



Thank you for your beef!

Farmers' Names:

Greg and Cathy run the farm, with the help of their daughters
Nicole, Vanessa and Cydney.

Generations of Farming:

3 generations of farming, since 1957

Specialty Foods:

Corn-fed, hormone-free beef, along with turkey, pork and trout filets.

Favourite Recipe with your harvest:

Sirloin burgers("The kids don't want anything else.") and beef bacon.

Favourite Farming Music:

Everything on the radio: Nickleback(Greg), Duran Duran(Cathy),
One Direction (Nicole and Vanessa.) Country music NOT tolerated.

Favourite Family Pastime:

Anything outdoors, archery, ATV-ing, reading, board games.



Words of Wisdom:

"If you don't put good stuff in it, you won't get good stuff out of it."