

Lahmans' Heritage Food Farm

The partnership of Rob and Sheila Lahman is a homesteading match made in heaven. The pair met while pursuing their common interest in ecological agriculture at Filsinger's Orchards in Ayton. They ran a CSA (Community Shared Agriculture) in Stouffville and farmed near Napanee before settling in Grey County, near Tara, in 2004.

They have what they call a 'no-mile market', feeding themselves and their livestock from the land first. They grow a variety of fruits, vegetables, grains, beans and flowers (all open-pollinated heirlooms) and eat according to the seasons. As licensed organic goat producers (certified by Ecocert), many farm activities revolve around their unique herd which is comprised of three breeds, LaMancha, Saanen and Alpine. The goats provide milk, butter, cream, buttermilk, meat, fertilizer and soap for the household. Sheila and Rob churn their own butter, grind their own flour, and make soap "the old fashioned way" using goat milk and essential oils. A flock of Light Sussex chickens, a rare breed, provide meat and a continuous supply of eggs.

The Lahmans see soil health as the farm's foundation and their management program involves crop rotation, the addition of composted livestock manure in the fall (on a rotational basis), and the incorporation of green manures (primarily oats and buckwheat) into the soil. In their view, a well-fed soil results in high quality crops that provide animals and people with the 'nutrient dense' food (food balanced with mineral sugars) needed for optimum health. They've never had need of a veterinarian, and Sheila says there are other signs that their goats are healthy "on a cellular level". A wide variety of fruits and vegetables are available through the farm's Community Shared Agriculture program with a focus on "a taste from the past" including favourites such as Moon & Stars watermelon, Thelma Saunders sweet potato squash, Bulgarian peppers and ten kinds of heritage tomatoes.



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Lahmans' Heritage Foods & LayBur Organic Dairy

A wide variety of vegetables, fruits, herbs
Strawberries
Summer sausage
Goat meat

Available from:

Paisley Farmers Market (Saturdays, 9 am-1 pm)
Warton Farmers Market (Fridays, 1 pm-6 pm)
Lahmans' CSA