



ISLAND

FARM FRESH

YOUR GUIDE TO LOCAL FARMERS SINCE 1987

*Buy direct
from the farm*

Vegetables | Fruit | Eggs | Meat
Honey | Wines | & more

*Saanich · Saanich Peninsula · Western Communities
Salt Spring Island · Cowichan Valley · Oceanside*



Voted one of Vancouver Islands
Best Tourist Attractions since 2019

COUNTRY BEE

Honey Farm

Come meet our animals in the Farm Experience
and taste all our honey at the honey bar!

6440 West Saanich Road
Saanichton B.C. V8M 1W8

Open 7 Days a week 10:00am-5:00pm
250-580-0263 • countrybeehoney.ca



Quality Plants
Knowledgeable Staff



1370 Wain Road, North Saanich, BC • 250-656-0384
info@russellnursery.com • www.russellnursery.com



www.ISLANDTRACTORS.com

DUNCAN

Island Tractor & Supply Ltd
4650 Trans Canada Hwy
250.746.1755

COURTENAY

North Island Tractor
3663 South Island Hwy
250.334.0801



100% BC OWNED & OPERATED

Keep your Fork - There's more in 2024

FLAVOR TRAILS

Jump www.flavourtrails.com
and stay up to date with
what's in store!



OPEN YEAR ROUND!

Sweet Meadows Farm & Market

RUBEN
STRAUBER
PRODUCE
Farm & Market
OPEN DAILY



FARM EVENTS

MAY 12

Mother's Day High Tea Overlooking the Farm

MAY 11 & 12, JUNE 15, JULY 6,
AUG 10 OCT 26, NOV 30, DEC 14

Sweet Meadows Makers Markets

Sweet Meadows
Farm & Market

2957 Church Way, Mill Bay
270-929-0040
www.sweetmeadows.ca



OPEN YEAR ROUND!

 **Beehive**
RV Park & Campground

780 Kilmalu Rd. Mill Bay
270-743-2074
www.beehivecampground.ca





**ISLAND
FARM FRESH**



Buying local helps sustain a vibrant farm economy that provides a wide range of fresh and flavourful products that are packed with vitamins for you and your family. This guide is your key to local shopping and Island excursions.

Brought to you by
Southern Vancouver Island Direct Farm Marketing Association
and Black Press Media.

Black Press Media in partnership with the Southern Vancouver Island Direct Farm Marketing Association (SVIDFMA) publishes the annual Farm Fresh Guide in May.

For membership into the SVIDFMA please contact by email info@islandfarmsfresh.com, or send a letter to Box 235, Saanichton, BC V8M 2C3.

For Advertising inquiries please contact michelle.cabana@blackpress.ca

Publisher: Michelle Cabana
michelle.cabana@blackpress.ca

Advertising:
Katharine Brynjolfson

Layout:
Tammy Robinson

Published by Victoria News, a division of Black Press Media.
818 Broughton Street, Victoria, B.C., V8W 1E4

©2024 All rights reserved. Black Press Media Vancouver Island has sole copyright over any written material or images in this publication. In the event of an error occurring in any advertisement, the liability of Black Press shall not exceed the charge of space actually occupied by the item in question. Many different organizations contributed information for this guide. SVIDFMA cannot guarantee the accuracy of the information or accept responsibility for the fitness of products sold by the farms or advertisers in this issue.



CONTENTS

HOW TO USE THIS GUIDE 6

PRESIDENT’S MESSAGE 7

FARMS IN THE CAPITAL REGION 8-19

REGIONAL MAP OF LOCAL FARMS, CIDERIES, WINERIES..... 20-21

VANILLA PANNA COTTA WITH STRAWBERRY, ROSEMARY COMPOTE..... 22

FARMS ON THE WEST SHORE..... 24

COWICHAN VALLEY REGION 26

CENTRAL ISLAND REGION 27

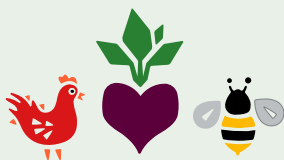
LOCAL WINES & CIDERS..... 28

SAANICH PENINSULA FARMER SPEAKS ABOUT THE LEGACY OF FARMING IN BC..... 29

SEASONAL AVAILABILITY CHART 32

PRODUCT INDEX 36





ISLAND FARM FRESH



HOW TO USE THIS GUIDE

- Browse Farm Listings on pages 8-26 to see the tantalizing selection of produce and products available from your local Island farms.
- Consult the Product Index on page 36 to locate farms that sell everything from apples to zucchini.
- Use the Regional Map on pages 20-21 to plot your rural adventure.
- Tuck this guide away in a handy spot for your country shopping trips or find more information about your local Island farms at www.islandfarmfresh.com



PRESIDENT'S MESSAGE

FROM THE DESK OF DAN PONCHET

Here we are again beginning another growing season on Vancouver Island. As local farmers gear up and sow the crops into the ground, raise the livestock, care for the bee hives, and craft the wines and ciders. We hope you enjoy the 37th edition of the Island Farm Fresh Guide.

Since publishing our first guide in 1987, we've kept our mission simple and clear. We are here to connect locals and travelers alike to the farmers of Southern Vancouver Island. We do this because there is nothing better than buying straight from the farmer!

Our members continue to work hard to bring you all the fresh produce, value-added products, high-quality meats, sensational wines and ciders, and other meal accompaniments you know and love – with new products in the works all the time. We are always adding new members, so please check them out and give them a try too!

As farmers, many of us are directly responsible for helping maintain food security on the island. It's no small task feeding hundreds of thousands of people, but it can be extremely gratifying when seeing the broad smiles and hearing the exclamations of joy from our customers young and old experiencing local agriculture. So thank you all from the members of the Southern Vancouver Island Direct Farm Marketing Association for your continued support and loyal patronage.

FARMS IN THE CAPITAL REGION



1 - ANDREW'S FARM STAND

Tomlinson Road at White Road,
Central Saanich
250-880-2000

Instagram: Andrew's Farm Stand

Look for the old truck, you can't miss it! With more than 100 years of farming family legacy on the Saanich Peninsula, Andrew's Farm Stand is proud to bring you **fresh from the field produce and berries**. Our Russian Red Garlic will have you coming back for more and **our strawberries are second to none!** The truck will be stocked with a variety of farm fresh produce throughout the year – depending on what's in season – including salad greens, carrots, and cut flowers. So stop by the next time you're in Saanichton, we're just off Stelly's Cross Road (by the high school) on Tomlinson Road near White Road.

2 - APPLE LUSCIOUS ORGANIC ORCHARD

110 Heidi Place, Salt Spring Island
250-653-2007
appleluscious.com

Email: harryburton@shaw.ca

FB: **Apple Luscious Organic Orchard**

Apple Luscious is Apple Heaven: This certified organic orchard (IOPA # 902), a delight to visit, grows over 200 of the best tasting apple varieties in the world, featuring over 60 red fleshed varieties. Apples sold at Moss St. Market in Victoria (with taste testing) or Farm Gate. Apple trees: Sold January to March. Enjoy over 20 varieties of fragrant roses and great hardneck garlic.

The 2024 Annual Salt Spring Island Apple Festival

Theme: Celebrating APPLE DIVERSITY.

Sunday, Sept 29, 2024.

A chance to visit APPLE HEAVEN while still on earth!

Salt Spring grows over 500 apple varieties ORGANICALLY. We displayed 489 varieties at Apple Fest 2023.



3 - ARONIA BERRY BC - BERRY UP!

8319 Alec Road, Saanichton

778-892-2251

berryupnow.com

Email: berryup@shaw.ca

BC's Newest Superberry - Aronia Berries are Antioxidant Gold!™

Aronia berries have:

- THREE times the antioxidants of blueberries
- Almost FOUR times pomegranate
- More than FIVE times goji berries

The aronia berry is a powerhouse for health. It's nature's medicine chest packed in a darkpurple berry. Aronia is great in juice, jams & smoothies. Aronia berries are grown in Saanichton by Berry Up! Berry Up! also produces tree fruit (available August-October) and has applied for organic certification for 2024.

Visit Berry Up! Saturdays at Moss Street Market in Victoria year-round. For farm gate sales, please call ahead at harvest time.

4 - BABE'S HONEY

4150 Blenkinsop Road, Victoria

250-658-8319

babes-honey-farm.com

Email: info@babes-honey-farm.com

FB: **Babes Honey Farm**

Twitter: **BabesHoneyFarm**

Youtube: **babeshoneyfarm**

Instagram: **Babes Honey Farm**

Visit our tasting room and let your taste buds buzz with excitement as you sample Babe's Honey's many varieties and our Sparkling Bee-Line Cultured Honey Drinks, featuring flavors like Mermaid Tears, Currantly Hip, Ginger Splash, Earl Grey, and rotating seasonal specials on tap.

Save and savor by bringing your honey jar, bucket, or growler for refills of honey and Sparkling Bee-Line Drinks. The world's finest nonalcoholic fermented beverage!

Indulge in our delightful hive products:

Honey- Raw, All-natural, Unpasteurized (Wildflower, Clover, Creamed & more; 75g-3kg, glass/plastic, and bulk fills), Loose Leaf Teas inspired by our Sparkling Bee-Line Drinks, Seasonal Spiced Honey Varieties, Soothing Lip Balm, Beeswax Candles, Bulk Beeswax, and Nutrient-packed Bee Pollen.

We're open year-round, inviting you to create unforgettable memories for the whole family!

5 - BICKFORD FARMS

7969 Wallace Drive, Saanichton

bickfordfarms.ca

FB: Bickford Farms

Instagram: Bickford_Farms

Family owned and operated.

Discover the charm of our farm nestled in the heart of Saanichton, offering a slice of farming fun for everyone!

Experience the joy of U-pick pumpkins, leisurely strolls through sunflower fields, and hand-selected freshly picked corn.

We are open July through the end of October, seven days a week, from dawn till dusk, ensuring you have ample time to enjoy our farm.

Our corn and sunflower bundles are harvested daily for peak freshness!

Capture memorable moments with our array of photo props and be sure to share your experience by tagging us in your posts!

6 - BOUGHNEATH FARM

1388 Tapping Rd, North Saanich

250-893-5758

boughneathfarm.com

Email: boughneathfarm@hotmail.com

FB: Boughneath.Farm.Beef

Healthy beef, bones and hay. No hormones. No antibiotics. Raised with sustainable methods on a beautiful, fertile and productive North Saanich family farm, active since 1945. Most Beef cuts plus Beef sausages, Pepperoni and Jerky are available at Peninsula Country Market, James Bay Market, Esquimalt Farmers Market or at the farm on Sundays from 11:00 AM until 3:00 PM if pre ordered by email.

7 - CAMAS FARM

2901 Sea Point Drive, Victoria

778-893-9688

Nourish your spirit with Camas Farm, where tradition meets sustainability. Specializing in Red Russian Garlic, we cultivate our crops on sun-drenched, fertile land, ensuring both your health and the planet's thrive. Proudly Organic and GAP certified, our farm delivers unparalleled quality directly to Vancouver Island's finest grocery stores and to you through our social media channels. Embrace a healthier lifestyle with us.



8 - CITY'S EDGE FARM

6458 Central Saanich Rd, Victoria

Online Store: citys-edge-farm.localline.ca

250-812-2176

Our small, yet ambitious farm now produces over 40 varieties of vegetables, herbs, berries, and cut flowers as well as habitat for birds, bees and countless other living organisms. We continue to learn about how best to nurture the land, capture carbon as we build soil, and create a healthy agro-ecosystem that can be resilient in the face of many challenges to come. Find our produce through our online store or stop by our farm on Thursday or Friday after work. You can also stop by our roadside stand to pick up a bouquet of flowers or in season vegetables.

- Fresh vegetables
- Fresh fruit and berries
- Grocery and fresh eggs
- Baked goods and coffee
- Ice cream and snacks
- Locally raised meat



Barnyard Animals and Picnic Site

We grow our produce naturally

2030 Bear Hill Rd at corner with Oldfield Rd

Phone: 250-652-9100 • Fax: 250-652-9103

www.dansfarm.ca • dansfarmmarket@gmail.com

FARMS IN THE CAPITAL REGION



9 - COUNTRY BEE HONEY FARM

6440 West Saanich Road, Saanichton
250-580-0263
countrybeehoney.ca

At Country Bee Honey Farm you'll find amazing honey, delicious infusions, unique locally made gifts & super cute farm animals. Voted Vancouver Island Best Tourist Attraction and kid's favorite stop. all year! Whether you're walking through the pollinator gardens, feeding the sheep, or enjoying a freshly brewed coffee, you're going to have a good time. Don't miss out on their Country Bee Farm experience open in the summer, where the back 7 acres are available to visit with the purchase of a wristband. Open 7 days a week, year-round.

10 - COUNTRY WOOLS

2123 Bradford Avenue, Sidney
250-514-6738
countrywools.com
FB: CountryWools

Pasture perfect market lamb. Quality and flavor. Cut and wrapped by the whole lamb or by the piece. Seven varieties of lamb sausage are available by the pound. Local Wool products, West Coast comfort in hand dyed wool socks and hand knit mittens, toques, slippers, vests and sweaters. Wool duvets, pillows and sheepskins. Local hay. Breeding stock available Reg Charollais and Suffolk sheep and commercial crosses.

11 - DAN'S FARM & COUNTRY MARKET

2030 Bear Hill Road, Saanichton
250-652-9100
dansfarm.ca

Fax: 250-652-9103

Email: dansfarmmarket@gmail.com

Come visit our farm! We use environmentally friendly farming and pest control methods to bring you the healthiest produce possible. Top quality fruits and veggies picked fresh daily. We grow these **BERRIES:** Straws, Blue, Tay, Raspas, and Black. Also: Rhubarb, Apples, Pears, and Plums. **U-Pick:** Strawberries and blueberries. We carry fresh and frozen chicken, beef and pork. Sweet and savoury baked goods, pies, preserves and ice cream. Our own free-range eggs. Enjoy a picnic and visit with our farm animals.

12 - ELK LAKE FARM

700 Linnet Lane, Saanichton
250-479-7773

Market Stand at Moss Street Market every Saturday May till November.

Bordering the forest and the lake our farm has been producing fruit and vegetables using the most natural and sustainable practices for over 30 years. We specialize in apples, kiwi and blackberries. **FRUIT SORBET:** Cindy's frozen fruit sorbets are made from our own kiwi, fruit and herb combinations. The lavender lemonade is not to be missed. Please phone ahead for farm orders.

13 - THE FICKLE FIG FARM MARKET

1780 Mills Road, North Saanich
778-426-0032
theficklefig.ca

Email: info@theficklefig.ca

FB: TheFickleFig

Welcome to our year-round farmers market, open seven days a week offering local products from our farm and around the Saanich Peninsula. The market is located on Mills Rd, just north of the Victoria airport, where you can find local produce, meats, honey, preserves, delicious baked goods, gelato and coffee. Enjoy the little indoor bistro and library, or the licensed outdoor patio, gardens and weather. Get up close and personal with animals and stroll the gardens while enjoying light Italian fare. We are also Dog-Friendly!



14 - FIRBANK FARM

2834 Island View Rd, Saanichton
250-652-0016

Open Year-round.

Wed-Sat, 9am-4pm

Wednesday to Saturday, 9 am–4 pm year-round. Direct from our farm – Farm-fresh eggs, a wide variety of farm-grown vegetables including Rhubarb, Beans, Lettuce, Broccoli, Celery, Melons, Winter Squash, and other vegetables in season. Bedding Plants – Annuals or perennials Cut Flowers – A great selection of fresh and dried when in season. We also have the best selection of gourds and pumpkins for your fall decorating!



15 - FRUIT TREES AND MORE

724 Wain Road, North Saanich
250-656-4269

fruittreesandmore.com

Email: bvduncan@FruitTreesAndMore.com

Nursery and demonstration orchard.

Specializing in Citrus, Figs, Warm Temperate, and Mediterranean /Sub-tropical fruit trees such as: lemons, limes, hardy citrus (Yuzu, Sudachi), mandarin oranges, navel oranges, cocktail grapefruit (mandalo), kaffir limes, kumquats, sour oranges, blood oranges, finger limes, unusual fig varieties, chilean guava, feijoa (pineapple guava), goji, kiwi, loquats, medlar, mulberries, olives, pawpaws, persimmons, pomegranates, tea. Marmalade and jam made from our OWN fruit grown on-site. Open by appointment Monday to Saturday, 10 am to 5 pm. Closed Sundays.

16 - GALEY FARMS CORN MAZE, MARKET & RAILWAY

4150 Blenkinsop Road, Victoria
250-477-5713

galeyfarms.net

Minutes from downtown Victoria, our fifth-generation family farm grows berries and veggies to perfection, with rich soil, compost and integrated pest management. June-Oct: Fresh strawberries, raspberries, blueberries, nugget potatoes, baby bunch carrots, sweet corn and many more of your local fresh favorites. In October, hop a hayride to our Pumpkin Patch, catch the train to see the farm by day and a spectacular light show by night. Visit our amazing displays and corn maze. At night our Festival of Fear also includes our terrifying adult haunted house.

islandfarmfresh.com

HELPING GOOD PEOPLE MAKE
GREAT CHOICES
WSÁNEĆ / BRENTWOOD BAY, BC

ALL LOCAL MEATS

ANTIBIOTIC & HORMONE FREE

GRASS-FED & FINISHED BEEF

CELEBRATING 10 YEARS OF QUALITY LOCAL MEATS


CARNIVORE MEATS
FAMILY OWNED SINCE 2013

7103 WEST SAANICH RD.
WSÁNEĆ/BRENTWOOD BAY, BC
WWW.CARNIVOREMEATS.CA
f @ CARNIVOREMEATS



PACKAGING & LABEL SOLUTIONS

FROM YOUR LOCAL
ISLAND PARTNER

LABELS

CORRUGATE

FOLDING CARTON

SHIPPING SUPPLIES

PROTECTIVE PACKAGING

DIGITAL PRINT & PACKAGING



VICTORIA
250.384.3382
GLBC.COM

17 - GLANFORD GREENHOUSES

3968 Glanford Avenue, Victoria
250-479-4783

glanfordgreenhouses.wordpress.com

Family farm operating since 1960. Enjoy local produce picked daily from our greenhouses. TOMATOES: Beefsteak, On the Vine, Roma, Heirloom, Red and Yellow cherry tomatoes, Green tomatoes, Canning tomatoes. OTHER VEGGIES: Crispy long English and Mini cucumbers. Sweet Red and Yellow Peppers, Hot Cayenne and Jalapeno Peppers, Eggplants, Beans, Sweet basil, Scarlet runner beans. MELONS: Fuzzy melon, Winter melon, Bitter melon and more seasonal vegetables. Find us at farmers' markets as well as at our farm. Non-GMO. No pesticides used. Good bugs are used for pest control. Open Daily 11 am–5 pm, May 1–Oct 31.

18 - GOBIND FARMS

6929 Veyaness Road, Saanichton
250-652-0182

gobindfarms.com

Buy direct from the farmer at our family farm where we use beneficial insects as a primary strategy for IPM (integrated pest management) as an alternative to pesticides. We specialize in farming fresh seasonal berries (spring and everbearing) and vegetables. Enjoy our farm fresh jams, syrups and seasonal baked goods. Bring the family down for freshly picked berries and enjoy fresh local ice cream. We also have frozen berries which are great for smoothies. Our farm's store is open 7 days a week during strawberry season 9 a.m. until 6:30 p.m., just minutes from the Pat Bay Hwy off Keating X Rd. Call or visit us online to place an order.

19 - HALIBURTON COMMUNITY ORGANIC FARM

741 Haliburton Road, Cordova Bay
250-658-0758

haliburtonfarm.org

Email: info@haliburtonfarm.org

Instagram: [haliburton_farm](https://www.instagram.com/haliburton_farm)

Teto Farm, Fuller Farm Organics and Frozen Coast Farm produce a wide range of Certified Organic Fruits, Vegetables and Flowers at Haliburton Farm.

Teto Farm specializes in Asian vegetable varieties, visit Fuller Farm and Frozen Coast for all your favorite seasonal meal ingredients!

Find our harvest at our Farm Stand (please check our website for hours), Moss St. Market, Grocery Stores and Restaurants.



FARMS IN THE CAPITAL REGION



20 - HAZELMERE FARM STAND

1215 Tatlow Rd, North Saanich

250-656-7651

Email: growwell@telus.net

Come visit our farm stand! We are a family operation who's been serving the Peninsula for over 25 years. We specialize in a wide selection of fresh quality vegetables like beans, peas, squash, kohlrabi, broccoli, onions, pumpkins and zucchini. We have lots of basil, perfect for your pesto-making needs. Our award-winning scarlet runner beans are a local favorite. We have an abundance of fresh flowers, including asters, zinnias and sunflowers. Dried flowers are also available, including statice, strawflowers and sea-lavender. Open daily from dawn to dusk year-round. See us at the Saturday Peninsula Country Market.

21 - KILDARA FARMS

11293 Chalet Road, North Saanich

250-655-3093

Email: kildara@shaw.ca

"Taste the difference"

Kildara Farms is a Certified Organic family-run farm producing eggs, chicken, pork, apples, fruit, heirloom tomatoes, vegetables and salad greens available year-round at Thrifty Foods, Market on Yates and more. Farm stand. Weddings and special events. Exit Pat Bay Hwy onto Wain Rd, right on Tatlow Rd, right on Chalet Rd. then the third driveway on the right.

Email kildara@shaw.ca for more information.



22 - LONGVIEW FARMS

8277 Central Saanich Road, Saanichton

250-652-3276

longviewfarms.ca

Email: sales@daffodil.com

FB: Longview-Farms



Longview Farms is the largest Certified Organic farm on Vancouver Island and our produce, flowers and bulbs can be found in a number of local retail stores throughout Vancouver Island and the mainland. We also sell at local farmer's markets, and at our farmstand (please check website for hours) and offer seasonal subscription boxes. We grow a wide variety of Certified Organic vegetable crops and strawberries as well as conventional fresh-cut daffodils, daffodil bulbs, pumpkins, and hay.

Longview Farms is highly committed to a healthy local food system. Our goal is to have a positive impact on local food security issues by increasing production and innovating to meet the ever-changing needs of our community.

23 - MADRONA FARM

4317 Blenkinsop Road, Victoria

madronafarm.ca

Madrona Farm, in the territory of the Coast Salish and Songhees First Nations. We are Eco-Cultural-Food growers; practice Agroecology and operate our farm as close to a natural ecosystem as possible, 100% chemical, pesticide and insecticide free: All vegetables are picked fresh every morning. We encourage all eaters to develop a relationship with their farmer and visit the farms they eat from and look for the birds, bees and the frogs... We grow 108 varieties of fruits and vegetables. Located at 4317 Blenkinsop Rd. we are one of the closest farms to the city. Open Wed to Sat 11-6.



Just
imagine
what
you'll see!

bcfairs.ca

FARMS IN THE CAPITAL REGION



24 - MARSH FARM

7337 Wallace Drive, Saanichton
1-780-619-1775
Email: gbaylic@icloud.com

Marsh Farm is family-friendly with a long history in Central Saanich. We recently joined forces with Jonathan of Gulf Island Farms to bring all the joy and goodness that comes with a community garden.

Come and enjoy our farm market's many varieties of delicious tomatoes, salad greens, raspberries, strawberries, blueberries, apples, herbs, fava beans, flowers and other misc items. Our market and U-Pick (season dependant) are open 7 days a week starting May 17th till Oct 7th 9am-6pm

You can also find us at the Sidney Street Market on Thursdays from 5:00pm to closing, and the Farmer's Market at the Saanich Fairgrounds every Saturday morning.

25 - MICHELL VALLEY PLANTS

2451 Island View Road, Saanichton
250-886-0494
Email: michellvalley@gmail.com
FB: [Michell Valley Plants](#)
Instagram: [MichellValleyPlants](#)
Twitter: [@MichellValley](#)

MVP is an owner-operated unique garden center with the family being steeped in the heart of the Saanich Peninsula farming community for 150 years. Our friendly staff puts the emphasis on customer service – your satisfaction is our success! We support our community by sourcing products from local growers with a proven record of quality plants. We offer ready-made baskets and planters; or we can 'custom-build' with your preferred plants and colors. Sun, shade, deer resistant, drought tolerant... whatever your needs, we can help. Located at the corner of Pat Bay Hwy and Island View Beach (behind Michell's Farm Market) we're open from mid-March to late October.

26 - MICHELL'S FARM MARKET

2451 Island View Road, Saanichton
250-652-6770
michellsfarm.com
Email: market@michellsfarm.com
FB: [michellbrosfarm](#)
Instagram: [Michellsfarm](#)

Sixth generation family farm providing local, fresh, quality produce. **Open year round.** Sweet, Delicious **Berries:** Blackberries, Loganberries, Raspberries, Strawberries, Tayberries. Picked ripe and fresh daily in season. Frozen berries sold all winter. **We grow over 40 varieties of Vegetables:** Early bunched beets, red & green lettuces, our famously sweet nante carrots, kale, sweet corn, swiss chard, squash, apples, winter crops, spring greens, and more! U-Pick Pumpkins – Fall fun for families, friends, schools, groups. **Michell Farm pasture raised hormone free, antibiotic free Beef.** Fresh locally baked goods, eggs, herbs, compost, bark mulch, ladybugs, gourds, 1st & 2nd cut hay, straw and more! There's always something in season at Michell's!



27 - MILLSTONE FARM & ORGANICS

710 Towner Park Road., North Saanich
778-350-1455
millstoneorganics.com
Email: millstonefarmer@gmail.com
FB: [Millstone Farm & Organics](#)
Instagram: [millstoneorganics](#)

At the heart of Millstone Farm & Organics is a passion for healthy, purposeful living. Certified cruelty free, we don't test any of our products on animals and we don't raise our animals for meat. Our hens provide pastured, organic eggs and our sheep provide luxurious wool that we use for our natural dryer balls. Organic veggies, fruits and herbs are grown in a vertical system so we can grow more in less space with less water. In our farm shop we encourage you to bring your own containers so we can fill them with our freshly milled flours, spices, soap, etc. We've been fortunate to have 4 generations involved in every aspect of farming and curating an ever-growing line of sustainable products for everyday living.



28 - NETTLEBROOK FARM

7377 Tomlinson Road, Saanichton
250-880-2000

nettlebrookfarm.ca

Email: andrewengqvist@gmail.com

FB: [nettlebrookfarm](https://www.facebook.com/nettlebrookfarm)

Instagram: [andrewsfarmstand](https://www.instagram.com/andrewsfarmstand)

Join Nettlebrook Farm's weekly CSA program to have a value-packed veggie box delivered directly from the farm to your door. Sign up for our Summer (starting in June), Fall and Winter/ Spring Boxes to receive in-season produce including our garlic, salad mix, carrots, beets, chard, leeks, potatoes, tomatoes, peas, beans, squash, corn, onions, zucchini and more. For more information on the program and to sign up, go to nettlebrookfarm.ca. Also keep an eye out for our signs featuring special seasonal offerings such as roasting chickens, turkeys, u-pick pumpkins or Christmas trees. Thanks for supporting local.



29 - NORTHBROOK FARM

1438 Mt Newton X Road, Saanichton
250-652-9035

saanichtonorganics.com

Email: hsandll@shaw.ca




Northbrook is one of the Saanich Organics group of farms. Our farm stand is open every Tuesday and Sunday from April to November with a wide variety of organic produce. From early July to mid September bring cash or cheque and enjoy our self-serve U-pick blueberries. U-pick open daily except Mondays. For bulk blueberry orders email or call after June 1.

SOIL ANALYSIS WATER TANKS POTTING SOILS SEEDS

PET FOOD ANIMAL FEED BIRD SEED FARM SUPPLIES

HUSQVARNA MAKITA ECHO SHINDAWA EQUIPMENT



Integrity Sales & Distributors

Agriculture, Horticulture & Fertilizer

2180 Keating X Rd Saanichton BC V8M 2A6
250-544-2072
sales@isad.ca

ORGANIC FERTILIZER GRASS SEEDS BULK SOILS

FARMS IN THE CAPITAL REGION



31 - ROSEMEADE FARMS

1939 Meadowbank Road, Saanichton
250-652-1862
roasemeadefarms.com
Email: rosenorrie@shaw.ca

The Nice Place to Pick.

U-Pick: Monday, Thursday, Saturday. Families Welcome- Pick and Picnic.

Berries: Honey Berries, Strawberries, Cascades, Thornless Blackberries, etc.

Tree Fruits: Sour Cherry, Plums, Apples, Seedless Eating Grapes.

Christmas Boughs and Holly before Christmas.

Directions: Pat Bay Highway#17 turn west at Island View Rd, right on East Saanich Rd, left up Stelly's, left at top of the hill on to Seabrook which turns right into meadowbank, left at farm sign "1939 Meadowbank". OFF STREET PARKING.

30 - NORTHSTAR ORGANICS

2200 Bear Hill Rd, Victoria
Email: sales@northstarorganics.ca



We are a 10 acre certified organic farm in Central Saanich, growing a wide variety of fresh vegetables and blueberries.

Pre-order our 10# cases of blueberries online - see our website www.northstarorganics.ca for the online purchase link. Blueberry pre-orders start in May, we harvest in July and August, they are then available for pickup from our farm and farmers markets. You can also order other farm produce online from our website. All our produce is Certified Organic (IOPA #1960).



bcfarmersmarket.org

We support, develop and promote farmers' markets in British Columbia so local food continues to thrive.

Eat Local!



Visit us for fresh produce, local goods, deli, meat, sandwiches, Red Barn smoked meats and more!

Weekly Specials at redbarnmarket.ca or scan the code

West Saanich · Mattick's Farm · Vanalman · Latoria Walk · Oak Bay · Esquimalt · James Bay



32 - RUSSELL NURSERY

1370 Wain Road, North Saanich

250-656-0384

RussellNursery.com

Email: info@russellnursery.com

Instagram: RussellNursery

Russell Nursery is set on three acres of landscaped grounds, surrounded by mature fir trees. The tranquil, rural atmosphere makes it pleasant to browse through our well organized sales area.

Whether you are new to gardening or an old hand, you can expect a warm welcome and as much (or as little) help as needed to get you going. Our specialties include trees, Japanese maples, shrubs & perennials. We're all gardeners here and we love to talk plants!

33 - SAANICHTON FARM

1947 Stelly's X Road, Saanichton

250-727-1966

saanichtonfarm.com

Email: bryce@rashleigh.ca

FB: Saanichton Farm

Welcome to Saanichton Farm.

Our family has been farming on Vancouver Island for over 100 years. We produce haylage, straw, and wheat on the Saanich Peninsula. Our wheat is milled into stone-ground whole-wheat flour right here on our farm and is available at our farm market on Saturdays 10-2. Other products at our market include lentils, wheat berries, and eggs.

Seasonally we sell chicken, turkey, and produce.

We look forward to seeing you at our market.



34 - SEA DOG FARM

1742 Hovey Road, Saanichton

250-661-4577

SeaDogFarm.ca

Email: SeaDogFarm@gmail.com

FB: Sea Dog Farm

Instagram: Sea.Dog.Farm

Drive to our stand on Hovey Rd or stroll through Centennial Park to our walk up only stand. Our stands are always open and offer fresh, dried and freeze-dried fruits, vegetables, berries and herbs. We also have garlic, bouquets, lavender, and eggs from free range hens. In the spring we offer strawberry plants, herb & vegetable starts and dahlia tubers. Handmade wreaths are available starting mid November.

No herbicides, pesticides or rodenticides are ever used on the farm and our produce is never sprayed. We utilize regenerative practices to improve the soil and grow the healthiest produce.

See what is available by clicking "stand cam" on our website.



Toll Free
1-800-544-1227

Ph: 250-544-1227
Fax: 250-544-1228

Paper and Poly Bags
Pulp and Plastic Berry Containers
Corrugated Cartons and Berry Flats

#3 - 6809 Kirkpatrick Crescent
Saanichton, BC V8M 1Z8 • www.victoriabox.ca

FARMS IN THE CAPITAL REGION

35 - SILVER RILL BERRY FARM

THE BERRY FARM WITH GREAT TASTE!

1490 Hovey Road, Saanichton
250-652-5227

silverrillberry.com

Email: silverrillberry@shaw.ca

Instagram: [SilverRillBerry](https://www.instagram.com/SilverRillBerry)

Twitter: [SilverRillBerry](https://twitter.com/SilverRillBerry)



We specialize in our tasty and nutritious pure **Black Currant Concentrate** (high in antioxidants and polyphenols). Also enjoy our award-winning **jams and jellies**. We grow **currants** (black, red, white), **cherries**, **gooseberries** (red, green), **jostaberries**, **garlic** and **strawberries**. Our family has been farming and growing berries in the upper Mt. Newton Valley since the 1920s. Visit our website for more info, recipes, nutritional facts and farm updates. PLEASE call ahead or email us for availability, orders and directions.

Don't forget to follow us on Instagram for updates straight from the fields!



36- SILVER RILL CORN FARM

7235 Wallace Dr, Saanichton

250-883-4920

silverrillcorn.com

Email: info@silverrillcorn.com

FB: [SilverRillCorn](https://www.facebook.com/SilverRillCorn)

Specializing in only the finest quality varieties of NON-GMO Sweet Corn for over 70 years on the Peninsula! Always picked daily at peak ripeness. Other products: beets, beans, broccoli, carrots, cauliflower, chard, cucumbers, pickling cucumbers, kale, lettuce, peas, peppers, potatoes, pumpkins, squash, zucchini, and more! Various fresh berries when in season! Also a wide variety of farm made jams and preserves! Stay updated on our Facebook page or Website for frequent updates! Market is open late May thru late October!



37 - SLUGGETT FARMS

6881 West Saanich Road, Brentwood Bay

250-883-4491

sluggettfarms.com

Family farm operated continuously since 1876. All produce is picked fresh daily. We feature strawberries, 8 types of non-GMO sweet corn, as well as head and romaine lettuce, broccoli, cauliflower, radish, bunch carrots, potatoes, green onions, bush and fava beans, squash, beets and 5 types of pumpkins. Open 7 days a week from 9:30 am-6 pm while in season. We also have a booth every Saturday at the Peninsula Country Market.



Victoria's Premier Farmers Market Saturdays! year round

Regular Season: May-Oct (10am-2pm)

Winter Markets: Nov-Apr (10am-1pm)

For maximum convenience, buy online
at localline.ca/moss-street-market
MossStreetMarket.com



38 - STARLING LANE VINEYARD HERITAGE FARM

**5271 Old West Saanich Road, Victoria
250-479-4769
starlinglanevineyard.com**

Stunningly beautiful event location – garden parties, weddings, meetings.

Daily eggs
Raspberries
Apples
Grapes
Hazelnuts



39 - STEWART'S BERRY PATCH **6283 Oldfield Rd, Saanichton 250-652-6768**

Come experience the taste of fresh, locally grown blueberries. We grow 5 varieties of blueberries chosen for their flavour and harvest times beginning late June/early July depending on the weather. We have picked blueberries or bring your containers to do U-pick. Our stand is open 8 am to 3 pm daily. When it is wet and rainy, please call ahead to ensure that we're open. Please come early and often to avoid disappointment. Proudly serving your blueberry needs for over 25 years..



40 - SUN WING GREENHOUSES LTD.

**6070 Oldfield Road, Victoria
250-652-5732
Email: sunwingfarm@shaw.ca**

Open from March to Oct, store hours varies throughout the season, please check our updated website.

Sun Wing is a family owned and operated farm since 1993. We specialize in over 13 varieties of tomatoes such as heirloom, cherry, strawberry tomatoes. In addition to tomatoes, we produce a wide range of fresh vegetables such as Garlic, carrots, beans, cucumbers and Asian veggies, too many to mention.

We produce high quality products by applying biological pest control and picked daily. Please come early to avoid disappointments, first come first serve.

41 - SUNTRIO FARM

**8214 East Saanich Road, Saanichton
250-652-1003**



Certified organically grown produce. Look no further, we have it in our retail store and stores throughout Victoria, box programs and summer markets! From our greenhouse we produce many varieties of tomatoes, cucumbers, peppers, herbs, sprouts, wheatgrass, and mixed salad greens. From the field we produce a variety of vegetables and some year round root vegetables. We also grow blueberries, figs, strawberries and rhubarb. Open 7 days a week all year. Ring bell for service!

42 - WIND CHIPPED FARM

**4645 William Head Rd, Victoria
250-661-8099**

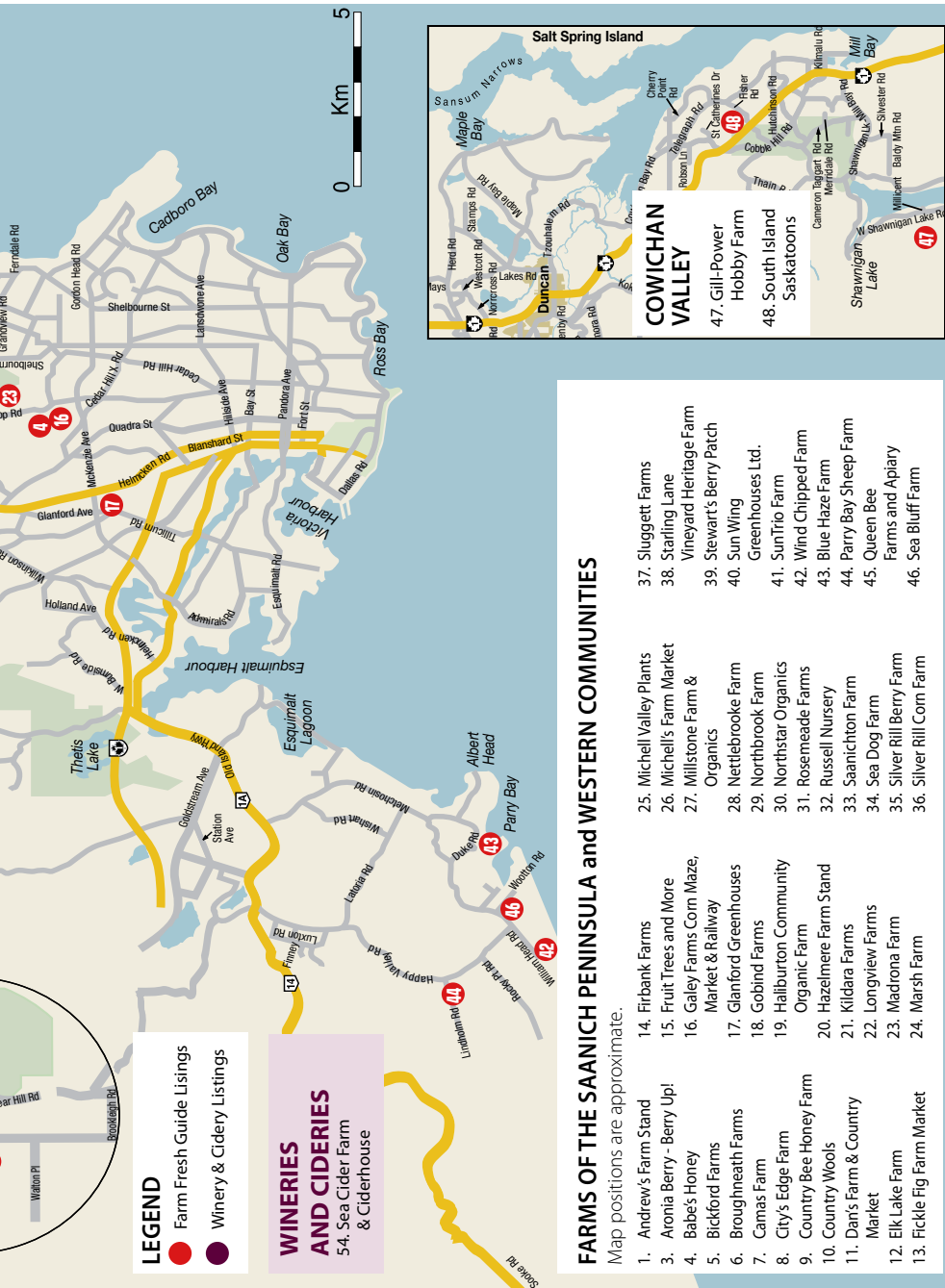


We are a small vegetable and fruit farm growing a wide range of crops which we sell at our farmstand, open most of the year on Fridays, from 10-4 and Saturdays and Sundays, from 9-4. We also operate a CSA subscription program, The Local Food Box. This multi-farm partnership offers members the choice of vegetables, meats, flower bouquets, honey, mushrooms, flour and eggs over a 20 week period from the beginning of June into October. We value being part of a growing local food community, practicing ecological farming methods and strengthening the connections between people and where their food comes from.



Your Local Grocer
Look for Island Grocer on local products in





FARMS OF THE SAANICH PENINSULA and WESTERN COMMUNITIES

Map positions are approximate.

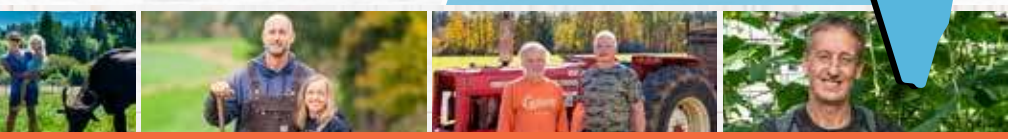
- 1. Andrew's Farm Stand
- 2. Aronia Berry - Berry Up!
- 3. Babe's Honey
- 4. Bickford Farms
- 5. Broughmeath Farms
- 6. Camas Farm
- 7. City's Edge Farm
- 8. Country Bee Honey Farm
- 9. Country Woods
- 10. Country Farms & Country Market
- 11. Dan's Farm & Country Market
- 12. Elk Lake Farm
- 13. Fickle Fig Farm Market
- 14. Firbank Farms
- 15. Fruit Trees and More
- 16. Galey Farms Corn Maze, Market & Railway
- 17. Gianford Greenhouses
- 18. Gobind Farms
- 19. Hallburton Community Organic Farm
- 20. Hazelmere Farm Stand
- 21. Kildara Farms
- 22. Longview Farms
- 23. Madrona Farm
- 24. Marsh Farm
- 25. Michell Valley Plants
- 26. Michell's Farm Market
- 27. Millstone Farm & Organics
- 28. Nettlebrook Farm
- 29. Northbrook Farm
- 30. Northstar Organics
- 31. Rosemeade Farms
- 32. Russell Nursery
- 33. Saanichton Farm
- 34. Sea Dog Farm
- 35. Silver Rill Berry Farm
- 36. Silver Rill Corn Farm
- 37. Sluggert Farms
- 38. Starling Lane Vineyard Heritage Farm
- 39. Stewart's Berry Patch Greenhouses Ltd.
- 40. Sun Wing
- 41. SunTrio Farm
- 42. Wind Chipped Farm
- 43. Blue Haze Farm
- 44. Parry Bay Sheep Farm
- 45. Queen Bee Farms and Apiary
- 46. Sea Bluff Farm

er
ood stickers
in our 11 stores!

**It's all good!
Island Good.**



We support over 100 Island farmers, producers and suppliers.





Vanilla Panna Cotta with Strawberry Rosemary Compote

PANNA COTTA IS SWEET ITALIAN DESSERT THAT WE GAVE A TWIST TO WITH A FRESH TOUCH OF ROSEMARY. THIS RECIPE WILL HAVE YOU WANTING MORE.

Photo by Janis Jean Photography. Courtesy of Country Bee Honey Farm.

This recipe serves 6 people.

INGREDIENTS

- 1 packet** gelatine
- 2 cups** 35% cream
- ¼ cup** white sugar
- ½** vanilla bean
- ¼ cup** Country Bee small batch honey
- 1 sprig** rosemary
- 10** pureed strawberries (approx. 1½ cups)

HOW TO PREPARE

Panna Cotta

Follow gelatin instructions as per package and put aside.

Place the cream and the sugar in a saucepan. Scrape the seeds from the vanilla bean into the cream, and then add the pod. Gently bring to a simmer, stirring so the sugar dissolves.

Discard the pod. Pour the mixture into a stainless steel bowl. Stir in the gelatin liquid and whisk until dissolved. Place the bowl over a second, large bowl of ice. Whisk gently until the cream mixture cools and thickens enough to coat the back of a spoon, about 5 minutes. Divide the mixture among 6 ramekins and chill overnight.

Compote

Combine the pureed strawberry, Blueberry Honey and rosemary in a saucepan. Bring to a boil over medium-high heat. Reduce heat to a simmer. Reduce the liquid by half, remove rosemary while still warm and liquid. Set aside to cool.

Plating and Garnish

Place the ramekins in warm water to help release from the sides. Use a knife to gently pull the panna cotta from the side of the ramekins, turn upside down and gently place on a plate. Put a generous dollop of puree next to the panna cotta and garnish with a sprig of rosemary and a quartered strawberry. Drizzle some more honey otop of the panna cotta and serve.



Recipe supplied by: www.countrybeehoney.ca/vanilla-panna-cotta-with-strawberry-rosemary-compote



SAANICH-GULF ISLANDS

SUPPORT
OUR LOCAL FARMERS.
EAT FRESH. EAT HEALTHY.
BUY LOCAL!

Elizabeth
M.P.
May

ELIZABETHMAYMP.CA
9711 4TH ST. SIDNEY, BC V8L 2Y8 250 657-2000

FARMS ON THE WEST SHORE



43 - BLUE HAZE FARM

3817 Duke Road, Metchosin, Victoria

250-514-9400

Email: bluehazefarm@outlook.com

FB: BlueHazeFarm

Blue Haze Farm grows apples, crab apples, quince, pears, persimmons, and fresh figs. They are available at the property when in season. All year, we have excellent frozen cold pressed UV pasteurized apple juice available. Seasonally, we have cut holly and other greens for pick up at the farm. Please send a message if you have any questions.



44 - PARRY BAY SHEEP FARM

4335 Lindholm Road., Metchosin, BC

250-478-9628

parrybaysheepfarm.com/wordpress

Parry Bay Farm Market features home grown Parry Bay Sheep Farm lamb and chicken as well as local Metchosin pork. Our meat is available at our home farm stand on Saturdays year-round from 12 to 3 p.m., and at the Metchosin Farmers' Market and through the Wind Whipped Farm box program in the summer months. We also sell raw and carded fleece from our flock of three hundred East-Friesian/Finnish-Landrace ewes.



45 - QUEEN BEE FARMS AND APIARY

1153 Aspen Rd

250-508-3339 or 250-216-4040

queenbeefarms.ca

Email: Lisa@QBFarms.ca

queenbeefarms.ca

Facebook: Queenbeefarms

Instagram: Queenbeefarms

All plants and trees grown at the farm have been selected to benefit our local and visiting pollinators. We specialize in several 'Bee Inspired' products made utilizing sustainable and organically grown herbs, fruits, flowers, and honey produced by the farm. Products include a line of premium Loose-Leaf Teas, unique and original tea blends handcrafted in small batches in season for optimum quality, freshness and taste, our line of All Natural, Organic, Honey-Herbal Skincare, a wide variety of Herbs and Edible Flowers (fresh & dried), Beeswax Candles, some amazing tasting Wildflower Honey, and All-Natural Honey Simple Syrups. Great for adding to your favorite cocktails, mocktails, sodas or iced teas. For more information on our farm, pollinators & products please visit our website or follow us on Facebook.

46 - SEA BLUFF FARM

565 Wootton Road, Victoria

250-479-8273

seablufffarm.com

Email: seabluffbusi@gmail.com

FB: SeaBluffFarm

Sea Bluff Farm is burgeoning with over 40 different kinds of Certified Organic veggies and fruit, grown right here, all year round! There's always a cooler bursting with fresh cut greens. Our carefully curated seasonal display can include colourful heirloom tomatoes, crunchy carrots and/or luscious berries. Buy our seeds and veggie starts in spring. Every week of the year there is something delicious to get excited about. Tuesdays and Saturdays have the best selection, but we've got something to offer most days of the week. Check out our website for farm happenings and special events.



FOR SALE

Hobby Farm in Cowichan Bay



Sunny level acreage with beautiful bright 3-4 bedroom, 4 bath post and beam home serenely set well back from the road. The separate 1800 square foot 3 bay shop with second floor could be a great horse barn but has many possibilities. Enjoy gardening year-round in the large, fenced area complete with 11x19 greenhouse. Located in the Bench School catchment area and just a stroll to the charming and vibrant sea-side village of Cowichan Bay.

Paradise awaits!

Debra Christianson

250-709-0111 debra@debrachristianson.ca



sutton group
WestCoast Realty™

FARMS IN THE COWICHAN VALLEY REGION



47 - GILL-POWER HOBBY FARM

2124 Millicent Avenue, Shawnigan Lake
250-743-1990

We started our hobby farm in 2007. We raise Black Welsh Mountain Sheep – a rare breed with long tails and blue tongues. Black Welsh Mountain Sheep wool available for purchase. We have fresh Omega-3 eggs and roasting chickens. We also raise New Zealand rabbits for pelts and consumption. Our farm is open by appointment only.

48 - SOUTH ISLAND SASKATOONS

1245 Fisher Road, Cobble Hill
250-743-9464

Welcome to South Island Saskatoons. We are located just 35 minutes north of Victoria, on Fisher Road in Cobble Hill. During picking season (late June through July), come for fresh or frozen berries, pre picked or U-pick (check our website for picking conditions). Frozen Saskatoons, pies, preserves and recipes available year-round.

LITTLE QUALICUM
HANDCRAFTED
ESTD 2001
GRASS-FED
CHEESEWORKS

FROM OUR FAMILY FARM
to your table

MILK
MADE IN QUALIFIED CANS

403 LOWRY'S RD IN PARKSVILLE | 250.954.3931 | WWW.CHEESEWORKS.CA

FARMS IN THE CENTRAL ISLAND REGION

49 - BLUE HARVEST FARM

13387 Code Road, Ladysmith
1-877-660-6118



Growers of premium **Certified Organic Blueberries (IOPA #1309)**. Our boutique family-operated farm offers several wonderful varieties including Rubel, which ranks first in antioxidant content. Fresh berries are available from late July until early September, packed in five-pound Ziploc® bags. Orders of fifty pounds or more receive special pricing. A limited frozen supply is available after harvest. All sales are by pre-order so please reserve today.

50 - LITTLE QUALICUM CHEESEWORKS

403 Lowrys Road, Parksville
250-954-3931
cheeseworks.ca

Morningstar Farm is home to Little Qualicum Cheeseworks. Milk from a 50-cow dairy herd is lovingly made into artisan cheese and sold fresh from the farmgate store: open year-round. Visitors can enjoy self-guided tours, a seasonal "café", a variety of farm animals, and Canada's first "milk-on-tap" dispenser.



51 - SILVER MEADOWS FARM MARKET LTD

1019 Errington Road, Errington
250-248-4450
FB: silvermeadowserrington

Look for us on Facebook.

Silver Meadows Farm Market Ltd. is a 116-acre family owned and operated mixed crop farm. Growing sweet corn, strawberries, raspberries, vegetables and pumpkins. The farm raises beef and pork all without the use of antibiotics or hormones. In our rustic farm store you will find: farm fresh eggs as well as local cheeses, honey, jams, jellies, mustards, chocolates, 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!

islandfarmfresh.com



52 - SPRINGFORD FARM

1934 Northwest Bay Road, Nanoose Bay
250-468-7540
springfordfarm.com

Springford Farm is a diversified family-run farm that has been operating in Nanoose Bay for more than 30 years. Our mission is to provide our family and yours with truly healthy food products... naturally. Our **beef, turkeys, and eggs are free of growth hormones and antibiotics. Beef meat packs, individual cuts and sausages are available. Turkeys are available for Thanksgiving and Christmas only.** Through our on-farm market, we sell a range of products from our farm and other local producers. We also produce high quality hay for the local horse market. We are open year-round and you can check our website for more information and current market hours.

53 - STOCKING CREEK FARM

10735 Edgelow Road, S Ladysmith
250-245-8615

Enjoy fresh free-range eggs, and fresh and frozen free-range chicken all year. Fresh free-range, non-medicated turkeys for Thanksgiving and Christmas (pre-order is recommended). Poultry is air-chilled for best quality. Delivery can be arranged.

6 varieties of unsprayed U-Pick blueberries. Crab apples and pears in the fall.

Farm gate sales 8:00 am to dusk daily. Easy traffic light access off the highway, 4km south of Ladysmith or 5km north of Chemainus.

We look forward to meeting you!

LOCAL CIDER



54 - SEA CIDER FARM & CIDERHOUSE
2487 Mt. St. Michael Rd, Saanichton
250-544-4824



Located 20 minutes from Downtown Victoria, Sea Cider Farm & Ciderhouse is one of BC's top agri-tourism destinations and agri-chic venue that offers year-round cider-centric experiences. **Our ten-acre farm is home to over 1,300 apple trees, made up of over 50 varieties of heritage apples.**

Relax at our cider house, and drink in the panoramic water views overlooking our orchard across the Haro Strait to James Island. Sea Cider is open year-round for tastings and tours. Come raise a glass and savour our award-winning organic ciders paired with local charcuterie and cheeses and other local delectables.





Robin Herlinveaux still loves farming. The 72-year-old didn't even hail from a farming family and, as a young man, had little inclination to make his living from the land, but he's been at it for about 45 years now.

Saanich Peninsula farmer speaks about the legacy of farming in B.C.

Story and photos: By Tim Collins

Robin Herlinveaux was not always a farmer.

The 72-year-old didn't even hail from a farming family and, as a young man, had little inclination to make his living from the land.

"I'd worked about a million jobs but in about 1973, my father thought we'd give farming a try. He's long gone now, but I've

been doing this for about 45 years now and I still like it," Herlinveaux said.

"We went from raising sheep to selling hay to growing vegetables and I still love doing it."

But Herlinveaux is quick to dispel any romantic notion about farming being a lifestyle or "way of life" – at least for him.



The cherries grown at Silver Hill Berry Farm in Central Saanich

"There's nothing romantic about it. This is a business, plain and simple. It's how we make a living. But things have changed and gotten harder over the years. That's for sure," Herlinveaux said.

The statistics confirm that assessment.

According to the Capital Region Food and Agricultural Initiatives Roundtable, Vancouver Island produced as much as 85 per cent of the Island's food supply in the 1950s. That number has plummeted to about six per cent today, according to Herlinveaux, and the situation shows no signs of improving.

One of the most significant obstacles for Herlinveaux and other farmers in the region is rooted in the value and associated cost of land on the South Island.

The value of land has skyrocketed in recent years and, according to Jodie MacLennan, the Island deputy assessor, those values rose by up to 35 per cent in 2022 alone.

Hertel's
since 1963
COUNTRY FRESH, NATURALLY THE BEST!

BC pork
Proudly Grown
Meat to Shine

We would like to **THANK** all of our valued customers for their ongoing support!
Thank you for supporting Local

- *No MSG
- *Gluten-Free
- *Dairy-Free
- *Naturally Smoked with Hardwood

**Proudly Produced Locally
On Vancouver Island
www.hertelmeats.ca**



Farmer Robin Herlinveaux and his wife Maureen at their roadside stand.

“We can’t afford to buy the land, so we have to rent it, but the landowners don’t want to rent to farmers,” Herlinveaux said.

“There are a lot of places where people have made so much money in the appreciation of their property over the last three, four, five years they don’t need farmers on there anymore. And they aren’t concerned that we all need food ... that don’t mean anything to these people. They can go to the store and buy their food, so that’s all they care about.”

But, according to Herlinveaux, the lack of interest in farming doesn’t translate into a lack of interest in money.

“These same people who won’t rent their land to farmers will still do things to qualify themselves for a farming tax credit on their tax bill,” said Herlinveaux. “It’s just wrong.”

“They’re token farmers. They do the bare minimum and then sit around patting each other on the back and laughing about how they saved \$7,000 on their taxes.”

“(For example) they won’t fertilize their land, but they’ll ‘mine’ it year after year for a hay crop that they have someone take off for them and they get the same credit that I do for actually farming. On the Saanich Peninsula alone, there are probably about 3,000 acres of farmland that aren’t even fertilized.”

That observation was backed up by another farmer, who wished to withhold his name for fear of negative reactions from neighbours.

“I have an apple orchard with 75 acres and it’s a lot of work. But the people across the road have someone bring in a couple of sheep for a few weeks and laugh about how they get the same tax credit on their land,” he said.

Regulations governing food production are also an impediment.

“If you want to sell carrots, you have to build a washing plant, get your Food Safe, meet regulations on water testing and have calibrated weigh scales. By the time you’re done it’s cost you a quarter-million just to sell a bag of carrots.”

SEASONAL AVAILABILITY CHART

Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Beans					G	G	G	G	G	G		
Beets												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Corn												
Cucumbers			G	G	G	G	G	G	G	G		
Garlic												
Herbs												
Lettuce												
Onions												
Peas												
Peppers			G	G	G	G	G	G	G	G		
Potatoes												
Pumpkins												
Rhubarb												
Spinach												
Squash												
Tomatoes			G	G	G	G	G	G	G	G		

Field Berries

Blackberries												
Blueberries												
Currants												
Cranberries												
Loganberries												
Raspberries												
Saskatoon Berries												
Strawberries												

Tree & Vine Fruit

Apples												
Peaches												
Pears												
Plums												
Kiwi												

Nursery/Flowers

Bedding Plants												
Cut Flowers	G	G	G	G	G	G	G	G	G	G	G	G
Fruit Trees												
Christmas Trees												

Some products - like honey, eggs and microgreens - are available year-round. You can also enjoy farm-raised meats, like beef, chicken, duck, lamb, pork and turkey.

G = Greenhouse



Picking black currants at Silver Hill Berry Farm in Central Saanich.

The net result of these issues leads Herlinveaux to the conclusion that there won't be a legacy of farming to pass on to future generations. He has four children and only one of them has chosen to do any farming.

"There won't be any succession. How in the hell are young farmers going to buy a place with land prices going up driven by speculators and big corporations? This little piece of land here would sell for more than four million.

"At best you might see some hobby farmers out here soon," he said.

Asked if he had any suggestions for improving the situation, Herlinveaux said that the tax regulations that reward people who aren't actually farming should

be addressed and that benefits should only go to legitimate farmers.

But despite the gloomy situation facing farmers, Herlinveaux and his wife, Maureen, have persisted.

He's continued to farm several parcels of land and sells some of his produce through established retail outlets, like Red Barn Market.

"We also have the roadside stand (on Tatlow Road) and we go to the farmer's market at the Saanich Fairgrounds every week. That helps to advertise our stand here as well," Herlinveaux said.

"Despite the problems, it's a business that I've done for 45 years, and I still love it." 🍓🍓🍓



Murray Rankin MLA

Oak Bay - Gordon Head Constituency Office



Full Page Farm Fresh Dear friends, Our government is taking action to support and strengthen our community. We understand the many challenges individuals are facing and we are working hard to provide the support and action our community needs. Undoubtedly, the housing crisis continues to affect a great number of British Columbians.

We're making changes to support more seniors, and delivering a top-up cheque for seniors and families who are now struggling with the cost of living and rent

- Improvements to the Shelter Aid for Elderly Renters (SAFER), where now an estimated 4,800 more seniors will qualify for the program, and existing recipients will see an increase of approximately \$110 per month.
- Protecting renters from bad-faith evictions, and supporting compliant landlords, strengthening the overall security of tenancies in B.C.
- Getting more affordable homes built through huge investments in BC Builds and investing in BC's rental protection fund to preserve our affordable rental housing stock. People in our community love to commute by walking and cycling. We're adding protections into law to protect vulnerable road users, keep people safer on our roads and encourage even more use of active transportation.
- Helping fund the McNeill Avenue Active Transportation and Traffic Calming Project.
- Protecting cyclists and other vulnerable road users with new safe passing distance rules for drivers.

If you have any questions or concerns about these initiatives or any provincial issue, please don't hesitate to reach out. We're here to help.

Murray Rankin, MLA Oak Bay-Gordon Head
250-472-8528 | Murray.Rankin.MLA@leg.bc.ca

LOCAL • HEALTHY • SUSTAINABLE



**ISLAND
FARM FRESH**



**BUY DIRECT
FROM THE FARM**



YOUR GUIDE TO

LOCAL FARMERS

ON VANCOUVER ISLAND

SINCE 1987



Find directions, photos and updates right from the fields on our website

islandfarmfresh.com

PRODUCT INDEX



APIARY PRODUCTS 4, 9, 16, 45, 52

APPLES 2, 3, 11, 12, 13, 19, 21, 23, 24, 26, 31, 34, 38, 41, 43, 46, 47, 52, 54

ARONIA BERRIES 3

ASIAN PEARS 2, 11, 12, 13

ASPARAGUS 11, 24

BAKERY PRODUCTS 1, 11, 13, 18, 26, 27, 41, 47, 48, 52, 53

BARK MULCH, WOOD CHIPS 1, 14, 25, 26, 28

BARLEY 33

BEANS 1, 8, 11, 13, 14, 17, 18, 19, 20, 21, 22, 23, 24, 26, 27, 26, 28, 29, 30, 34, 36, 37, 40, 41, 42, 46, 47, 51, 52

BEDDING PLANTS 14, 25, 32, 34

BEEF 6, 26, 28, 52

BEETS 1, 8, 11, 14, 17, 19, 20, 21, 22, 23, 24, 26, 26, 28, 30, 34, 36, 37, 40, 41, 42, 46, 52



BLACKBERRIES 1, 9, 11, 13, 18, 19, 21, 23, 24, 26, 28, 43

BLUEBERRIES 11, 13, 16, 18, 26, 28, 29, 30, 34, 39, 41, 42, 43, 49, 52, 53

BOYSENBERRIES 18

BREADS 13, 26, 52

BROCCOLI 1, 11, 14, 19, 20, 23, 24, 26, 28, 36, 37, 40, 41, 46, 52

BROWN BOX DELIVERY 1, 19, 28

BRUSSEL SPROUTS 11, 14, 20, 23, 24, 26, 37, 41, 46

CABBAGE 1, 11, 14, 19, 20, 21, 22, 23, 24, 26, 26, 28, 30, 37, 41, 46, 52

CARROTS 1, 8, 11, 13, 14, 16, 19, 20, 21, 22, 23, 24, 26, 26, 28, 30, 36, 37, 40, 41, 42, 46, 47, 51, 52

CASCADE BERRIES 31

CAULIFLOWER 1, 11, 14, 19, 20, 21, 23, 24, 26, 28, 36, 37, 40, 41, 46

CELERY 8, 11, 20, 26, 26, 37, 40, 41, 46

CERTIFIED ORGANIC 2, 3, 19, 21, 29, 30, 41, 46, 49, 54

CHEESE 25, 50, 52

CHERRIES 1, 13, 23, 24, 28, 31, 33, 37, 41, 46, 47



CHICKEN 1, 9, 10, 21, 28, 33, 44, 51, 52, 53

CHRISTMAS TREES 1,, 26, 28, 32

CIDER 53

CORN: Ornamental 11, 28, 36

CORN: Sweet 5, 11, 16, 20, 23, 24, 26, 28, 29, 36, 37, 41, 46, 51, 52

CRABAPPLES 2, 11, 21, 23, 24, 43, 53

CRANBERRIES 52

CSA 1, 8, 28, 42

CUCUMBERS 8, 11, 17, 18, 19, 20, 21, 23, 24, 26, 28, 30, 34, 36, 37, 40, 41, 42, 46, 47, 52

CULTURED HONEY DRINKS 4

CURRANTS: Black 1, 35

CURRANTS: Red 1, 35

CURRANTS: White 35

CUSTOM JUICING 26, 35

DAHLIAS 19, 25, 26, 32, 34, 38

DAIRY PRODUCTS 50, 52

DRIED HERB AND TEA BLENDS 4, 45

PRODUCT INDEX

DUCK MEAT 52

EGGPLANT 11, 17, 19, 20, 23, 24, 29, 30, 37, 40, 41, 52

EGGS: Chicken 9, 11, 21, 27, 26, 33, 34, 38, 40, 47, 52, 53

FARM FESTIVALS 2, 14, 16

FARM TOURS 2, 9, 15, 16, 19, 38

FARM WORKSHOPS 16



FIGS 11, 13, 15, 21, 38, 41, 42, 43

FLOUR 27, 33, 52

FLOWER BULBS AND TUBERS 19, 32

FLOWERS: *Fresh Cut/Dried* 1, 5, 8, 13, 14, 19, 20, 22, 34, 52

FLOWERS: *Edible* 13, 19, 25, 34, 45

FORAGE 6, 33, 52

FRUIT: *Frozen/Freezies* 1, 3, 9, 11, 12, 13, 18, 26, 33, 35, 47, 48, 53

FRUIT: *Leather, Dried fruit* 3, 11, 13, 34, 35

FRUIT: *Trees/Bushes* 2, 15, 47

FUCHSIAS 14, 25, 32

GARDEN SUPPLIES 32



GARLIC AND SCAPES 1, 2, 7, 11, 12, 13, 16, 17, 18, 19, 21, 22, 23, 24, 26, 27, 28, 29, 30, 34, 35, 37, 40, 41, 42, 46, 47, 51, 52

GINGER 41

GOOSEBERRIES 1, 35

GOURDS 11, 12, 14, 18, 20, 26, 37, 51, 52

GRAPES 21, 23, 24, 31

HANGING BASKETS 14, 25, 32

FORAGE (*Hay & Grasses*) 33, 44, 52

HAZELNUTS 38, 46

HERB PLANTS 14

HERBAL PRODUCTS 14, 45



HERBS 1, 8, 11, 13, 17, 18, 19, 20, 21, 23, 24, 25, 26, 27, 28, 29, 30, 34, 37, 40, 41, 42, 45, 47, 52

HOLLY 21, 31, 32

HONEY 4, 6, 9, 13, 16, 34, 45, 46, 52

JOSTABERRIES 1, 35, 39

JUICE 3, 11, 12, 26, 35, 41, 43, 47, 48



KALE 1, 8, 11, 14, 17, 18, 19, 20, 21, 22, 23, 24, 26, 27, 28, 29, 30, 34, 36, 37, 40, 41, 42, 52

KIWIFRUIT 12, 15, 41

LADYBUGS 25

LAMB 10, 13, 20, 44, 47, 52

LAVENDER 1, 3, 13, 25, 27, 32, 34, 45, 47

LEEKs 1, 11, 14, 18, 19, 20, 21, 23, 24, 26, 28, 29, 30, 37, 41, 46, 47, 52

LENTILS 33

PRODUCT INDEX



LETTUCE 8, 11, 14, 17, 19, 21, 22, 23, 24, 26, 27, 28, 29, 34, 37, 40, 41, 42, 46, 52

ALPACA FIBRE/YARN 34

LOGANBERRIES 11, 18, 26, 36

MANURE 1, 10, 14, 25, 26, 28, 29, 53

MARIONBERRIES 18, 31, 36

MELONS 1, 11, 18, 22, 23, 24, 26, 41, 42

MICROGREENS 1, 13, 41

MUSHROOMS 37

ONIONS 1, 11, 14, 19, 20, 21, 23, 24, 26, 37, 41, 42, 46, 47, 52

PARSNIPS 11, 20, 23, 24, 26, 26, 30, 41, 46, 47, 52

PEACHES 3, 37

PEARS 3, 11, 12, 19, 26, 31, 34, 41, 42, 43, 46, 52, 53



PEAS 8, 11, 17, 19, 21, 23, 24, 26, 28, 34, 37, 40, 41, 42, 46, 47, 52

PEPPERS 1, 11, 17, 19, 20, 21, 23, 24, 28, 30, 34, 37, 40, 41, 42, 46, 52

PERENNIALS 14, 25, 32

PERSIMMONS 43

PET FOOD 34

PLUMS & PRUNES 3, 11, 12, 18, 21, 23, 24, 31, 34, 37, 42, 43, 46, 52

PORK 13, 21, 44, 51, 52

POTATOES 1, 11, 16, 19, 20, 21, 23, 24, 37, 42, 52

PRESERVES 3, 11, 13, 15, 18, 26, 27, 26, 34, 35, 36, 37, 39, 41, 47, 48, 52

PUMPKINS 1, 5, 11, 14, 16, 18, 20, 22, 26, 26, 28, 30, 33, 34, 37, 41, 51, 52

QUINCE 11, 13, 41, 42, 43

RASPBERRIES 1, 9, 11, 16, 18, 19, 26, 26, 31, 34, 37, 50, 51, 52

RHODODENDRONS, AZALEAS, KALMIA 25, 32

RHUBARB 1, 11, 14, 18, 20, 22, 26, 28, 31, 33, 34, 35, 37, 41, 46, 50, 51, 52, 53

RUTABAGAS 20, 23, 24, 26, 30, 37, 41, 46, 47

SALAD GREENS 1, 8, 10, 11, 14, 19, 21, 23, 24, 26, 29, 30, 40, 41, 42, 46, 52



SASKATOON BERRIES 13, 48

SEEDS 14, 29

SHALLOTS 8, 11, 19, 21, 23, 24, 30, 41, 42, 46

SHEEPSKIN 10

SIMPLE SYRUPS 45

SMALL FRUIT PLANTS 15

SOAP, SKIN PRODUCTS 9, 27, 45

SPINACH 1, 11, 14, 19, 22, 23, 24, 26, 27, 28, 30, 34, 40, 41, 42, 46



SQUASH 1, 8, 11, 13, 14, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26, 26, 28, 30, 33, 36, 37, 40, 41, 42, 47, 51, 52

STRAW 33

STRAWBERRIES 1, 8, 11, 16, 18, 19, 22, 26, 27, 26, 28, 31, 33, 34, 35, 36, 37, 41, 51, 52



SWEET POTATO 11, 19, 21, 40, 41

SWISS CHARD 1, 8, 11, 14, 17, 19, 20, 21, 22, 23, 24, 26, 26, 28, 30, 36, 40, 41, 42, 46, 52

TAYBERRIES 11, 12, 18, 21, 27, 31, 36, 40

TOMATOES 11, 17, 19, 20, 21, 23, 24, 26, 27, 28, 30, 34, 37, 40, 41, 42, 46, 52

TREES AND SHRUBS 25, 32

TURMERIC 41

TURKEY 1, 13, 28, 33, 52, 53

TURNIP 8, 19, 20, 21, 23, 24, 37, 41, 46

U-PICK 1, 11, 16, 18, 26, 28, 31, 39, 48, 50, 53

VEGETABLE MARROW 11, 20

VEGETABLE STARTERS 1, 19, 13, 14, 25, 27, 32, 34, 46

VINEGAR 3, 4, 26

WEDDINGS 38

WHEAT BERRIES 33

WINE 50, 54

WOOL PRODUCTS 10, 13, 27, 44

WREATHS, SWAGS, CONES, GREENS 13, 21, 27, 32, 34, 47



ZUCCHINI 1, 8, 11, 14, 17, 18, 19, 20, 21, 23, 24, 26, 26, 30, 33, 34, 37, 41, 42, 47, 51, 52



PENINSULA COUNTRY MARKET

COME SEE HOW COUNTRY FEELS

EVERY SATURDAY 9am-1pm
June 1- October 12

Find Us:
at the Saanich Fairground
1528 Stelly's Cross Road, Saanichton
Every Saturday 9am - 1pm
June 1 - October 12

www.peninsulacountrymarket.ca

  @peninsulacountrymarket

- Great Coffee
- Fresh Produce
- Flowers
- Local Artisans
- Music
- Kid Zone
- Family Fun
- Dog Friendly



Serving Vancouver Island's agricultural community for over 40 years

Terry Stevens - Technical Sales
250-883-5361
terry.stevens@nutrien.com

Your local branch:
630 Garbally Road Victoria BC
250-381-2281

Fertilizers - Seed - Chemicals - Landscape Supplies - Delivery available

OPEN YEAR ROUND!

Sweet Meadows



Farm & Market

270-929-0040 | www.sweetmeadows.ca



Instant colour
our specialty
Always in
great supply

250-658-8812

Open: Fri Sat Sun Mon 9-5:30 • Closed: Tues Wed Thur

Wildwood



OUTDOOR
LIVING CENTRE™

Locally Owned and Operated

4660 Elk Lake Drive | **250-658-5415**

Next to Saanich Commonwealth Place

Online Shopping Now Available



www.wildwoodoutdoorliving.com

MICHELL

E X C A V A T I N G

Excavating, Trucking &

Premium Landscape Products

CUSTOM SOILS AGGREGATES MULCHES COMPOST



7473 E. Saanich Rd. Saanichton, BC V8M 1W2

T: 250-652-1640 info@michellexcavating.ca

MICHELLEXCAVATING.CA