



Local Harvest

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Local Farm Profile: Spring Valley Trout Farm and Lyndon Fish Hatcheries

(2006 Buy Local! Buy Fresh! Map Listings #10 and #11)

New Dundee's Spring Valley Trout Farm is a combination of fish farm, agri-tourism, and a "U-pick patch" all on 35 acres. The rainbow trout are hatched from a quality brood-stock and raised on-site under the operation of Lyndon Fish Hatcheries. When these fish grow to an ideal eating size (1-2 lbs), they are used to stock the Spring Valley pond, where the public is invited on weekends & holidays to fish from the grassy banks of the lovely spring-fed pond. The public can also arrange to hold fishing parties, pond-side picnics, events, and workshops. A pavilion will soon be built near the pond to shelter some of these events.



This farm business is all about "net assets"

The property is ideally suited for a fish farm, with 1800 gallons per minute of fresh spring water flowing all by gravity. Forty years ago it was already a fish farm. Cynthia Voisin's family bought the land in 1993 and has managed the public fishing activities ever since. The hatcheries are leased to Lyndon Fish Hatcheries. Part of what makes Spring Valley Trout Farm so popular is that the public can easily drive there in 7-15 minutes from KW and the hills, wetlands, and trees surrounding the pond offer a beautiful and restful place to spend a few hours.

Providing trout for the Spring Valley Trout Farm is a small fraction of the fish-farming business for Sean Pressey and Lynn Rieck of Lyndon Fish Hatcheries. Most of their business is selling fingerlings (baby fish) to other fish farms that then raise them. They also sell table-ready 1-2 lb fish

to a distributor who then sells the fish to grocery stores, butchers, and restaurants. Any individual or business can contact Lyndon Fish Hatcheries and order small or large amounts of smoked or fresh local trout. Arctic Charr is also available from their Manatoulin Island location. Sean says that fish is in especially high demand at Easter and Christmas when some religious groups eat exclusively fish for a whole week. It is the freshness of the fish that sets it apart from other fish in the grocery store. Whether you catch it yourself or order it ahead of time, you know that it was alive and swimming around in cold clear spring water a few hours before.

Sean compares fish farming to raising chickens.

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Local Farm Profile continued



Spring Valley provides fun for everyone

They are both hatched from broodstock and raised in a confined area. Sean and Lynn produce over 1,000,000 fish/fingerlings a year. Sean explained that he was looking tired because he and Lynn had been loading fish during the night. In 2-3 hours they loaded 50,000 fish into a semi-trailer. Fish farming is a labour-intensive kind of farming well-suited to involving the whole family. Lynn has eight children and Sean has three. The children start helping with the work when they are thirteen and older.

Cynthia likes the simple beauty of the pond and land and she strives to keep it that way. She believes that people appreciate the natural beauty and fun of open grassy areas, sheltering trees, wide blue skies, and a sparkling pond. Not to mention, the joy of catching a fish! Occasional happy squeals can be heard across the pond when a child gets a nibble on a line. Cynthia has observed that, “time spent fishing brings family and friends together.” Picnic tables are set up to encourage people to slow down and enjoy a picnic when they come out to fish. She laughs as she admits that she always loses track of time when she’s out at the pond. “No one wears a watch (when they go fishing) and time just slips away. Before I know it, a whole morning is gone!”

Spring Valley Trout Farm is a great place to go even if you’ve never fished before. You do not even need a fishing license. Cynthia explains that, “You can come empty-handed—never having fished before.” They will give you a bucket, net and a fishing rod for a minimal fee. They’ll even teach you the basics of how to bait the hook and cast the line. Fishing costs only \$4 per rod. For a whole season pass you only pay \$15! Each fish you catch you need to keep (it traumatizes the fish to throw them back in) and pay \$4.99/lb (live



Cynthia Voisin takes a moment to share a fishing tip with new angler, Foster Bailey-Dick



*Rainbow Trout ready for your skillet
(try our recipe for Trout Amantine on pg. 4)*

weight). The staff will even clean the fish for you as you watch.

All you need to take home is a dressed fish that is ready for baking, frying or grilling and the great memories of fishing. So if you like to eat fresh fish, try Waterloo Region’s local trout from Spring Valley Trout Farm. Whether you catch it yourself or order it from the hatcheries, you know that it will be fresh, local, and delicious.

*For information, call (519) 696-FISH or
www.springvalleytroutfarm.ca*





What's the Catch? Rainbow Trout

Trout is the common name given to a number of species of freshwater fish belonging to the salmon family. One of the most common trout in Canada is the rainbow, part of the Pacific salmon family. The game fish qualities of the rainbow make it a very valuable species and it is now one of the top five sport fishes in the country. Its beauty, strength, endurance, and spectacular leaps have endeared it to anglers. And it is a prize worth striving for as its flesh, which varies in colour from bright red to white, has exceptionally fine flavour.

Rainbow trout originally lived in lakes and streams west of the Rocky Mountains from Alaska all the way to northwest Mexico. The steelhead is the migratory form of the rainbow trout, hatching in a stream or river, migrating to the ocean to feed, and then migrating back to the original river to spawn. While there are no major physical differences between rainbow and steelhead trout, their different habitats and lifestyles have resulted in subtle differences in color and shape. Because rainbow were a favourite with west coast fishermen, they were introduced into many lakes across Canada and around the world. As a result, the rainbow trout is now the most widely distributed trout in the country. While swift, turbulent water is the preferred habitat, rainbows have adapted well to a range of conditions in rivers, streams, ponds, and lakes,

Rainbow trout vary widely in how they look, depending on where they're found and how old they are. In general, rainbow trout have small heads with well-developed teeth on the roof of their mouth, and no teeth at the base of their tongue. They have a fatty fin and black spots on their back, sides and fins. Rainbow trout are silvery fish with a pink to reddish band along their lateral line. The tail is slightly forked—more so in younger fish. When they are spawning (laying their sperm or eggs) the red stripe on their sides becomes darker and their bodies become a smoky blue colour. A stream caught rain-

bow usually weighs under 0.5kg, while fish from rivers and lakes can reach 2.25kg.

Rainbow trout usually spawn for the first time in the spring when they are three or four years old. Unlike Pacific salmon, they will spawn every year if they get enough to eat.

The female digs a nest in the gravel of a stream by turning on her side and beating her tail up and down. During spawning, the eggs fall into spaces between the gravel and immediately the female begins digging at the upstream edge of the nest, covering the eggs with displaced gravel. Eggs hatch after four to seven weeks as "alevins" and they stay in the gravel for about three more weeks when they will emerge as "fry". These small trout fry will spend their time in the stream or move into the lake, eating mainly zooplankton. Trout usually live to be 6 or 7 years old but they can get much older. The



habitat of stream-dwelling rainbow trout is usually small to moderately large, shallow rivers with moderate flow and gravel bottoms. The lake-resident trout are usually found in moderately deep, cool lakes with adequate shallows and vegetation for good food production. For a lake population to be self-sustaining, there must be a gravelly river to which the adults can migrate during the spawning season.

Trout Farming in Canada

Canada's trout farmers produce over 7000

Taste what nature intended!

Hergott's Cider Mill

Map listing # 49
928 Erb St. West, Waterloo
885-2306
www.hergotts.com

School tours, live bee displays
for bookings call 885-2306




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tonnes of trout a year, 4000 of which is produced on approximately 200 Ontario aquaculture farms. For Ontario, this has meant a farm gate value of \$17 million dollars a year (and about \$34 million dollars nationwide). While several species are farmed, rainbow trout is the species of choice. They are tasty, easy to culture, and tolerate a wide range of water temperatures (from 1-20 degrees C). Fish farming (aquaculture) is the production, through artificial cultivation techniques, of any aquatic plant or animal, including algae, mollusk, crustacean, and fish species. Aquaculture also implies some form of private property ownership over the species being cultured. Twenty years ago, Canadian aquaculture represented a small cottage industry that was perceived by most people as being one with little future for large-scale development. Now, the private sector has built an industry worth more than \$700 million in farm gate sales (\$1 billion in total) and employs 14,000 people.

Nutrition on the Hook!

Not only is trout naturally low in sodium and calories, it is also a good source of iron, B vitamins, and essential omega-3 fatty acids. A 3 ½ oz (98 g) serving of Canadian farmed trout supplies 40% of the daily protein requirement and 130 calories. 

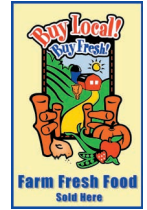


Gone Fishin'

The rainbow is a popular fish because of its fighting ability, dash and beauty. It rises readily to a dry fly floated downstream with the current. It will also take a range of spinners and plugs, as well as various salmon egg baits and yarn flies. Rainbows are also fond of live baits, such as:

- earthworms;
- angleworms;
- minnows;
- grasshoppers; and,
- grubs.

Finding Trout on the New 2006 Buy Local Buy Fresh! Maps



Lyndon Fish Hatcheries

2006 BLBF Map listing number 11
1738 Queen St. N. New Dundee
696-3222



Spring Valley Trout Farm

2006 BLBF map listing number 10
1745 Huron Rd. South, New Dundee
696-3474
www.springvalleytroutfarm.ca

Trout Amandine

Ingredients:

- 2 Trout fillets
- 3 Tablespoons flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil
- 1/4 cup sliced almonds
- 1 Tablespoon lemon juice
- 2 Tablespoons chopped fresh parsley

Preparation:

Coat the trout fillets in a mixture of flour, salt and pepper, shaking off any excess. Heat the butter and olive oil in a non-stick skillet over med-high heat. When the butter starts to foam, add the trout fillets, skin-side down. Saute about 5 minutes, until the skin is golden brown. Use a spatula to carefully turn the fish. Lower the heat to keep the butter and oil from burning. Cook 3 to 4 minutes longer, taking care not to overcook! Transfer the fish to individual plates. Add the chopped almonds to the skillet and fry them about 3 minutes until slightly browned. Stir in the lemon juice and parsley. Spoon the almonds and parsley and a little of the butter over each fillet. Makes 2 servings.