

Fresh
Air

Green
Grass

Certified Free Range • Certified Organic



SUNWORKS®

FARM

Armstrong, Alberta T0B 0G0

Certified Organic by QMI Organic Inc.
Certified Humane
www.sunworksfarm.com

Alberta
Sunshine

Family
Farm Raised



Certificate of Organic Operation

This is to certify that:

**Ron & Sheila Hamilton
SUNWORKS FARM**

**(Affiliated with #708-aP, Messinger Meats Mirror Corp. &
#715-aP, Blush Lane Organics)**

Box 55
Armena, Alberta
Canada, T0B 0G0

Has met the Organic Standards established by

The USDA National Organic Program

*This organic operation has been inspected by QMI Organic Inc,
who verify that to the best of our knowledge the standards have been met.*

Certification is valid until surrendered, suspended, or revoked.

Certificate Number: **12-2003**
Producer Number: **GP2003308**
Effective Date of Certification: **December 23, 2005**

Categories of Organic Operation:

Crops: **Pasture, Strawberries, Beans & Peas.**
Livestock: **Broiler Chickens, Laying Hens, Eggs,
Turkeys, Hogs, Bison & Beef.**
Handler / **Layer Ration, Broiler Ration & Soybean**
Processor: **Meal.**

(See Organic Certificate Addendum for specific products)



W. J. Tilford

Wendy J. Tilford
President

BCSPCA

SPCA CERTIFIED

Certificate of Registration

This certificate declares that:

Sunworks Farm

has successfully fulfilled all requirements laid out by the
SPCA Certified Program
and is hereby authorized to use the
Official Mark
on all eligible products and signage.

Eligible Product:

SPCA Certified Program Registration #: 10-05-0022


Signature



www.sPCA.bc.ca/farm


Signature

Valid: August 2005 - August 2006





























































3.75
Chorizo
Patties
7.00
7.00
Sausages
Hearts & Liver
Soup Bones (per



Sunworks Farm, located near Armena, Alberta, is the home of Ron & Sheila Hamilton and their children Shae & Adam Belanger and Erin & Matthew Paulson. The Hamiltons farm with their sister, Dorothy & John Marshall of Rosalind, Alberta. Together these families have been raising Certified Organic animals since 1997.

Our Philosophy -

We believe that it is our privilege to be stewards of the land and that we should leave it in a better state than when we got it. We do our best to work with nature and not against it.

We believe that our children should be raised in a healthy mental and physical environment.

We believe that animals should be treated kindly, humanely, ethically and have access to fresh air, clean water, green grass and sunshine.

We believe that a healthy environment and gentle handling grows healthy animals, which reduces disease and the need for medications.

We want to grow good, healthy food for our customers.

We guarantee that you will not taste better meat than our pasture-raised products.

"We do not inherit the land from our ancestors, we borrow it from our children."

(Ancient Haida saying.)

The Hamiltons are members of:

* CETFA (Canadians for the Ethical Treatment of Food Animals)

* EARTHKEEPING (Caring for Creation)

* All animals are raised and processed in compliance with QMI ORGANIC INC. certification standards.

* Certified humanely raised by the BC SPCA



Humanely raised
Totally drug free
No chemical additives
No animal by-products
No artificial hormones
Predator friendly
Celiac Safe – Allergy Free

To order call:
 (780) 672-9799
 toll free: 1-877-393-3133
 email: info@sunworksfarm.com
www.sunworksfarm.com

Come and visit us every Saturday at
The Old Strathcona Farmer's Market in
 Edmonton or every Friday, Saturday and
 Sunday at **Calgary's Farmers Market at the**
Currie Barracks in Calgary. If you live
 outside of these areas please call us to make
 other arrangements.

We welcome visitors at the farm - come and
 see how we raise the food you eat. Please
 join us in September for our
 Family Day at the Farm



Certified Organic
FREE
RANGE



As Close to Nature
as Possible

www.sunworksfarm.com

Why Organic?

Our family strongly feels that chemicals and medications that are fed to animals or are applied to the land and crops end up in our bodies. The effects of ingesting these toxins are showing in the health of the general population. We know that food can be grown, and animals raised, without these unnatural inputs and want to offer that choice to the consumer.

Why Certified Organic and Humane?

To be a Certified Organic Producer a farm must go through a series of inspections by a professional Organic Inspector and must prove, through an audit trail, they are complying with the strict regulations set out by the Organic Certification Board. To be certified humane an independent auditor inspects the farm to ensure that standards set by the Humane Society are being met. These inspections occur once per year and must take place to remain a Certified producer. We include our meat processors in these inspections in order to maintain our high standard of quality and also give you the assurance that you are purchasing a true certified organic product.

Why Grass-fed?

When we feed animals their original diet, we are feeding them food that is most in harmony with their digestive system. This naturally produces healthier animals. Meat and eggs from grass-fed animals supplies our bodies with a natural source of Omega 3 Fatty Acids, CLA and Beta-Carotene.

Why Celiac Safe and Allergy Free?

We, the Hamilton family, suffer from Celiacs and severe food allergies. All of our sausages, wieners, ham, bacon and specialty meats are **free of** gluten, egg, dairy (no fillers), nitrates, sulphates, MSG (no chemicals or preservatives). Just healthy meat and spices. Honey and Maple Syrup are used as sweeteners (no refined sugars) and the salt is a mineralized rock salt (full of micronutrients).

How Do We Raise Our Animals?

Chickens, Turkeys, Ducks and Geese (Certified Organic Raised) - Our poultry are raised free range on our pastures and are moved frequently onto fresh grass. The birds have lots of room to run while still having shelters to give them shade from the sun and protection from the rain. The range area and the shelters are surrounded with mesh to protect the birds from predators. By moving the ranges the birds have access to fresh vegetative grass at all times. This gives our flocks a clean healthy environment to thrive in. The birds are also fed, free choice, certified organic grain. In the winter our birds are raised in barns with windows that open and lots of space for the birds to roam. They are given free choice certified organic alfalfa hay along with their certified organic grain.

Beef and Bison (Certified Organic Raised) – Our cattle and bison graze in the pastures year round. In the winter they receive free choice hay on the pasture. The bison do not receive any grain with the cattle only receiving a small amount of certified organic grain supplement in the winter along with their pasture grass and hay. The meat is aged for 21 days, the old fashioned way, to maintain its flavor and tenderness.

Pork (Certified Organic Raised) - We raise our pigs on the pasture. They are free to eat the grass and be in the fresh air and sunshine. The pigs are moved regularly onto fresh pasture and are provided with free choice certified organic grains. In the winter the pigs are given lots of straw to nest in and play with in their outdoor shelters. The meat is very firm, lean, tender and delicious when cooked.

Eggs (Certified Organic Raised) - Our hens are free to roam the pasture during the day and are provided with shelter for the night in a mobile hen house. The hens feel secure laying their eggs in the nesting boxes which are inside the hen house. They are fed certified organic grains. The eggs are large and brown with dark yellow yolks that are filled with goodness. In the winter the hens are given lots of room to roam in a barn with windows that open. They are given free choice certified organic hay along with their feed.

Lamb (Certified Organic Raised) - The lambs are born in the spring and are raised on certified organic pasture. They are moved frequently to fresh pasture and are also given free choice certified organic grain to meet their dietary needs. This meat is tender and flavorful.

Free Range animals produce lean meat that is very dense, tender, juicy and has wonderful flavor. Care must be taken not to over cook the meat since it is very lean. We are proud to provide you with the safest, healthiest meat possible.

09-18-05



Certified Organic Free Range

Chicken ♦ Turkey ♦ Duck ♦ Geese
Pork ♦ Beef ♦ Eggs

Toll Free 1-877-393-3133
www.sunworksfarm.com

Full Ingredient List for Sunworks Farm Specialty Products No MSG, Nitrates, Sulfites, Egg, Gluten or Dairy

PORK

Breakfast Sausage - Certified Organic Pork, salt, pepper, mustard, honey, garlic

Chorizo Sausage - Certified Organic Pork, paprika, chili powder, pepper, cinnamon, clove, coriander, ginger, oregano, cumin, salt, garlic

Sweet Sausage - Certified Organic Pork, cranberry, orange, maple syrup, cloves, cinnamon, nutmeg, ginger, salt, pepper

Ukrainian Ring - Certified Organic Pork, maple syrup, salt, pepper, nutmeg, coriander, fresh garlic, mustard

Smokies - Certified Organic Pork, black pepper, marjoram, onion, mustard, honey, garlic, salt

Bratwurst - Certified Organic Pork, white pepper, salt, nutmeg, ginger, mace, parsley

Ham - Certified Organic Pork, maple syrup, salt, cloves, cinnamon, nutmeg, ginger, orange slices, raspberry juice

Bacon - Certified Organic Pork, maple syrup, salt, pepper, garlic, cajun (herbs, onion, corn syrup, calcium silicate)

Thai Satay - Certified Organic Pork, soy nuts, Bragg's soy sauce, lemon juice, maple syrup, garlic, ginger, chili pepper

Souvlaki - Certified Organic Pork, vinegar, lemon juice, olive oil, basil, oregano, garlic

BEEF

Ponderosa Sausage - Certified Organic Beef, salt, pepper, mustard, sage, marjoram, honey, allspice, garlic, onion

Jerky - Certified Organic Beef, Bragg's soy sauce, mustard, salt, black pepper

TURKEY

Roasted Garlic & Rosemary Sausage - Certified Organic Turkey, pepper, mustard, roasted garlic, salt, rosemary, honey

Mettwurst Sausage - Certified Organic Turkey, white pepper, marjoram, nutmeg, caraway seed, celery, salt, allspice, coriander, honey, mustard seed

LAMB

Moroccan Sausage - Certified Organic Lamb, parsley, onion, marjoram, cumin, coriander, oregano, cayenne, pepper, salt

Mint Sausage - Certified Organic Lamb, salt, pepper, sage, onion, thyme, mint

CHICKEN

Grandma's Wieners - Certified Organic Chicken, white pepper, garlic, nutmeg, coriander, salt, sage, onion powder, black pepper

Breakfast Sausage - Certified Organic Chicken, salt, pepper, mustard, honey, garlic

Pepperoni - Certified Organic Chicken, salt, black pepper, honey, chili powder, thyme, oregano, anise seed, cumin, garlic, onion, cajun (herbs, onion, corn syrup, calcium silicate)

Honey Garlic Wings - Certified Organic Chicken, honey, garlic, Bragg's soy sauce, ginger, sesame seeds, olive oil, rice flour

Barbeque Wings - Certified Organic Chicken, tomatoe paste, vinegar, maple syrup, dry mustard, Worcestershire sauce, lemon, salt, pepper

Chorizo - Certified Organic Chicken, paprika, chili powder, pepper, cinnamon, clove, coriander, ginger, oregano, cumin, salt, garlic

Chicken Garlic Rings - Certified Organic Chicken, seasoning salt, pepper, garlic, onion, sage, marjoram

Patties - Certified Organic Chicken, pepper, salt, sage, onion, rosemary, parsley

Dog Food - Certified Organic Chicken Organs and Bones (no by products), Certified Organic Eggs, Certified Organic Vegetables, Vitamins and Minerals

Cat Food - Certified Organic Chicken Organs and Bones (no by products), Certified Organic Eggs, Vitamins and Minerals





To market, to market

In this weekly summer column, Bistro visits a farmer's market and profiles a vendor

JUDY SCHULTZ
Journal Bistro Writer
EDMONTON

THE MARKET: The Old Strathcona Farmer's Market in Edmonton

THE PEOPLE: Ron and Sheila Hamilton and family of Sunworks Farm, Armena

THE PRODUCT: Pasture-fed certified organic free range meat and eggs



JUDY SCHULTZ, THE JOURNAL

Ron Hamilton with one of his broilers, 2.5 kilograms of pure flavour

On Saturday morning, people arrive before the market is open, hoping to buy the brown organic eggs with the deep golden yolks from Sunworks Farm, along with organic sausage and bacon, big roasting chickens and beef smokies.

On their farm near Armena, two generations of Hamiltons can talk for hours about the ethical raising of animals, and they do, literally, put their money where their mouths are.

Thus, the chickens and pigs are in portable open pens, regularly moved around the pasture for fresh grass that is first grazed by cattle. Diet for their animals includes all the grass they want, plus free-choice organic grains.

That's why a roasting chicken from Hamiltons is so big and juicy, with the average broiler weighing in at 2.5 kilograms of pure flavour.

Customers at the market know exactly what these birds have eaten; that they're celiac-safe and allergy free — critically important for the in-

creasing number who suffer from allergies or food sensitivities.

Their sausages, bacon, hams, wieners and specialty products contain no fillers — gluten, dairy or eggs — or nitrates, sulphates, chemicals or preservatives.

"We know that medications and chemicals fed to animals and applied to land will end up in our bodies," says Sheila Hamilton. "We know it doesn't have to be that way, and we work every day to prove it."

All their meat, including the chicken, is naturally very lean, so she cautions customers not to overcook it.

"When we feed our animals the original diet nature intended, it's the easiest one for them to digest," says Ron Hamilton. "We know it produces a healthier animal."

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