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YOUR GUIDE TO LOCAL FARMERS SINCE 1987

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Salt Spring Island • Cowichan Valley • Oceanside



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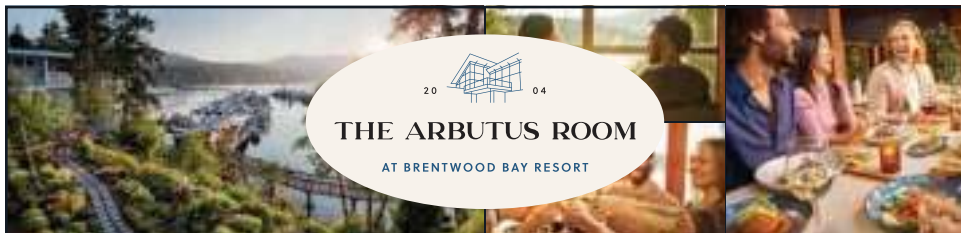
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250-580-0263 countrybeehoney.ca



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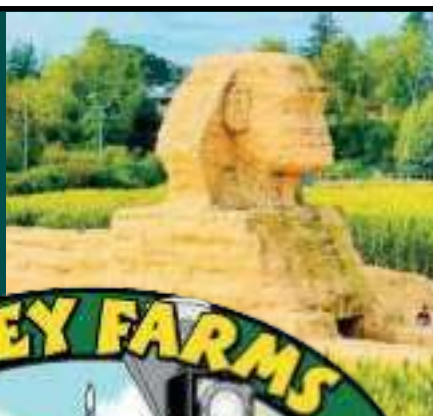
JOIN THE WINE CLUB BY EMAILING ADRIANO@BRENTWOODBAYRESORT.COM



CONTENTS

HOW TO USE THIS GUIDE	6
PRESIDENT’S MESSAGE	7
FARMS IN THE CAPITAL REGION	8-19
REGIONAL MAP OF ISLAND FARM FRESH MEMBERS	20-21
FARMS ON THE WEST SHORE.....	25
COWICHAN VALLEY REGION	26
CENTRAL ISLAND REGION	27
LOCAL CIDERS.....	28
FOOD DAY CANADA!	29
SEASONAL AVAILABILITY CHART	33
PRODUCT INDEX	36





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**ISLAND
FARM FRESH**

PENINSULA
NEWS REVIEW .com

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 Peninsula News Review.

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For membership into the SVIDFMA please contact by email
islandfarmfreshguide@gmail.com,
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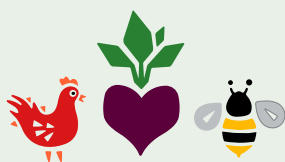
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ISLAND FARM FRESH



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

As we step into another growing season on Vancouver Island, our local farmers are once again hard at work—planting crops, raising livestock, tending beehives, and crafting exceptional ciders. We're proud to present the 38th edition of the Island Farm Fresh Guide, your trusted resource for finding and supporting local food producers.

For nearly four decades, our mission has remained the same: to connect our communities with the incredible farmers, growers, and makers of Southern Vancouver Island. In a time when global supply chains feel uncertain, there's never been a more important moment to invest in local food systems. By choosing to shop at farmers' markets, independent grocers that carry local products, and restaurants that prioritize locally sourced ingredients, you're strengthening the backbone of our region's agriculture.

The guide is just the beginning—visit our members' websites and follow them on social media for updates on seasonal offerings, market locations, and the freshest ingredients available. Every dollar spent on local food is a direct investment in our farmers, our land, and our shared future.

From all of us at the Southern Vancouver Island Direct Farm Marketing Association, thank you for your ongoing support. Your choice to buy local helps ensure a vibrant, resilient, and delicious future for our island.

FARMS IN THE CAPITAL REGION



1 - ANDREW'S FARMSTAND

7377 Tomlinson Road, Saanichton

250-880-2000

nettlesbrookfarm.com

Nettlebrook Farm

AndrewsFarmstand

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 Farmstand 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

E: harryburton@shaw.ca

appleluscious.com

[harry.burton.1428](https://www.facebook.com/harry.burton.1428)

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 2025 Annual Salt Spring Island Apple Festival Theme: Celebrating APPLE DIVERSITY. Sunday, Sept 28, 2025.

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 - BABE'S HONEY FARM

4150 Blenkinsop Road, Victoria

Unit 7 - 2042 Mills Road West, Sidney

250-658-8319

E: store@babes-honey-farm.com

babes-honey-farm.com

[babeshoneyfarm](https://www.facebook.com/babeshoneyfarm)

[babeshoneyfarm](https://www.instagram.com/babeshoneyfarm)

Vancouver Island's Finest Honey Since 1945. 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!

4 - BICKFORD FARMS

7969 Wallace Drive, Saanichton

bickfordfarms.com

Bickford Farms

[bickford_farms](https://www.instagram.com/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, 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 is 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!

5 - BLACK BEAR FARMS

6080 Oldfield Road, Victoria

250-652-2264

E: paul@blackbearberries.com

blkbearfarms.com

Facebook BlackBearFarms Instagram: blkbearfarms

Welcome to Black Bear Farms, a cherished gem located on Oldfield Road in Saanich, right in front of Dan's Market and beside SunWing Tomatoes.

At our family-operated farm, we're proud to blend tradition with the freshest offerings. Dive into summer with our U-pick blueberries, and enjoy our farm-fresh strawberries and a variety of melons, all bursting with flavour. As the season turns, join us for U-pick pumpkins, perfect for your fall celebrations. Black Bear Farms is your go-to destination for a genuine farm-to-table experience, where every visit is an opportunity to create lasting memories with family and friends.



6 - BOUGHNEATH FARM

1388 Tapping Road, North Saanich

250-893-5758

E: boughneathfarm@hotmail.com

boughneathfarm.com

Facebook 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

1831 Mt Newton X Road, Saanichton

778-893-9688

E: jane@camasfarm.com

camasfarm.com

Facebook camasfarmbc Instagram: camas_farm

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 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.



MICHELL'S FARM MARKET



GROWING OVER 50 VARIETIES
OF PRODUCE, HAY &
PASTURE RAISED BEEF!

2451 Island View Road | 250-652-6770 | Open 7 Days A Week Year Round!

FARMS IN THE CAPITAL REGION

8 - CITY'S EDGE FARM


6458 Central Saanich Road, Victoria

250-812-2176

E: citysedgefarm@gmail.com

citysedgefarm.ca

 [citysedgefarmvictoria](https://www.facebook.com/citysedgefarmvictoria)

 [citys_edge_farm](https://www.instagram.com/citys_edge_farm)

Stop by our roadside stand Tues-Sat 10-5pm for vegetables and flowers or come by the farm on Fridays 2-5pm to build your own bouquet and shop for fresh produce.

Our farm produces over 40 varieties of vegetables, herbs, strawberries, cut flowers and seedlings, as well as providing a healthy habitat for birds, bees and countless other living organisms. Check out our website or online store to find out what's in season and for more market times and locations (On farm and in Fernwood and Strawberry Vale).

*CSA shares (aka veggies boxes) are also available. *Online Store: citys-edge-farm.localline.ca*



9 - COUNTRY BEE HONEY FARM

6440 West Saanich Road, Saanichton

250-580-0263

E: info@countrybeehoney.ca

countrybeehoney.ca

 [countrybeehoney](https://www.facebook.com/countrybeehoney)

 [countrybeehoneyfarm](https://www.instagram.com/countrybeehoneyfarm)

 [countrybeehoneyfarm](https://twitter.com/countrybeehoneyfarm)

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 the 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 / PASTURE PERFECT LAMB

2123 Bradford Ave, Sidney

250-514-6738

E: countrywools@hotmail.com

 [CountryWools](https://www.facebook.com/CountryWools)

 [tomsinlorea](https://www.instagram.com/tomsinlorea)

Pasture perfect market lamb. Quality and flavour. Cut and wrapped by the whole lamb or by the piece. Nine 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 and pillows, and sheepskins. Local hay. Breeding stock available Reg Charollais; Cotswold and reg Suffolk breeding stock.

11 - DAN'S FARM AND COUNTRY MARKET

2030 Bear Hill Road, Saanichton

250-652-9100

E: dansfarmmarket@gmail.com

dansfarm.ca

 [Dans Farm and Country Market](https://www.facebook.com/DansFarmandCountryMarket)

 [dansfarmmarket](https://www.instagram.com/dansfarmmarket)

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, Victoria

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 40 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.



**Grown on
Vancouver Island
Over 40 Years of
Dedication**



Come Visit Us!

1304 Greig Ave
Brentwood Bay
British Columbia
V8M 1J6

Or Order Online

<https://europa.bc.ca>



13 - THE FICKLE FIG FARM MARKET

1780 Mills Road, North Saanich

778-426-0032

E: info@theficklefig.ca

theficklefig.ca

TheFickleFigFarmMarket

ficklefigfarmmarket

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 Road, Saanichton

250-652-0016

Firbank Farm Market

firbankfarm

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!



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PROTECTIVE PACKAGING

DIGITAL PRINT & PACKAGING



VICTORIA
250.384.3382
GLBC.COM

15 - FRUIT TREES AND MORE

724 Wain Road, North Saanich

250-656-4269

E: bvduncan@fruittreesandmore.com

fruittreesandmore.com

📍 [fruittreesandmore7431](#)

Nursery and demonstration orchard. In the nursery, we have hundreds of specialty fruit trees for sale - citrus (lemons, limes, navel & mandarin oranges, kumquats, kaffir limes, tangelos, yuzu, sudachi, grapefruits), olives, feijoa (pineapple guava) plus figs, pomegranates, medlar, mulberries, kiwi, tea, goji & chilean guava.

In our demonstration orchard we specialize in growing dwarf fruit trees, citrus and sub tropicals, heritage and family favourites including unusual, connoisseur and hard-to-find varieties.

We grow many varieties of apples, pears, plums, grapes, kiwi, quince, lemons, limes, oranges, pomegranates, feijoa, figs, olives, cherries, peaches, apricots, nectarines, medlar, persimmons, pawpaws and berries. Marmalade made from our OWN citrus and jams from our OWN fruit.

Request appointments Monday to Saturday, 10 to 5. Closed Sundays.



16 - GALEY FARMS

4150 Blenkinsop Road, Victoria

250-477-5713

E: info@galeyfarms.ca

galeyfarms.ca

📍 Galey Farms

📍 [galey_farms](#)

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.

FARMS IN THE CAPITAL REGION

17 - GLANFORD GREENHOUSES

3968 Glanford Avenue, Victoria 2

50-479-4783

E: glanfordg@hotmail.

comglanfordgreenhouses.wordpress.com

f Glanford Greenhouses

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 INC.

6929 Veyaness Road, Saanichton

250-744-7942

E: gobindfarms@gmail.com

gobindfarms.com

f gobindfarms

@ gobind.farms

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.

islandfarmfresh.com



19 - HALIBURTON FARM

741 Haliburton Road, Victoria

250-658-0758

E: info@haliburtonfarm.org

haliburtonfarm.org

f HaliburtonFarm

@ haliburton_farm

Haliburton Community Organic Farm hosts a collaborative of farmers who work together to produce a wide range of Certified Organic Fruits, Vegetables and Flowers.

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

Find our harvest at Moss St. Market, Grocery Stores and Restaurants. Visit our website, Facebook and Instagram for farm updates. Contact us through the website to bring your school or youth group for a tour.

20 - HAZELMERE FARMS

1215 Tatlow Road, North Saanich

250-656-7651

E: 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. 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.



FARMS IN THE CAPITAL REGION


21 - KILDARA FARMS


11293 Chalet Road, North Saanich

250-655-3093

E: kildarafarms@gmail.com

kildarafarms.com

 Kildara Farms

 [kildarafarms](https://www.instagram.com/kildarafarms)

"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, Red Barn Market 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.

22 - LITTLE LOCHSIDE FARM

5630 Alderley Road, Victoria

250-858-8621

E: littlelochside@gmail.com

littlelochside.com

 [littlelochside](https://www.instagram.com/littlelochside)

Nestled along the scenic Lochside Trail, just off Sayward Rd, Little Lochside Farm offers fresh veggies, fruit, and a beautiful selection of flowers and dahlias - all grown in harmony with nature. We cultivate with care, using sustainable practices and avoiding chemicals or pesticides. Stay connected with us on social media for updates on our unique trail-side stand and U-Pick flower days throughout the summer! Join our CSA veggie box for a weekly taste of the harvests, or visit our stand to pick up a bouquet, sweet strawberries, or fresh veggies for your next meal.

23 - LONGVIEW FARMS

8277 Central Saanich Road, Saanichton

E: info@daffodil.com

longviewfarms.ca

 Longview Farms

 [longviewfarmsyyj](https://www.instagram.com/longviewfarmsyyj)

Longview Farms is the largest Certified Organic by PACS farm on Vancouver Island and our produce, flowers and bulbs can be found in several local retail stores throughout Vancouver Island and the mainland. We also sell at local farmers' markets and at our farmstand (please check the website for location and hours). We grow a wide variety of 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.




24 - MADRONA FARM

4317 Blenkinsop Road, Victoria

250-813-2716

madronefarm.ca

 [madronefarm](https://www.instagram.com/madronefarm)

We are one of the closest Fresh Market farms to the city. Located in the middle of the Blenkinsop valley. Our food is grown on the southern slopes of the sacred mountain Pkols. We are open Wednesday through Saturday, 11 am to dark. We grow an amazing diversity of vegetables through every season. All our food is harvested fresh each morning for you to enjoy.

25 - MICHELL'S FARM

2451 Island View Road, Saanichton

250-652-6770

E: market@michellsfarm.com

michellsfarm.com

 michellsfarm

 [michellsfarm](https://www.instagram.com/michellsfarm)

Sixth generation family farm providing local, fresh, quality produce and beef. 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 40+ varieties of Vegetables: Early bunched beets, celery, green onions, lettuces, our famously sweet nante carrots, kale, sweet corn, 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: Ground, stew, steaks, sausages, roasts, cured, smoked and more.

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!

26 - MICHELL VALLEY PLANTS

2451 Island View Road, Saanichton

250-886-0494

E: michellvalley@gmail.com

michellvalleyplants.ca

Facebook: [Michell Valley Plants](#)

Instagram: [MichellValleyPlants](#)

MVP is an owner-operated garden shop with family roots in the Saanich Peninsula dating back to the 1860s. Our friendly staff puts the emphasis on customer service - your satisfaction is our success! Our plant selection includes veggie and herb starts, a wide range of unique and familiar perennials, Japanese maples, shrubs, berries and over 400 varieties of bedding plants and basket stuffers. We also carry local fertilizers and soils. Come and check out our one of a kind hanging baskets and planters! We can custom plant for you as well. Sun, shade, deer resistant, drought tolerant... whatever your needs, we can help. Located at the corner of Pat Bay Hwy and Island View Road, behind Michell's Farm Market. We're open from mid-March to late October



SOIL ANALYSIS WATER TANKS POTTING SOILS SEEDS

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

PET FOOD ANIMAL FEED BIRD SEED FARM SUPPLIES

FARMS IN THE CAPITAL REGION



27 - MILLSTONE FARM & ORGANICS

710 Towner Park Road, North Saanich
778-350-1455

E: millstonefarmer@gmail.com

millstoneorganics.com

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

At the heart of Millstone Farm & Organics is a passion for healthy, purposeful living. Veggies, herbs & strawberries are grown organically. Our hens provide the pastured, organic eggs and the miniature babydoll sheep provide the wool we use to make the natural wool dryer balls. Our miniature donkeys are here to welcome you when you come for a visit. Within our farm shop you will see our dedicated gluten free flour milling studio with our large stonemill and sifter.

Freshly milled organic gluten free flours and mixes and spices are all available in our farm shop. Organic soaps, laundry soap, essential oils, sustainable home goods and cookbooks are just part of our line of curated products you will also find in our shop. In June and July the lavender fields are blooming and we grow for culinary, bouquets and oils. Fresh and dried bouquets are available along with dried buds. Our small batch artisan bakery offers organic, gluten free sourdough breads, pizza and baked goods from the wood oven and are available during shop hours. Farm Shop hours: Thursday-Saturday 10am -5pm. We offer both retail and wholesale sales

28 - NETTLEBROOK FARM

7377 Tomlinson Road, Saanichton
250-880-2000

nettlebrookfarm.com

Facebook: [Nettlebrook Farm](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.com. 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!



bcfarmersmarket.org

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

29 - NORTHBROOK FARM

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

E: hsandll@shaw.ca
saanichorganics.com
@ northbrook.farm



Northbrook is one of the Saanich Organics group of farms. Our farm stand is open every Tuesday, Friday and Sunday from April to November with a wide variety of organic produce. From early July to the end of August come enjoy our self-serve U-pick blueberries. Please read the signs which indicate prices, payment methods (cash, cheque, or e-transfer) and which rows are open for picking. U-pick open daily except Mondays. For bulk blueberry orders email or call after June 1.



30 - NORTHSTAR ORGANICS

2200 Bear Hill Road, Central Saanich
sales@northstarorganics.ca

northstarorganics.ca
@ northstar.organics



We are a certified organic farm in Central Saanich.

Ten pound cases of blueberries are available online by pre-order: www.northstar-organics.localline.ca/blueberriesandpicklingcukes (ordering starts in April for the mid-summer crop)

Other produce available weekly for pre-order at our farmers markets and farmstand: www.northstar-organics.localline.ca

31 - PATIO GARDENS

6536 W Saanich Road, Saanichton
250-652-8338

info@patiogardens.ca
patiogardens.ca
f PatioGardensVictoriaBC
@ patiogardens

Started in 2004, Patio Gardens specialized in gorgeous hanging baskets and annuals. It now also boasts a wide selection of perennials, shrubs, trees, and gardening supplies. It has grown to be the largest selection of ceramic planters in Victoria. The farm hosts beautiful weddings and a fun Christmas Artisan Craft Fair every year on the first weekend in December. Check out the website for more gardening workshops and community education events.



32 - PAULZ FARM

7120 Veyaness Road, Saanichton
250-896-2009

E: paulzfarm1@gmail.com
f Paulz Farm
@ Paulz_Farm



We are a local, family run farm located in Central Saanich and we are proud to carry on our families' long history of farming in this community. Our farm features fresh, non-gmo vegetables including Carrots, Beets, Corn, Lettuce, Kale, Swiss Chard, Broccoli, Beans, Squash and much more, all picked fresh every morning! We also offer weekly CSA Boxes, giving you a selection of fresh vegetables and berries (when available) each week throughout the season! Stop by and check us out! We will be open at the beginning of May.



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

FARMS IN THE CAPITAL REGION

33 - ROSEMEADE FARMS

1939 Meadowbank Road, Saanichton

250-652-1862 / 250-920-6495

E: rosenorrie@shaw.ca

"The Nice Place to Pick"

U-pick Monday, Thursday, Saturday or by appointment. Families are welcome to "Pick and Picnic". Rhubarb in April. Berries: Honey Berries, Strawberries, Cascades, Thornless Blackberries, Raspberries, Tay, Logon, Marion. Tree Fruits: Sour Cherry, Plums, Apples, Seedless eating grapes.

Holly and Boughs in November and December.

Directions: Pay Bay Highway #17, turn left 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 onto Meadowbank, left at the farm sign 1939 Meadowbank. Off-street parking and wheelchair access.

34 - SAANICHTON FARM

1947 Stelly's X Road, Saanichton

250-727-1966

E: bryce@rashleigh.ca

saanichtonfarm.com

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, strawberries, and other produce.

We look forward to seeing you at our market.




35 - SEA DOG FARM

1742 Hovey Road, Saanichton

250-661-4577

SeaDogFarm@gmail.com

SeaDogFarm.ca

 Sea Dog Farm

 Sea.Dog.Farm

 [seadogfarm.bsky.social](https://twitter.com/seadogfarm.bsky.social)

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 as well as hand tied bouquets. In the spring we have flower, herb & vegetable starts as well as dahlia tubers and plants. 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.

NEW for 2025! We now host intimate weddings on our bucolic farm, with a choice of pond, flower field or forest settings.



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

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

36 - SIDNEY MICROGREENS

Sidney

236-300-2799

E: sidneymicrogreens@gmail.com

sidneymicrogreens.com

 Sidney Microgreens

 SidneyMicrogreens

Microgreens have up to 40x higher concentrations of nutrients than their mature plant counterparts!

Sidney Microgreens is a family-owned urban farm specializing in fresh, locally grown microgreens and grow kits. We offer a subscription service with free delivery, bringing nutrient-rich greens to your door. Always in season, our sustainably grown microgreens are perfect for salads, sandwiches, and smoothies. Our farm isn't open to visitors - we bring the freshness to you!

We grow: sunflower shoots, pea shoots, and a variety of microgreens including broccoli, kale, cabbage and red rambo radish.

Support your local vertical farmer. Sign up today and enjoy fresh, flavorful microgreens delivered free!



37 - SILVER RILL BERRY FARM

1490 Hovey Road, Saanichton

250-652-5227

E: silverrillberry@shaw.ca

silverrillberry.com

 silverrillberry

THE BERRY FARM WITH GREAT TASTE!

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!

38 - SILVER RILL CORN FARM

7117 Central Saanich Road, Saanichton

250-652-3854

E: silverrillcorn@gmail.com

silverrillcorn.com

 SilverRillCorn

 SilverRillCorn

4th Generation Peninsula Farmers specializing in premium quality NON-GMO Sweet

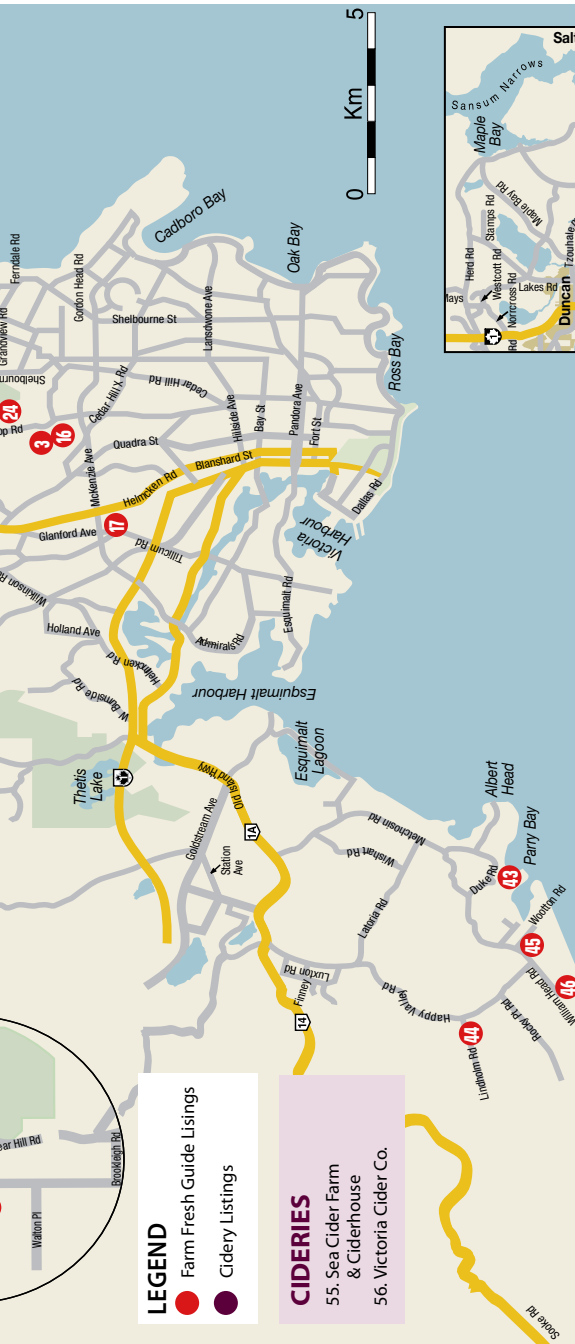
Corn, many other types of Produce and Berries, and most recently an addition of Corn Maze and Pumpkin Patch! Corn: Over 25 varieties of yellow, white, bi-colour, popcorn and ornamental corn! PICKED DAILY for maximum quality and freshness! Vegetables: beets, beans, broccoli, cabbage, carrots, cauliflower, chard, cucumbers, garlic, kale, lettuce, peas, pumpkins, squash, zucchini, and more! Berries: Strawberries, Tayberries, Raspberries, Loganberries, Marionberries! We also offer a wide variety of our own made Jams and Preserves. For Market hours and dates open, visit our Website and Facebook Page! See you at the Market!





Your Local Grocer
Look for Island Goats on local products in





LEGEND

● Farm Fresh Guide Listings

● Cideries Listings

CIDERIES

- 55. Sea Cider Farm & Ciderhouse
- 56. Victoria Cider Co.

FARMS OF THE SAANICH PENINSULA and WESTERN COMMUNITIES

Map positions are approximate.

- | | | |
|-------------------------------------|---|--|
| 1. Andrew's Farmstand | 13. Fickle Fig Farm Market | 36. Sea Dog Farm |
| 3. Babe's Honey | 14. Firbank Farms | 37. Silver Rill Berry Farm |
| 4. Bickford Farms | 15. Fruit Trees and More | 38. Silver Rill Corn Farm |
| 5. Black Bear Farms | 16. Galey Farms Corn Maze, Market & Railway | 39. Sluggett Farms |
| 6. Broughneath Farms | 17. Glanford Greenhouses | 40. Starling Lane Vineyard Heritage Farm |
| 7. Camas Farm | 18. Gobind Farms | 41. SunTrio Farm |
| 8. City's Edge Farm | 19. Halburton Community Organic Farm | 42. Sun Wing Greenhouses Ltd. |
| 9. Country Bee Honey Farm / Pasture | 20. Hazelmer Farm Stand | 43. Blue Haze Farm |
| 10. Perfect Lamb | 21. Kildara Farms | 44. Parry Bay Sheep Farm |
| 11. Dan's Farm & Country Market | 22. Little Lochside Farm | 45. Sea Bluff Farm |
| 12. Elk Lake Farm | 23. Longview Farms | 46. Wind Whipped Farm |
| | 24. Madrona Farm | |
| | 25. Michell Valley Plants | |
| | 26. Michell's Farm | |
| | 27. Millstone Farm & Organics | |
| | 28. Nettlebrook Farm | |
| | 29. Northbrook Farm | |
| | 30. Northstar Organics | |
| | 31. Patio Garden | |
| | 32. Paul's Farm | |
| | 33. Rosemeade Farms | |
| | 34. Russell Nursery | |
| | 35. Saanichton Farm | |

COWICHAN VALLEY

- 47. Gill-Power Hobby Farm
- 48. Queen Bee Farms & Apiary
- 49. South Island Saskatoons



Food stickers
in our 11 stores!

It's all good!
Island Good.



We support over
100 Island farmers,
producers and suppliers.



39 - SLUGGETT FARMS

6881 West Saanich Road
250-883-4491

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.



40 - STARLING LANE VINEYARD

5271 Old West Saanich Road, Victoria
250-479-4769

E: jackie.wrinch@shaw.ca
starlinglanevineyard.com

Stunningly beautiful event location: Garden parties, weddings, meetings. Daily eggs. Raspberries, apples, grapes, hazelnuts.



41 - SUNTRIO FARM

8214 East Saanich Road, Saanichton
250-652-1003

E: orders@suntriofarm.com
suntriofarm.com

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 - SUN WING GREENHOUSES LTD.

6070 Oldfield Road, Victoria
250-652-5732

E: sunwingfarm@shaw.ca
sunwingtomatoes.ca

Open from March to Oct, store hours vary 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.



Toll Free
1-800-544-1227

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

Paper and Poly Bags
Pulp and Plastic Berry Containers
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Saanichton, BC V8M 1Z8 • www.victoriabox.ca



Taste the SEASON

Story by Ellie Short

Photography by Lia Crowe

Do you know where your food comes from? Where it really comes from? Not which grocery store, country or even city, but which field grew those carrots, which hands picked those tomatoes and which farm and farmer made it possible for you to enjoy your dinner tonight?

While some lucky folks can grow a bit of what they eat in their own backyards, most of our foodstuff comes from farms. An increasing number of these farms aren't what you might picture: colourful fields of mixed veggies, cows nibbling on fresh green grass, sun-soaked farmers lovingly tending to livestock and seed.

Most of the farms that fuel our food system are industrial mega-machines cranking out as much as possible, for as cheaply as possible, at the increasingly unforgiving expense of nutrient density, regeneration, living wages and employment rights, humane treatment of animals and entire ecosystems, and environmental sustainability. It's scary and heartbreaking, and a tough thing to troubleshoot as world populations increase and we have to think of ways to feed our global family, especially those with limited

access both financially and geographically.

This complex and challenging conversation won't be fully explored or solved here, but for those of us lucky enough to call British Columbia our home, we have the immense honour and privilege of at least being able to support local farms and farmers.

We are fortunate to live in a climate that enables us to grow a variety of fruits and vegetables, and one that also allows poultry and livestock to graze outside for most, if not all, of the year. There are also some amazing people doing exceptional things with biodynamic and ethically mindful farming practices that are further cultivating and protecting our food systems for long-term sustainability, both in the areas of agricultural regeneration and job safety and security.

Let's bring to the table a fun little feast. In the guide are some easy and adaptable ways to feature local ingredients, whether you're hosting a brunch, lunch or even casual summertime dinner. Set up a table outside, gather with loved ones, and celebrate the bounty of summers in B.C.



Tomato + Fresh Herb Salad with Lemony Breadcrumbs

This is one of those non-recipe recipes. Aside from toasting the breadcrumbs, it's mostly just prep and assembly, which is one of the best ways to enjoy fresh in-season foods.

Tomatoes at their peak ripeness are such a special treat, and I find these "garnishes" elevate and enhance their sun-kissed flavour, and allow the tangy sweetness to really shine.

INGREDIENTS

- 1 pint** assorted cherry tomatoes, halved
- ½** red onion, thinly sliced
- 1 slice** rustic bread (I used Wildfire Bakery's sourdough rye)
- 2 tbsp** capers, drained and rinsed
- 1 tbsp** fresh dill, chopped
- 1 tbsp** fresh mint, chopped
- 1 tbsp** fresh parsley, chopped
- 1** lemon
- 2 tbsp** extra virgin olive oil, divided
- Sea salt

DIRECTIONS

Tear the bread into small pieces and set aside. Heat a medium-sized frying pan to medium heat, and drizzle in some olive oil to lightly cover the pan. Add the bread bits to the pan, as well as a sprinkling of sea salt, and stir occasionally until golden and toast-e all over (about 5 minutes).

Remove from the heat and mix with some zest from the lemon (about ½ tsp). Transfer the lemony breadcrumbs onto a plate and set aside.

Spread the tomatoes on a serving platter and gently mix in the shaved onion and capers.

Halve the lemon and squeeze a bit of lemon juice all over everything (about a tbsp), drizzle with olive oil (about a tbsp) and sprinkle some more sea salt over everything.


Top with the breadcrumbs and fresh herbs and serve.

FARMS ON THE WEST SHORE

43 - BLUE HAZE FARM

3817 Duke Road, Victoria
250-514-9400

E: bluehazefarm@outlook.com

 Blue Haze Farm

Blue Haze Farm is a small family run farm. We grow apples, crab-apples, quince, pears, persimmons, fresh figs, and assorted veggies. These items are available fresh at the property when in season. Additionally, we offer excellent frozen cold pressed UV pasteurized apple juice all year round.

Seasonally, we provide cut Holly and other tree greens. Please note that we are not a U-pick farm. Visitors should select items from the porch farm stand, which operates on a self-serve basis. Please use the button to open the gate and drive in

If you have any questions, please send a message; texting is the fastest way to reach us! We look forward to your visit. Thank you for shopping local!




44 - PARRY BAY SHEEP FARM

4335 Lindholm Road, Victoria
825-733-4301

E: parrybayfarm@outlook.com

parrybaysheepfarm.com

 Parry Bay Sheep Farm

 Parry Bay Sheep Farm

Parry Bay Sheep Farm is based in the Lindholm Valley of Metchosin, but utilizes nearly 1,000 acres of land throughout Vancouver Island for grazing the flock of ewes and pasture-raised lambs. The diversified farming program annually finishes 2,000 broiler chickens, and harvests high quality hay for horses and livestock. We also offer raw wool fleeces for purchase. Parry Bay Farm lambs and chickens can be found at butchers, grocers and restaurants in Victoria and surrounding areas, or purchased farmer direct, every Saturday at the Lindholm Road on the farm store, from 12pm to 3pm, or seasonally at the Metchosin Farmer's Market.



45 - SEA BLUFF FARM

565 Wootton Rd, Victoria
250-479-8273

E: seabluffbox@outlook.com

seablufffarm.com

 SeaBluffFarm

 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.

46 - WIND WHIPPED FARM

4645 B William Head Road, Victoria

E: windwhippedfarm@gmail.com

windwhippedfarm.com

 WindWhippedFarm

 windwhippedfarm

We are a small vegetable and fruit farm growing a variety of crops, sold through our year-round farmstand and The Local Food Box, our CSA program. The farmstand is open daily from 9-5 (June-October) and Fridays 10-4, Saturdays 9-4 (November-May). The Local Food Box is a multi-farm partnership offering members vegetables, meats, flowers, honey, mushrooms, flour, and eggs over 20 weeks from June to October. We value ecological farming, being part of a local food community, and strengthening connections between people and their food.



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 - QUEEN BEE FARMS AND APIARY
Malahat, BC
queenbeefarms.ca
f queenbeefarms
i queenbeefarms

All plants and trees grown at the farm have been selected to benefit our local and visiting pollinators.

Queen Bee Farms & Apiary 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. A 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 & Honey Simple Syrups - great for adding to your favorite cocktails, mocktails, sodas, Iced teas and more...

For more information on our farm, pollinators & products we produce please visit our website or follow us on Facebook.

49 - SOUTH ISLAND SASKATOONS
1245 Fisher Road, Cobble Hill
250-743-9464
E: southislandsaskatoons@outlook.com
southislandsaskatoons.com
f SaskatoonBerries

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 fresh baking are available year round.





**THE TASTE OF
ISLAND GOODNESS.**

403 LOWRY'S ROAD, PARKSVILLE | CHEESEWORKS.CA | 250.954.3931



**FRESH MILK
ARTISAN CHEESE
FARM-RAISED BEEF
& MORE!**

FARMS IN THE CENTRAL ISLAND REGION

50 - BLUE HARVEST FARM

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

E: info@blueharvestfarm.com
blueharvestfarm.com



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.

51 - LITTLE QUALICUM CHEESEWORKS

403 Lowry's Road, Parksville
250-954-3931

E: info@cheeseworks.ca
cheeseworks.ca

[LittleQualicumCheeseworks](https://www.facebook.com/LittleQualicumCheeseworks)
 [@littlequalicumcheeseworks](https://www.instagram.com/littlequalicumcheeseworks)
 [LittleQualicumCheeseworks](https://twitter.com/LittleQualicumCheeseworks)

Welcome to your friendly neighbourhood farm! At Little Qualicum Cheeseworks, milk from our 50-cow grass fed dairy herd is lovingly crafted into award-winning artisan cheeses and sold fresh right from the farm. Our shop is stocked with over a dozen varieties of cheese, farm-raised beef, local foods, and is home to Canada's pioneer "milk on tap" dispenser. Visitors are invited to enjoy a self-guided tour; a true farm-to-table experience for all ages.

52 - SILVER MEADOWS FARM MARKET LTD.

1019 Errington Road, Errington
250-248-4450

[Silver Meadows Farm Market Ltd](https://www.facebook.com/SilverMeadowsFarmMarketLtd)

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!

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

53 - SPRINGFORD FARM

1934 Northwest Bay Road, Nanoose Bay
250-468-7540

E: info@springfordfarm.com
springfordfarm.com
 [springfordfarm](https://www.facebook.com/springfordfarm)
 [@springfordfarm](https://www.instagram.com/springfordfarm)

Springford Farm is a sixth-generation family-run farm operating in Nanoose Bay for the past 40 years. Our mission is to provide our community with the Island's best, freshest food. In our traditional farmgate store you can find our free-range eggs, grass-fed beef, and seasonal produce along with a great selection of ethically raised pork, chicken and dairy products, and a variety of fresh, frozen and dry goods. In addition to our egg and beef ventures, we also produce high quality forage for the local horse market.

Our market is open Thursday through Sunday all year-round. Follow us on Facebook and Instagram, @springfordfarm for the latest updates!



54 - STOCKING CREEK FARM

10735 Edgelow Road S, Ladysmith
250-245-8615

E: farm@shaw.ca
 [Stocking Creek Farm](https://www.facebook.com/StockingCreekFarm)

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 the 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, 4 km south of Ladysmith or 5 km north of Chemainus.

We look forward to meeting you!


LOCAL CIDER




55 - SEA CIDER FARM AND CIDERHOUSE

2487 Mt. St. Michael Road, Saanichton
250-544-4824

E: info@seacider.ca seacider.ca

 [seacider](https://www.facebook.com/seacider)

 [seaciderhouse](https://www.instagram.com/seaciderhouse)



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 Straight 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.




56 - VICTORIA CIDER CO.

9635 West Saanich Road, North Saanich
250-888-7635

E: hello@victoriaciderco.ca

victoriaciderco.ca

 [Victoria Cider Co](https://www.facebook.com/VictoriaCiderCo)

 [victoriaciderco](https://www.instagram.com/victoriaciderco)

Victoria Cider Co. is a family-owned cidery, orchard, and tasting room nestled in North Saanich, BC—just minutes from the Victoria airport and Swartz Bay ferry terminal. We craft our cider using premium English and French apples grown right on our farm, hand-harvested, and pressed with the help of family and friends. Every batch is thoughtfully blended in small quantities, resulting in a cider with a rich aroma and crisp, refreshing taste.

Visit our tasting room and relax in our scenic picnic area overlooking the surrounding farmland.

Bring your friends, family, kids and dogs, and make the experience even better with our

"build-your-own" picnic, featuring a curated selection of charcuterie and local delights. We are open from May-October Friday-Sunday; Monday Long Weekends. We look forward to welcoming you!



FOOD DAY Canada

is a
chance
to change
how we
think
about
food

THE CELEBRATION
IS PARTICULARLY
IMPORTANT GIVEN THE
WORLD SITUATION

Story by Timothy Collins

“Our Canada is food. Explore it. Dive into it with a healthy appetite. Cook it, taste it, share it, build it. We are the true north – strong, proud, and absolutely delicious.”

That admonition by the late Anita Stewart whose life as a food activist and disrupter set the stage for what has become a national day of food awareness.

EVERY DAY IS
FOOD DAY
CANADA



Anita Stewart was a force of nature when it came to food security (photo Paul Stewart)



For Food Day Canada Chair, Paul Stewart, the day is a chance to change our approach to food (photo Food Day Canada)

Food Day Canada is a special day that was recognized by Canada's Parliament in 2021 in time for the 20th anniversary of Stewart's first food day Canada event, then known as the World's Longest Barbecue. She organized the event in support of Canadian beef farmers and ranchers when, in 2003 the United States closed the border to Canadian beef in reaction (some say over reaction) to some limited cases of bovine spongiform encephalopathy in Canada.

(That event, by the way, has continued to this day in Elora, Ontario, Anita Stewart's hometown.)

"Given the history of Food Day Canada, it's particularly interesting right now that with the tariffs that the United States is imposing on our exports these issues are once again getting a lot of attention," said Chef Paul Stewart.

Chef Stewart is one of Anita Stewart's sons and serves on the Board of Food Day Canada, a not-for-profit organization that is dedicated to the idea that Canadians should join hands to shop, cook, and dine Canadian.

PENINSULA COUNTRY MARKET

Experience the best of local food, farms, and artisans at the **Peninsula Country Market!** For **over 30 years**, we've been bringing the community together with:

- | | |
|---------------------------------------|--|
| Farm-Fresh Produce | – Seasonal fruits, vegetables, meats & dairy |
| Local Farmers & Growers | – Meet the people behind your food |
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<https://peninsulacountrymarket.ca/>

Season Dates:

Every Saturday from June 7 to October 11, 2025

Location:

Saanich Fairgrounds, 1528 Stellys Cross Rd,
 Saanichton, BC

Time:

9:00 AM – 1:00 PM





Food Day Canada is a growing celebration (photo Paul Stewart)

"While we welcome the celebration of Food Day Canada, our message is really that every day should be food day," said Chef Stewart. "We should be asking where our food comes from every day. And, we should be buying local and supporting our local farmers, fishers and those restaurants who are sourcing their food from local producers."

The movement is, in fact, gaining traction as people increasingly recognize that the way food is sourced, bought and consumed leaves a lot of room for improvement.

These days, an increasing number of restaurants take pride in special menus that feature farm-to-table dining year-round and the popularity of farmers' markets has never been stronger.

"We have to go back to recognizing that we're better off with locally sourced products and that, just maybe, it isn't necessary to have fresh strawberries twelve months of the year – not when you consider the fact that the carbon footprint of products like this, given the

distances they are shipped, is enormous," he said. "And let's face it, in February, those strawberries tend to taste like cardboard."

There's also the problem of food security to consider.

"One in eight Victoria families are facing some level of food insecurity. With rising prices, and costs, there is a real need for a change in the way we approach food issues," said Chef Stewart. "We should get back to the idea that we can buy local produce when it's in season and preserve or freeze that food to eat later. That's the way people used to use food – they'd eat strawberries in season and then freeze some or make jam to have the rest of the year."

Chef Stewart, of course, knows more than a little about food security and making the most of the food that is available. He's the head Chef of Victoria's Cool Aid Society and, through a series of kitchens, manages to deliver 1,000 meals a day to the food insecure in Victoria.



In fact, the Stewart family are all involved. Jeff Stewart is the executive Director, Paul Stewart is the organization's Chair, and his twin brother, Mark, is also on the Board.

"We all had so much respect for my mother's work that it's an honour to continue to do the work that she was so passionate about," said Chef Stewart.

Colwood Councillor and well-known event planner, Misty Aitken-Olsen has also recently joined the Board.

Food Day Canada will be celebrated across Canada on August 2, 2025, and, in Victoria, a host of restaurants will be

featuring menus that are in keeping with the ideals of the day.

More information on Food Day Canada can be found at www.fooddaycanada.ca.

We also highly recommend that folks check out the organization's short film, entitled "A Nation's Table" which can be found on YouTube.

"We've been shouting this message from the rooftops for more than 20 years, and people are really starting to take notice," said Chef Stewart. "That's a very good thing."

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

Blueberry Galette with Honey + Chamomile

Galettes are yet another great way to enjoy the bounty of our local farms. Use seasonal berries, apples, peaches or whatever you have on hand, slice, chop or mix for a sweet and juicy centre, or opt for a savoury flavour profile with tomatoes or summer squash.

This dough works well for either sweet or savoury, so have fun with it – galettes are meant to be rustic, easygoing and even a little bit messy.

INGREDIENTS

For the crust...

1 cup unbleached all-purpose flour

½ tsp salt

½ tsp granulated sugar

½ cup cold unsalted butter, cut into
½-inch pieces

1 tsp apple cider vinegar

2 large eggs, divided

Ice water (if needed)

Optional sprinkling of cane sugar

Optional ice cream for serving

For the filling...

2 cups fresh blueberries (frozen is good too, you'll just need to thaw and drain them first)

¼ cup honey (I used Babe's Honey Farm Wildflower Honey)

2 tsp fresh lemon juice

1 tsp dried chamomile, finely ground (you can use a handheld coffee grinder or spice grinder to do this)

DIRECTIONS

Combine the flour, salt and granulated sugar in a large bowl. Add the cold, cubed butter to the flour mixture and work it between your fingers until the dough resembles coarse crumbs and there are no large pieces left. Alternatively, you can use the pulse function on a food processor, taking care not to overwork the dough.

Gently whisk one egg and add it, along with the vinegar, gently kneading the

dough with your fingers until it comes together, for no more than a couple of minutes (or you can slowly pulse them in if using a food processor). Form the dough into 6 round discs, wrap and place in the refrigerator to cool for at least 30 minutes.

Meanwhile, preheat your oven to 400 F and line a baking sheet with parchment paper.

Place all the filling ingredients into a mixing bowl and stir gently until evenly combined.

In a small bowl, whisk the remaining egg and set aside for an egg wash.

Dust a clean work surface with flour, and roll each dough disc into circles, about ⅓ inch thick, gently transferring each circle to the baking sheet after it's rolled out.

Evenly disperse the blueberry mixture in the centre of each circle, leaving about an inch of dough around it. Fold the edges of the dough up and onto itself, one section at a time, and gently brush with a small amount of the whisked egg (do all this as quickly as possible so that the juices don't soak into the dough).

Sprinkle the galettes with some cane sugar, transfer to the oven and bake for 20 to 25 minutes, or until the crust is golden-brown.

Remove from the oven and allow to cool slightly before serving with ice cream.

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PRODUCT INDEX

APIARY PRODUCTS - 3, 9

APPLES - 2, 11, 12, 13, 14, 15, 18, 21, 24, 25, 33, 35, 40, 41, 43, 45, 46, 47, 48, 53, 55

ASIAN PEARS - 2, 11, 12

ASPARAGUS - 11, 22

ARTS & CRAFTS - 10, 34

BAKERY PRODUCTS - 1, 11, 13, 27, 41, 47, 49, 54

BARLEY - 34

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

BEANS - 1, 8, 11, 14, 17, 18, 19, 20, 21, 22, 23, 24, 25, 27, 28, 29, 32, 35, 38, 39, 41, 42, 45, 46, 47, 52



BEEF - 6, 9, 25, 28, 51, 52, 53

BEETS - 1, 8, 11, 14, 16, 19, 20, 21, 22, 23, 24, 25, 28, 30, 32, 34, 35, 38, 39, 41, 42, 45, 46, 52

BEE POLLEN - 9

BEESWAX - 9, 48

BEESWAX CANDLES - 48

BEDDING PLANTS - 14, 26, 31, 35

BLACKBERRIES - 1, 11, 13, 18, 19, 21, 24, 25, 28, 33, 35, 43, 48

BLUEBERRIES - 5, 11, 16, 18, 28, 29, 30, 35, 41, 43, 46, 48, 50, 54

BOYSENBERRIES - 18, 33

BREADS - 13

BROCCOLI - 1, 11, 14, 19, 20, 24, 25, 28, 34, 38, 39, 41, 42, 45

"BROWN BOX" DELIVERY - 1, 28

BRUSSELS SPROUTS - 11, 14, 24, 25, 39, 41, 45

CABBAGE - 1, 8, 11, 14, 18, 19, 20, 21, 22, 23, 24, 25, 28, 30, 38, 41, 42

CARROTS - 1, 8, 11, 14, 16, 18, 20, 21, 22, 24, 25, 28, 30, 32, 35, 38, 39, 41, 42, 45, 46, 47, 52

CASCADE BERRIES - 33

CAULIFLOWER - 1, 11, 14, 18, 19, 20, 21, 22, 24, 25, 28, 32, 39, 45

CELERY - 8, 11, 14, 20, 25, 39, 41, 45

CERTIFIED ORGANIC - 2, 7, 19, 21, 29, 30, 41, 45, 50, 55

CHERRIES - 1, 15, 24, 28, 33, 37, 39, 41, 45, 47, 48

CHEESE - *Artisan & Specialty* - 51

CHICKEN - 1, 21, 28, 34, 44, 54

CHICKS & DUCKLINGS - 9

CHRISTMAS TREES - 1, 9, 28

CIDER - 55, 56

COMPOST - 25

CORN - *Ornamental* - 11, 16, 22, 28, 38

CORN - *Sweet* - 4, 8, 11, 16, 20, 22, 24, 25, 28, 29, 32, 38, 39, 41, 45

CORN MAZE - 16, 38

CRABAPPLES - 2, 11, 21, 24, 43, 48, 54

CSA - 8, 22, 28

CULTURED HONEY DRINKS - 3

CUCUMBERS - 8, 11, 17, 18, 19, 20, 21, 22, 23, 24, 25, 28, 30, 32, 35, 38, 39, 41, 42, 45, 46, 47

CURRENTS - *Black* - 1, 37, 48

CURRENTS - *Red* - 1, 37

CURRENTS - *White* - 37

CUSTOM JUICE PRESSING - 25

DAFFODILS - *Fresh Cut* - 23

DAFFODILS - *Bulbs* - 23

DAHLIAS - 8, 14, 22, 35

DAIRY PRODUCTS - 51



DRIED TEA & HERB BLENDS - 3, 35, 48

EGGS - *Chicken* - 9, 11, 14, 18, 21, 27, 34, 35, 40, 47, 53, 54

EGGPLANT - 8, 11, 17, 19, 20, 24, 29, 30, 39, 42, 46

ELDERBERRIES - 48

PRODUCT INDEX

FARM FESTIVAL - 2, 13, 16

FARM TOURS - 2, 9, 15, 19, 51

FARM TRAIN - 16

FARM ANIMALS - 9, 16

FARM WORKSHOPS - 31

FENNEL/ANISE - 25



FIGS - 11, 13, 15, 21, 40, 41, 43, 46, 48

FLOUR - 27, 34

FLOWERS - *Edible* - 13, 26, 35, 48

FLOWERS - *Fresh/Dried* - 1, 8, 13, 14, 19, 22, 35, 48

FLOWER BULBS & TUBERS - 22, 31

FORAGE (*Hay & Grasses*) - 6, 23, 25, 34, 44, 53

FRUIT - *Frozen/Freezies* - 1, 11, 12, 13, 18, 25, 34, 37, 47, 54

FRUIT - *Leather/Dried Fruit* - 11, 35

FRUIT TREES, BUSHES - 2, 15, 26, 31, 47

FUCHSIAS - 14, 26, 31

GARLIC & SCAPES - 1, 2, 4, 7, 8, 11, 12, 13, 16, 18, 19, 21, 23, 24, 25, 27, 28, 29, 30, 35, 37, 38, 39, 41, 42, 45, 46, 47, 52, 54, 53

GARDEN SUPPLIES - 26, 31

GINGER - 41, 46

GOOSEBERRIES - 37

GOURDS - 11, 12, 14, 16, 18, 20, 22, 25, 39, 52

GRAPES - 21, 24, 33, 40

GRAZE BOXES - 51

GREEN ONION - 8, 23, 25

HANGING BASKETS - 14, 26, 31

HAZELNUTS - 40, 45

HERBS - 1, 8, 11, 13, 14, 19, 20, 21, 23, 24, 25, 26, 27, 28, 29, 30, 35, 39, 41, 42, 46, 47, 48

HERB PLANTS - 26, 31, 35

HERBAL PRODUCTS - 48

HOLLY - 21, 31, 33

HONEY - 3, 6, 9, 13, 18, 35, 45, 48

HONEY SIMPLE SYRUP - 48

JOSTABERRIES - 1, 37

JUICE - 11, 12, 18, 25, 37, 43, 47, 49

KALE - 1, 8, 11, 14, 17, 18, 19, 20, 21, 22, 23, 24, 25, 27, 28, 29, 32, 35, 38, 39, 41, 42, 46

KIWI - 12, 13, 15, 18, 41, 46



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PRODUCT INDEX

KOHLRABI - 25

LADYBUGS - 25

LAMB - 10, 44, 47, 52

LAVENDER - 1, 3, 13, 26, 35, 48



LEEKs - 1, 8, 11, 14, 18, 19, 20, 21, 22, 24, 25, 28, 29, 35, 39, 41, 45, 47

LENTILs - 34

LETTUCE - 8, 11, 14, 17, 18, 19, 21, 22, 23, 24, 25, 27, 28, 29, 32, 35, 38, 39, 41, 42, 45, 46

LOGANBERRIES - 11, 18, 25, 33, 38

MANURE - 1, 14, 25, 26, 28, 29, 31, 54

MARIONBERRIES - 18, 33, 38

MELONS - 1, 5, 11, 16, 18, 23, 24, 35, 41

MICROGREENS - 1, 36, 41

MICROGREEN GROWING KITS - 36

MILK - 51

MUSHROOMS - 39

NATURAL SPA PRODUCTS - 48

OKRA - 19

ONIONS - 1, 8, 11, 14, 18, 19, 20, 21, 22, 24, 25, 35, 39, 41, 45, 46, 47

ORIENTAL VEGETABLES - 19

PARSNIPS - 11, 24, 25, 41, 45, 46

PEACHES - 37

PEARS - 2, 5, 11, 12, 15, 19, 25, 33, 35, 41, 43, 45, 46, 53, 54

PEAS - 8, 11, 14, 19, 22, 24, 25, 28, 35, 38, 39, 41, 42, 45, 46, 47

PEPPERS - 1, 8, 11, 17, 19, 20, 21, 23, 24, 30, 35, 39, 41, 42, 45, 46

PERENNIALS - 14, 26, 31

PERSIMMONS - 15, 43

PET FOOD - 25, 35

PLUMS & PRUNES - 5, 11, 12, 15, 18, 21, 24, 33, 35, 39, 43, 45, 46

PORK - 44, 52

POTATOES - 1, 11, 16, 20, 21, 22, 24, 39, 46

PRESERVES - 11, 13, 15, 18, 25, 27, 35, 37, 38, 39, 41, 47, 49

PUMPKINS - 1, 4, 5, 8, 11, 14, 16, 18, 20, 22, 23, 25, 28, 30, 32, 34, 35, 38, 39, 41, 46, 52



QUINCE - 11, 13, 41, 48



PRODUCT INDEX

RADISH - 8, 14, 23

RASPBERRIES - 11, 16, 18, 19, 25, 33, 35, 38, 39, 40, 48, 52



RHODODENDRONS, AZALEAS & KALMIA - 26, 31

RHUBARB - 1, 11, 14, 18, 20, 23, 25, 28, 32, 33, 34, 35, 37, 39, 41, 45, 53, 54

RUTABAGAS - 20, 24, 25, 39, 41, 45, 47

SALAD GREENS - 1, 8, 11, 14, 21, 22, 24, 29, 30, 41, 42, 45, 46

SASKATOON BERRIES - 48, 49

SEEDS - 25, 26, 29

SHALLOTS - 8, 11, 21, 24, 30, 35, 41, 45, 46

SHEARING - 10

SHEEPSKIN - 10

SIMPLE SYRUP - 18

SOAP & SKIN PRODUCTS - 25, 27, 48

SMALL FRUIT PLANTS - 15, 26, 31

SPINACH - 1, 8, 11, 14, 19, 22, 23, 24, 25, 27, 28, 35, 41, 42, 45, 46

SQUASH - 1, 8, 11, 14, 18, 19, 20, 21, 22, 23, 24, 25, 28, 30, 32, 34, 35, 38, 39, 41, 46, 47, 52

STRAW - 34

STRAWBERRIES - 1, 5, 8, 11, 16, 18, 19, 22, 23, 25, 27, 28, 33, 34, 35, 38, 39, 41, 46, 48, 52

SUBSCRIPTIONS - 8, 36

SWEET POTATOES - 11, 21, 41

SWISS CHARD - 1, 8, 11, 14, 17, 19, 20, 21, 22, 23, 24, 25, 28, 32, 35, 38, 41, 42, 45, 46

TASTING ROOM - 55, 56

TAYBERRIES - 11, 12, 18, 21, 25, 33, 38, 48

TOMATOES - 8, 11, 17, 19, 20, 21, 24, 27, 28, 30, 32, 35, 39, 41, 42, 45, 46

TREES & SHRUBS - 26, 31

TURKEY - 1, 9, 34, 54

TURNIPS - 8, 20, 21, 25, 39, 41, 45, 46

TURMERIC - 41

U - PICK - 1, 4, 5, 11, 16, 22, 25, 28, 38, 54

VEGETABLE MARROW - 11, 20, 25

VEGETABLE STARTERS - 1, 8, 14, 26, 27, 31, 35, 45

VINEGAR - 3, 25

WEDDINGS - 31, 35, 40, 55

WHEAT BERRIES - 34

WINTER BERRIES - 31

WOOL PRODUCTS - 10, 27, 44

WREATHS, SWAGS & CONES - 13, 21, 27, 31, 33, 35

ZUCCHINI - 1, 8, 11, 14, 16, 17, 18, 20, 21, 22, 23, 24, 25, 28, 30, 32, 34, 35, 38, 39, 41, 42, 46, 47





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