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# HELMERS' ORGANIC FARM

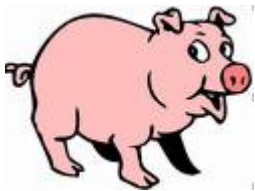
## Biodynamic Certification



Our farm is certified Biodynamic and Organic. Biodynamics is a fascinating practice that views the farm as a living organism: self-contained and self-sustaining, free of any external and unnatural additions.

With the help and knowledge of those who have farmed before us, we focus on soil vitality, planting with the cosmos, animal and vegetable biodiversity and making and applying the biodynamic preparations. As we view and treat our farm as its' own living organism, it becomes one.

*New potato varieties,  
Chantecler chickens,  
Tamworth pigs,  
Belted Galloway cows and a  
nephew Angus*



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### New for 2010

We are expanding the family this year to include new potato varieties, Chantecler chickens, Belted Galloway cows, Tamworth pigs, and a nephew Angus.

The **Chantecler** is a rare, heritage chicken with only about a 1000 birds in existence, all being maintained by small farms with an interest in the preservation of heritage breeds.

This uniquely Canadian poultry breed was created in the early 1900's in Canada by a monk and thus is uniquely adapted to our climatic conditions.

The **Belted Galloway** is a rare beef breed of cattle originating from Galloway in South West Scotland, adapted to living on the poor upland pastures and windswept moorlands of the region. Belties have long outer hair and a soft undercoat that sheds the rain and keeps them warm in the winter and cool in the summer. They are hardy, long living, regular breeders noted for the amount of rich milk they produce, therefore rearing good calves.

The **Tamworth** is one of the oldest pig breeds. It is the most direct descendant of the native pig stock of Europe that in turn descended from wild boars. The breed originated in the Midlands of England.

Lisa, the youngest of the Helmer sisters, gave birth to a strapping young fellow February 27<sup>th</sup> 2010. **Angus** is being groomed, along with his three-year-old sister **Maggie**, to drive tractors, dig potatoes and run the market stalls.



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Pemberton BC Spring 2010

## Thank-you all for a wonderful winter market season!

The potatoes have held up well during our very mild winter and are only now beginning to show signs of sprouting. This sprouting action is a normal response of the potato to the changing seasons and indicates that she'd like to be planted in the ground soon. Unfortunately, this also signals the end of our selling season.

We'll be back again in July with some tried and true varieties and a couple of new ones for your culinary delight.



### Springtime

Anna is busy cutting plantlets and prepping our seeds for our April/May plant. Dad is planning field layout and coordinating deliveries. Mom is cleaning up late winter pruning and Jennie is arranging the pig and cattle homes.

The snow has almost left the fields and we know it won't be long before we're prepping fields and rolling out the planter.



### Chickens and Ducks

Our 24 chickens and 4 ducks roam the farm-yard cackling with delight, from dawn to dusk searching out and scratching up every fresh new patch of soil.

Egg production has increased over the past couple of weeks with the slightly longer days. We don't artificially light our coops in the winter and therefore, our chickens move in sync with the seasons.



### Honey Bees

It's still too early to tell for certain, but it appears we have two, possibly three, beehives that have lived through the winter. We ended last season with five healthy hives.

This has been the average survival rate for the past three winters. Each hive begins the winter with 110lbs of their honey and pollen. It's a challenge to pinpoint exactly why all bees don't survive. We'll continue to raise these lovely animals and to work to understand how to keep them healthy and well.