

# TOUR OF FARMS

**Sunday, August 9 10 a.m. - 4 p.m.**

*A self-guided family tour of farms in the Cowichan Valley and beyond...*

Where does my food come from? Who grows my food? Who will grow it in the future? What's it like to be a farmer? How can we build a sustainable future for local farming? The "Tour of Farms" is organized by the **Southern Vancouver Island Direct Farm Marketing Association** so that you can explore answers to these questions - and have some fun, too!

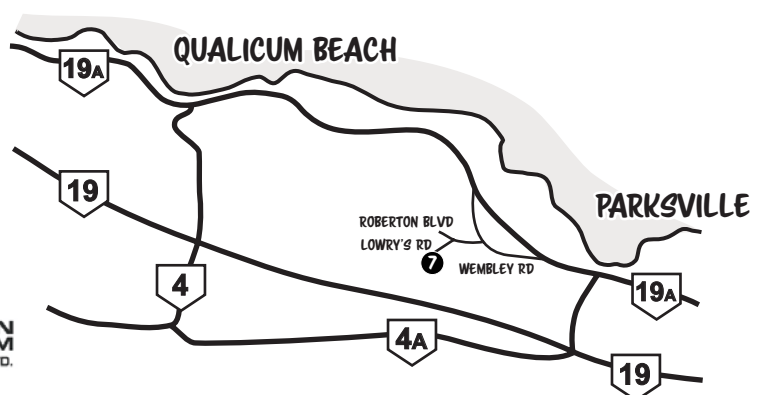
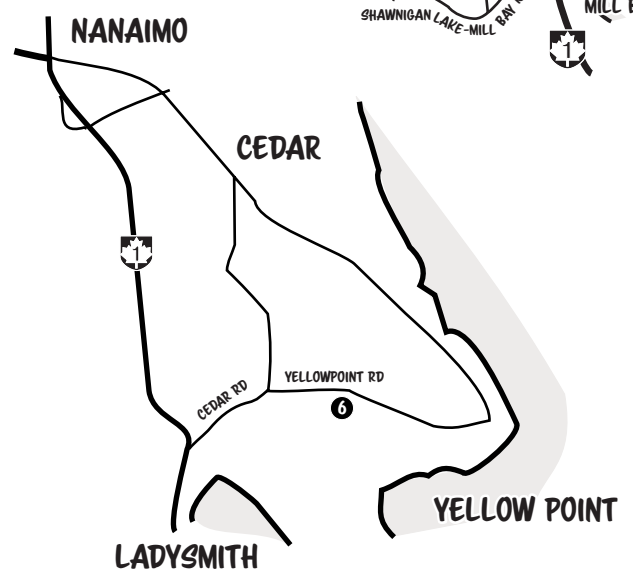
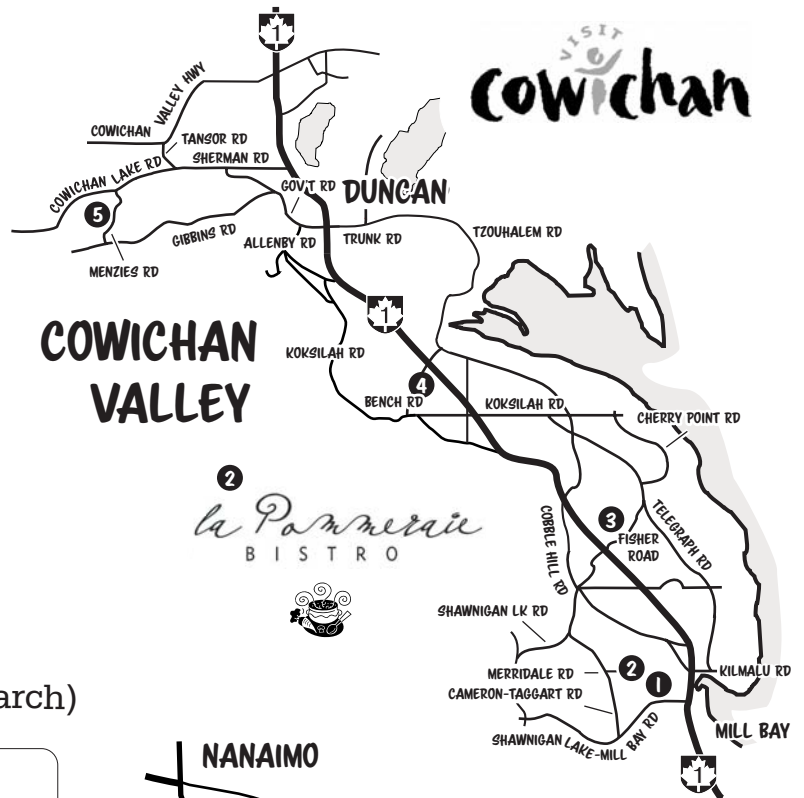
## Information

[www.islandfarmfresh.com](http://www.islandfarmfresh.com)

Tel 250.746.1593

**no admission fees!**

(cider tastings by donation to MS research)



### How to Enjoy Your Rural Ramble

1. Read the information on the back of this brochure and select the farms you want to visit.
2. Keep an eye open for "Tour of Farms" signs at key intersections and at participating farms.
3. When you arrive at the farm, please respect parking and other directional signs.
4. Please leave your pets at home. Mixing family pets and farm animals is not a good plan.
5. Dress appropriately. Wear comfortable clothing and sensible foot wear.

### FARMS ON TOUR

1. Stonefield Farm
2. Merridale Ciderworks
3. Saskatoon Berry Farm
4. Makaria Farm
5. Code's Corner Emu Farm
6. Yellow Point Cranberries
7. Morningstar Farm (Parksville)



You can also enjoy the **Saanich Peninsula Tour of Farms** – July 26

**tel 250.746.1593**

**www.islandfarmfresh.com**

# Tour of Farms

in the Cowichan Valley and beyond...

**Sunday, August 9 10 a.m. - 4 p.m.**

Choose from our list of 7 farms to visit. Find out what farming is all about and what you can do to help support farms and farm families, for today and for the future. The farm sites offer a range of activities including field tours, activities for kids, cider sampling, and more. *Please leave your pets at home – pets and farm animals don't always get along!*

## 1. STONEFIELD FARM

**Farmstand: Shawnigan-Mill Bay Road directly across from Kerry Park Recreation Centre, Mill Bay**  
**Farm: 1114 Deerwood Place, Mill Bay**  
**Phone: 250.743.3861**

Please note: Our farmstand on SMB will be the primary spot, with scheduled tours to the "real" farm on Deerwood Place. Special activities for the entire family - Bocci ball, fun competitions, children's crafts, and a Robert Service storyteller. The Little Red Caboose Cafe will be open for an opportunity to enjoy culinary delights made from our products. "Canada's Smallest Grocery Store" features a wide range of local products, including specialty meats, eggs, produce, seasonal fruits, baking, cheese, honey, soup and rice mixes, preserves and more. Visit the animals!

## 2. MERRIDALE CIDERWORKS & LA POMMERIE BISTRO

**1230 Merridale Road, Cobble Hill**  
**Phone: 250.743.4293 | Toll Free: 1-800-998-9908**  
**Website: [www.merridalecider.com](http://www.merridalecider.com)**

Visit B.C.'s first Estate Cidery. See apple mills and presses, and fermentation casks where fresh apples and champagne yeast become the best English-style cider in Canada! Take an enchanting orchard walk while the kids have fun looking for the apple blossom faeries rumoured to live here. Hungry? Our Cider House is a unique venue nestled in the orchard, and home to our cozy bistro, la Pommerie. Children welcome, of course. For the ultimate in relaxation, try a massage, aromatherapy facial, or one of our many other treatments in our new spa! Complete your visit with a stop at our gift shop. Tastings by donations to MS research.

## 3. SASKATOON BERRY FARM

**1245 Fisher Rd, Cobble Hill**  
**Phone: 250.743.1189 | Email: [toonfarm@yahoo.com](mailto:toonfarm@yahoo.com)**

Welcome to the Saskatoon Berry Farm. This berry, typically found on the prairies, is now grown on Vancouver Island in the Cowichan Valley. Our fresh saskatoon berry season is usually early July, but come see the orchard and one of the few berry picking machines on the island. Enjoy the taste of our Saskatoon Berry pie, scones and cinnamon buns or take home a delicious Saskatoon Berry pie, award-winning jam or Saskatoon Berry Sparkling Wine. The welcome sign is always out.

## 4. MAKARIA FARM

**4715 Bench Road, Duncan**  
**Phone: 250.597.3276 | Email: [info@makariafarm.com](mailto:info@makariafarm.com)**  
**Website: [www.makariafarm.com](http://www.makariafarm.com)**

New farmers Heather and Brock welcome you to their 10-acre organic strawberry and vegetable farm just 300m off the Trans-Canada. Tours start every hour. Check in on the Island Grains project, where 50 families are growing wheat, oats, lentils, quinoa and more. Learn about the farm's growing Community Supported Agriculture program. Treat yourself to a drink at the zero-mile beverage bar and take home fresh-picked produce from the farm stand.

## 5. CODE'S CORNER EMU FARM

**5816 Menzies Road, Duncan**  
**Phone: 250.746.1593 | Email: [billcode@shaw.ca](mailto:billcode@shaw.ca)**

Emu, sheep, heritage turkey chicks, and vegetables grown organically from regular to exotic (includes sweet potatoes and peanuts!), with signs to educate one and all. Join up as a Rooster Booster of the Island Farmers Alliance to help support Vancouver Island locally-grown food. Special pricing on Dr. Bill and Denise Code's book "Winning the Pain Game" and emu oil products.

## 6. YELLOW POINT CRANBERRIES

**4532 Yellow Point Road, Yellow Point**  
**Phone: 250.245.5283**

**Email: [info@yellowpointcranberries.com](mailto:info@yellowpointcranberries.com)**  
**Website: [www.yellowpointcranberries.com](http://www.yellowpointcranberries.com)**

Visit us for a day of summer fun... Join a tour given by Grant Keefer and see how the 2009 crop is sizing up. Stroll through the Cranberry Cottage Preserve and Gift Store and sample of our delicious farm-made cranberry specialties from appetizers to desserts. Relax in our picnic area with a glass of cranberry lemonade. Delicious pre-booked farm lunch available.

## 7. MORNINGSTAR FARM:

**LITTLE QUALICUM CHEESEWORKS  
& MOOBERRY WINERY**

**403 Lowry's Road, Parksville**  
**Phone: 250.954.3931 | Email: [cheese@island.net](mailto:cheese@island.net)**  
**Website: [www.cheeseworks.ca](http://www.cheeseworks.ca)**

Nestled in the shadow of Mt. Arrowsmith, Little Qualicum Cheeseworks and Mooberry Winery on Morningstar Farm produce a selection of world-class cheeses and fruit wines to delight the senses. Made from high quality milk from our own herd of dairy cows, we have artisan cheeses to suit any occasion, meal or just a light, fresh snack. And just across the courtyard is the winery, where delectable fruit wines pair perfectly with the cheeses. So come visit us at the farm – take a look around, visit all the animals, join us for a guided tour (daily at 1:00pm) or grab a map for a self-guided tour. We'd love to meet you.



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