

TOUR OF FARMS

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

A drive-yourself family tour of farms and farmland 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

Tel 250.746.1593

no admission fees!

(cider tastings by donation to MS research)

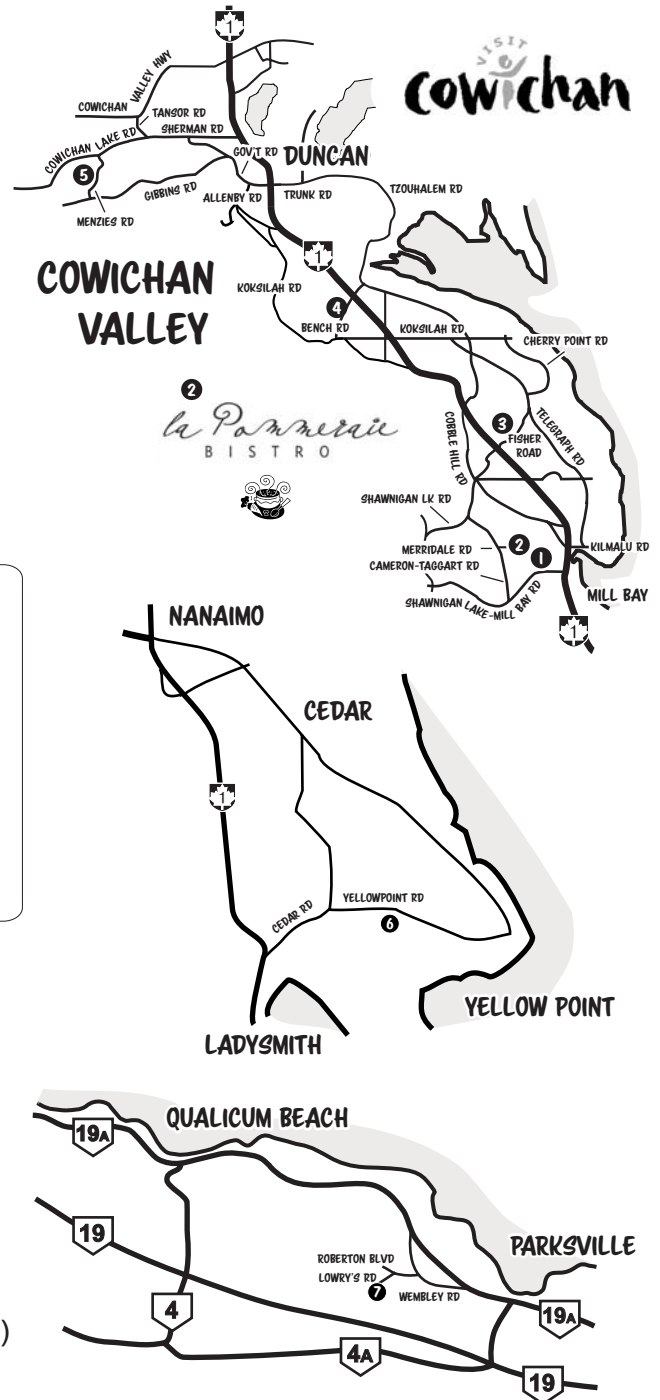
How to Enjoy Your Rural Ramble

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

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, a scarecrow contest 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 and 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

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

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

Website: 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

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

Website: 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

Website: 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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