



A CAPTIVATING VISIT TO KRICKLEWOOD FARM

By Tanya Hammond

When I look at a sunflower I find it impossible not to smile... I see something so simple and yet so cheerful, but to Dale Horeczy and his partner Brad Daily, sunflowers are so much more than that.



It has been 4 years since Dale and Brad, owners of Kricklewood Farm, opened this area's first Cold-Pressed Sunflower Oil facility in the quaint village of Frankville. The month of August at #421 Kitley Line 8, is simply breathtaking, as you look upon the fifteen-acre field of yellow splendour with brightly faced sun worshippers tilting their faces as the hour's tick by. Kricklewood Farm not only becomes a destination every August for local artists, photographers and community members to capture the crop in all its glory, but it also plays host to an annual Sunflower Festival, raising funds for Mel's Farm All Animal Rescue.

However, the benefits do not end with raising money for this very worthy cause because once harvested and cold-pressed, Kricklewood's sunflower oil has numerous health benefits as well. For instance, unrefined sunflower oil is rich in vitamin E and provides an abundance of fatty acids which has a beneficial effect on the skin. Pure or infused with aromatic pure extracts; I believe the secret ingredient is the simple splash of summer contained in every bottle. Dale and Brad also assure their customers that they use Non-GMO sunflower seed and the sunflowers are grown without the use of herbicides, pesticides or chemical fertilizers because they want the oil they produce to be the healthiest product possible.

Whether you are drizzling it over a crisp spinach salad, tossing it in with roasted vegetables, or dabbing it on a fresh baked crusty roll, I'm sure you will agree the taste is delightful. It's no surprise their sales continue to grow. Kricklewood's sunflower oil can now be found at numerous local shops in the area including: Wendy's Country Market and The Green Gecko in Lyndhurst, Harvest Café in Athens, in Brockville at Tincap Berry Farm on Hwy 29, The Butcher Shop (Stewart Blvd) and Halls Apple Orchard (2nd Concession Rd). You will also find it at C'est Tout Bakery and The Garden Market in Smiths Falls, as well as at Mrs. McGarrigles and Healthily Ever After in Merrickville. Forfar Dairy in Portland and Foodsmiths in Perth also carry this wonderful product of liquid sunshine. For a full listing of locations and farmer's markets, check their website www.kricklewoodfarm.com or phone 613-275-9901.

The on site farm gate store is open and of course it includes their famous sunflower oil, along with free range farm fresh eggs, hand made goats milk soap, creative art prints and cards, featuring their beautiful sunflowers.

What a great way to spend an afternoon with your family or friends and visit a beautiful farm in our area and purchase local products. **LH**