683.56 km<sup>2</sup>

**Provincial Population**  
139,818 (2008)

## Beach Komber Art

Lee Cowan  
167 Dalton Ave.  
Tignish, PE C0B 2B0  
(T) 902-856-0842  
beachkomberart@hotmail.com  
www.beachkombartart.bravehost.com  
RETAIL/WHOLESALE/  
MANUFACTURER

*Beach Komber Art has a variety of handmade dried flower pictures made from wild plants and shrubs along with some flowers from the garden. The shop is filled with ash baskets. Many are accented with natural bark and roots. You may even find the occasional piece of driftwood furniture.*

## Back Road Folk Art

Kerras Jeffery  
RR 2  
Elmsdale, PE C0B 1K0  
(T) 902-853-3644, (F) 902-853-3644  
www.birchgate.ca/kerras  
RETAIL/WHOLESALE/  
MANUFACTURER

*One-of-a-kind carvings made from tree stumps and large diameter logs. Some of the most unusual hand-carved folk art in PEI.*



## Ben's Lake Trout Fishing and Campgrounds

June Moyaert  
(T) 902-838-2706  
bensl@pei.sympatico.ca  
www.benslake.com  
OTHER

*Ben's Lake Trout Fishing and Campground is set in the heart of scenic southeastern PEI. The lake offers novice or seasoned fisher persons the options of "Hook & Release" or "Catch a Feed" fly fishing. You can use your own equipment or rent fishing equipment on site. You can even have your catch cleaned for you. Nearby nature trails and a Heritage Road are great spots to do some bird-watching. The local eagle is seen on a regular basis, and at night, you can listen for the owls. Camping and serviced trailer sites are available.*

## Blaine Buchanan Signs & Graphics

Blaine Buchanan  
2219 Main St., PO Box 174  
O'Leary, PE C0B 1V0  
(T) 902-859-1632  
RETAIL/MANUFACTURER  
*Buchanan creates chainsaw carvings. Unique, one-of-a-kind pieces can be commissioned and can be coated in a natural finish or may be painted.*



## Brenda Watts Woodwork and Design

Brenda Watts  
608 Monaghan Rd.  
Hermatige, PE C0A 1Z0  
(T) 902-651-2112  
bwatts@pei.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Brenda has two lines of products that would be considered signature pieces. First is a line of rolling pins made from hand selected figured woods. Quilted birch, and curly maple top the list of woods used to make these uniquely designed rolling pins. They are both functional and artistic. One of these rolling pins will make a statement in any kitchen. Brenda also creates a line of acorn designed bird houses and other handcrafted items. Visit the shop and you may find hand carved herons or Brenda may be working on one of her one-of-a-kind pieces of furniture.*

## Craig Wood Products Ltd

Bruce Craig  
PO Box 13  
Tyne Valley, PE C0B 1C0  
(T) 902-831-2922, (F) 902-831-2923  
info@peiconstruction.ca  
www.peiconstruction.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Craig Wood Products is a supplier of kiln dried "figured" woods for the craft, giftware and furniture makers in the region. Other products such as picture frames, clocks, moulding, cabinets and kiln dried lumber are also produced at this business.*

## Maple Salmon with Wild Blueberries

### Ingredients

1 to 1 ¼ lb (455 to 570 gr) salmon fillet, skin off  
½ cup (125 ml) wild blueberries

### Marinade

½ cup (125 ml) real maple syrup  
¼ cup (50 ml) orange juice  
¼ tsp (1 ml) minced garlic  
¼ tsp (1 ml) black pepper  
2 tbsp (30 ml) soy sauce  
½ tsp (2 ml) finely chopped ginger

### Directions

Cut salmon fillet into four serving-size pieces. Place fish in shallow glass dish.

Combine all marinade ingredients together and pour over fish, cover, and refrigerate for at least two hours.

### Two cooking options

#### Method 1:

Pre-heat oven to 400°F (200°C). Add blueberries to salmon and marinade. Cover with tin foil (or glass cover). Bake 15 to 20 minutes, basting occasionally with marinade, until fish flakes easily with fork.

#### Method 2:

Place salmon and marinade into a fry pan (no oil needed), add blueberries, cover, and cook over low heat until fish flakes easily with fork.

## Spruce Gum in Maine and Atlantic Canada

Spruce gum is the hardened pitch from several species of spruce trees including red, black and white spruce. Spruce gum results when pitch, which flows at sites of injury to the tree, has hardened enough to be chewable – generally after about four years.

Native Americans used spruce gum medicinally for coughs and skin problems, and mixed it with animal fat to patch seams in birchbark canoes and to chew. While on his 1853 trip to the Maine woods, Henry David Thoreau noted that his guide, Joe Aitteon, was chewing spruce gum when tracking a moose.



Spruce gum was commercially harvested in the 1800s by lumbermen, trappers, and a few full-time harvesters. Lumbermen would sometimes carve wooden boxes, often book-shaped, to hold gifts of spruce gum for their sweethearts, whom they would not see until springtime.

continued on p.44

## Crooked Creek Farm

Don & Sylvia Matheson  
Winsloe, PE C1E 1Z2  
(T) 902-621-0030  
RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick Christmas trees.*

## Dan's Custom Wood Turning

Dan McCabe  
3235 O'Hallaran Rd.  
Bloomfield, PE C0B 1E0  
(T) 902-859-2842  
RETAIL/MANUFACTURER  
*Wood turnings with a distinctive artistic design his signature pieces have hidden drawers. Turnings are made in a variety of figured woods including curly maple, birdseye maple, and spalted woods.*

## DesRoches Tree Farm

Edwin & Darlene DesRoches  
Miscouche, PE C0B 1T0  
(T) 902-436-6043  
RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick and pre-cut Christmas trees, as well as wreaths.*



## Dog River Woodworking

Mike FitzGerald  
PO Box 107  
Cornwall, PE C0A 1H0  
(T) 902-675-4702  
drw@pei.sympatico.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Dog River Woodworking creates many fine wood crafts and giftware. The extensive use of birdseye maple along with curly maple and spalted woods, when mixed with exotic woods, creates some of the most appealing artistic designs. The signature "wave boxes" are one of the most sought-after pieces made at this business. Candelabras, oyster boards, jewellery/keepsake boxes, and teardrop earring boxes are just some of the standout items.*

## Driftwood Art

Tom Dean  
PO Box 24  
Tyne Valley, PE C0B 2C0  
(T) 902-831-2416  
touchdown@islandtelcom.com  
RETAIL/WHOLESALE/  
MANUFACTURER  
*If you are looking for the most unique characteristics in "character wood", then you need look no further than Tom's unique pieces. His artistic turnings are full of interesting features including knots, wormholes, natural cracks and bark which are all beautifully crafted into the finished piece. Pieces are made from barn board, driftwood, burls and spalted wood. The more unique the wood is to begin with, the more unique the finished piece will be. Tom is also known to make some of the most unusual furniture pieces from some of the larger pieces he finds.*



## Drummond Christmas Tree Farm

Robin Drummond  
 Freetown, PE C0B 1L0  
 (T) 902-887-2367  
 RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick and pre-cut Christmas trees.*

## Embers Products Ltd.

Brian & Rhysia Smith  
 PO Box 214  
 Summerside, PE C1N 4Y8  
 (T) 902-887-3056, (F) 902-887-2477  
 embers@pei.sympatico.ca  
[http://www3.pei.sympatico.ca/embers/public\\_html/index.htm](http://www3.pei.sympatico.ca/embers/public_html/index.htm)  
 RETAIL/WHOLESALE/  
 MANUFACTURER  
*Embers is a producer of some truly unique wild berry sauces. Located on Route 225 in Kinkora, this small business makes some of PEI's finest wild blackberry, blueberry and cranberry sauces. They also incorporate maple syrup into some of their product lines. Embers also makes some specialty sauces which include wild blueberry salsa, cream spreads and BBQ sauces.*

## Forage Greenery and Heritage

Anita Price  
 1182 Rte. 116  
 Crapaud, PE C0A 1J0  
 (T) 902-658-2722, (F) 902-658-2722  
 foragepei@gmail.com  
 www.foragepei.com  
 RETAIL/WHOLESALE/  
 MANUFACTURER  
*Forage Greenery and Heritage can best be described as a small business making artistically appealing natural decorations and seasonal centerpieces. The pieces are usually made from a mixture of pre-dried and freshly gathered natural materials. Custom arrangements and designs are the specialty of the business, so you can have designs created to suit your taste in natural décor products. Forage Greenery and Heritage can cater to special events such as weddings, dinner parties, birthdays and anniversaries, and provide the most uniquely designed products. All products are carefully chosen for harvest so that no harm comes to the environment or endangers any species. Forage Greenery and Heritage respects the ownership of land and only collects natural materials with the permission of landowners.*

Spruce gum first saw production in 1848 when John B. Curtis of Bradford, Maine began manufacturing spruce chewing gum, which eventually made its way across the United States. Other companies followed suit, numbering 25 in Maine alone. In 1900, the annual spruce gum harvest in Maine was 300,000 pounds. Atlantic Canada also had its share of spruce gum companies including Row's of St. Stephen, New Brunswick and Melanson's of Church Point, Nova Scotia.



In manufacturing, spruce gum was the active ingredient in many cough and cold remedies from the 1800s until the 1920s. Spruce gum from Eastern Canada and Maine found its way into the remedies produced in states that had little native spruce gum.

Though spruce gum is found more frequently on older, larger trees which are sought out as saw logs for lumber mills, plenty can still be found in the woods today.

### Nature Trails

**“Functional Hand Made Wood Products”**

|                                                                                                                |                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>◇ Walking Sticks</li> <li>◇ Bird Houses</li> <li>◇ Bat Boxes</li> </ul> | <ul style="list-style-type: none"> <li>◇ Bird Feeders</li> <li>◇ Wooden Pens</li> <li>◇ Twig Pencils</li> </ul> |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|

*Retail / Wholesale Orders Welcome*

2025 Heatherdale Rd., Montague, PEI, C0A1R0  
 Graham Watts - (902) 838-3448  
[www.etsy.com/view\\_listing.php?listing\\_id=18931621](http://www.etsy.com/view_listing.php?listing_id=18931621)

## Basket Weaving

Baskets have been around for thousands of years. While they once served countless purposes to people in everyday life, today they are mostly used as decorative items.

Basket weaving is a bit of a lost art, but it is still being done world wide and locally. Baskets vary greatly in size, in the materials they are made from and also in the manner with which they are made.

Baskets can be made of many fibres. Generally baskets are made from pine needles, animal hair, grass, thread, reed and thin strips of wood. No matter what is used to make the basket, the fibre may be left natural, or sometimes they may be dyed or painted before weaving. In some cases the baskets are even painted or lacquered afterwards to help create a waterproof shield.

There are four primary types of basket weaving that are used throughout the world. A coiled basket is one where a bundle of fibres or thin rod is coiled and stitched to form a basket. A twined or waling basket is one where two or more flexible fibres are used to encircle a base. A woven basket, which is the type most of us know, is a basket made from inflexible spokes and a flexible fibre that is woven in and out between the spokes. The fourth type of basket is plaited; in this type of basket, the stakes and weaving fibres are identical and woven together at right angles, often creating a checkered or diamond pattern.

## Forest & Stream Birding Tours

Glenn & Joan Saunders  
446 Fox River Rd.  
Murray Harbour, PE C0A 1V0  
(T) 902-962-3537 or 800-227-9943  
birding@countrycharmpei.com  
SUPPLIER

*All-inclusive birding tours designed for the intermediate and beginner birder who would like to experience a wide selection of birds and diverse habitats which include wetlands, mixed and coniferous forest settings. Our tours are led by a local experienced birder and include meals, lodging in a 4 star B&B, and local transportation. "A place where there are no strangers, just friends we haven't met."*

## Gallant Woodturnings

Cyril Gallant  
83 New Zealand Rd.  
Souris, PE C0A 2B0  
(T) 902-687-3100  
cyril@gallantwoodturnings.com  
www.gallantwoodturnings.com  
RETAIL/WHOLESALE/  
MANUFACTURER

*Cyril Gallant specializes in making his woodturnings from birdseye maple although many other figured woods are used such as curly maple, spalted wood and cankered beech. The shop carries the usual variety of bowls, plates and vases but the selection of products does not end there. You can also find a selection of wooden pens and his unique product: oyster shucking trays which are used by Patrick MacMurray, three-time Canadian Oyster Shucking Champion.*

## Gaudreau Fine Woodworking Artisans

Jacques Gaudreau  
11 Grand Pèrre Point Rd., Cymbria  
Rustico, PE C0A 1N0  
(T) 902-963-2273  
crafts@woodmagic.ca  
www.woodmagic.ca

RETAIL/MANUFACTURER  
*This award-winning Master Craftsman transforms carefully selected wood into bowls, mirrors, plates and other creative artworks. Figured woods such as birdseye maple, curly maple and spalted wood are used along with other fine woods. Visit the gallery and you might even see this artisan at work in his glass-enclosed workshop.*

## Island Abbey Foods Ltd.

John Rowe  
5522 Union Rd.  
Montague, PE C0A 1R0  
(T) 902-367-9722, (F) 866-271-0469  
john@honibe.com  
www.honibe.com  
RETAIL/WHOLESALE/  
MANUFACTURER

*Island Abbey Foods Ltd. has created a new patented honey product called Honey Drops. Honey Drops are pure honey processed into non-sticky drops that you can hold in your hand. These unique drops can be used to sweeten your tea, coffee or any other hot drink. They are convenient to store and carry, and best of all, there's no mess! The honey drops come in two varieties: original and with lemon. Island Abbey Foods Ltd. also has limited production lines of liquid and creamed honeys. They are available in a variety of flavours including: red or white clover, pumpkin, buckwheat, apple and blueberry.*

## Island Green Farm

David Smith  
Mayfield, PE C0A 1N0  
(T) 902-963-2545  
RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick and pre-cut  
Christmas trees, as well as  
wreaths.*

## Island Traditions Store

Anne McIssac  
PO Box 8  
Richmond, PE C0B 1Y0  
(T) 902-854-3063, (F) 902-882-2062  
islandtraditions@hotmail.com  
www.islandtraditionsstore.com  
RETAIL/MANUFACTURER  
*Home of the Island basket  
weavers. Basket weavers turn ash  
logs into stunning baskets with  
hand-carved handles and hoops.  
Sweet grass, tree bark and roots  
are incorporated into one-of-a-  
kind creations. The store also  
showcases a variety of works by  
Island artisans.*

## Kettlegrove Sawmill and Woodworking

Karl Meyer  
5645 Fort Augustus Rd., Fanningbrook  
Mt Steward, PE C0A 1T0  
(T) 902-676-2713  
ricemeyer@pei.sympatico.ca  
www.kettlegrove.com  
RETAIL/MANUFACTURER/SUPPLIER  
*In the countryside of rural PEI,  
Karl's specialties include unique  
wood blanks for turners and  
craftspeople, recycled heritage  
wood products, native shingles and  
siding. Items can be viewed and  
purchased by contacting Karl  
directly.*

## Kettlegrove Soapworks

Cindy Rice  
5645 Fort Augustus Rd., Fanningbrook  
Mt Steward, PE C0A 1T0  
(T) 902-676-2713  
ricemeyer@pei.sympatico.ca  
www.kettlegrove.com  
RETAIL/MANUFACTURER/SUPPLIER  
*Kettlegrove Soapworks handcrafts  
pure goat's milk soap  
incorporating Irish moss collected  
off the shores of PEI. Enjoy the  
fragrance of the Island Forest  
while pampering yourself at home.  
This favourite is scented with pure  
essential oils from spruce, fir and  
pine. Products are available  
through direct contact or by  
visiting our booth at the  
Charlottetown Farmers Market,  
Saturdays from 9 a.m. to 2 p.m.*



## Wild Blackberry Jam

### Ingredients:

4 ½ cups (1.125 l) crushed  
blackberries (including the  
strained seeds)  
2 tbsp (30 ml) lemon juice  
8 cups (2 l) sugar  
2 pouches liquid pectin

### Prepare crushed berries:

Wash and crush one layer of  
berries at a time. Blackberries are  
very seedy so you may want to use  
a strainer to extract about half of  
the seeds.

### Directions:

Put fruit into a pot with the sugar  
and lemon juice. Bring to a boil for  
2 minutes, add pectin and return to  
a boil. Turn off the heat and blend  
the jam for a few minutes (a small  
hand blender works great for this!).  
Bottle while hot using sterile jars  
and seals.

Submitted by: Joan McInnis,  
Autumn Collection



## Ecotourism

Ecotourism (ecological tourism) has been around since the late 1980s and is said to be the fastest growing form of tourism since its inception. While its main goal is to build environmental and cultural awareness and respect, its other equally important goal is to minimize the impact humans have on nature. Ecotourism, at least when practiced properly, is about encouraging local business and teaching people about the local flora, fauna and cultural heritage of a region.

In Atlantic Canada and Maine, many forms of ecotourism exist. One form is museums, whose focus is on educating people about a certain region (e.g. southern Nova Scotia) or ecological industry (e.g. blueberries). However, most of our ecotourism opportunities take place outdoors with hands-on, eye-witness learning. There is no limit to the number of different things one can learn from outdoor ecotourism. Some businesses offer hikes to find edible foods or do some bird-watching. Walks through sugar bushes and berry wine farms as well as overnight camping trips are also available.

continued on p.48

### Lily Pad Creations

Garth & Peggy Drummond  
409 Drummond Rd.  
Freetown, PE C0B 1L0  
(T) 902-887-2985  
info@lilypadcreations.ca  
www.lilypadcreations.ca  
RETAIL/WHOLESALE/  
MANUFACTURER

*Garth and Peggy Drummond run two distinctively separate craft lines under the business name, Lily Pad Creations. Garth creates exquisite hand-crafted wooden pens and other small turned items such as key rings, duck and goose calls, perfume applicators, and letter openers. These hand-turned items are made from your choice of local wood or imported exotics. Peggy makes a line of homemade soaps. These hard, luxurious soaps are gentle on the skin. The colour and aroma of these soaps comes from the addition of essential oils in the soap-making process. A few of the many fragrances include: lavender, blueberry, cranberry spice, fields & meadows, and raspberry cordial, an "Island" favourite.*

### MacLean Christmas Tree Farm

Warren MacLean  
Iris, PE C0A 1W0  
(T) 902-962-3098  
RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick and pre-cut fir Christmas trees, as well as wreaths.*



### Macphail Woods Ecological Forestry Project

Gary Schneider  
RR 3  
Belfast PEI C0A 1A0  
(T) 902-651-2575  
macphailwoods@gmail.com  
www.macphailwoods.org  
SUPPLIER

*We hold workshops throughout the year on all aspects of forests and nature and offer a series of week-long children's educational programs during the summer. Our native plant nursery sells a wide range of trees, shrubs and wildflowers grown from seeds or cuttings collected across the province - everything from witch hazel to eastern hemlock. Sorry, we do not ship our plants. We also have services available for native plant landscaping, forest restoration and schoolyard naturalization.*

### McAskill's Woodworking

Joe McAskill  
26 Beasley Ave.  
Charlottetown, PE C1A 5Z3  
(T) 902-566-3416, (F) 902-892-1179  
orders@mcaskillwoodworking.com  
www.mcaskillwoodworking.com  
RETAIL/WHOLESALE/  
MANUFACTURER

*McAskill's Woodworking is one of the oldest family-operated woodworking businesses in PEI. They have a long history of producing craft and corporate giftware products. They use a variety of figured woods including birdseye maple, curly maple and burls. Products include clocks of various sizes, turned plates and bowls. The company is also well-known for its furniture items made with figured woods.*

### Nature Trails

Graham Watts  
 2025 Heatherdale Rd.  
 Montague, PE C0A 1R0  
 (T) 902-838-3448  
 graham\_55@hotmail.com  
 RETAIL/WHOLESALE/  
 MANUFACTURER  
*Nature Trails is known for its walking sticks made from many different trees and shrubs. All products are selected so that the forest is not harmed and is often helped. Each "one-of-a-kind" walking stick is handcrafted and would make any hiker or walker proud to use one. Nature Trails also makes unique twig pencils as well as nest boxes and bat boxes.*

### Philip Brown

Richmond, PE C0B 1Y0  
 (T) 902-854-2298  
 RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick Christmas trees.*

### Really-O Handcrafts

Jack Sorrensen  
 PO Box 38  
 Crapaud, PE C0A 1J0  
 (T) 902-658-2009, (F) 902-658-2860  
 soren@isn.net  
 www.isn.net/~soren/  
 sorenсен\_web\_page.html  
 RETAIL/MANUFACTURER  
*Featuring a wide selection of turned wood handcrafts. Many items are functional pieces such as clocks, candle holders and pens with stands. There is also a selection of cheese boards, cutting boards and bowls. There is a noticeable focus on the quality of the wood. You may even enjoy a tour through the museum.*

### Rossignol Estate Winery

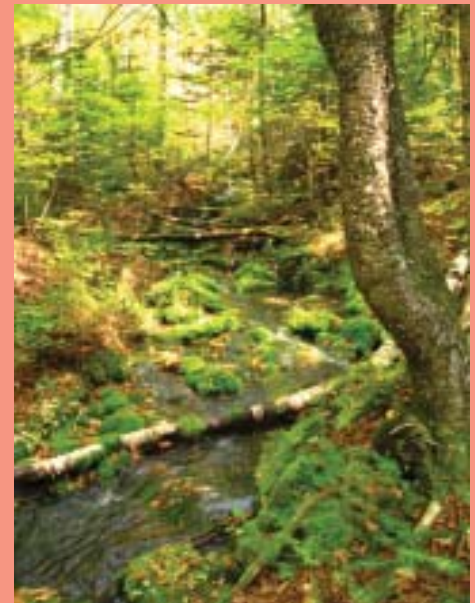
John Rossignol  
 RR 4  
 Murray River, PE C0A 1W0  
 (T) 902-962-4193  
 www.rossignolwinery.com  
 RETAIL/MANUFACTURER  
*Rossignol Estate Winery produces a variety of award winning fruit wines, table wines and liqueurs. The winery produces a cranberry wine which is made from a blend of wild hand-harvested cranberries and cultivated berries. Field-grown wild blueberries are used in the production of the winery's blueberry wine. Another taste-tempting treat from our forest is maple liqueur and wine. New for the 2009 season is a rose hip wine. The winery is open for visits from June to September.*

### Royalty Hardwoods Ltd.

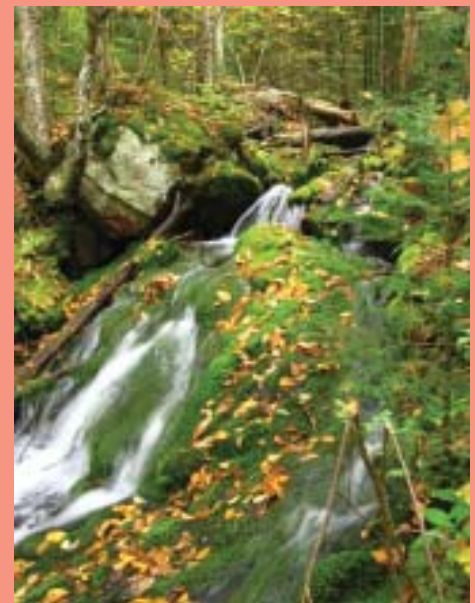
Lowell Stevens  
 PO Box 30  
 Georgetown, PE C0A 1L0  
 (T) 902-838-3013, (F) 902-838-2129  
 lowell@royaltyhardwoods.com  
 www.royaltyhardwoods.com  
 RETAIL/WHOLESALE/  
 MANUFACTURER  
*Royalty Hardwoods is a supplier of kiln-dried "figured" woods for the craft, giftware and furniture makers in the region. Other commercial products such as flooring, moulding, stair components and kiln-dried lumber are also produced at this business.*

### Silver Bell Christmas Tree Farm

Springvale, PE C0B 1M0  
 (T) 902-964-3051  
 RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick and pre-cut Christmas trees, as well as wreaths.*



Ecotourism is very important. It turned tourism, something seen as potentially detrimental to the local environment and way of life of locals, into a positive. It gives locals the opportunity to use their own knowledge of a region to bring in profits to the community and to educate people on what our forests and other natural resources hold. More importantly, ecotourism allows families, groups and friends to go out together and while socializing, learn and get moving.





## Hawthorn Sauce

This makes a tangy and delicious sauce that goes well with rich meats; it is also a nice addition to ice cream.

### Ingredients

2.2 lbs (1 kg) hawthorn haws  
(berries)  
1 pint (600 ml) vinegar  
1 cup (250 ml) maple syrup  
2 tbsp (30 ml) salt  
1 tsp (5 ml) freshly ground black pepper

### Directions

Separate haws from the stems and wash.

Combine haws and vinegar and cook over a gentle heat for 30 minutes.

Remove haws from liquid (save the liquid) and press the pulp through a sieve.

Return pulp to the pan and add maple syrup, salt and pepper.

Boil for 10 minutes, bottle and seal.

Depending on the pulp-to-liquid ratio, and how long you cook down the ingredients, the consistency can vary from a fairly thin sauce to a thickness resembling ketchup. Experiment to your taste. If you produce a thin sauce, then the solids may settle with time, but all you have to do is shake the jar before use.

## Tattrie's Evergreen

Austin & Marjorie Tattrie  
Heatherdale, PE C0A 1R0  
(T) 902-838-4640  
RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick and pre-cut Christmas trees, as well as wreaths.*

## Thompson's Woodcraft

Wilfred Thompson  
RR 3  
North Bedeque, PE C1N 4J9  
(T) 902-887-3459  
woodcraft@pei.sympatico.ca  
RETAIL/MANUFACTURER  
*Wilfred Thompson is an accomplished wood turner who has been working at his craft for over 30 years. He works with many local woods but is especially drawn to making bowls and other turnings from birdseye maple. His finished products have been purchased by people from around the world.*

## Watts Tree Farm

Sid & Susan Watts  
Kilmuir, PE C0A 1R0  
(T) 902-838-3448  
RETAIL/MANUFACTURER/SUPPLIER  
*Offers U-pick pine Christmas trees, as well as wreaths.*

## Wild Wonders by Wendy

Wendy Hillier  
PO Box 1636  
Montague, PE C0A 1R0  
(T) 902-838-2290  
wendy.hillier@yahoo.ca  
RETAIL/WHOLESALE/  
MANUFACTURER  
*Scenic views and wildlife are hand-painted on locally gathered oak, maple, beech and grape leaves. The finished paintings are attractively framed.*

## Wanted Hardwood Burls



**Gaudreau Fine Woodworking, Rustico, PEI**  
**Phone Jacques: 902-963-2273**  
**Email burl photos: woodmagic@gmail.com**  
**www.woodmagic.ca**



## Business Category Index

- Accommodations, Campgrounds & Restaurants** 3, 6, 9, 13, 17, 30, 31, 33, 37, 37, 45
- Alcohol** 8, 17, 18, 19, 21, 25, 28, 48
- Arts & Crafts** 3, 4, 9, 11, 16, 21, 22, 24, 34, 41, 44, 49
- Bakeapples (Cloudberries)** 21, 23, 24
- Balsam Fir** 5, 9, 11, 18, 19, 21, 27, 28, 31, 33, 35
- Baskets** 4, 41, 46
- Bath & Beauty Products** 12, 14, 16, 17, 24, 25, 29, 30, 46, 47
- Beeswax** 3, 8, 14, 25
- Biking** 3, 15, 30
- Bilberries** 24
- Birch Sap** 25
- Bird Watching** 33, 38, 45
- Birdseye Woods** 4, 6, 7, 10, 11, 12, 15, 16, 19, 32, 35, 41, 42, 43, 45, 47, 49
- Blackberries** 8, 9, 31, 33, 44
- Blueberries** 4, 8, 9, 13, 14, 17, 19, 21, 23, 24, 27, 28, 31, 32, 33, 38, 39, 42, 44, 47, 48
- Bowls** 5, 6, 10, 11, 12, 13, 17, 18, 19, 23, 32, 36, 37, 38, 41, 45, 47, 48, 49
- Burls & Knots** 8, 10, 11, 13, 18, 23, 29, 30, 32, 43, 47
- Canada Yew** 5
- Candles** 3, 8, 25, 30
- Canoeing, Kayaking & Rafting** 3, 15, 30, 31, 32, 35, 37, 38
- Caving** 3
- Chainsaw Carving** 42
- Cherries** 28, 33
- Chokeberries** 8
- Christmas Trees** 3, 4, 11, 12, 14, 15, 16, 19, 27, 28, 31, 32, 33, 34, 35, 37, 38, 43, 43, 44, 46, 47, 48, 49
- Clothing** 3, 17
- Cranberries** 5, 8, 12, 24, 31, 44, 47, 48
- Creams, Lotions & Salves** 12, 14, 16, 24, 29, 30, 37
- Crowberries** 21
- Curly Woods** 6, 7, 10, 11, 12, 15, 16, 17, 19, 42, 43, 45, 47
- Currants** 21, 33
- Deadfall** 19
- Driftwood** 16, 22, 41, 43
- Dyes** 3, 24
- Educational Materials, Courses & Workshops** 4, 5, 6, 7, 10, 14, 18, 22, 23, 30, 34, 38, 39, 47, 48
- Elderberries** 8, 33
- Fibers, Yarn & Wool** 3, 24, 33
- Fiddleheads** 4, 31
- Figured Woods** 4, 5, 6, 7, 8, 9, 10, 11, 12, 15, 16, 17, 19, 32, 35, 37, 41, 42, 43, 45, 47, 48, 49
- Fishing** 3, 31, 33, 38
- Flame Birch** 17
- Furniture** 3, 4, 6, 10, 11, 17, 35, 37, 38, 41, 42, 43, 47, 48
- Gooseberries** 21, 32, 33
- Guided Tours** 3, 5, 6, 7, 8, 9, 13, 14, 15, 16, 17, 18, 21, 22, 23, 25, 27, 28, 29, 30, 31, 32, 35, 36, 37, 38, 39, 45, 48
- Hawthorn Berries** 4
- Herbs & Herbal Products** 4, 12, 14, 17, 24, 37
- Hiking** 3, 29, 30, 31, 35, 36, 37, 38
- Honey** 8, 9, 14, 24, 25, 30, 32, 45
- Imported & Non-Local Varieties of Wood** 6, 9, 11, 19, 41, 43, 47
- Intarsia** 7, 15
- Jams, Jellies, Marmalades & Spreads** 5, 8, 9, 10, 12, 15, 17, 22, 23, 27, 30, 30, 41
- Jewellery** 32, 36, 36, 43
- Juice** 8, 22, 27
- Lip Balm** 14, 17, 24, 29, 30
- Liqueurs** 48
- Local Varieties of Wood** 8, 9, 11, 13, 21, 35, 36, 38, 46, 47, 48, 49
- Maple Syrup & Associated Products** 5, 6, 7, 8, 9, 10, 12, 13, 15, 16, 17, 18, 27, 42, 30, 31, 33, 34, 35, 36, 37, 38, 39, 48
- Medicinal Products** 5, 14, 17, 18, 24, 34, 37
- Mulch** 14, 35
- Mushrooms** 4, 18, 31, 34, 38
- Native Plants & Flowers** 9, 11, 21, 23, 35, 39, 41, 44, 47
- Oils, Sauces & Vinegars** 15, 17, 22, 27, 37, 44
- Organic Products** 3, 4, 5, 9, 13, 16, 29, 31, 33, 37, 38
- Organizations & Associations** 13, 28, 35
- Partridgeberries (Lingonberries)** 21, 23, 24
- Photography** 13, 38
- Pine Trees** 31, 33, 49
- Pollination** 9, 14, 24, 30, 32
- Raspberries** 3, 4, 5, 8, 9, 10, 12, 13, 16, 17, 18, 19, 21, 32, 47
- Scroll Saw** 10, 15, 19, 36
- Seedlings & Spawn** 11, 16, 28, 34, 35
- Signs** 12, 42
- Soap** 12, 14, 16, 17, 24, 29, 46, 47
- Spalted Wood** 5, 10, 11, 35, 43, 45
- Strawberries** 3, 4, 5, 8, 9, 10, 12, 13, 14, 16, 17, 18, 21, 28, 32
- Sugarbush Tours** 9, 13, 15, 16, 17, 27, 37
- Tea** 4, 7, 9, 12, 17, 18, 22
- Toys** 25, 36
- Trails** 3, 13, 29, 30, 31, 33, 37, 39
- U-Pick Farms** 3, 4, 5, 8, 9, 10, 13, 14, 14, 15, 16, 17, 18, 19, 21, 27, 43, 44, 46, 47, 48, 49
- Vineyard & Winery Tours** 8, 21, 25, 28, 48
- Vodka** 25
- Walking Sticks** 6, 29, 48
- Wildlife** 13, 21, 31
- Wine** 8, 17, 18, 19, 21, 25, 28, 48
- Wood Blanks** 9, 30, 46
- Woodlot Management** 7, 18, 35
- Woodturning** 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 16, 17, 18, 19, 23, 29, 30, 32, 35, 36, 37, 38, 41, 42, 43, 45, 46, 47, 48, 49
- Wreaths, Swags & Greenery** 3, 5, 9, 11, 12, 16, 18, 19, 23, 31, 33, 34, 37, 38, 39, 43, 46, 47, 48, 49

## Business Index

|                                             |    |                                               |    |                                                |    |
|---------------------------------------------|----|-----------------------------------------------|----|------------------------------------------------|----|
| A. K. Goodwin Enterprises                   | 27 | Down East Walking Sticks                      | 6  | Inklings in Wood / Artistic                    |    |
| Acadian Maple Products Ltd.                 | 27 | Drifting Inn                                  | 22 | Woodturning                                    | 32 |
| Allan Pridham                               | 41 | Driftwood Art                                 | 43 | Ironwood Bowls                                 | 11 |
| Ambois                                      | 3  | Drummond Xmas Tree Farm                       | 44 | Island Abbey Foods Ltd.                        | 45 |
| Angela Belyea                               | 3  | E.B. Woodwork                                 | 6  | Island Green Farm                              | 46 |
| Auk Island Winery                           | 21 | Elmhurst Outdoors                             | 6  | Island Traditions Store                        | 46 |
| Austins Sugar Woods                         | 27 | Embers Products Ltd.                          | 44 | Jack Massey                                    | 11 |
| Autumn Collection                           | 41 | Entreprise la Renaissance Inc.                | 7  | James Dunlap                                   | 11 |
| Back Road Folk Art                          | 41 | Environmental Education                       |    | Jamie's Acadian Wood Carvings                  | 32 |
| Barb's Berries                              | 3  | Commission                                    | 22 | Jim's Xmas Trees                               | 32 |
| Barbara Wood                                | 21 | EP's Intarsia Art & Fretworks                 | 7  | JJ's Wood Creations                            | 11 |
| Bates Landing                               | 3  | Érabliere Le SiRoytier Inc.                   | 7  | Joe's Woodworking Ltd.                         | 11 |
| Baymount Adventures Inc.                    | 3  | Érabliere Sucre D'or Ltée                     | 7  | John Shackleton Wood Worker                    | 11 |
| Beach Komber Art                            | 41 | Evergreen Tea                                 | 7  | Jollitree Farm                                 | 33 |
| Beeswax Creations by Lynn                   | 3  | Faculté de foresterie, UdeM                   | 7  | Julienne's Dried Flowers                       | 11 |
| Bell's Woodlot                              | 3  | Falls Brook Centre                            | 7  | Kenneth Maple Farms                            | 12 |
| Ben's Lake Trout Fishing and<br>Campgrounds | 42 | Fanjoy Farm                                   | 8  | Keswick Hearts and Crafts                      | 12 |
| Bentley's Blueberries & Maple               | 27 | Ferme Michaud Farm                            | 8  | Kettlegrove Sawmill and<br>Woodworking         | 46 |
| Bezanson Family Christmas Tree Farm         | 27 | Fisher's Sugar Camp                           | 8  | Kettlegrove Soapworks                          | 46 |
| Bill's Rustics                              | 4  | Flexiway Products Ltd.                        | 8  | Kevin McCormick Sales & Services               | 33 |
| Birdseye Specialty Products                 | 4  | Forage Greenery and Heritage                  | 44 | Keyword Enterprises Ltd.                       | 12 |
| Blaine Buchanan Signs & Graphics            | 42 | Forest & Stream Birding Tours                 | 45 | Knotty Creations                               | 23 |
| Bleuets NB Blueberries                      | 4  | Freddy Bee Honey                              | 8  | L & R Evergreens                               | 12 |
| Blomidon Estate Winery                      | 28 | Freewheeling Adventures                       | 30 | L.O.R.D.A.                                     | 33 |
| Boulet Valley Farm                          | 4  | Fresh Start Woodturners                       | 30 | La Ferme Maury                                 | 8  |
| Brenda Watts Woodwork and Design            | 42 | Frosty Maple Products                         | 30 | La Framboise 'Rit' Francoeur                   | 8  |
| Brent Machine Works                         | 4  | Gallant Woodturnings                          | 45 | Labrador Preserves Co.                         | 23 |
| Brent Rourke                                | 4  | Gallery Maurice                               | 8  | Landry's Birdseye Bowls                        | 12 |
| Brighton Botanicals                         | 4  | Gaudreau Fine Woodworking                     | 45 | Lantz' Old Tyme Xmas Trees                     | 33 |
| Bruce Mclean                                | 4  | GEMMS from Forest & Farm                      | 31 | Lemon Balm Lane                                | 12 |
| Campbellton Berry Farm                      | 21 | Gilbey's Farm Limited                         | 9  | Les Entreprises Deux Milles Ltd.               | 7  |
| Canada Calling                              | 5  | Glenvale U-Pick                               | 9  | Lily Pad Creations                             | 47 |
| Canadian Organic Maple Co.                  | 5  | Golden Ridge Maple Sugary                     | 9  | Linkum Tours Ltd.                              | 23 |
| Caribou Adventure Tours                     | 21 | Good Spring Farm                              | 9  | Lunenburg Balsam Fir Co-op                     | 33 |
| Charles Morrison                            | 5  | Grain Effects Woodworking and<br>Lumber Sales | 9  | Lynda's Corner                                 | 34 |
| Charlie McIntosh's Berry Farm               | 5  | Granite Town Farms                            | 9  | Lynn Rotin                                     | 34 |
| Chatam Biotec Ltd.                          | 5  | Grants Guided Adventures                      | 31 | MacLean Christmas Tree Farm                    | 47 |
| Christmas Tree Council of NS                | 28 | Great Bear Campground and<br>Sugar Bush       | 9  | Macphail Woods Ecological<br>Forestry Project  | 47 |
| Chuckles & Associates                       | 29 | Great E.A.R.T.H. Expeditions                  | 31 | Maplewood Maple Syrup &<br>Christmas Tree Farm | 34 |
| Clint's Raspberry U-Pick                    | 5  | Green Dragon Organic Farm and<br>B&B          | 31 | Maritime Medicinal Mushroom Inc.               | 34 |
| Coastal Cranberries Ltd.                    | 5  | Green Indian                                  | 9  | Maritime MicroBiologicals Inc.                 | 34 |
| Coastal Trails Hiking Tours                 | 29 | Guided Wilderness Hiking                      | 31 | Maritime Village                               | 12 |
| Collector Canes                             | 29 | Hamilton Forestry Products                    | 10 | Mary van den Heuvel                            | 34 |
| Conscious Wave Soaps & Body<br>Products     | 29 | Harper's Raspberry U-Pick                     | 10 | Mascarene Woodworks                            | 13 |
| Cornect Family Farm                         | 30 | Haveracres Maple Farm                         | 31 | McAskil's Woodworking                          | 47 |
| Craig Wood Products Ltd.                    | 42 | Haynes Farms                                  | 10 | McCrea Farms                                   | 13 |
| Crooked Creek Farm                          | 43 | Herb Eagles Woodworker                        | 10 | McCullough's U-Pick                            | 13 |
| Crown Jewel Resort Ranch                    | 30 | Higbee's Berry Farm & Nursery                 | 32 | Mckinney's U-Pick                              | 13 |
| Dan's Custom Wood Turning                   | 43 | Hillandale Woodturning                        | 10 | McLellan's Maple                               | 13 |
| Dark Tickle Company                         | 22 | Hinterland Adventures and Gear                | 32 | Mike Oudemans                                  | 35 |
| David R. Morris Woodworker                  | 6  | Honey Care Farm                               | 32 | Milltown Forestry Services Ltd.                | 35 |
| Dean Butterfield                            | 6  | House of Tudor                                | 10 | Moss' Blueberries                              | 13 |
| DesRoches Tree Farm                         | 43 | Hunter Brothers Farm                          | 10 | Mountindale Farm                               | 13 |
| Dickinson Bros.                             | 30 | INFOR Inc.                                    | 10 | MUN Botanical Garden Inc.                      | 23 |
| Dog River Woodworking                       | 43 |                                               |    |                                                |    |

|                              |    |                                  |    |                                      |    |
|------------------------------|----|----------------------------------|----|--------------------------------------|----|
| Natural Newfoundland         |    | Royal View Maples                | 15 | The Conservation Council of NB       | 5  |
| Nutraceuticals Inc.          | 24 | Royalty Hardwoods Ltd.           | 48 | The Greenhouse                       | 23 |
| Naturally Hand-Dyed by       |    | S&R Thompson Maple               | 36 | The Last Resort Farm                 | 33 |
| Susan Furneaux               | 24 | Sap World Co. Ltd.               | 25 | The Pumpkin Lady                     | 14 |
| Natural-Wood-Design          | 35 | Scott Walking Adventures         | 36 | Thompson's Woodcraft                 | 49 |
| Nature Trails                | 48 | Scroll Saw Portraits / Intarsia  |    | Three J's Wild Blueberry Farm        | 38 |
| NB Maple Syrup Association   | 13 | Sculptures                       | 15 | Tight Lines Guide Service            | 38 |
| Newfoundland Bee Company     | 24 | Seafoam Woodturning Studio       | 36 | Tom Stuart                           | 17 |
| North River Kayak Tours &    |    | She'nan'igans                    | 36 | Tribal Footware & Apparel            | 17 |
| Boat Rentals                 | 35 | Shikatehawk Maple Products Ltd.  | 15 | Trites Family Sugarbush              | 17 |
| Northeastern Christmas Tree  |    | Shubenacadie River Adventures    |    | Tuddenham Farms                      | 17 |
| Association                  | 35 | Tours Ltd.                       | 37 | Turnings with Character              | 18 |
| Nova Tree Company            | 35 | Silver Bell Christmas Tree Farm  | 48 | Utopia U-Pick / Magnetic Hill Winery | 18 |
| Olivier Soapery              | 14 | Slocum's Farm Fresh Produce Ltd. | 16 | Valley Mushroom Company Ltd.         | 38 |
| O'Toole Gallery              | 14 | Sorrell's Berries                | 16 | VarFor Ltd.                          | 18 |
| Ossetra                      | 24 | Soufflower Herbals               | 16 | Waterside Farms Cottage              |    |
| Paradise Farms Inc.          | 25 | Spruce Hill Nurseries            | 16 | Winery                               | 18 |
| Perry's Tree Lot             | 14 | Stephenson Maple Farms           | 16 | Watts Tree Farm                      | 49 |
| Peter Walsh                  | 14 | Steven Kennard                   | 37 | Wendell Smith                        | 38 |
| Philip Brown                 | 48 | Stuart L. Taylor, Woodturner     | 37 | Wild Adventures/Aventures            |    |
| Pick Up Sticks Woodworking   | 36 | Sucrerie Bossé                   | 16 | Sauvages.com                         | 18 |
| Play                         | 25 | Sucrerie Maurifils               | 16 | Wild Blueberry & Maple Centre        | 39 |
| Prince Cove Berry Farm       | 14 | Sugar Moon Farm                  | 37 | Wild Wonders by Wendy                | 49 |
| R & J Honeybee Farm          | 14 | SunRoot Farm                     | 37 | Wilson Wreath Company Ltd.           | 18 |
| Raymond Young                | 14 | Sunset Lodge Collectibles        | 16 | Windy Ridge Turnings                 | 19 |
| Really-O Handcrafts          | 48 | Sunset Strawberry and Raspberry  |    | Winegarden Estate Ltd                | 19 |
| Red Dragon Crafts            | 36 | U-Pick                           | 17 | Wintergreen Farms Inc.               | 19 |
| Red-Robin Christmas Tree &   |    | Swan's Maple Products            | 37 | Wooden It Be Nice                    | 19 |
| Maple Syrup                  | 15 | Sylvio                           | 17 | Woodenspired.ca                      | 19 |
| Riordon Maple Products       | 15 | T. Ernst Forest Products Inc.    | 38 | Wood-en-such                         | 19 |
| River Valley Adventures Inc. | 15 | Tansy Lane Herb Farm             | 17 | Woodlands and Meadows                | 39 |
| Rocky Mountain Maples        | 15 | Tattrie's Evergreen              | 49 | Wyvern Farms Ltd.                    | 39 |
| Rodrigues Winery             | 25 | Tedish Products Ltd.             | 17 | Yuletide Tree Farm                   | 19 |
| Rossignol Estate Winery      | 48 | Terron Dodd                      | 38 |                                      |    |

## Disclaimer

The information shared in the *From Our Atlantic Woods* (FOAW) publication is for educational purposes only. The recipes, articles, images and other material in this publication are the property of FOAW; they can be used for personal use, but cannot be reproduced for commercial use without written consent from the lead member of the FOAW steering committee (see the contact information on the inside front cover).

FOAW has no control over the information on websites listed in this publication. As well, we cannot guarantee the accuracy of the information provided to us by the non-timber forest product (NTFP) businesses themselves.

Extra care should be taken before coming into contact with any wild plants (including fungi). Any individual who consumes or comes into contact with wild plants does so at their own risk. FOAW, its partners or sponsors cannot be held responsible for any adverse reactions caused by consuming, touching, smelling or using wild resources or products mentioned in this directory. If you are not sure you can positively identify a wild plant, do not pick it. We strongly advocate the use of plant identification guides and courses. Remember, “natural” does not necessarily mean “safe”. While some parts of a plant may be edible, other parts of the same plant may be poisonous. Furthermore, some parts of a plant may only be edible after having been cooked for a minimum length of time or prepared in a certain manner. Finally, even if a plant is classified as safe, you may have a high sensitivity to it as some plants are highly allergenic. **Caution is key in the woods.**



## Add Your Business to the *From Our Atlantic Woods* Directory

This is the first edition of the *From Our Atlantic Woods* directory which lists non-timber forest product (NTFP) businesses from Prince Edward Island, Newfoundland & Labrador, Nova Scotia and New Brunswick. Listings from the state of Maine, one of our partners, are also listed on our search-friendly online directory: [www.FromOurAtlanticWoods.com](http://www.FromOurAtlanticWoods.com)

Generally, businesses that qualify fall under these categories: specialty wood products (must be non-milled products, or if they are, must be produced from figured woods); Christmas trees and related greenery; mushrooms; essential oils; nutraceuticals, pharmaceuticals and medicinals; wild berries, nuts and fruit; syrup, candy and related specialty products; native landscaping products; craft products; and recreational and ecotourism opportunities.

If you own a sale-ready NTFP business and would like to be included free of charge in our online version (which is continually updated) and our next printed version, please fill out the form below and return it to us. We will evaluate it and let you know if you fit the requirements. Adding your business to the *From Our Atlantic Woods* directory will not only increase your visibility to local citizens and tourists, but will enable consumers to support sustainable forest management and local economies. There are also paid advertising opportunities available.

### **For more information or to register:**

Visit [www.FromOurAtlanticWoods.com](http://www.FromOurAtlanticWoods.com)

Email: [ntfp@infor.ca](mailto:ntfp@infor.ca)

Call: 506-450-8787 or 877-450-8787 (Maritimes only)

Fax: 506-454-0652

Mail: INFOR Inc., 1350 Regent St., Suite 223, Fredericton, NB E3C 2G6

---

### ***From Our Atlantic Woods* Registration Form**

Business name: \_\_\_\_\_ Contact person: \_\_\_\_\_

Full business mailing address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email address: \_\_\_\_\_

Website: \_\_\_\_\_

Check all that apply:

Retail     Wholesale     Manufacturer     Supplier     Other

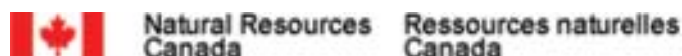
Short description of products / services offered:

I consent to my NTFP business information being included in the "From Our Atlantic Woods" directory.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Many sponsors stepped up to the plate and helped us finance and create this worthwhile endeavour:



Prince Edward Island ADAPT Council



Community Economic Development Agency



New Brunswick  
Agricultural Council

Conseil agricole  
Nouveau-Brunswick



Memorial University of Newfoundland



Natural Resources



Agri-Adapt  
Council Inc.



CANADIAN  
MODEL FOREST  
NETWORK  
RÉSEAU  
CANADIEN DE  
FORÊTS MODÈLES



Environment,  
Energy and Forestry







## Atlantic Community

Proud to support  
producers in  
Atlantic Canada,  
naturally.

**Sobeys**

