

*Bill and Kim Frykas, along with their two sons Chris and Tyler, farm in the Parkland region of western Manitoba near the town of Gilbert Plains.*

*Bill began farming with his Dad in 1982, and in 1985 purchased the first family homestead along with his wife Kim after he completed his Diploma in Agriculture at the University of Manitoba.*

*After a few years of the conventional farming, the threat of an intensive livestock operation starting up near their farm sent them researching the negative effects of factory farming and conventional farming practices in general. Their decision to transition to organic land and livestock management supports their underlying beliefs about environmental stewardship and holistic living. They began transitioning into organic farming in 2003, and in 2009 their operation will be 100% certified organic.*

*The Frykas's mixed farm includes about 640 acres of crop and pasture land. Their Red Angus & Red Angus cross beef herd have plenty of space to graze. They are well protected from our harsh prairie winters with adequate shelter. In winter, they feed on organic hay/alfalfa mix and grain produced on their own land. Their beef is finished on organic barley.*

*Thanks to all the Clear Creek customers for supporting local organic farmers. They hope you enjoy the organic meat and meat products as much as they take pride and satisfaction in raising a quality 100% certified organic beef free of growth hormones, chemicals and antibiotics.*