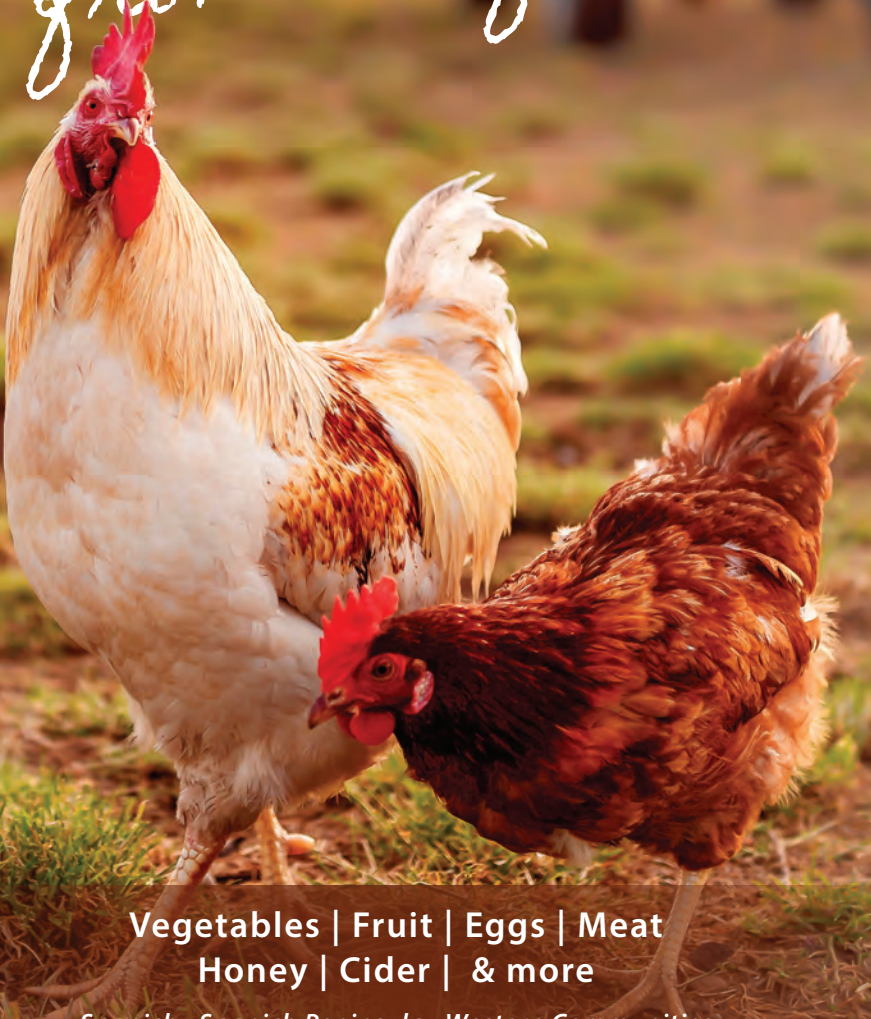


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Buying local helps sustain a vibrant farm economy that provides a wide range of fresh and flavourful products that are packed with vitamins for you and your family. This guide is your key to local shopping and Island excursions.

Brought to you by
Southern Vancouver Island Direct Farm Marketing Association
and Peninsula News Review.

Peninsula News Review 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
islandfarmfreshguide@gmail.com,
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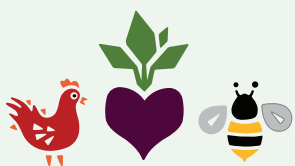
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ISLAND FARM FRESH



HOW TO USE THIS GUIDE

- Browse Farm Listings on pages 8-28 to see the tantalizing selection of produce and products available from your local Island farms.
- Consult the Product Index on page 36-39 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.



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Duncan	5410 Trans Canada Hwy	250-748-8171
Nanaimo	1277 Island Hwy	250-753-4221
Parksville	587 Alberni Hwy	250-248-3243
Saanich	1970 Keating Cross Rd	250-652-9188
Langford	975 Langford Pkwy	250-940-4499





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 39th 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

nettlebrookfarm.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 (NOOA-04-902), 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 2026 Annual Salt Spring Island Apple Festival Theme:

Celebrating APPLE DIVERSITY.

Sunday, Sept 27th, 2026.

A chance to visit APPLE HEAVEN while still on earth!

Salt Spring grows over 500 apple varieties ORGANICALLY. We displayed 566 varieties at Apple Fest 2025.



3. BABE'S HONEY FARM

4150 Blenkinsop Road, Victoria

Unit 7 - 2042 Mills Road West, Sidney

250-658-8319

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, Currently 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!

FARMS IN THE CAPITAL REGION



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, 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 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

paul@blackbearfarm.ca

blkbearfarms.com

 BlackBearFarms

 [blkbearfarms](https://www.instagram.com/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.

**WIDE SELECTION OF FRESH LOCAL VEGGIES,
BERRIES, BEEF, ORCHARD GRASS HAY AND MORE!
See more about our farm on page 16!**



2451 Island View Road | 250-652-6770 | OPEN 7 days a week 9-5

FARMS IN THE CAPITAL REGION

6. BOUGHNEATH FARM



1388 Tapping Road, North Saanich
250-893-5758
boughneathfarm@hotmail.com
boughneathfarm.com

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
jane@camasfarm.com
camasfarm.com

 camasfarmbc
 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.

8. CITY'S EDGE FARM

6458 Central Saanich Road, Victoria
250-812-2176
citysedgefarm@gmail.com
citysedgefarm.ca
 citysedgefarmvictoria
 citys_edge_farm

Just south of Keating Cross Rd, in the Tetayut Creek watershed, our certified organic farm produces over 150 varieties of vegetables, herbs, strawberries, cut flowers and seedlings, as well as providing a healthy habitat for birds, bees and countless other living organisms. Join our CSA for a weekly share in the harvest; pre-order for a weekly pickup through our online store; or come find us at Moss Street Market every Saturday May to October.




Check out our website & online store to find out what's in season and for farm stand hours and multiple pick-up locations around town. We look forward to meeting you.

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



9. COUNTRY BEE HONEY FARM



6440 West Saanich Road, Saanichton
250-580-0263

info@countrybeehoney.ca
countrybeehoney.ca
 countrybeehoney
 countrybeehoneyfarm
 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
countrywools@hotmail.com
 CountryWools
 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.

Grown on Vancouver Island Over 40 Years of Dedication



11. DAN'S FARM AND COUNTRY MARKET

2030 Bear Hill Road, Saanichton
250-652-9100

dansfarmmarket@gmail.com
dansfarm.ca

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

Celebrating 20 years of farming and feeding our community's hearts and bellies!

For those who know us, we are taking this chance to reaffirm our dedication to working the land with as much care as we can provide. For those who don't know us, come check us out this season for a taste of what this beautiful island can provide. We grow a massive array of fruits and vegetables that would make a chef cry with joy. We have U-pick strawberries and blueberries too! We carry fresh and frozen chicken, beef, pork, baked goods, preserves, ice cream, and 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.

13. THE FICKLE FIG FARM MARKET

1780 Mills Road, North Saanich
778-426-0032

info@theficklefig.ca
theficklefig.ca

 [TheFickleFigFarmMarket](https://www.facebook.com/TheFickleFigFarmMarket)
 [ficklefigfarmmarket](https://www.instagram.com/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!

Come Visit Us!

1304 Greig Ave
Brentwood Bay
British Columbia
V8M 1J6

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<https://eurosa.bc.ca>





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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!



15. FLEURIS ORCHARD & BLOOMS


4190 Glendenning Road, Victoria

250-686-1559

hello@fleuris.ca

fleuris.ca

 [fleurisorchardandblooms](#)

 [fleurisorchardandblooms](#)

Fleuris Orchard & Blooms is a small-scale flower farm and floral design studio set within a regenerative orchard garden on a quiet road leading to PKOLS (Mount Douglas Park). We grow a curated selection of specialty cut flowers and orchard fruit. Our bouquets and vase arrangements are thoughtfully designed from the garden and cut only once spoken for, bringing a freshness and character rarely found in conventional bouquets. Our work is intentionally not grab-and-go, but offered by pre-order, along with flowers for weddings, subscriptions, and ateliers. Our orchard boutique is open THU/FRI 1–5 PM and SAT 9 AM–3 PM for flower pick-ups, offering seasonal fruit, orchard treats, artisan confections, and a curated selection of objects inspired by the simple beauty of produits du terroir. Fleuris is for those who value seasonality, artistry, and a more intentional way of living, shaped by nature and the seasons. Visit our website for current offerings and seasonal seed and dahlia tuber sales.

FARMS IN THE CAPITAL REGION

16. FRUIT TREES AND MORE

Nursery and Demonstration Orchard

724 Wain Road, North Saanich

250-656-4269

bvduncan@fruittreesandmore.com

fruittreesandmore.com

 [//www.youtube.com/channel/](https://www.youtube.com/channel/UCWLqGxPE4BbcASnplmGuF)

[UCWLqGxPE4BbcASnplmGuF](https://www.youtube.com/channel/UCWLqGxPE4BbcASnplmGuF) ZA

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), avocados and pawpaws 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.

Appointments preferred 10 to 5, Mondays, Wednesdays, Fridays and Saturdays. Closed Sundays and holidays.



17. GALEY FARMS

4150 Blenkinsop Road, Victoria

250-477-5713

info@galeyfarms.ca

galeyfarms.ca

 **Galey Farms**

 [galey_farms](https://www.instagram.com/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.



  [@brentwoodbayresort](https://www.instagram.com/brentwoodbayresort)
849 Verdier Ave, Victoria



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Peninsula Flavour Trails Kick-Off Event

JUNE 13TH 2026 | 3-6PM
FRESH BITES • LOCAL SIPS • STORYTELLING

FARMS IN THE CAPITAL REGION

18. GLANFORD GREENHOUSES

3968 Glanford Avenue, Victoria
250-479-4783
glanfordg@hotmail.com
glanfordgreenhouses.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.



19. GOBIND FARMS INC.

6929 Veyaness Road, Saanichton
250-652-0182
gobindfarms.com
gobindfarms@gmail.com
f gobindfarms
gobind.farms

Known locally for some of the most flavourful berries on the Saanich Peninsula, Gobind Farms is a family-run berry farm in Saanichton operating since 1981. The farm grows strawberries, blueberries, raspberries, blackberries, loganberries, boysenberries, and tayberries using Integrated Pest Management and beneficial insects to reduce pesticide use.

The farm store offers fresh and frozen berries, house-made jams and syrups, fruit juices, local ice cream, and seasonal specialties. **New this season: U-pick blueberries, blackberries, and boysenberries.** Open daily during strawberry season (9:00 a.m.–6:30 p.m.) on Veyaness Road just off Keating Cross Road near the Pat Bay Highway.



20. HALIBURTON FARM

741 Haliburton Road, Victoria
250-658-0758
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.



21. HAZELMERE FARMS

1215 Tatlow Road, North Saanich
250-656-7651
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.

22. ISLAND VIEW FARM & MINI GOLF


7081 Central Saanich Road, Saanichton
250-652-5215
farm@islandviewfarm.ca
islandviewfarm.ca
f Island View Farm and Mini Golf
islandviewfarmandminigolf

Island View Farm is run by a local family and team creating an accessible, fun destination while nurturing beautiful soil, food, flowers, and community on the Saanich Peninsula. Visitors can explore unique produce and farm products (vegetables, berries, flowers, medicinals, teas, seasonal garden starts and more) from their regenerative farm, enjoy a beautifully landscaped 18-hole mini golf course with lush gardens and patio, visit friendly farm animals, and choose from a range of hot and cold drinks and snacks. The farm also features a gift shop with local artisan goods and hosts regular public and private events and workshops, all while restoring over 7 acres of former golf course lands.

23. KILDARA FARMS

11293 Chalet Road, North Saanich
250-655-3093

kildarafarms@gmail.com
kildarafarms.com

 Kildara Farms
 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. Email kildarafarms@gmail.com for more information.



24. LITTLE LOCHSIDE FARM

5630 Alderley Road, Victoria
250-858-8621

littlelochside@gmail.com
littlelochside.com

 littlelochside

Located 15 minutes from downtown Victoria along the scenic Lochside Trail, we offer seasonal vegetables, fruit, and a family-focused U-Pick flower field and pumpkin patch.

Our U-Pick runs July through October and features hundreds of varieties of dahlias, zinnias, and sunflowers. Visit on weekends or pre-book your time online. We provide the tools and guidance so you can harvest and build your perfect bouquet in a relaxed and authentic farm setting, designed to be self-guided for all ages.

We also offer our fresh produce at our trailside stand and weekend farm market.

Follow us online for current hours, harvests, and U-Pick updates.



islandfarmfresh.com

Peninsula's Choice
for Agritourism
Favourite Farm Stand/
Farmers' Market



*Celebrating our 100th year of
Local Farming*

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AND OUR FARM ANIMALS
AND CORN MAZE!

DETAILS AT
SILVERRILLCORN.COM
7117 CENTRAL SAANICH RD



FARMS IN THE CAPITAL REGION



25. LONGVIEW FARMS

8277 Central Saanich Road, Saanichton
info@daffodil.com
longviewfarms.ca
f Longview Farms
@ 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 farmstands (please check the website for locations 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.



26. MADRONA FARM

4317 Blenkinsop Road, Victoria
250-813-2716
madronafarm.ca
@ madronafarm

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.

27. MICHELL'S FARM

2451 Island View Road, Saanichton
250-652-6770
market@michellsfarm.com
michellsfarm.com
f michellsfarm
@ 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 are also available. We grow 40+ varieties of **Vegetables:** Early bunched beets, celery, green onions, lettuces, our famously sweet nante carrots, kale, sweet corn, chard, potatoes, squash, apples, winter crops, 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, manure, ladybugs, gourds, 1st & 2nd cut hay, straw and many more great local products!

There's always something in season at Michell's!

Red Barn MARKET

SUPPORTING ISLAND GROWN & ISLAND RAISED
PRODUCE • GROCERY • DELI • SMOKED MEATS • CUSTOM SANDWICHES & MORE

WEST SAANICH • MATTICK'S FARM • LATORIA WALK • OAK BAY
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REDBARNMARKET.CA

WEEKLY SPECIALS

SCAN ME

FARMS IN THE CAPITAL REGION



28. MICHELL VALLEY PLANTS

2451 Island View Road, Saanichton

250-886-0494

michellvalley@gmail.com

michellvalleyplants.com

 Michell Valley Plants

 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.



islandfarmfresh.com


29. MILLSTONE FARM & ORGANICS

710 Towner Park Road, North Saanich

778-350-1455

millstonefarmer@gmail.com

millstoneorganics.com

 millstoneorganics

At the heart of Millstone Farm & Organics is a passion for healthy, purposeful living. Veggies, herbs & strawberries are grown with organic principles.

Pastured & Certified Organic Fed farm fresh eggs and wool products made with our Miniature Babydoll Sheep wool. 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, mixes and spices are all available in our farm shop. Organic soaps, essential oils, sustainable home goods, bread baking supplies 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. With a special bread oven from Italy our small batch artisan bakery will be offering cinnamon buns, sourdough breads and baked goods with our freshly milled GF flours.

Farm Shop hours: Thursday-Saturday 10am-5pm. We offer both retail and wholesale sales.

FARMS IN THE CAPITAL REGION

30. NETTLEBROOK FARM

7377 Tomlinson Road, Saanichton

250-880-2000

nettlebrookfarm.com

 Nettlebrook Farm

 AndrewsFarmstand

Reserve your pasture-raised Thanksgiving turkey early on our website — quantities are limited each season.

Located in the heart of the Saanich Peninsula, Nettlebrook Farm is committed to sustainable, small-scale agriculture. We focus on raising high-quality food with care and integrity.

Our pasture-raised Thanksgiving turkeys are a highlight of the season. Raised slowly and naturally, our turkeys are given space to roam, fresh air, and a carefully balanced diet to ensure exceptional flavour and tenderness. The result is a beautifully finished bird with rich taste and quality you can feel good about serving to family and friends.

You can also find our produce at Andrew's Farmstand – just look for the old truck on Tomlinson Road. We specialize in garlic, strawberries, carrots, and more that will keep you coming back.

31. NORTHBROOK FARM

1438 Mt. Newton X Road, Saanichton

250-652-9035

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.



32. NORTHSTAR ORGANICS

2200 Bear Hill Road, Central Saanich

sales@northstarorganics.ca

northstarorganics.ca

 northstarorganics



We are a certified organic farm in Central Saanich. Ten pound cases of blueberries are available most easily by online pre-order: <https://northstar-organics.localline.ca/blueberriesandpicklingcukes> (ordering starts in April for the mid-summer crop). Alternatively, email us at sales@northstarorganics.ca. Other produce available weekly for pre-order at our farmers markets and farmstand: <https://northstar-organics.localline.ca>

33. PATIO GARDENS

6536 West Saanich Road, Saanichton

250-652-8338

info@patiogardens.ca

patiogardens.ca

 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.



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FENCING LTD.**

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Locally Owned & Operated.

www.coastlinefencing.ca



FARMS IN THE CAPITAL REGION



34. PAULZ FARM

7120 Veyaness Road, Saanichton

250-896-2009

paulzfarm1@gmail.com

paulzfarm.com

 Paulz Farm

 Paulz_Farm

Located in Central Saanich, Paulz Farm was established in 2025. We focus on high-quality hand-picked vegetables and fruits, grown with care.

We are committed to strengthening the local food system by providing nutritious vegetables harvested at the peak of freshness. We believe that choosing local is one of the most powerful ways to improve our island economy and protect the farmland that makes this region so special. Paulz grows a variety of non-GMO vegetables/fruits and Chelsea will put together a beautiful vegetable/fruit box personalized to your families' needs, available each week throughout the season. Paul and Chelsea are a husband-wife team who are committed to a vision that invites our neighbours to grow with us, one season at a time.

We will be open as long as they're vegetables in the ground.

35. ROSEMEADE FARMS

1939 Meadowbank Road, Saanichton

250-652-1862

250-920-6495

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.

islandfarmfresh.com

36. SAANICHTON FARM

1947 Stelly's X Road, Saanichton

250-727-1966 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.



37. SANDOWN CENTRE FOR REGENERATIVE AGRICULTURE

1810 Glamorgan Road, North Saanich

info@sandowncentre.com

sandowncentre.com

 sandowncentre

 sandowncentre

The Sandown Centre for Regenerative Agriculture is a non-profit in North Saanich that offers several programs to the public. The Regenerative Farmer Program provides shared infrastructure to a collaborative of new and young farmers who operate their farm businesses on-site. They also operate a Learning Farm for hands-on educational events, a community garden, and deliver field trips for K-12 students through the Growing Young Farmers Program.

Visit seasonally on Wednesdays from 3:00pm - 5:30pm for farm tours and fresh vegetables, or join their CSA program. Go to their website, Facebook, and Instagram for regular updates.



Island Good is p

Look for the Island on local products



ointing the way.

nd Good sticker
ts in all stores!



We support over
100 Island farmers,
producers and suppliers.

FARMS IN THE CAPITAL REGION




38. SEA DOG FARMS

1742 Hovey Road, Saanichton

250-661-4577

SeaDogFarm@gmail.com

SeaDogFarm.ca

 Sea Dog Farm

 Sea.Dog.Farm

 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, eggs, catnip and dog treats. We have bouquets from early spring until early 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! We now host intimate weddings on our bucolic farm, with a choice of pond, flower field or forest settings. Please see our website for details

39. SIDNEY MICROGREENS

Sidney, BC

236-300-2799

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 rambou radish.

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



Toll Free

1-800-544-1227

Ph: 250-544-1227

Fax: 250-544-1228

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Saanichton, BC V8M 1Z8 • www.victoriabox.ca**

Recipe

Grilled Beef Salad with Local Island Flavours



This tasty, protein-rich salad features refined flavours from locally produced and grown products, perfect for a pleasant summer meal.

Servings: 4 **Prep Time:** 20 min

Resting Time: 8–10 min

Ingredients

- 400g local sirloin steak
- 1 tbsp locally sourced olive oil
- 1 tbsp butter
- 1 local peach, sliced
- 4 cups local mixed greens
- 1 cup fresh local cilantro, chopped
- ½ cup toasted hazelnuts (a great local substitute for walnuts)
- Salt and locally ground pepper

For the Vinaigrette

- 3 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp local lemon juice
- 1 tsp local honey
- 1 tbsp water (or more)
- Salt and pepper to taste

Pro Tip: Use the **Product Index** of this guide to find farms near you that carry these fresh, local ingredients!

Directions

1. **Prepare Beef:** Remove the steak from the refrigerator and let sit for 20 min until it reaches room temperature. Season generously with salt and pepper.
2. **Sear:** Heat a cast-iron skillet or barbecue grill over high heat and drizzle with local olive oil. Sear the steak for 2–3 min on each side for rare, or longer if preferred.
3. **Rest:** Remove from heat, cover loosely, and let stand for 8–10 min.
4. **Grill Peaches:** In the same pan or grill, melt butter and grill local peach slices for 1–2 min per side until charred and lightly caramelized.
5. **Whisk:** In a small bowl, whisk together the vinaigrette ingredients, including local honey and lemon juice, using water to adjust texture.
6. **Assemble:** Divide local mixed greens among four plates. Add cilantro and sprinkle with toasted hazelnuts.
7. **Serve:** Slice the beef against the grain into thin strips. Arrange the beef and grilled peach slices on the salad, top with vinaigrette, and serve immediately.

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 |
| Artisan Goods & Baking | – Fresh bread, pastries & handmade products |
| Live Music & Entertainment | – Enjoy local talent each week |
| Handcrafted Art & Gifts | – Unique finds from local artisans |
| Family-Friendly Atmosphere | – A great way to spend a Saturday morning! |

Join us for a true farmers' market experience – fresh, local, and full of community spirit! Follow us on social media & visit our website for events and updates

<https://peninsulacountrymarket.ca/>

Season Dates:

Every Saturday from June 6th - October 10th, 2026

Location:

Saanich Fairgrounds, 1528 Stellys Cross Rd, Saanichton, BC

Time:

9:00 AM – 1:00 PM



PENINSULA
COUNTRY MARKET



FARMS IN THE CAPITAL REGION

40. SILVER RILL BERRY FARM

1490 Hovey Road, Saanichton
250-652-5227

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.

41. SILVER RILL CORN FARM

7117 Central Saanich Road, Saanichton
250-652-3854

silverrillcorn@gmail.com

silverrillcorn.com

 [SilverRillCorn](#)

 [SilverRillCorn](#)

4th Generation Peninsula Farmers specializing in premium quality NON-GMO Sweet Corn, many types of Produce and Berries, and Corn Maze and Pumpkin Patch! Celebrating our 100 Year Anniversary, there will be many promotions and events this year! **Corn:** Over 25 varieties of yellow, white, bi-colour, and popcorn! **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! Also a wide variety of our own made Jams and Preserves. For Market hours, visit our Website and Facebook Page! See you at the Market!

42. STARLING LANE VINEYARD

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

jackie.wrinch@shaw.ca

starlinglanevineyard.com

Stunningly beautiful event location – garden parties, weddings, meetings

Daily eggs

Raspberries

Apples

Grapes Hazelnuts

43. SUNTRIO FARM

8214 East Saanich Road, Saanichton
250-652-1003

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!

44. SUN WING GREENHOUSES LTD.

6070 Oldfield Road, Victoria
250-652-5732

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.

Email: sunwingfarm@shaw.ca

45. TWYLA'S FLOWER FARM & FLORISTRY

4351 Blenkinsop Road, Victoria
250-588-9558

twylasflowerfarm@shaw.ca

twylasflowerfarm.com

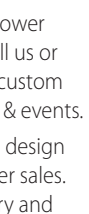
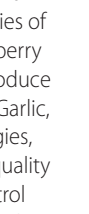
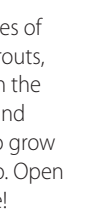
 [TwylasFlower Farm](#)

 [twylasflowerfarm](#)

Nestled in the beautiful Blenkinsop Valley on the south slope of Mt. Doug/PKOLS, we are dedicated to sharing the beauty of locally grown flowers. Certified Organic (NOOA 02-202304). Our farmstand is open 24/7/365, for bouquets, small arrangements & plants.

You are welcome to visit our full-service Flower Studio here on the farm, Mon-Sat 10-4. Call us or order online, for pick-up & delivery of our custom designs for everyday moments, weddings & events.

We offer seasonal CSA subscriptions, floral design workshops, annual tulip bulb & dahlia tuber sales. Twyla's Flower Farm is where nature, artistry and heartfelt service flourish together.



FARMS IN THE WEST SHORE

46. BLUE HAZE FARM

3817 Duke Road, Victoria
250-514-9400
bluehazefarm@outlook.com
Facebook 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!

47. PARRY BAY SHEEP FARM

4335 Lindholm Road, Victoria
825-733-4301
parrybayfarm@outlook.com
parrybaysheepfarm.com
Facebook Parry Bay Sheep Farm
Instagram 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.

48. SEA BLUFF FARM

565 Wootton Rd, Victoria
250-479-8273
seabluffbox@outlook.com
seablufffarm.com
Facebook SeaBluffFarm
Instagram Seablufffarm

Sea Bluff Farm is burgeoning with over 40 different kinds of delicious Certified Organic veggies and fruit, grown right here, all year round! Visit our farm stand which is open 9-6 daily, stocked fresh Tuesdays and Saturdays. Our carefully curated seasonal display always features luscious greens but can include colourful heirloom tomatoes, crunchy carrots, luscious berries, and Brussels sprouts for Christmas. Every week of the year there is something tasty to get excited about. Check out our website for farm happenings and special events.

49. WIND WHIPPED FARM

4645 B William Head Road, Victoria
windwhippedfarm@gmail.com
windwhippedfarm.com
Facebook WindWhippedFarm
Instagram 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. Our farmstand is open daily, all year long, from 9-5. **The Local Food Box** is a multi-farm partnership offering members vegetables & fruit, 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

50. ANNIE'S FAMILY FARM

3204 Drinkwater Road, North Cowichan
604-537-6452

info@anniesfamilyfarm.com

anniesfamilyfarm.com

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

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

Named in honour of John's mother, Annie, our family-run farm grows certified organic berries, flowers, vegetables, eggs and specialty crops. We believe in regenerative farming, biodiversity, community connection, and growing food with care. Pull into our self-serve farm shop for fresh seasonal goodies and a unique shopping experience; parking available onsite. Seedlings available in spring. Farm tours and workshops throughout the season. Book a stay in our cozy on-farm yurt and experience life on a working organic farm.



52. SOUTH ISLAND SASKATOONS

1245 Fisher Road, Cobble Hill
250-743-9464

southislandsaskatoons@outlook.com

southislandsaskatoons.com

 [SaskatoonBerries](https://www.facebook.com/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.

53. SWEETFALL ORCHARDS

Mill Bay, BC

250-709-4488

sweet-fall-orchard@outlook.com


With nearly 800 trees on semi dwarf root-stock, we currently produce 18 varieties of apples. From heritage varieties like Cox's Orange Pippin and Gravenstein to more recent varieties such as Liberty, Elstar, Honeycrisp, and Sunrise. We harvest from August until December, picking fresh by hand and storing in our on-site cooler. We supply several schools, as well as the local farmers markets. Gate sales and delivery for larger orders are available. You can find us at the Duncan, Cedar and Nanaimo Farmers Markets as well as online orders and delivery with the Cowichan Milk Company.

51. QUEEN BEE FARMS AND APIARY

Malahat, BC

queenbeefarms.ca

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

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

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

Queen Bee Farms & Apiary specializes 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.



FARMS IN THE CENTRAL ISLAND REGION

54. BLUE HARVEST FARM

13387 Code Road, Ladysmith
1-877-660-6118
info@blueharvestfarm.com
blueharvestfarm.com

Growers of premium Certified Organic Blueberries (NOOA #04-1309). Our boutique family-operated farm offers several wonderful varieties including Rubel, which ranks #1 in antioxidant content. Fresh berries are available from mid-July until mid-August, packed in five-pound freezer bags ready to serve or freeze. Orders of fifty pounds or more receive special pricing. A limited frozen supply is available while supply lasts. All sales are by pre-order so please reserve today.



57. SPRINGFORD FARM

1934 Northwest Bay Road, Nanoose Bay
250-468-7540
info@springfordfarm.com
springfordfarm.com
Facebook: springfordfarm
Instagram: 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!

55. LITTLE QUALICUM CHEESEWORKS

403 Lowry's Road, Parksville
250-954-3931
info@cheeseworks.ca
cheeseworks.ca

Facebook: LittleQualicumCheeseworks
Instagram: littlequalicumcheeseworks
YouTube: 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.



56. SILVER MEADOWS FARM MARKET LTD.

1019 Errington Road, Errington
250-248-4450
Facebook: Silver Meadows Farm Market Ltd
Instagram: silvermeadowsfarmmarketltd
Look for us on Facebook & Instagram.

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, local cheese, honey, jams, jellies, mustards, chocolates, candles, soaps, bath salts. Join us in the Fall for U-Pick Pumpkin Patch, and Corn Maze. We are open year round. Come check it out, you will be pleasantly surprised!

58. STOCKING CREEK FARM

10735 Edgelow Road S, Ladysmith
250-245-8615
farm@shaw.ca
Facebook: Stocking Creek Farm

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

59. SEA CIDER FARM AND CIDERHOUSE

2487 Mt. St. Michael Road, Saanichton

250-544-4824

info@seacider.ca

seacider.ca

 seacider

 seaciderhouse

Located 20 minutes from downtown Victoria, Sea Cider Farm & Ciderhouse is one of BC's top agri-tourism destinations and event venues that offers memorable cider-centric experiences. Our ten-acre farm is home to 1,300 organic apple trees with over 50 varieties of heritage apples.

Sea Cider is open year-round for tastings and tours. Come raise a glass and savour our variety of award-winning farm-crafted ciders, paired with a delicious lunch menu and overlooking panoramic water views across our orchard to Haro Straight and James Island.



60. VICTORIA CIDER CO

9635 West Saanich Road, North Saanich

250-888-7635

hello@victoriaciderco.ca

victoriaciderco.ca

 Victoria Cider Co

 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!

BC Egg Producers Are Doubling Down For You!

BC is considered a leader in Canada when it comes to cage-free egg production and is moving the dial as the industry grows and renews.

Across BC, egg farmers are making major investments to modernize barns, expand capacity and strengthen local food supply.

They're reinvesting and once again showing that B.C. agriculture is defined by resilience, innovation and a deep commitment to feeding our communities.

Egg - Cellent News!!

Their hard work keeps fresh, BC eggs on the table for families across British Columbia, and I couldn't be more proud of them.

LANA POPHAM

MLA Saanich South

For More Information: 250.479.4154 |

Lana.Popham.MLA@leg.bc.ca

Recipe

Elegant prosciutto and arugula pizza

The refined flavours of using locally produced and grown products will make this recipe perfect for a pleasant meal in good company. Sourcing ingredients locally helps lower the environmental footprint from reduced transportation and stimulates the local economy.

Servings: 4

Ingredients

- 1 flatbread, homemade with locally milled flour or purchased from a local bakery
- 2 tablespoons locally sourced olive oil
- 2 tablespoons pesto, made with locally grown basil or sourced from a local artisan
- 2 cups fresh, locally grown arugula
- 6 fresh, locally sourced figs, cut into quarters



- 8 slices prosciutto (or a local artisanal cured meat)
- Local artisanal hard cheese, shaved (in place of Parmesan)
- Pepper, freshly ground
- Locally grown fresh herbs, or dried (optional)

Directions

1. Preheat the oven to 450 F. Place the flatbread on a parchment-lined baking sheet.
2. Brush the bread with olive oil and pesto. Bake for 10 to 12 minutes, until the crust is golden brown.
3. Garnish immediately with arugula, figs and torn prosciutto. Top with parmesan shavings, pepper and dried herbs, if desired. Cut into triangles and serve.

SINCE 2006

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South Island FarmHub


cuts out the middleman to deliver freshness to your door

It's been estimated that the food products in your grocery store have travelled an average of more than 2,400 km before it ever reaches the shelves. But times are changing and the South Island FarmHub is part of that change. Thanks to them, it's no longer necessary to put food on your table that has a more extensive travel history than most early explorers.

In fact, the South Island FarmHub has a mission to make fresh food from local farms and food producers available to the entire community.

The concept is actually part of a much wider movement of farm-to-table food practices that have taken root in the Canadian food scene, and, with all the benefits of the movement, it would be a mistake to consider this just another food trend – it's a complete reimagining of our food system that prioritizes freshness, sustainability and community connections.





“It just makes sense, and it’s quite sustainable,” explained Heather Vandenengel, the marketing and sales coordinator for the Victoria Community Food Hub Society and the | South Island FarmHub. “There’s an appetite to change the way we get our food, and, with rising grocery costs, people are realizing that the price of fresh, locally produced food, doesn’t need to be any higher and it’s fresher, tastes better and last longer. As I said, it just makes sense.”

The way it works is that the South Island Food Hub has partnered with more than 85 local farmers, fishers and food producers who provide products that can be ordered by customers through the Hub. The ordering takes place Thursday through Sunday, and those customers can choose the way they want to order.

One option is to simply request a Harvest Box – a fantastically curated box of six to eight locally sourced and seasonal produce items, all harvested a day or two before delivery. That order will use products from both conventional and organic farms, or customers can request an Organic Harvest Box which includes produce sourced only from certified organic farms in the CRD.

But the selection isn’t limited to fruits and vegetables. FarmHub also offers Meat Boxes that contain three to four regionally raised and processed meat products. The items are selected for the customers, and they always have the option of requesting substitutions to better suit household needs.

Alternatively, customers can place an à la carte order at <https://shop.sifarmhub.ca/products>. There is even an egg subscription that will deliver farm fresh eggs to your door.

“After customers place their orders we prepare “pick tickets” for the farmers who then know what to harvest,” said Vandenengel. “They bring it to us on Tuesday morning and we have a couple great volunteers who help staff with the packing. It’s then picked up and delivered to your door.”

“It’s really very sustainable and efficient. Farmers are picking to order so they don’t waste anything, and the supply chain is so much shorter that the food you’re getting is as fresh as you can imagine.”



In keeping with the spirit of community support for local food producers that underlies the work of South Island FarmHub, the organization also helps the community at large.

“We have a charity program called Farmbucks where we help to subsidize food for local charities and schools. Farmers still get paid for the products they provide but the cost of those items is covered through grants and donations,” Vandenberg explained.

The Farmbucks program was founded in 2020 in the wake of the COVID-19 pandemic, when farmers had a surplus of produce to sell amid restaurant closures and cancelled farmer’s markets. With the help of Farmbucks, charities were able to purchase some of those produce and pantry items from South Island FarmHub and distribute it in the community where it was 

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most needed. Since that time more than \$726,000 worth of food has been distributed and more than 15,000 community members have been fed.

"It's a tremendous program," said Vandenengel. "For example, the Oakland Community Centre has a community meal every month and the Farmbucks program allows them to use farm fresh vegetables, fruit, salmon, and more. We also support school foods programs and, well, you get the idea. It's all about community."

"In the end our mission is to make fresh local food as accessible as possible while cutting out the middleman."

And while the South Island FarmHub provides an innovative and practical way of making sure that the food coming into your home is fresh and delicious, Vandenengel is quick to encourage folks to do a bit of their own foraging by frequenting roadside farm stands and farmer's markets whenever they can.

"We have so many great people in our community and they produce this amazing variety of wonderful foods. They have jams and jellies, fresh fruit, vegetables and meat products and it's all available right here," she said.

"Of course, we don't always have the time to go out and source these foods ourselves and that's why the FarmHub just makes sense. I'm a mom, myself, and I use the service every week."

To place an order with the South Island FarmHub, learn about the farms and farmers who produce all that great food, or to learn about the charitable work of the organization, visit <https://www.sifarmhub.ca/>.

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

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