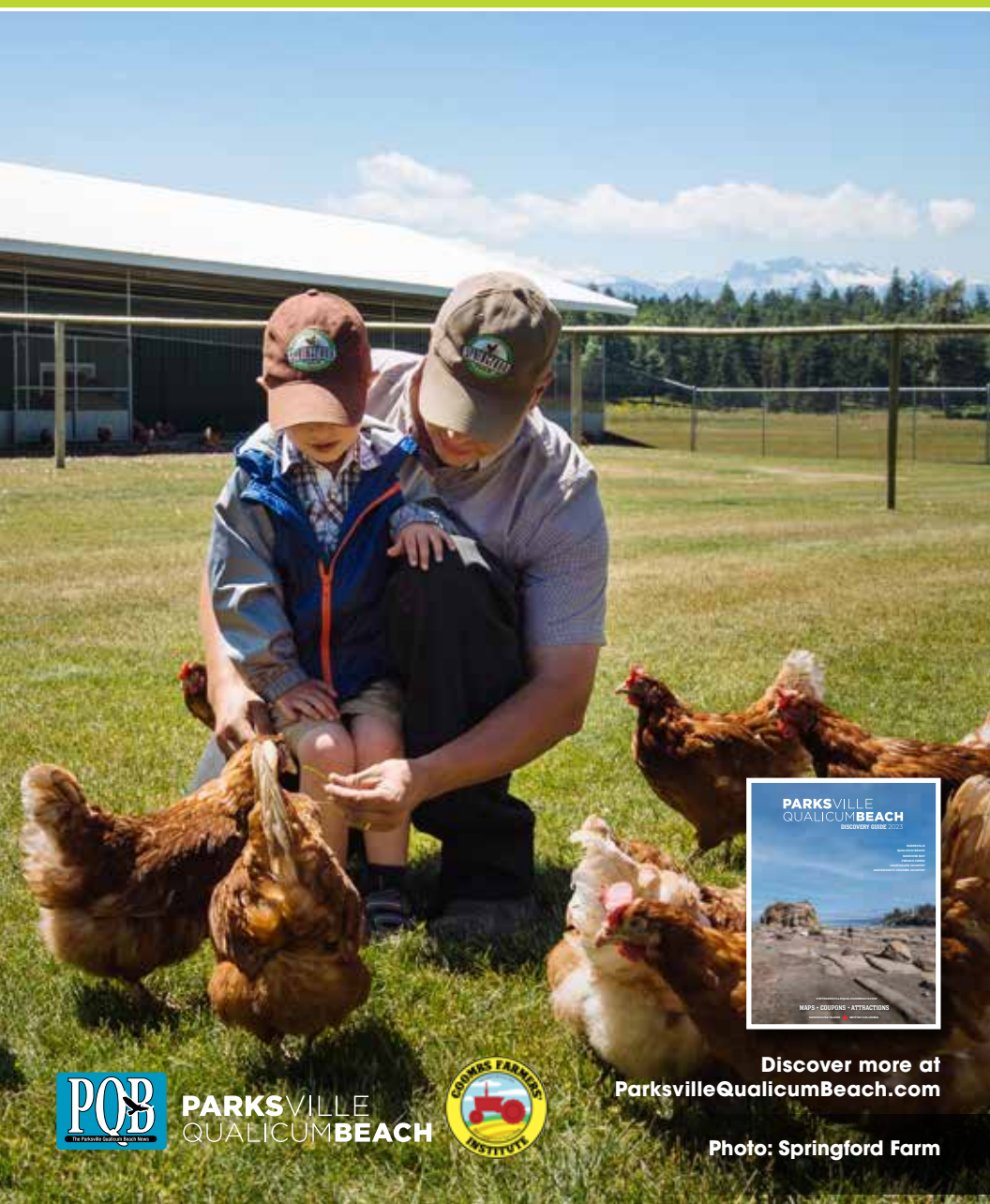


Grower's Guide 2023

A GUIDE TO FOOD PRODUCERS
AND FARM MARKETS IN:

- Coombs
- Errington
- Nanoose
- Parksville
- Qualicum Beach
- Lighthouse Country



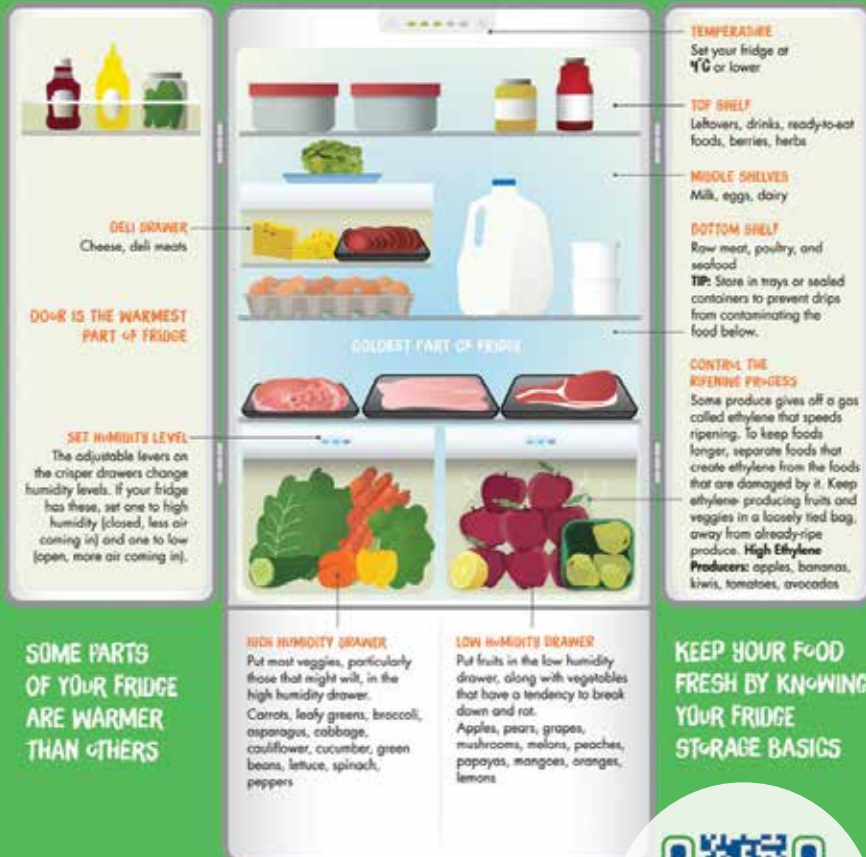
**PARKSVILLE
QUALICUM BEACH**



Discover more at
ParksvilleQualicumBeach.com

Photo: Springford Farm

WHERE YOU STORE FOOD IN YOUR FRIDGE MATTERS



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REGIONAL DISTRICT OF NANAIMO



**PARKSVILLE
QUALICUM BEACH**



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WHAT'S INSIDE



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Micro Farm**



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Gord Johns MP
for Courtenay
- Alberni in
support of
local, healthy
and safe
food production
in our backyard!

GORD JOHNS

1-844-620-9924

Gord.Johns@parl.gc.ca

GordJohns.ca



WHAT IS Community Agriculture?



Agriculture in British Columbia is an industry of, for the most part, small to medium sized farms. 49% of all farms in B.C generate less than \$10,000 annually. These 'small-holders' also represent less than 10% of total provincial revenues, but are an easily accessed, community based food supply model.

There is much in a label. Certainly, there is nothing 'small' about farming, if one is referring to the occupation of land stewardship and providing food, a profession that predates historical record. The move from hunting nomadism to agrarianism is what formed the nation-states and cultures as we know them today.

Coombs Farmers' Institute was incorporated in 1914 and we still receive the benefits of being registered under The Farmers' and Women's Institute Act.

THE FOLLOWING EXCERPT IS TAKEN FROM THIS STATUTE:

13. The objects of a Farmers' Institute are as follows:

- A. to improve conditions of rural life so that settlement may be permanent and prosperous*
- B. to promote the theory and practice of agriculture*
- C. to arrange on behalf of its members for the purchase, distribution or sale of commodities, supplies or products*
- D. to act generally on behalf of its members in all matters incidental to agricultural pursuits and rural development*
- E. to promote home economics, public health, child welfare, education and better schools*



Farms & Markets

Local Artisan
Crafts & Gifts

Plants, Feeds, Soil
& Gardening
Supplies

Visit the Fall Fair
in September

Lots to discover
& enjoy!!

These objectives are as relevant today as they were when the Statute was written. We, as a culture, have reached a near total disconnect from our food supply and therefore, a lack of understanding of how some agricultural models impact the environment, domestic livestock and our health.

Consumers are educating themselves and demanding food products that they trust to be healthy, grown using sound agro-ecological principles, don't displace or harm indigenous cultures nor whose producers profit from unfair labour practices. In a word, sustainable or preferably, regenerative.

On Vancouver Island, there is very little in the way of meats, seafood, dairy and poultry products, grains, vegetables, herbs, fruits, nuts and honey that we cannot produce.

Today, we grow less than 10% of our food locally, which means we import 90%.

- In the 1920's, Salt Spring Island supplied most of the apples in B.C. and Alberta.
- In the 1950's, we locally grew or raised 85% of our food on Vancouver Island.
- In the 1960's, Vancouver Island was still a wheat exporter to the rest of Canada.

We Islanders share a deep concern for the safety and sustainability of our food supply, and the solution is simple. A broad network of small, trusted, mixed product, non-mechanized farms would go a long way to providing the necessities of life.

"Smallholder farmers can continue to be marginalized or be recognized as catalysts for a transformation of the way the world manages the supply of food and the environmental services that underpin agriculture."

2013 UN Report on Small Holders, Food Security and the Environment.



An advertisement for Little Qualicum Cheese Works. It features a circular logo on the left with the text "LITTLE QUALICUM", "HANDCRAFTED", "ESTD 2001", and "GRASS-FED CHEESEWORKS". In the center, a cow is visible in a field. To the right, there are several cheese wheels and a bottle of milk. The text "FROM OUR FAMILY FARM to your table" is written across the middle. At the bottom, the address "403 LOWRY'S RD IN PARKSVILLE", phone number "250.954.3931", and website "WWW.CHEESEWORKS.CA" are listed.

Farms and Food Producers



1 ALANA'S ACRES

Errington

250-863-6724

alana.lazar3@gmail.com

We raise free range chickens, non-GMO fed. Our products include whole birds, sausages, pot pie, shepherd's pie, breast, thigh, drum, ground, wings, liver and pet food. Our premium sausages are 100% chicken. Taste the difference without any fillers, preservatives or additives! Contact us via phone, text, email or Facebook @ Alana's Acres.

2 ALDER MOUNTAIN FARM

Don & Judy Alberg

3976 West Island Hwy

Qualicum Beach

250-752-2473

aldermtn@shaw.ca

Home of Angus Beef. We raise premium Angus Beef that is born and raised on our farm using no hormones or antibiotics. The cattle are free to range

and get haylage and grain. They are slaughtered/butchered at 16-18 months of age, at Gunters in Courtenay, where it is government and health inspected. We sell by the side, cut to your specification.



3 ARROWSMITH ACRES

Coombs

Stephanie Demedeiros

250-927-3843

FB: Arrowsmith Acres

Arrowsmith Acres is excited to be offering a variety of farm fresh products! We are proudly offering beef, pork, lamb and limited amounts of chicken. Our family farm also has farm fresh eggs available!

Text or call 250-927-3843 for more information and to be on the books for the next round.



MILNER GARDENS & WOODLAND PLANT SALE NURSERY

Our Plant Sale Nursery offers you the chance to add a piece of Milner Gardens & Woodland to your own garden! All available stock has been thoughtfully curated and propagated from our own Milner Heritage Collection.

Open during our regular garden hours.
Fall Plant Sale: September 23rd & 24th, 2023.

2179 Island Hwy W, Qualicum Beach
milnergardens.viu.ca | 250-752-6153





4 BOMÉ CHEESE

Horst Boehm, Bibi Menge
1876 Alberni Highway, Coombs

Hours of operation:

Tue - Sat 11AM - 4PM

250-586-2663

bomecheese@shaw.ca

www.bomecheese.ca

Visit us at the Qualicum Beach and Errington Farmers' Market on Saturday mornings. Tuesday to Saturday we welcome you in our cheese shop restaurant or on our patio. Enjoy home-made German cuisine, heavenly desserts or a cheese platter and watch the cheese making process. We produce 12 different cheeses, our specialty European cakes, home-made frozen meals and soups to bring home.



5 CHAMPAGNE HILL BOTANICALS

2083 Furn Road, Nanaimo

250-714-4246

champagnehillbotanicals@gmail.com

www.champagnehillbotanicals.ca

Whole Body Nourishment from Nature. Locally wildcrafted and handmade herbal medicines and botanical skin care products, teas, seasoning salts, jellies, and gift boxes; whole body nourishment from nature.

Also featuring woodwork and copper jewelry. Please visit our website to shop online and view Hours of Operation. We also offer 1:1 client wellness packages with a focus on holistic nutrition and nature connection.

6 ERRINGTON FARMERS' MARKET

1550 Veterans Rd, Errington

Every Saturday, 10am to 1pm from

May-September

www.erringtonfarmersmarket.ca

FB: ErringtonFarmersMarket

Join us in celebrating our 50th Anniversary! Since 1973, the Errington Farmers' Market has served Errington, Coombs, Hilliers, Whiskey Creek and Parksville. At the Market you will find a variety of fresh local produce, baked goods, a concession stand, a spot to relax and enjoy the live music, wonderful artisanal works, great conversations, and more!



7 FIERCE LOVE FARM

www.fiercelovefarm.ca

We are a small family farm in Qualicum Beach. We grow a diversity of fresh vegetables, berries, and flowers using ecological practices. We are passionate about growing the highest quality food for our community, and care for our land and soil with love and future farmers in mind. You can find us at the Qualicum Beach Farmers Market every Saturday. Follow along on Instagram @fiercelovefarm to stay up to date on where else to get our produce!

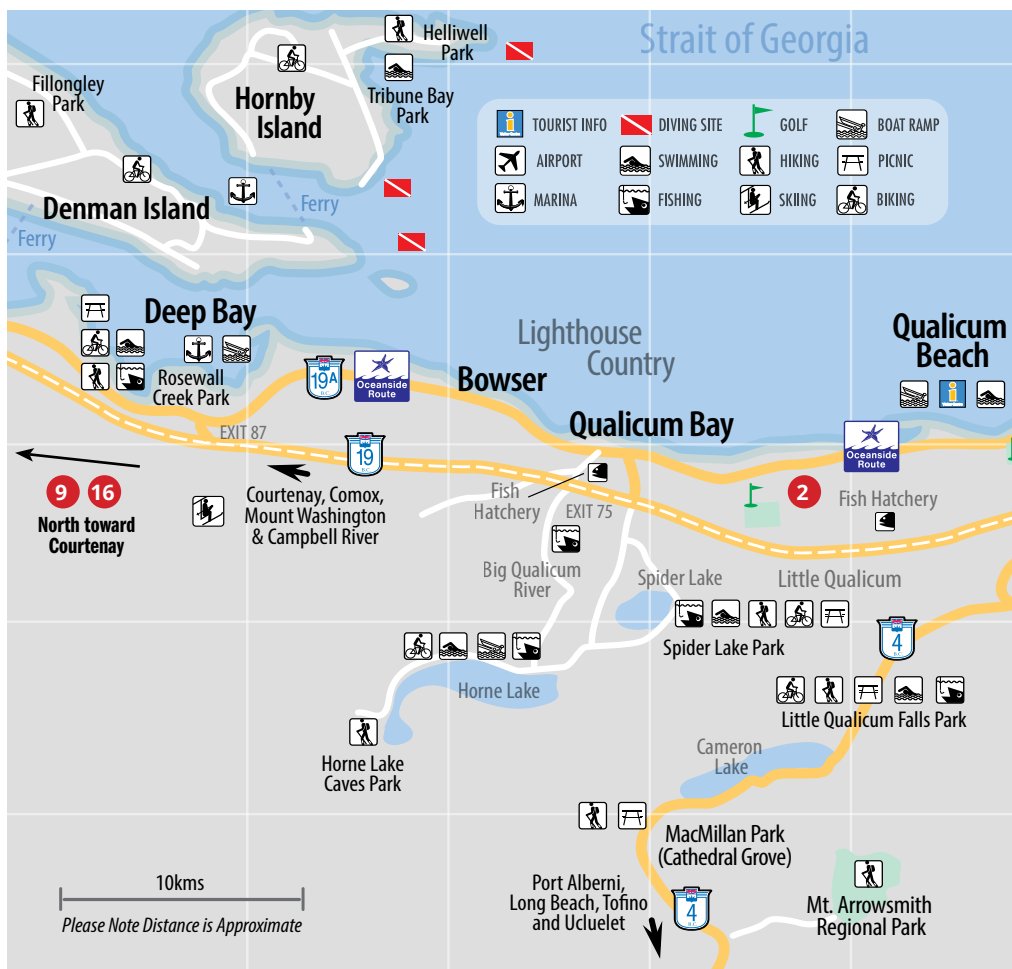
8 GOLDSTREAM GRANGE GARDENS & SUNSHINE'S HERB PHARM

2459 Grafton Ave, Coombs

sunshinegoldsberry@telus.net

www.goldstreamgrangegardens.wordpress.com

Essential herbs and blends for cooking and wellness. Plants, seeds, seasonal fresh herbs, veggies and eggs in season. Order packaged herbs online or find us at the Errington Farmers' Market Saturdays from 10-1 May - September.



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1282 Alberni Hwy, Parksville | 250-248-9261 | www.weatherwise.ca



1. Alana's Acres
2. Alder Mountain Farm
3. Arrowsmith Acres
4. Bomé Cheese
5. Champagne Hill Botanicals
6. Errington Farmers' Market
7. Fierce Love Farm
8. Goldstream Grange Gardens & Sunshine's Herb Farm
9. Home Grown Bee
10. Misguided Spirits Craft Distillery
11. Qualicum Beach Farmers' Market
12. Rusted Rake Brewing
13. Thorcrest Farm
14. Silver Meadows Farm Market Ltd.
15. Sirius Micro Farm
16. Speedbin Composters
17. Springfield Farm

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Local spans beyond what you find in our stores.

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thriftyfoods.com

Connect with us



9 HOME GROWN BEE

Rachel Halliwell

www.homegrownbee.ca

rachel@homegrownbee.ca

778-919-3097

Home Grown Bee is a beekeeping supplies and education business located in the Comox Valley. We carry your beekeeping hive essentials from beekeeping kits, beekeeping tools, protective gear, and much more! We also carry hive related products such as Comox Valley honey, bee pollen and beeswax candles. Check out our website to view our variety of products, as well as our store location & hours.

10 MISGUIDED SPIRITS CRAFT DISTILLERY

Darrell & Deirdre Bellaart

#18 - 1343 Alberni Hwy, Errington

250-586-2200

Darrell@MisguidedSpirits.ca

www.MisguidedSpirits.ca

11 QUALICUM BEACH FARMERS' MARKET

644 Veterans Way, Qualicum Beach

8:30am until noon,

EVERY Saturday - YEAR ROUND.

qbfmmanager@gmail.com

FB/IG: [qbfarmersmarket](#)

Qualicum Beach Farmers Market has been growing our community since 1997! With over 100 LOCAL makers, bakers, and growers to shop from during our busy summer season you will always find an assortment of LOCAL farm fresh produce, LOCAL meat, LOCAL eggs, LOCAL flowers, LOCAL wine, LOCAL artisan items, and so much more!

From May until October we have live music and the Legion Pancake Breakfast for our customer's enjoyment. New this year we have a monthly young entrepreneur market for our under 16 year old vendors. For the kids we have face painting, seed planting, colouring sheets, and scavenger hunts.

12 RUSTED RAKE BREWING

Jodie Gemmell

3106 NW Bay Rd

NanOOSE Bay,

jodie@rrbrewing.ca

250-821-1934

Where the Barley Grows. The Goodness Flows. Rusted Rake Brewing is a new family-run, farm-based brewery in beautiful Nanoose Bay. Our family friendly brewery and gastro brewpub are located on an 18-acre farm just 15 minutes from Nanaimo. Come visit us at our Little Farm by the Sea for lunch and dinner 6 days a week. Closed on Tuesdays. Like us on FB or follow us on Instagram @rustedrakebrewing



13 THORCREST FARM

Zoë Thorbergson MSc.

NanOOSE Bay

www.thorcrestfarm.ca

info@thorcrest.ca

FB: ThorcrestFarm

Please contact us via email or social media. We raise purebred registered Nubian goats and Kunekune pigs. We also produce eggs, seasonal vegetables and flowers. By pre-order only, we sell pastured raised pork and chevon. We are passionate about the welfare of our animals and the sustainability of producing ethically raised local food. Going beyond organic we use regenerative agriculture methods to ensure animal, plant, and soil health.



14 SILVER MEADOWS FARM MARKET LTD.

1019 Errington Road, Errington
Phone: 250-248-4450

FB/IG: Silver Meadows Farm Market Ltd.

Silver Meadows Farm Market is a 116 acre family owned and operated mixed crop farm. We grow sweet corn, strawberries, raspberries, vegetables and pumpkins, and also raise beef and pork. Farm fresh eggs, local honey, Island Farms ice cream, Portofino baked goods, and local cheese are all available in our rustic farm store, open year round. Come check us out, you will be pleasantly surprised!

15 SIRIUS MICRO FARM Errington

www.Siriusmicrofarm.ca
Siriusmicrofarm@gmail.com
FB: Siriusmicrofarm
IG: sirius_micro_farm

We are a family owned farm in Errington, specializing in garlic and microgreens. We also grow salad greens and a few other veggies. We follow organic and sustainable growing practices, to grow high quality produce and build our soil at the same time. We sell through the local natural grocers and farm stores. You can also order from our website at www.Siriusmicrofarm.ca/shop

16 SPEEDIBIN COMPOSTERS

Joyce McMenamon
Merville (Comox Valley)
250-337-8228

compost@speedibin.com
www.Speedibin.com

FB: Speedibin

Compost without rats! Speedibin composters are metal, designed to keep out pests. A metal ¼ inch mesh bottom screen precludes tunneling vermin, the large lid makes it easy to add scraps, and the front door slides up for easy removal of compost. Made in BC. Check Speedibin.com or call us. "Turn waste into Earth!"

17 SPRINGFORD FARM

Ross Springford
1934 Northwest Bay Rd
NanOOSE Bay
info@springfordfarm.com
www.springfordfarm.com

As sixth-generation farmers, providing local food to our community is at the heart of everything we do. Come visit to experience our traditional farm market on the edge of our farm and browse the Island's best selection of farm-fresh and locally made artisanal food. Our premium grass-fed beef and our signature free-range eggs are always available in our market store.



***Local, farm
fresh food.***

*Proud to support the Coombs
Farmers' Institute for over 30 years*



SPRINGFORD FARM MARKET

Visit Springford Farm Market today to enjoy our fresh eggs, grass fed beef, and browse a full selection of local, seasonal Island grown produce and Island-made Artisan foods.

1934 Northwest Bay Road, Nanoose Bay | 250-468-7540
Open Year Round Thursday – Sunday 10 am to 5 pm



Definitions vary and there are many valid interpretations. Generally, local food is grown within the region, distributed through a local system, and contributes to the development of a self-reliant and resilient food network.

Edna Cox describes the benefits of local food with the following '5 N's' concept:

NAKED: Naked??? Yup, no packaging!


Local food reduces or frees us from plastic packaging, sticky labels, grocery bags, twist ties, aluminum cans, styrofoam trays, and all that jazz. No manufacturing required and no resultant garbage. Visit a local farmers' market with a reusable bag or bin, and you won't have to peel those stickers off your apples!

NATURAL: Natural foods are minimally processed and contain no arti-



The 5 N's of Local Food

WE HEAR A LOT THESE DAYS ABOUT 'BUYING LOCAL' AND 'LOCAL FOOD'. WHAT DOES THAT MEAN EXACTLY, AND WHY IS IT IMPORTANT?



ficial chemicals, additives, hormones, or fillers. They're as straight up as can be. In addition, smaller-scale growers within local systems are typically very concerned with and sensitive to environmental issues. They live with and want to protect the same air, water, and earth as you do. They are business people and families not industrial corporations.

NEIGHBOURLY: A strong social network is one of the foundations of a resilient and sustainable community. Farmers' Markets are a wonderful place to socialize, meet people, and engage with the community. Buying locally helps to keep our communities viable - and strong - economically as well. Support your local farmers - they will remember you when times get tough!

continued on page 14

NEARBY: Our global market and food system means that products are routinely shipped across the world before landing in local grocery stores. Those bananas may have racked up more air miles than you! Long distance transport adds up to a pretty big carbon footprint. If that doesn't convince you, think what would happen if a rise in cost, political upheaval, or natural disaster interrupted the global supply chain. Instead of driving across or out of town, take a short trip to your closest farm gate or market. Better yet - hop on your bike, or walk!

NUTRITIOUS: There is no doubt about it. Agricultural products lose nutrition daily following harvest. Sugars turn to starches and vitamin content decreases. Produce that is purchased freshly picked will last much longer in your refrigerator and taste much sweeter and more delicious. It is all related to the nutritional density of the food.

Whether you buy from a local farmer, glean from a neighbour, or plant seeds in the ground yourself, the benefits of eating locally ripple far beyond how cool you sound when you talk about it. Those fresh and tasty local foods are a powerhouse of nutrition, but they also contribute to the economic, environmental, and social structure of a thriving and sustainable community.

Heather Shobe, concept by Edna Cox

Heather Shobe runs a teeny-tiny, permaculture-inspired farm in Vancouver Island's Alberni Valley. Healthy ecosystems and food-sovereign communities are the inspiration behind her gardens and professional work.

Learn more at www.edentreefarm.ca

Arrowsmith Greenhouses
10596680

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50

YEARS

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