

Grower's Guide 2024



A GUIDE TO FOOD PRODUCERS AND FARM MARKETS IN:

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



PARKSVILLE
QUALICUM BEACH



Discover more at
ParksvilleQualicumBeach.com

Photo: Tusk & Feather Farm

Are you taking advantage of the RDN Curbside Expanded Organics Program?



A cost-effective and convenient way to compost your light yard material!



If you have curbside carts with the RDN logo, you can now put leaves, grass and light yard trimmings in your green-lidded organics cart!

Scan the QR code to set up reminders for your curbside collection day



Accepted materials that now go into your organics cart include:

- light trimmings no larger than 1.5cm (0.5 in) in diameter and no longer than 60cm (2 feet) in length
- flowers, weeds
- organic materials
- lawn clippings
- See the full list at rdn.bc.ca/curbside



REGIONAL
DISTRICT
OF NANAIMO



WHAT'S INSIDE

**PARKSVILLE
QUALICUM BEACH**



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1-250-248-4341

pqbnews.com  

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Regatta Gardens



**Cornie
Farm**



**Coastal Gal
Creations**

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GORD JOHNS

Member of Parliament
Courtenay—Alberni
1-844-620-9244
Gord.Johns@parl.gc.ca
Gord.Johns.ca





WHY SUPPORT LOCAL GROWERS?

Marion Woloschuk, Coombs Farmers' Institute Member

"The shorter the chain between raw food and fork, the fresher it is and the more transparent the system is." Joel Salatin

Why, you say, is it important that we support our local growers? There are some easily recognizable answers to this question, some less apparent, but also significant reasons to do so.

You're probably already aware of the fact that, at this point in time, less than 10% of our food is grown on Vancouver Island, with roughly 90% - 95% imported as far as thousands of miles away. We can produce more of our food locally, and indeed have in the past. It's not easy being a farmer, especially one who is growing on a small scale. Recent statistics show approximately half of all farms on Vancouver Island generate less than \$10,000 yearly farm income, and, in general, 75 cents of each dollar of farm family's income comes from other sources. Farmers are consistently required to be innovative and adapt to growing conditions, government policies, and market economics. Land is expensive, and other farming costs have increased dramatically. This all means it is vital that we join in and do our part to support and encourage our neighbouring producers! Following are some excellent reasons why we, as consumers, can and should make a commitment to buying from and supporting our local growers and farmers:

Food security - when we source our food locally, we are less reliant on imports and off-Island sources, which keeps the food supply chain short and less vulnerable to disruption.

Supports our local economy - the money you pay for food that is grown, processed, and distributed in your local area is money that is more likely to be reinvested in your community, a win-win situation for all!

Quality - locally produced food often means fresher products with a significantly higher nutritional value, and superior flavour. Locally grown strawberries or sun-ripened tomatoes picked at the peak of perfection can go from farm to table swiftly, unlike imported goods that have the added time spent reaching their destination and sitting on store shelves before reaching the final consumer.

Reduces environmental impact - not only is the food supply chain shortened, but you as the consumer can choose to support a local grower who follows environmentally sound practices. Often there is less packaging and costs associated with the delivery of the product. Remember, the real cost of your food is not only what you pay at the grocery store but also takes into consideration

externalities such as health, social and environmental issues.

Supports sustainable community agriculture - local farmers and growers care about their land and nurture what they grow. By supporting our local growers, we help sustain local agriculture overall, along with the farming families and people who work the land, for future generations.

Increases the volume and diversity of locally grown food - by supporting local growers (who are a diverse & interesting bunch), you can help increase and diversify the market. Be open to trying new foods and encouraging growers to produce items you would like to have available. Local growers can often be flexible and respond to niche market potential.

Sense of community & connectedness - when we buy directly from the variety of people who produce our food, we know we're all in this together. Face to face contact and discussion connects us to each other and the food we eat in a very significant way. Cultivate a mutually beneficial relationship with your local grower.

Education - we all have a responsibility to know where our food comes from, along with the costs associated with this. Rather than always shopping at a big box store, visit a farm stand or farmers' market, and learn about growers and their products. By becoming knowledgeable consumers, we can make choices that support farmers, growers, our communities, and ourselves.

You feel good - have an enjoyable morning at a farmers' market, purchase

some fresh veggies at a farm stand, prepare a tasty and nutritious meal, eat seasonally, and preserve some food for future consumption. Be glad that you've had a say in supporting local producers and contributing to the well-being of yourself and your loved ones. Supporting local is good for everyone.

HOW TO SUPPORT LOCAL GROWERS:
Be mindful of where you spend your food dollar, whether you are buying from more conventional farms or patronizing one of the many growers here on the Island. It might surprise you how much variety you can have in your diet by choosing to eat locally. Make use of this Growers Guide to access the diversity of places and products available. Online shopping is becoming more available. Eat at a restaurant that obtains their products from local producers. Get to know your local grower. They will be happy to tell you all about their farming methods, the various things they produce and sell, and often can give you tips on how to preserve or cook with a specific product, as well as connect you with other like-minded growers.

Spread the word – tell your family, friends, neighbours, and co-workers about that special local product or farm. Let the powers that be know how much we all need to ensure that our small local farmers and growers can successfully carry on doing what they do best. Express your appreciation to those dedicated individuals and their families who help keep us fed!

“A significant part of the pleasure of eating is in one’s accurate consciousness of the lives and the world from which food comes.” Wendell Berry

Farms and Food Producers



1 ALANA'S ACRES

Errington, BC

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 ARROWSMITH ACRES

Stephanie Demedeiros

Coombs, BC

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 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.

3 BOMÉ CHEESE

Horst Boehm, Bibi Menge

1876 Alberni Hwy, Coombs, BC

250-586-2663

bomecheese@shaw.ca

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

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



meals and soups to bring home. Online shopping is also available!
 Hours of operation:
 Tue - Sat 11AM - 4PM

4 CATIE'S HOT DILLED BEANS
Qualicum Beach, BC

catieshotdilledbeans.com/about
catieshotdilledbeans@gmail.com

Catie's Hot Dilled Beans is a Qualicum Beach based food producer, using local produce including our home grown berries and herbs!

5 COAST GAL CREATIONS

**3894 Melrose Rd,
 Whiskey Creek, BC
 250-204-4192**

coastgalcreations.org
coastgalcreations@gmail.com

Check out my website to view artwork and classes. As a certified Paverpol instructor, allow me to bring out the artist in you!

My garden sculptures are created from upcycled materials and a fabric hardener made in Holland. This product is called Paverpol; environmentally friendly and withstands the elements of our weather. Art offerings vary from figurines, birds and outdoor framed art placed into old wood windows.

6 CORMIE FARM
250-248-3995
cormiefarm.ca
FB: Cormie Farm

Our farm stand will open for the season in late June, located at Riverside Rd, Parksville BC. Open daily for the duration of the season from 10am to 6pm
 Cormie Farm has been supplying the Parksville/Qualicum area with fresh local produce since 1975. We have a wide array of seasonal produce from kitchen staples to short-season treats.

Seasonal produce available this year: salad mix, tomatoes, cucumbers, peppers, peas, strawberries, grapes, apples, plums, carrots, herbs, asparagus, rhubarb and many others...

Check out our website to order from our online store during the shoulder seasons, and visit our Facebook page for updates in-season.

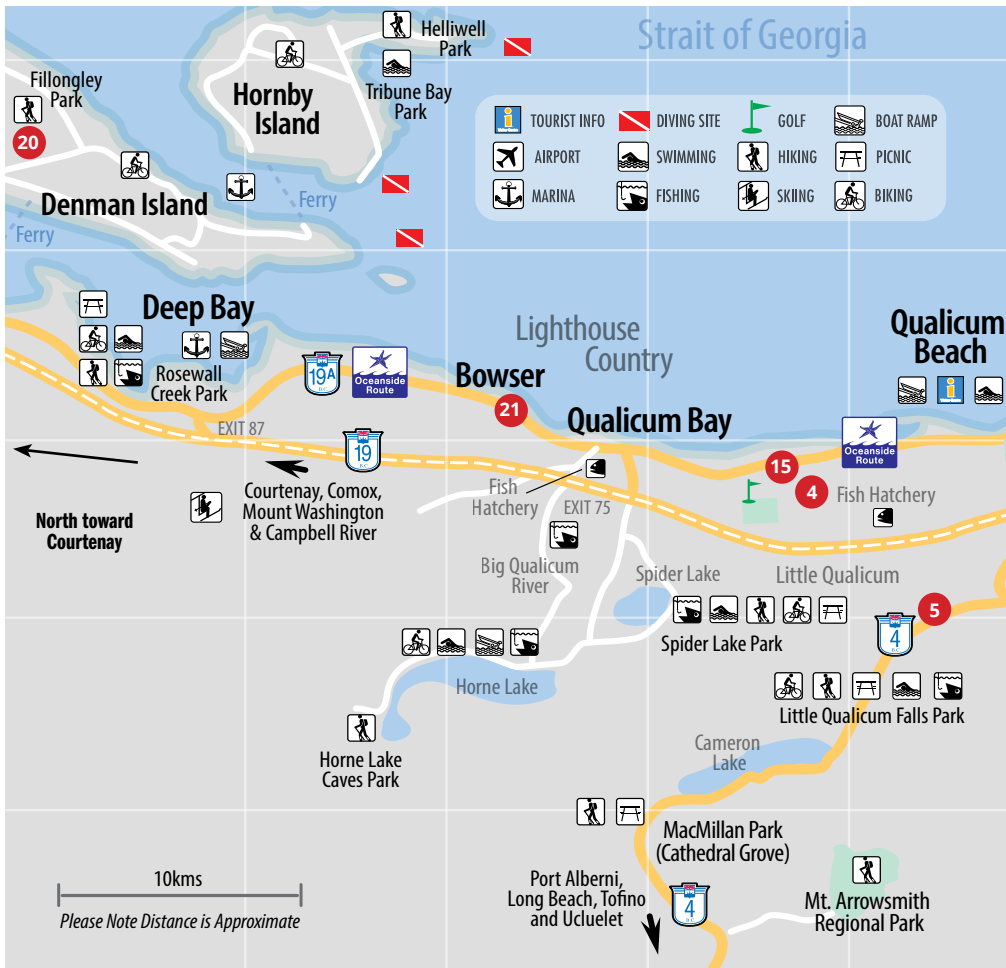


**WE PICK
 BC
 FIRST**

**Local spans beyond what you find in our stores.
 We support well over 160 local partners across BC.**

THRIFTY FOODS **Source local Eat happy**

Parksville: 280 East Island Hwy thriftyfoods.com
 1.800.667.8280 **Connect with us**





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 



Map locations are approximate.

SILVER MEADOWS Farm Market

Silver Meadows Farm Market Ltd.

- Sweet Corn
- Raspberries
- Strawberries
- Pumpkins

Local – Fresh – Family Farm

Open Year Round - Come Check Out The View
 1019 Errington Road, Errington B.C. V0R 1V0
 (250)248-4450

Farms and Food Producers



7 ERRINGTON FARMERS' MARKET

1550 Veterans Rd

Every Saturday, 10am to 1pm

from May-September

erringtonfarmersmarket.ca

FB: ErringtonFarmersMarket

Connecting local farmers and producers with customers for over 50 years!

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 spot to relax and enjoy the live music, wonderful artisanal works, great conversations, and more!

8 FIERCE LOVE FARM

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!

9 GOLDSTREAM GRANGE GARDENS & SUNSHINE'S HERB PHARM

2459 Grafton Ave, Coombs, BC

goldstreamgrangegardens.wordpress.com

sunshinegoldsberry@telus.net

Essential herbs and blends for cooking and wellness. Plants, seeds, seasonal fresh herbs, veggies and eggs in season.

Order packaged herbs online or visit us at the Errington Farmers' Market every Saturday from May - September, 10am-1pm!

Order packaged herbs online or visit us at the Errington Farmers' Market every Saturday from May - September, 10am-1pm!

10 MAMA SUE'S GRANOLA BARS

Nanaimo, BC

mamasues2019@gmail.com

FB & IG: Mama Sue's Granola Bars

Mama Sue's Granola Bars are a nut-free and egg-free oat and coconut-based snack, perfect for a quick bite on-the-go or curled up with a cuppa! Seven varieties including Regular, Gluten-free and vegan in over 18 flavours! Find MSGB at the Qualicum Beach (Sat. 8:30-12), Island Roots (Nanaimo; Wed. 3-6pm) and Cedar (Sun. 10-2) Farmers' Markets.

SOS Meals On Wheels

Delivering hot, nutritious meals to your door



SOS Community Services Centres | 250-248-2093 ext. 225

mow@sosd69.com | www.sosd69.com |





11 MISGUIDED SPIRITS CRAFT DISTILLERY

Darrell & Deirdre Bellaart
 #18 - 1343 Alberni Hwy
 250-586-2200

Darrell@MisguidedSpirits.ca
MisguidedSpirits.ca

Locally grown fruit is used whenever possible when Darrell and Deirdre Bellaart infuse their gins and vodkas at Misguided Spirits Craft Distillery in Errington. Their offerings include infused spirits made with strawberries, rhubarb, cranberries and blackberries picked as close to home as possible. To reduce waste, they donate their spent grain left over from mashing to feed farmers' animals in Coombs Country. Several of their products have been awarded gold and silver medals in national and international spirits competitions. Visitors are invited to tour the distillery (no tour fee, but tips are welcome!) to see how their products are made, then taste their unique and delicious flavours in the on-site tasting room. Misguided Spirits is open Monday to Saturday, but the Open sign is often lit up on Sundays when they're in working on something. So call ahead if you're unsure. The distillery is just 6 km east of Goats on the Roof on Hwy 4A. Visit them online at www.misguidedspirits.ca, on FB: [MisguidedSpiritsCraftDistillery](https://www.facebook.com/MisguidedSpiritsCraftDistillery), or Instagram: [misguidedspirits](https://www.instagram.com/misguidedspirits)

12 POLLEN ACRES FARM & LIFESOURCE HONEY SALES

Coombs BC
250-248-7894
PollenAcres@shaw.ca
FB: Pollen Acres Farm Coombs

Family owned and operated. Pollen Acres was created 4 years ago with the intention of supporting nature, the environment, and our pollinators. The farm supports large areas of Pollinator plants and flowers to support our many and much needed pollinators. We offer raw honey sales created from our small apiary of "busy bees" creating our Life-Source Honey.

We offer:

- Bee propolis throat sprays & tinctures
- Reusable wasp traps
- Raw honey
- Experiential bee tours, come check out hives and share the bee experience.(waiver required)
- Hanging baskets
- Veggie and plant starters
- Seasonal vegetable sales
- Spring hanging basket workshops
- Fall/Winter wreath making workshops

For more information please Text, DM or email. Bee happy!



Farms & Markets
 Local Artisan Crafts & Gifts
 Plants, Feeds, Soil & Gardening Supplies
 Visit the Fall Fair on August 31, 2024
Lots to discover & enjoy!!



13 REGATTA GARDENS

Barry and Sylvia Neden
1992 Alberni Hwy, Coombs, BC
250-248-9240

Anchored to the Earth, Regatta Gardens was established in 1987. For over 35 years, we have contributed to the Central Vancouver Island agriculture community and the production of farm fresh vegetables, berries, tree fruit and lamb. We are currently accepting u-pick raspberry booking times. Lambs born in March are available by pre-booking, cut to your specification, sold as 1/2 or whole, and ready for pick-up in the fall. Call us to arrange a time to explore this season's locally grown farm fresh products!

14 RUSTED RAKE BREWING

3106 Northwest Bay Rd
NanOOSE Bay, BC
250-821-1934

Where the barley grows. The goodness flows. Rusted Rake Brewing is a family-run, farm-based brewery in beautiful NanOOSE Bay. Our family (and dog) friendly brewery and gastro brewpub are located on an 18-acre farm just 15 minutes from Nanaimo. Visit us any day of the week at our Little Farm by the Sea for lunch and dinner. Open 11:30am – 9:00pm.

Like us on FB or follow us on Instagram @rustedrakebrewing



15 SEABREEZE ACRES

Marga Wilson
460 Baylis Rd, Qualicum Beach, BC
seabreezeacres.com
duett65@hotmail.com
FB: Seabreeze Acres

We have pasture raised chickens, who produce beautiful and nutritious eggs. Fresh available every Saturday morning at the Qualicum Beach Farmers' Market. We also offer potted culinary herbs, and when in season, duck eggs, fresh fruit, rhubarb and veggie starters. Like Seabreeze Acres on Facebook for updates & pictures of the farm!

16 SILVER MEADOWS FARM MARKET LTD

Jason Fox & Elaine Robson
1019 Errington Rd.
Errington V0R 1V0
250-248-4450
FB: Silver Meadows Farm Market Ltd



Silver Meadows Farm Market Ltd. is a 116 acre family owned and operated mixed crop farm. We grow sweet corn, strawberries, raspberries, vegetables, and pumpkins. The farm raises beef and pork, all without the use of antibiotic or hormones. In our rustic farm store, you will find farm fresh eggs, local cheese, honey, jams, jellies, mustards, chocolate, candles, soaps, bath salts, and in the summer Island Farms Ice Cream! We are open year-round. Come check it out, you will be pleasantly surprised!



17 SIRIUS MICRO FARM

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, kale, squashes, and tomatoes. 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

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.

18 SPRINGFORD FARM

Ross & Erin Springford
1934 Northwest Bay Rd
Nanoose Bay, BC
springfordfarm.com
info@springfordfarm.com

As sixth-generation farmers, providing

19 THORCREST FARM

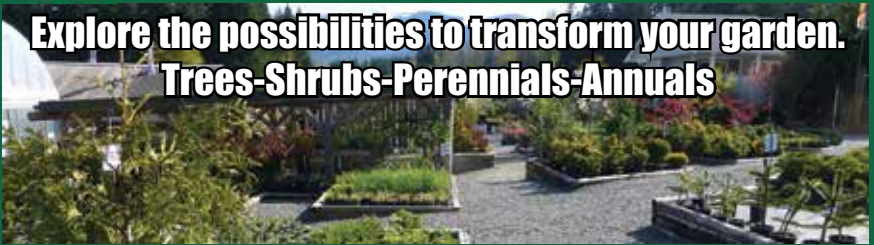
Zoë Thorbergson MSc.
Nanoose Bay, BC
thorcrestfarm.ca
info@thorcrest.ca
FB: ThorcrestFarm

We are a small local farm that raises purebred registered Nubian goats, eggs, seasonal vegetables, and flowers. By pre-order only, we also offer premium ethically raised pastured pork and chevon. We are passionate about the welfare of our animals and the

ARROWSMITH GREENHOUSES



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2880 Alberni Hwy. (5 min. from Qualicum)
1/2 km. west of the lights at Hwy. 4 and Hwy. 4A



250-752-1592 Open daily from: 9am to 5pm

Farms and Food Producers



sustainability of producing ethically raised local food. We use regenerative agriculture methods to promote animal, wildlife, plant, and soil health.

20 TREEEATER FARM AND NURSERY

Peter Janes
Denman Island
250-897-8540
treeeaternursery.com
treeeaterfarmandnursery@gmail.com

We offer fruit trees, nut trees, berry bushes and fruiting vines. We specialize in diversity! Shipping available! Peter Janes at or

21 TUSK AND FEATHER FARM

6130 Island Hwy West, Qualicum Beach, BC, 250-951-3831
FB & IG: Tuskindfeatherfarm
Tusk and Feather Farm located in

beautiful Qualicum Bay invites the public to come experience life on the farm. While here you can enjoy time with the animals, check out our small farm store stocked with our own ethically raised meats, fresh cut flowers, local produce and treats.

22 QUALICUM BEACH FARMERS MARKET

644 Veterans Way, Qualicum Beach, BC
8:30am until noon,
EVERY Saturday - YEAR ROUND.
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!



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 21st & 22nd, 2024

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





Fall Fairs

COOMBS FAIR

August 10 & 11 at the Coombs Fairgrounds

A traditional community celebration with food, livestock, vendors, 4H displays and demonstrations that showcase all the things that make our community special. This year, we are pleased to announce the 111th Coombs Fair, which celebrates the Year of the Cow. We invite you to join us for this annual event to celebrate our community and enjoy a day of festivities.

coombsfair.com/coombs-fair-landing

LIGHTHOUSE COUNTRY FALL FAIR

Saturday August 31 at the Lighthouse Community Centre

Since 1969 the Lighthouse Fall Fair has

been celebrating togetherness and continues to promote community spirit. The Fall Fair has changed very little over the years, offering a classic fair with modern touches. Agricultural and artisan displays, food, music and more.



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