

East Kootenay Local Food

A guide to producers from Golden to Fernie to Creston

This edition of the East Kootenay Local Food Guide is brought to you by Imagine Invermere.

Our first local food guide was published in 2008. Thanks and recognition go to the following organizations for their financial support and contribution in creating and compiling the guide in previous years:

- Cranbrook Food Action Committee [www.cranbrookfoodaction.com]
 Creston Valley Food Action
 [www.crestonfoodaction.ca]
 Groundswell Network Society

- [www.groundswellnetwork.ca] Slowfood Columbia Valley [www.slowfood.ca]

4th edition - August 2014 imagineinvermere.ca

North Columbia Valley

FOOD ORGANIZATIONS Groundswell Invermere www.groundswellnetwork.ca Windermere District Farmers' Institute

FARMERS' MARKETS

www.wdfi.ca

Edgewater Open Market 250-347-0044 *Edgewater Legion* Saturday 9 am - 12:30 pm [Early Jul to early Sept]

Fairmont Farmers & Artisan Market

www.fairmontmarket.ca Fairmont Village Mall (Hwy 93/95) Sundays 10 am - 2:00 pm [July to August]

Golden Farmer's Market

www.goldenfarmersmarket.com Near Kicking Horse Chamber of Commerce (downtown Golden) along Hwy 95. Moves to CP Parking lot in September. Saturdays 10 am - 3 pm [June to September] Wednesdays noon - 5 pm [June to August] December market held at Mount 7 Rec Plex 11 am to 5 pm [Mid-December]

Invermere Farmer's Market

invermerefarmersmarket.com Downtown (beside Village Arts) Saturdays 9 am - 1 pm [Mid June to mid Sept]

Radium Farmer's Market

www.tourismradium.com 7556 Main Street East Fridays 4 to 9 pm [July & August]

Central Columbia Valley

COMMUNITY GARDENS

Cranbrook Public Produce Garden www.cranbrookfoodaction.com Wildsight Open Gate Garden www.wildsight.ca/opengategarden

FOOD ORGANIZATIONS

Cranbrook Food Action www.cranbrookfoodaction.com

Kimberley Edible Garden Group

Wildsight Kimberley Wildsight Cranbrook Apple Capture www.wildsight.ca/opengategarden www.wildsight.ca/apples

FARMERS' MARKETS

Cranbrook Farmer's Market

www.cranbrookfarmersmarket.com 10 Avenue S (Adjacent to Rotary Park) Saturdays 9 am - 1 pm [June to August] Saturdays 10 - 1 pm [September to Thanksgiving] Last Fri & Sat in November - Winter market

Kimberley Farmers' Market

www.kimberleyfarmersmarket.ca Downtown on Howard St just north of the Platzl Thursdays 5 - 7:30pm [June - September]

South Columbia Valley

FOOD ORGANIZATIONS

Greenheart Herbal Society www.greenheartherbalso

Creston Valley Food Action Coalition www.crestonfoodaction.ca

FARMERS' MARKETS

Creston Valley Farmer's Market

Cook Street Market (behind the Chamber of Commerce)

Saturdays 9 am - 1 pm [May to Sept] Morris Flowers & Garden Centre (1403 Erickson St) Saturdays 9 am - 1 pm [October to December]

Imagine Invermere has made all reasonable efforts to ensure that the information provided in this guide is accurate at the time of inclusion. We make no warranties about the information provided through this guide. The content is subject to change and there may be inadvertent and occasional errors for which we apologize. If you're using the guide and notice what you believe to be an error, please advise us.

It is our intention that the specific contents of this guide are for the educational information and convenience of the reader. The listing of this information does not constitute an endorsement or approval by Imagine Invermere. If you have questions about any of the information contained

Elk Valley

COMMUNITY GARDENS

Community EcoGarden www.ecogarden.ca

FARMERS' MARKETS

Christmas in the Country: Baynes Lake Winter Market Jaffray Community Centre Hall 9 am to 4 pm [First weekend in November]

Fernie Mountain Market

www.mountainmarket.ca Rotary Park on Highway 3 Sundays 10 - 2 pm [Canada Day to Labour Day]

Jaffray/Baynes Lake Farmers' Market Baynes Lake Hall [parking lot] Saturdays 9 - 12:30 pm [Mid June to early Sept]

in this guide such as food safety practices, ingredients, food preparation, or growing methods, please check with the grower/ producer/supplier directly. For questions regarding food premise approvals, inspections, general requirements or food safety information, please contact your local Health Authority.





| A CAN | | BREAD | TS | DAIRY | FLOWERS | WINE | FRUIT | ָרָים . ניים | PRESERVES TEA | ΑΤ | HERBS | PLANTS | GRAINS CERT. ORG | NATURAL G | -SITE S/ | FARMERS' I | RETAIL | DELIVERY | PHONE | To | |
|------------------------------------------|--------------|-------|------|-------|---------|------|-------|-----------------|------------------|------|-------|--------|---------------------|-----------|----------|------------|--------|----------|-------|---------------|-------------------------------------|
| PRODUCER | Town | BR | NUTS | EGGS | F | WINE | | VEG | PRE | MEAT | 里 | P.L | S E | Z | Ö | FAF | R | DE | PH | Phone | Website (www) or Email (@) |
| Beeland Market | Spillamcheen | | | | | • | | | • | | | | | | • | • | • | • | • | 250-346-3306 | www.beeland.ca |
| Blaeberry Valley Buffalo Ranch | Golden | | | | | | | | | • | | | | | • | • | | • | • | 250-344-4779 | www.blaeberryvalleybuffaloranch.com |
| Caleb View Farm | Castledale | • | | | | | • | • | • | | | | | • | • | • | • | • | • | 250-348-2059 | www.calebviewfarm.com |
| Chinadoll Farm | Parson | | | | | | | • | | • | | | | | • | | | • | • | 250-348-2363 | chinadoll@redshift.bc.ca |
| D&D Growers | Windermere | | | | | | | • | | | | • | | | • | | | | • | 250-342-6136 | d.wah@telus.net |
| Eat Pure Food | Golden | • | | | | | | | | | | | | • | | • | | • | • | 250- 272-8848 | www.eatpurefood.ca |
| Ebe's Garden | Parson | | | | | | • | • | | | • | • | | | | • | | | | | ebekrisch@hotmail.com |
| Edible Acres @ Winderberry | Windermere | | | • | | • | • | • | | | • | • | • | | • | • | • | • | • | 250-342-3236 | www.winderberry.ca |
| George & Sylvia Maclean | Edgewater | | | | | | | | | | | | • | | • | | | | • | 250-347-9377 | |
| Groundswell Community Greenhouse | Invermere | | | | | | | • | | | • | • | | | • | • | | | • | 250-342-3337 | www.groundswellnetwork.ca |
| Kicking Bee Honey / Mountainside Gardens | Golden | | | • | | • | | | | | • | • | | • | • | | • | | | 250-344-4845 | www.mountainsidegardens.ca |
| Patty's Greenhouse | Brisco | | | | | | • | • | • | | • | • | | • | • | | • | • | • | 250-341-1087 | www.pattysgreenhouse.com |
| Petra Downey | Fairmont | | | • • | | | | | | • | | | | | • | | | | • | 250-345-6452 | downey7@shaw.ca |
| Rocky Mountain Honey | Golden | | | | | • | • • | | | | | | | • | • | • | | | • | 250-348-2431 | |
| Ron Schnider | Edgewater | | | | | | | • | | | | | | | • | • | | | • | 250-347-9326 | schnidr1@telus.net |
| Saunders Family Farm | Windermere | | | | | | • | • | • | | | | | • | • | • | • | | • | 250-342-9283 | www.saundersfamilyfarm.ca |
| Schöni Artisan Wood Oven Breads | Invermere | • | | | | | | | | | | | | | • | • | • | • | • | 250-342-7590 | www.woodovenbread.ca |
| | | | | | | | | | | | | | | | | | | | | | |

Brisco, Castledale, Edgewater, Golden, Invermere, Parson, Spillamacheen, Windermere,

• 250-342-6781

Central Columbia Valle Bull River, Cranbrook, Fort Steele, Kimberley, Skookumchuk, Ta Ta Creek, Wycliffe

PRODUCER

Blackbird Bakehouse & Farm

Bowron Bison Ranch

Cindy & Clint Pighin

Brooke Thompson

Clear Sky Farm

Cutter Ranch Ltd.

DaySpring Farm

Fort Steele Farms

Gold Creek Farms

Ishtadev Niwas Farm

Kootenay All Natural Beef

HighField Ranch

Horatcha Farm

Jean Terpsma

kootagonia

Moody Bee

Purcell Organics

Silvertip Ranch

Sunpower Farm

Thibeault Ranch

Three Crows Farm

Soup Stone Forge

BE Ranch

South Columbia Valley Brickson, Canyon, Creston, Erickson, Lister, Wynndel

| Bailie-Grohman Estate Winery | Creston | | | | | • | | | | | | | | | • | • | • | | • | 250-428-8768 | www.bailliegrohman.com |
|--------------------------------|--------------|---|---|-----|---|---|---|---|---|---|---|---|---|---|-----|---|---|---|---|--------------|---------------------------------|
| Beltane Nursery | Creston | | | | | | • | | | | | • | | | • | | | | • | 250-428-2062 | beltane.nursery@shawcable.com |
| Big Rock Simmentals | Creston | | | | | | | | | • | | | | | • | | | | • | 250-428-8980 | bigrock@westcreston.ca |
| Blueberry Hill Farm | S. Creston | | • | | | | • | • | | | | | | • | • | | | | • | 250-428-8455 | |
| Blueberry Patch Country Market | Lister | | | | | | • | | | | | | | • | • | | | | • | 250-428-4647 | www.blueberrypatch.ca |
| Castle Meadows Ltd. | Creston | | | | | | • | | | | | | | • | • | | | | • | 250-428-8841 | themcleods@westcreston.ca |
| Chelsea Farms | Wynndel | | | | | | | • | | | • | | • | | • | | | • | • | 250-866-6863 | jodi.3@hotmail.com |
| Cherrybrook Farms | Creston | | | | | | • | • | • | | | | | • | • | • | • | | • | 250-428-3070 | www.cherrybrookfarms.ca |
| Creston Valley Vineyard | Creston | | • | | | | • | | | | | | | | • | | | | • | 250-428-2423 | farmerjohnh@shaw.ca |
| Faramon Farm | Creston | | | | | | • | • | | | | | | | • | | | | • | 250-402-3056 | bearnra@yahoo.com |
| Featherstone Farm | Creston | | | | | • | • | • | | • | • | | • | | • | | | | • | 250-402-9934 | featherstonefarm@westcreston.ca |
| Full Circle Farm | Canyon | | | | | | | | | | | • | • | • | • | | | • | • | 250-428-9521 | fullcirclefarm@shaw.ca |
| Garden Hoe Farms | Wynndel | | | | | | • | • | • | • | • | • | • | | • | | | • | • | 250-866-5582 | www.gardenhoefarms.ca |
| Goat River Gardens | Creston | | | | | | | • | | | • | • | | | • | | | | • | 250-428-7540 | |
| Golden Fla• Farms | Lister | | | | | | | | | | | | • | • | • | | | | • | 250-428-2837 | hjbala@ymail.com |
| Jellyfish Vineyards | West Creston | | | | | | • | | | | | | | • | • | • | | | • | 250-402-6787 | jellyfishgrapes@westcreston.ca |
| JR Kids Orchard & Greenhouse | Creston | | | • | | | • | | | • | | • | | | • | | | | • | 250-428-5438 | |
| King Creek Farm | Creston | | | | | • | | | | | • | | | • | • | | | | • | 250-977-5362 | www.kingcreekfarm.ca |
| Kootenay Meadows Farm | Lister | | | • | | | | | | • | | | • | | • | • | • | | • | 250-428-9655 | www.kootenaymeadows.ca |
| Kootenay Natural Meats | Creston | | | | | | | | | • | | ' | | • | • | | | | • | 250-428-4034 | www.kootenaynaturalmeats.com |
| Leyh Orchard | Creston | | | | | | • | | | | | | | | • | | | | • | 250-428-7324 | |
| Lydia's Lamb | Creston | | | | | | | | | • | | ' | | • | • | | | | • | 250-428-3365 | bissigl@hotmail.com |
| Margo's Farm | Creson | | | | | | • | | | | | | | • | • | | | | • | 250-428-9782 | jbeau8@telus.net |
| Marianne's Greenhouse | Canyon | | | | | | • | • | | | | • | | | | | | | • | 250-428-9540 | |
| Moe and Mikey Farms | Creston | | | | | | • | • | | | | | • | | • | | | | • | 250-428-4530 | mikemaurfarm@gmail.com |
| Morris Flowers Garden Centre | Creston | | | | • | | • | • | | | | • | | • | • | , | | | • | 250-428-5262 | |
| Mountain Harvest Farm | Creston | | | • | | • | | | | • | | | | | • | | | | • | 250-428-0390 | www.mountainharvestfarm.com |
| Plotnikoff Orchard | Creston | | | | | | • | | | | | ' | | | • | | | • | • | 250-428-4833 | marplo@shaw.ca |
| R&S Lawrence Farm | Creston | | | | | | | | | | | | • | | • | | | | • | 250-428-7556 | www.kootenaygraincsa.ca |
| R&S Meyer Farms | Creston | | | | | | | | | • | | ' | | • | • | | • | | • | 250-428-7013 | |
| Romano's Blueberries | Creston | | | | | | • | | | | | | | | • | | | | • | 250-428-2194 | |
| Root & Vine Acres | Creston | | | • | | | • | • | | • | • | ' | | • | • | | | | • | 250-402-8475 | rootandvine@hotmail.com |
| Sanders Produce | Canyon | | | | | | • | • | | | | | • | | • | | | | • | 250-428-7351 | |
| Shell's Little Greenhouse | Creston | | | • | | | | | | | | | | | • | | | | • | 250-428-7274 | |
| Skimmerhorn Winery & Vineyard | Creston | | | | | • | | | | | | | | | • | • | • | | • | 250-428-4911 | www.skimmerhorn.ca |
| Sun Beam Farms | Creston | | | | | | | • | | | | | | | • | | | | • | 250-428-4506 | |
| Sutcliffe Farms | Creston | | | | | | | • | | | | | | | • | | | | • | 250-428-2734 | |
| Swan Valley Honey (2012) | Creston | | | | | | | | | | | | | • | • | | | | • | 250-886-6861 | www.swanvalleyhoney.ca |
| Tarzwell Farms | Creston | | | | | | | | | • | | | | • | • | | | | • | 250-428-4316 | tarzwell@shaw.ca |
| The Pickle Patch | Creston | | | • | | | | • | • | | | | | • | • • | • | | | • | 250-428-8980 | picklepatch@westcreston.ca |
| Truscott Farms | Erickson | • | | • • | | • | • | • | • | | • | • | | | • | • | | | • | 250-428-4983 | billtruscott@mac.com |
| Webber's Mountainside Cherries | Wynndel | | | | | | • | | | | | | | • | • | | | | | 250-866-5573 | |
| Willowbrook Farm | Creston | | | | | | | • | | | | | • | | • | | | | • | 250-428-3507 | |
| | | | | | | | | | | | | | | | | | | | | | |

FARMERS' MARKETS

RETAIL

• •

ON-SITE SALES

INTERNET SALES

PHONE

250-427-3126

250-489-3642

250-489-4786

250-919-2502

250-489-9745

250-429-3929

250-429-4006

250-489-3246

250-489-3068

250-417-4014

250-427-5200

• 778-963-1080

250-427-3182

250-427-5666

250-427-3300

250-427-7981

250-429-3483

250-417-0918

250-581-1282

250-489-5649

• 250-489-3917

• 250- 429 3888

• 250-429-3632

250-423-9110

250-919-8783

250-426-6322

250-423-3341

250-430-1311

250-529-7919

bolter@toughcountry.net

www.ecogarden.ca

cornerveggies@live.ca

www.idealsociety.org

www.elkriverapiaries.com

colombolancaster@gmail.com

snowvalleyfarms@hotmail.com

www.robertsonestate.com

cindybrendan@gmail.com

WEBSITE (WWW) OR EMAIL (@)

mollemurd och farm@gmail.com

kootneybison@gmail.com

beranch@telus.net

cfpighin@live.ca

www.clearskyfarm.ca

dayspringfarm@live.ca

sdmiel@cintek.com

www.cutterranchlamb.ca

maurice. hansen 10@gmail.com

horatchkafarm@shaw.ca

www.ishtadevniwas.ca

gterpsma@gmail.com

kootagonia@gmail.com

tim@rossrange.com

www.moodybee.com

purcellorganics@hotmail.com

patricialogan@shaw.ca

soupstoneforge@shaw.ca

jessicatichenor@icloud.com

thibeault_ranch@yahoo.ca 3crowsfarm@gmail.com

NATURAL GROWING

CERT. ORGANIC

PLANTS GRAINS

HERBS

TEA

PRESERVES

FLOWERS

DAIRY

TOWN

Skookumchuk

Fort Steele

Fort Steele

Fort Steele

Cranbrook

Bull River

Fort Steele

Fort Steele

Fort Steele

Cranbrook

Ta Ta Creek

Cranbrook

Wycliffe

Wycliffe

Wycliffe

Kimberley

Kimberley

Bull River

Cranbrook

Cranbrook

Cranbrook

Skookumchuck

Ta Ta Creek

HONEY

FRUIT

WINE

k Valley

BOLTER Family Farm

Corner Veggies

Elk River Apiaries

I.D.E.A.L Society

Lancaster Ranch

Snow Valley Farms

Strawberri

Community EcoGarden

Robertson Estate Wine Vinegar

Jaffray

Fernie

Jaffray

Fernie

Jaffray

Mayook

Fernie

Fernie

Baynes Lake