

What's in Season?

Month	J	F	M	A	M	J	J	A	S	O	N	D
Apples								✓	✓	✓		
Artichokes						✓	✓	✓				
Asparagus				✓	✓							
Beans					✓	✓	✓					
Beets							✓	✓	✓	✓		
Blackberries							✓	✓				
Blueberries							✓	✓	✓			
Broccoli							✓	✓	✓			
Cabbage							✓	✓	✓	✓		
Carrots						✓	✓	✓	✓	✓	✓	
Cauliflower							✓	✓	✓			
Corn							✓	✓	✓	✓		
Cranberries									✓	✓	✓	
Cucumbers							✓	✓	✓			
Garlic							✓	✓	✓			
Herbs				✓	✓	✓	✓	✓	✓			
Lettuce					✓	✓	✓	✓	✓	✓		
Kale	✓	✓	✓							✓	✓	✓
Onions							✓	✓	✓			
Pears								✓	✓			
Peas						✓	✓	✓	✓			
Peppers					○	○	✓	✓	✓	○	○	
Potatoes						✓	✓	✓	✓	✓		
Pumpkins										✓	✓	
Raspberries							✓	✓	✓			
Rhubarb				✓	✓	✓	✓	✓				
Summer squash							✓	✓	✓			
Winter squash									✓	✓	✓	
Strawberries						✓	✓	✓	✓			
Tomatoes					○	○	✓	✓	✓	○	○	

○ Greenhouse ✓ Field

This guide was produced by the
West Shore Food Security Initiative
 in cooperation with the **Sooke Food CHI**

Telephone: (250) 391-4320 ext 364

Email: info@westshoreharvest.ca

www.westshoreharvest.ca

Western Communities Farm Products Guide



Your buying guide to locally-grown food
 in View Royal, Highlands, Colwood,
 Langford, Metchosin and Sooke



Thanks to the **District of Metchosin** for helping us
 obtain UBCM Community Tourism Program funds

FARMS

ALM Organic Farm and Full Circle Seeds

Sooke (no farm gate sales)

www.almfarms.org | www.fullcircleseeds.com

We sell Certified Organic vegetables, fruit, herbs, flowers, seeds and seedlings at the **Sooke Country Market** and **Moss Street Market** on Saturdays.

Bilston Creek Organics

750 Pears Road, Metchosin

Tel 391-6226

Email bilstoncreeko@yahoo.ca

We specialize in oriental vegetables along with other seasonal vegetables, fruits, herbs, and wheat. We also offer a weekly box program. See you at **Luxton Station Market** (Saturday) and the **Metchosin Farmers' Market** (Sunday).

Blue Haze Farm

3817 Duke Road (Metchosin)

Tel 474-5043 | Fax 474-4577

Email holly@hollychristmas.com | www.hollychristmas.com

Apples, crabapples, quince, figs, some other fruits. Check website for seasonal availability. Pasteurized apple juice year round. We ship boxes of holly at Christmas to Canada and USA. Send information.

The Drying Shed

Langford

Visit www.woodbuckets.com for contact information

Cut flowers, garlic, potatoes; other produce as available at **Luxton Station Market** Associate member Island Organic Producers Association (IOPA). Resident cooper sells buckets and bee houses at the market and heritage displays at Luxton Fair mid-September.

Elysian Fields

Metchosin

Tel 382-0818 | email ElysianFields@telus.net

Free-Range Eggs: duck, chicken, guinea, goose. All colours, vegetarian fed, no antibiotics/chemicals, CRD/VIHA licensed. E-mail preorder for farm gate pick up/delivery. Heritage breed chicks, tours. Original photo cards, calendars, etc. At the **Metchosin Farmers' Market** on Sundays.

Glenwillow Farm

4298 Happy Valley Road, Metchosin (pre-orders)

Tel 478-7871

Fresh, in-season, naturally-grown vegetables, berries, fruit, from spring to late fall. Veggie starters, bedding plants, baskets, fresh cut flowers. Free-run eggs and homemade bread plus! See you at the **Luxton Station Market** and **Metchosin Farmers' Market**. Pre-order farm gate sales.

Happy Valley Lavender Farm

3505 Happy Valley Road, Langford

Tel 474-5676

Email lynda@happyvalleylavender.com

Lavender & Herb farm with display gardens. Come wander the fields for a touch of Provence. Wear purple, bring a camera; bring a friend! Open Sundays in May for plants 10 am to 5 pm. Lavender harvest time late June to mid-July. Check www.happyvalleylavender for details.

Littler Farms

3564 Happy Valley Road, Langford

Tel 474-7353 | email littlerfarms@shaw.ca

Responsibly-grown fruits, vegetables and eggs. Open Thursday through Saturday, 11:00 a.m. to 5:00 p.m. mid-July to mid-October.

Pollock Family Farm

149 Atkins Road, View Royal

A mixed market garden and apple orchard in View Royal. Hay, Corn, New Potatoes, Raspberries, Walla Walla Onions, 8 varieties of apples and Marvell tomatoes. Sales: **Luxton Station Market** on Saturdays and farm gate 11 a.m. to 4 p.m. Wednesday through Saturday, July through October.

Ragley Farm

5717 East Sooke Road, East Sooke

Tel 642-7349

Email ragley@telus.net

For twelve years, Josie and Rob Hill and a cast of merry farm folk have been passionately growing organic food. The on-farm weekly market is a Saturday ritual for locals eager to take home Ragley's vegetables, berries, eggs, preserves, herbs, bedding plants, wood-fired bread and muffins, and pies, or just catch up with neighbours. Market hours: Saturday, 11 a.m. to 3 p.m. Coffee and muffins at 10:30 a.m.

Seabluff Farm

Metchosin (no farm gate sales)

Tel 474-3156

Email seabluff@shaw.ca

We use traditional farming techniques (no pesticides) and grow about four acres of vegetables and eight acres of forage. Much of our output goes to restaurants and we specialize in winter root crops. See you at the **Luxton Station Market** (Saturday) and **Metchosin Farmers' Market** (Sunday).

Silver Cloud Farm

Sooke

Tel 642-4516 | email silvercloudfarm@gmail.com

Silver Cloud Farm is a certified organic farm in Sooke. We sell at the **Sooke Country Market** and **Metchosin Farmers' Market**. Ask us about our weekly box program.

Single Hill Farm

Metchosin (no farm gate sales)

Vegetables, herbs, flowers, and more. Find us at the **Metchosin Farmers' Market** (Sunday) and **Luxton Station Market** (Saturday).

Swallow Hill Farm

4910 William Head Road, Metchosin

Tel 474-4042

Email swallowhill@shaw.ca

Cold pressed, UV pasteurized, pure apple juice. All the nutrition and flavour of fresh-picked apples in every glass. Several varieties of apples. Original & custom made wood furniture. Look for us at the Metchosin Farmers' Market on Sundays. Please phone before you come to the farm.

WHEAT

Interested in learning more about Red Fife wheat grown in Metchosin and on Vancouver Island? Here are some contacts:

- Tom Henry, Lamb's Leap Farm (Metchosin): Tel 478-0588
- Wayne Haddow, Ministry of Agriculture and Lands: Tel 250 746-1212 (Duncan) - information on regional sources of wheat and flour.

VALUE-ADDED FARM PRODUCTS

Highland Jams

Email: highlandjams@shaw.ca

Traditional and contemporary preserves made in small batches by a stay-at-home mom in the Highlands. We offer a selection of breakfast jams, peppper jellies, chutneys, sauces and dessert toppings as well as seasonal specials. Look for me at the **Luxton Station Market** and **Metchosin Farmers' Market**.

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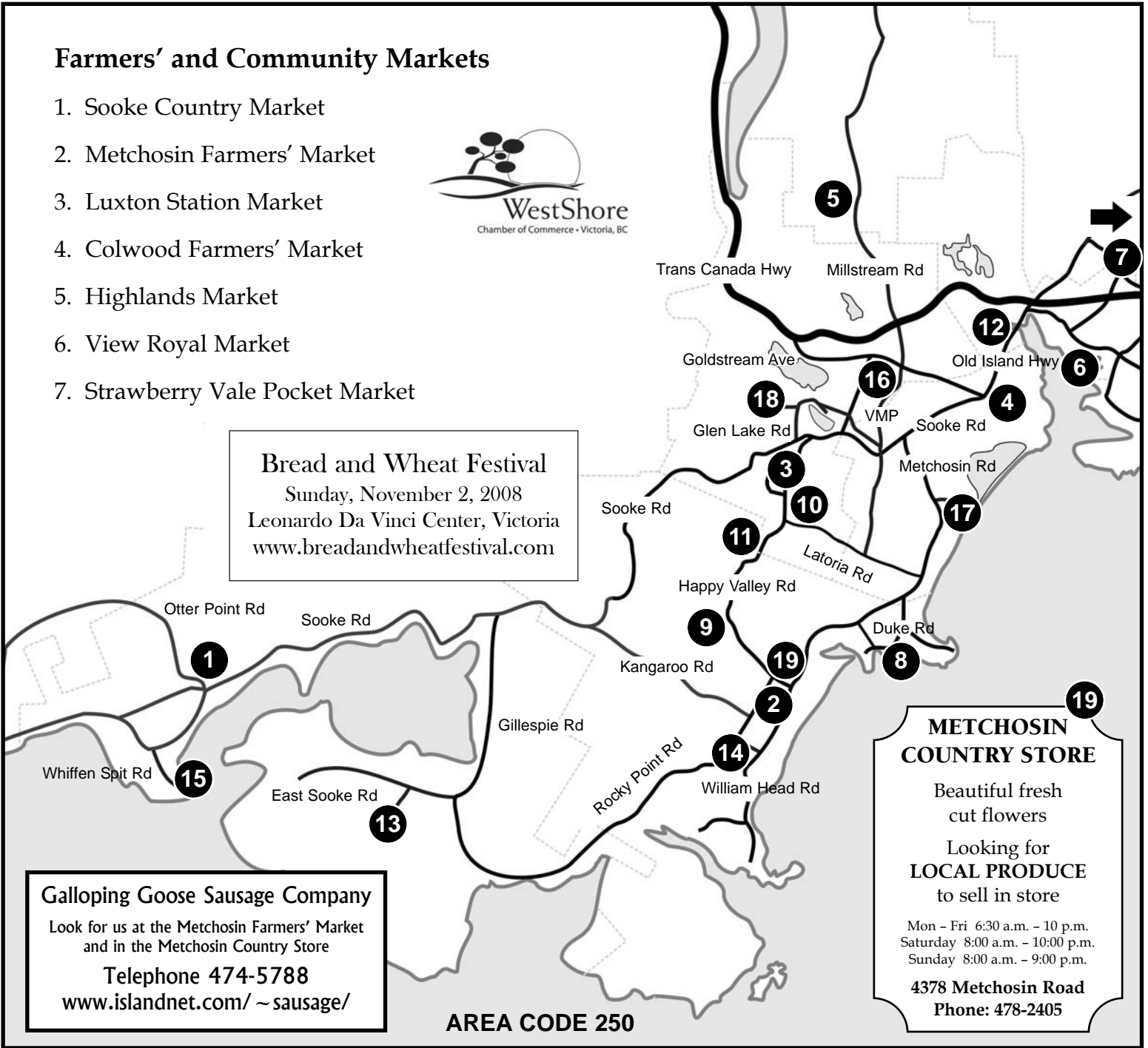
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Farmers' and Community Markets

1. Sooke Country Market
2. Metchosin Farmers' Market
3. Luxton Station Market
4. Colwood Farmers' Market
5. Highlands Market
6. View Royal Market
7. Strawberry Vale Pocket Market



Bread and Wheat Festival
 Sunday, November 2, 2008
 Leonardo Da Vinci Center, Victoria
www.breadandwheatfestival.com



Galloping Goose Sausage Company

Look for us at the Metchosin Farmers' Market
 and in the Metchosin Country Store

Telephone 474-5788

www.islandnet.com/~sausage/

AREA CODE 250

METCHOSIN COUNTRY STORE

Beautiful fresh
 cut flowers

Looking for
LOCAL PRODUCE
 to sell in store

Mon - Fri 6:30 a.m. - 10 p.m.
 Saturday 8:00 a.m. - 10:00 p.m.
 Sunday 8:00 a.m. - 9:00 p.m.

4378 Metchosin Road
 Phone: 478-2405

Restaurants, bakeries and other food outlets using local farm ingredients...

Sooke Harbour House Dining Room **15**

1528 Whiffen Spit Road, Sooke

Tel 642-3421 | Fax 642-6988 | www.sookeharbourhouse.com

The gardens of Sooke Harbour House are an edible paradise. We grow naturally, organically and seasonally. All our plants have an edible part - a leaf, a flower, a root, a tuber, a stem, the fruit or the bulb - used in our kitchen. Complimentary Garden Tours daily at 10:30 a.m... everyone is welcome!!

Smoken Bones Cookshack **16**

101 - 721 Station Avenue, Langford

Tel: 391-6328 | www.smokenbones.ca

Chef/owner Ken Hueston strives to utilize producers local to Vancouver Island and BC. The importance of supporting local growers is an essential part of community success. All food is prepared on site by chefs using raw non-processed ingredients.

Royal Bay Bakery **17**

3337 Metchosin Road, Colwood

Tel: 478-3717

Email royalbaybakery@shaw.ca

Early to bed, early to Our fresh baked goods and deli foods all contain tasty, fresh, local, organic, and carefully prepared ingredients.

Glenwood Meats **18**

1245 Parkdale, Langford

Telephone: 478-6328

Specializing in choice quality meats. Serving the community for over 50 years. Your source of **Metchosin lamb**.

Open Thursday, Friday and Saturday from 9:00 a.m. to 5:30 p.m.
 Sundays 11 a.m. to 5 p.m.



FRESH



FROM THE ISLAND

GO LOCAL!

Meet the "Fresh from the Islands" Diet Challenge

Why buy local?

The "Fresh from the Islands Diet" reflects a blend of the popular "100-Mile Diet" with the Island Farmers' Alliance "Fresh from the Island" brand and logo. We should all strive to eat what we can glean from Vancouver Island and the Gulf Islands. At present, we raise less than 10% of what we eat on our Islands.

Look no further than your local farmers' markets to learn what local sustainable agriculture can produce. Some farms also sell direct from the farm gate or offer box programs. Some products do make their way into grocery stores, like Saanich Peninsula potatoes and carrots, or in the case of meats like Metchosin lamb, are sold by local butchers (Glenwood Meats).

How can consumers help build a sustainable future for farms and farm families on Vancouver Island and the Gulf Islands? The best way is to buy local farm products whenever you can – and tell your friends!

Dr. Bill Code
President, Island Farmers' Alliance



The Conservation Partners Program (CPP), a province-wide initiative of The Land Conservancy, brings a collaborative approach to uniting ecological conservation with sustainable agriculture values and practices. The program supports and promotes our partners – exemplary farmers, ranchers and vineyard owners who use their land not only to produce food, but also to protect natural habitat and biodiversity. Our partners are distinguished by our butterfly label, a logo to spark public interest in this community of agriculturalists and their contribution to the long-term viability of food production and ecosystem health in BC.

www.conservancy.bc.ca

Farmers' and Community Markets

Visit your local market to purchase locally-grown food and help support a great community event! Markets vary in the quantity of local farm products.

Sooke

Sooke Country Market

2047 Otter Point Road in downtown Sooke
Saturdays 10:00 a.m. to 2:00 p.m.
May 10 to September 27
Telephone: 642-7528

Metchosin

Metchosin Farmers' Market

At the Metchosin Municipal Grounds
(4450 Happy Valley Road)
Sundays 11:00 a.m. to 2:00 p.m.
May 11 to October 26
Telephone: 478-7871

Langford

Luxton Station Market "On the Goose"

Luxton Fairgrounds (access 1040 Marwood Avenue)
Saturdays 10:00 a.m. to 2:00 p.m.
May 31 to October 4
Tel: 507-5767 | www.luxtonstationmarket.ca

Colwood

Colwood Farmers' Market

Colwood Plaza (1913 Sooke Road)
Wednesdays, 4:30 p.m. to 7:30 p.m.
June 4 to the fall
Tel: 812-4151 | www.colwoodmarket.com

Highlands

Highlands Market

At the Caleb Pike Homestead (1589 Millstream Road)
May to September
Last Sunday of the month
10:00 a.m. to 1:00 p.m.
Telephone: 478-7338

View Royal

View Royal Market

View Royal Community Hall (279 Old Island Hwy)
Wednesdays, 3 p.m. to 7 p.m.
June to Thanksgiving
Telephone: 479-1947

Strawberry Vale Pocket Market

Strawberry Vale Community Hall (11 High Street)
Saturdays, 10 a.m. to 2 p.m.
Opens April 19
Telephone: 385-7974
Email: leefuge@pacificcoast.net (Food Roots)

www.iccbc.ca

ISLAND CHEFS'
collaborative

clear sky.
clean water.
pure island food.

