# Forage Facts

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### Shop Local this **Holiday Season!**

By: Katie McLachlan

2020 has been a whirlwind of a year to say the absolute least. Rather than ramble on about how 'unprecedented' and 'different' this year has been, lets focus on how we as a community can get in the spirit of the holidays, and support each other this holiday season.

We love to support our local businesses when it comes to putting on our PCBFA events, whether that is food, coffee, advertising, printing, or anything else we need. This December, we would love for you to support local as well! We have come up with a listing of some of the regions favourite locally owned small businesses and artisans that can help to check some items off of your Christmas shopping list!

#### Fairview

The Old Bistro - Locally owned

coffee shop that features locally made art, ranging from leather work, to pottery, to paintings. We also highly recommend their chai tea lattes!

Elements the Compass of Health - Health & wellness center, featuring a consignment market with items ranging from crochet and home decor to holistic bath and body products.

#### Grimshaw

- Riverside Ranch Decor Rustic country and contemporary home decor, gift ware & antiques.
- Raediance Florist & Gift Shop local florist, featuring several local vendor ranging from soaps, to scarfs and beard care to baby booties.

#### High Prairie

Fresh Inspirations Coffee Bar -Coffee shop featuring local art, home decor, and bath and body items. We also suggest grabbing a cappuccino while you are





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Peace Country Beef & Forage Association



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For every degree drop below -20°C, a cow's energy requirements goes up by 2% to maintain condition. So when the temperature reaches -25°C, a cow requires an extra 10% TDN.



#### Welcome back Liisa!

Liisa returned from maturity leave on November 16th as PCBFA's Executive Director!

She will be working remotely until May. She can be reached by emailing liisa@pcbfa.ca or call or text 780-394-7419



# Shop Local this Christmas!

#### there!

 Grassroots Art & Craft located in the High Prairie Museum, Grassroots features pieces by local artists ranging from woodwork, to paintings, to stone carving and more!

#### Peace River

- Mint Health + Drugs Features pop-up shops by local artists, and maintains stock of locally made jewelery, bath & body items, clothing and home decor.
- Peace River Museum Gift Shop -Showcasing local artisans, clothing, ornaments, and more.

#### Sexsmith

 Don't be Chy Boutique - Salon featuring an assortment of locally made home decor, kitchen ware, and fashion.

There are of course, many more great local vendors and makers with an online presence! We highly recommend checking out your local Facebook groups to connect with more local makers.

Have a hard to shop for rancher in the family? (I have one who only wants a post pounder for Christmas!) I recommend renewing their PCBFA membership by visiting peacecountrybeef.ca/membership! Gift certificates to places like the TP Country Store in Teepee Creek, or your local vet clinic, are also appreciated by the rancher in your life. Stuff their stockings with a bag of coffee beans from Wapiti Bean Co or Ol' Smokes Coffee in Grande Prairie, and a good pair of gloves and a warm touque



from Mad Dog Cresting in Fairview.

I bet your friends would really love a meal from a local restaurant! Some of our favourite locally owned restaurants include Soups in Beaverlodge, Boondocks in High Prairie, Tall Timber Coffee Corporation in Valleyview, The Butter Chicken Co in Fairview, Board & Barrel in Peace River, and Better Than Fred's in Grande Prairie to name a few.

And we can't forget about the neighbours! They would probably love some goodies like Crooked Creek Donuts, or some sweet treats from the Bear Country Inn in Wanham, or even a grilling box from Jackknife Creek Land & Cattle in Manning or The Homestead from Demmit!

Some folks have been hit very hard by the COVID-19 situation, and our local food banks are busier than ever! If you can, please consider donating to your local food bank this holiday season and help make someones Christmas a bit less stressful. Visit foodbanksalberta. ca to find information about donation guidelines for your local food bank.

We wish you the happiest of holidays, and a healthy, happy new year!

#### Thank You to the PCBFA Board of Directors

Preston Basnett
Faron Steffen
Robbie Hale
Allan McLachlan
Kelvin Krahn
Clay Armstrong
Michael Gross
Dan Martin
Michael Strebchuk
MacKay Ross

#### Do You Have Project or Workshop Ideas?

We are always looking for ideas! Give us a call!

#### PCBFA Member Perks:

- Two Free Feed Tests Per Year
- Ration Balancing Assistance
- CAP Application Assistance
- Environmental Farm Plans
- Scale & Tag Reader Available for Member Use
- Soil & Water Quality Testing

#### Thank You to Our Municipal Partners

MD of Fairview
MD of Peace
Clear Hills County
Saddle Hills County
MD of Spirit River
Birch Hills County
MD of Greenview
Big Lakes County
County of Grande
Prairie
Northern Sunrise
County

### Soil Health Academy Registration Opens Soon!



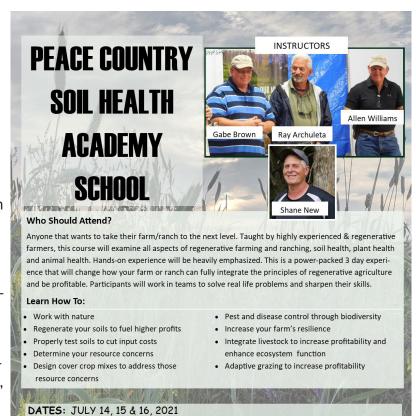
Mark your calendars for July 14th, 15th & 16th! We have teamed up with the North Peace Applied Research Association and the Mackenzie Applied Research Association to bring the Soil Health Academy north!

Get your hands in the soil and learn from Gabe Brown, Ray Archuleta, Dr. Allen Williams and Shane New, how to incorporate soil health principles on your individual farm or ranch.

Take homes from this course include learning how to work with nature, regenerate your soils, determine resource concerns, design cover crop mixes, increase your farm's resilience, adaptive grazing, and more!

Cost for the entire school is \$1,200 per person. Registration opens on World Soils Day, Saturday, December 5th. Please call Johanna at 780-523-4033 to register.

Looking for support? This course qualifies for the Grant Gaschnitz Memorial Ag Knowledge Sponsorship. For information on applying for this sponsorship, please visit peacecountrybeef.ca/memorial-scholarship Deadline to apply for this sponsorship is January 1, 2021.



NORTH PEACE APPLIED RESEARCH ASSOCIATION
780-836-3354

For more information & to register contact:

PRACE COUNTRY BIRT & FORAGE ASSOCIATION APPLIED RESEARCH

LOCATION: NPARA Research Farm, Manning, AB (ample room for camping) COST: \$1200 PER PERSON (includes 3 lunches, snacks & evening barbecue)

780-523-4033 peacecountrybeef.ca





## Merry Christmas!

Please be advised that PCBFA Offices will be closed through the Christmas season, starting on Friday, December 25th. We will be back in the office on Monday, January 4th





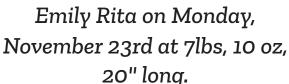
## **Upcoming Events**

Event	Date & Time	Location
Calving Clinic Virtual Presentation on Fetal Loss with Dr. Erin Zachar	December 9th 7pm	Online via Zoom
Peace Country Soil Health Academy with Gabe Brown, Ray Archuletta, Dr. Allen Williams & Shane New	July 14th, 15th & 16th  Registration Opens  December 5th!	NPARA Research Farm, Manning \$1,200/Person \$300 Deposit to Hold Your Spot

AHS & Local Guidelines will be followed at in-person events. For More Information & to Register: Visit peacecountrybeef.ca/upcoming-events or Call 780-523-4033



Congratulations to Monika, Mike, Carter & Jared Benoit on the arrival of



Everyone is happy and healthy!



#### Contact Our Team!

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Agriculture and Forestry

PCBFA recieves funding from the

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