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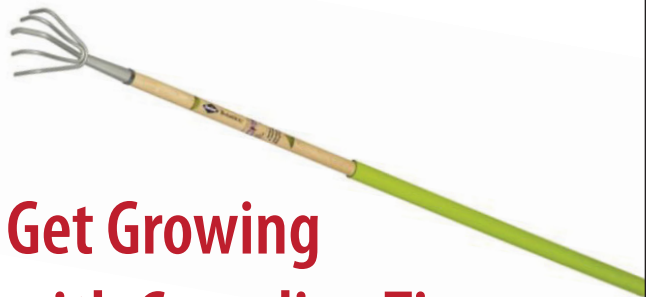
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Local food: cool longer after it's hip

By Sean Percy, Associate Publisher



Local food is hipper than a single-speed bike and cold-brew coffee. However, we predict the eat local movement will have more staying power than horn-rimmed glasses. While there is no shortage of hipsters adopting local food as a cause of the moment, the movement has a much wider base of support. And that broad-based support is not just among those who are buying and eating local food, but, as this issue of *Home Grown* shows, it's also among those who are, quite literally, getting their hands dirty.

From young couples and families, such as the Mazureks (of Terra Nostra, Page 6) and their neighbours the Morgans (Straight Up Greens, Page 14), to "retirees" like nutgrower Tim McDonald (Page 14) and Windfall Farm's Lisa Daniels (Page 10), the faces behind local food production are as varied as the tasty food they produce.

Which is very varied.

While vegans celebrate with VegFest (Page 28), BC's aquaculture industry is leading the local food economy and growing as fast as a hake exporter's contact list (Page 26.) Local growers are experimenting with everything from asparagus to zucchini as they expand our palettes far beyond lettuce and chicken. A producer in Lang Bay is providing fresh bay leaves and discovering new ways to use an old standby herb. Hydroponic operators are providing live, growing plants inside local grocery stores, so you can get microgreens and basil as fresh as if you grew it yourself.

And, of course, an increasing number of Powell Riverites are choosing to grow their own little gardens or raise their own little flocks. Read about editor Pieta Woolley's adventure in chicken-raising on Page 29.

Why are we confident local food is here to stay? Partly, as Chef Roy Blackwell says, it's about flavour. Partly, it's because of food security. And partly, as we see on Page 20, it's because of the kind of people farmers are - the kind who loyally view past-their-prime farm animals as old friends. 🍎

Economy, food production grow together

By Dave Formosa, Mayor



When I look around and see how much more food locals are growing here since I first took office, I can't help but smile.

Many people grow in their yards - a Powell River tradition dating back to the beginning. Several new farms have begun producing, and coupled with the growth in local value-added products - such as the Brainiacs Hot Sauce - confirm the great importance that Powell River shoppers place on local food.

As mayor of Powell River and as a father and grandfather, I'm proud that we prefer to eat locally-grown food, rather than food grown thousands of miles away.

When we choose to shop local, not only are we supporting the local economy but we are also shrinking our environmental footprint.

When we know who grows our food and where it comes from, we are strengthening our relationships and community ties.

To support the burgeoning local food movement, The City of Powell River recently completed a new farm sector plan. We worked with our partners, School District 47, Powell River Regional District, Vancouver Island University, the Powell River Farmers' Agricultural Institute, and Tla'amin First Nation on this plan and will implement it to strengthen and expand food production in our region.

The new plan records what food production exists now, and what opportunities there are in the future. It examines types of crops we currently grow, distribution, marketing, how we can grow the industry and strengthen what we have now for existing farmers so they can realize a better price for their product. We're also creating educational programming around agriculture, and planning an agricultural training centre.

This plan is an opportunity to grow the industry because that's what Powell River wants.

Local growers can't keep up with the demand as it is - and that demand increases each year.

This summer, take a trip to one of the region's farmers markets and you'll see for yourself. 🍎

On the cover: Aaron and Noemi Mazurek of Terra Nostra Farm, with their produce at the Farmers' Market.

We gratefully acknowledge the support of the City of Powell River for helping make this publication possible.

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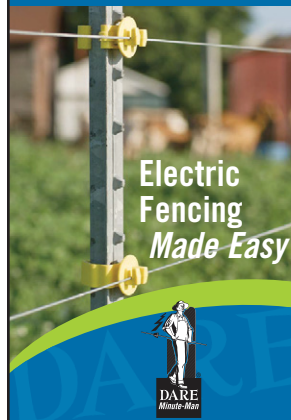
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Think it's yummm

An even more vibrant farm scene is coming, say



By Linda Wegner

There's probably no more common saying than "hurry up and wait," and it certainly applies to farming: wait for the weather; wait for the right time to sow crops; and then, wait for the crops to ripen. For Aaron Mazurek, waiting involved a number of years of post-secondary education, time spent working in construction and land-

scaping and a couple more years spent in England.

"I had been researching organics and I did a work study program on a bio-dynamic there when I was in my 20s. It was an amazing farm – greens, animals and a great spot to learn," he told *Home Grown*.

While in England, he also met his wife, Simona, and together they travelled in Europe, working on farms. After returning to Canada, Aaron worked as a realtor for nearly

Why now?

From realtor-turned-farmer



“I’d like to see Powell River have its own food supply like we did almost 100 years ago. I think it’s crazy that we don’t.”

- Aaron Mazurek



two decades ...until he found that special piece of property. That’s when a childhood love of gardens, including collecting and selling wild strawberries to neighbours and friends, turned into a passion for farming.

“I have always had the vision of having a piece of property where I could have a bigger garden. We found this property a couple of years ago with good soil and it was fairly close to town,” he continued. ▶

TERRA NOSTRA FARM: Above, Aaron’s wife Simona works at a local school and is not heavily involved in the farm but his children Nicoló (15) and Noemi (17) help out on in the summer and particularly enjoy working at the farmer’s market stand. Left, Aaron with workers Andrea Hunter and Graeme Macdonald in the greenhouse. Background, Terra Nostra’s bountiful fields.

Small farms, big dreams

Everyone wants local agriculture to thrive. Far from the mega-farms in other parts of Canada, in this section, we introduce you to five small growers that together, are making a big impact on Powell River.

Terra Nostra Farm p. 6

Feeding the Farmers Markets, former realtor Aaron Mazurek and his family grow and sell locally.

Sycamore Gardens p. 9

A collective permaculture experiment and training ground that gives produce away for free.

Windfall Farm p. 10

Award-winning small commercial family farm.

McDonald Hazelnut Orchard p. 13

One of BC's biggest crops, as a retirement project.

Straight Up Greens p. 14

Greenhouse-to-grocery store live herbs.

A resilient & secure food system

Powell River is a region both rich in assets and made vulnerable by isolation when it comes to food security. There are many groups and individuals who work hard to use the resources we have to try to ensure that everyone in the community has access to healthy, affordable food – but until now there hasn't been a way to share those resources and coordinate action. Recently, the Powell River Food Security Project partnered with the City, the Regional District, Community Futures, SD47, VCH, and VIU to initiate a regional Food Policy Council. The Council has 18 members from across all aspects of the food system – including farmers, retailers and community services

– who will work together to support and strengthen Powell River's capacity for a resilient local food system that is socially, environmentally and economically sustainable.

It's a big vision, but an important one. The first task of the FPC is to develop a plan of action to set out priority strategies over the next three years. Known as the Powell River Food Action Plan, this document is in the final stages of preparation and will be publicly released in June.

For now, more information on the Food Policy Council can be found on the Powell River Food Security webpage or by contacting fsp@prepsociety.org.

- Vanessa Sparrow, Food Security Project Coordinator



▶ Although it wasn't his initial intent, Aaron planted a garden on their newly acquired land and it's just kept growing – figuratively as well as literally.

So well rooted is his love of growing food that he has no plans to go back to the world of real estate, at least in the foreseeable future.

Hard work and commitment have already yielded impressive results, with customers coming by his property to purchase vegetables “fresh from the dirt” and with growing consumer demand from local supermarkets and restaurants for his products.

“Even though we're not a certified organic farm, we grow and do everything by that standard that they've set; I even try to go past that.”

Aaron's vision for his future and the future of food production in the Upper Sunshine Coast goes far beyond his own family and dreams, however, and includes more

farms and another, non-competing market at a more central location.

“My dream would be to have several or multiples of these one- or two-acre farms around Powell River that different people own and operate. Ultimately, I'd like to see Powell River have its own food supply like we did almost 100 years ago. I think it's crazy that we don't.”

Another part of Aaron's dream is to see a mid-week farmers' market at Willingdon Beach.

“We've talked about it but nothing has been done – it's a central location with lots of drive-by traffic and parking. It's close to the park, to the Marine Avenue business district and that's where tourists are,” he pointed out.

In the meantime, however, it's back to hurry up and wait for this year's crop, for others to catch the vision and for on-going expansion of local food production markets. After all, isn't waiting what farming's all about? 🍅



Global small farms revolution inspires radical Townsite garden

Free Food • Shared Work • Thriving Ecosystem

By Ron Berezan,
The Urban Farmer

An astonishing 84 per cent of the world's farms are smaller than two hectares (4.5 acres) in size. Even though these small farms occupy just one third of the world's available agricultural land, they produce most of the world's food – 80 percent in fact! And for most of human history, these farms have been highly productive without the use of agro-chemicals and without fossil fuels.

Contrary to what today's global agri-business apologists would have us believe, by all measures, (ie land, water and energy use) small farms are far more productive and efficient than the industrial "franken farms" of the modern era in North America.

For many centuries, small land holders have understood that a healthy, resilient farm is a system – a careful integration of soil, water, diverse plants and animals, simple technologies, and people. When all of these elements are held in balance and support each other, the farm thrives, just as a natural ecosystem thrives.

For those of us who have lost the connection to this traditional agricultural wisdom, there are movements today such as permaculture and agro-ecology that can offer a gateway into



VIVA LA REVOLUTION: Top, some of the tool-wielding volunteers at Sycamore Gardens, perhaps the most innovative crew of dirt freaks in the region. Above: free produce at Townsite's cozy cobb bus stop.

a kind of agriculture that is not only sustainable, it is regenerative!

After three decades of implementing an industrial agricultural program insisted upon by their Russian benefactors, Cuba was in dire straights in the early 1990s when the Eastern block collapsed.

Without the massive imports of Soviet technology and agro-chemicals, the country's food system all but collapsed and many people predicted the end of the country's socialist experiment. Industrial agriculture had also been exacting a high toll on the country's soils, water and biodiversity.

What did Cuba turn to for a solution? The widespread promotion

and adoption of permaculture and agro-ecology and the dismantling of big state farms in favour of smaller land holdings and widespread urban agriculture. Today both of these movements are flourishing and have helped Cuba move through the crisis.

Here in Powell River, a community permaculture project has been evolving over the past five years on the Anglican Church grounds in Townsite. Known as "Sycamore Commons," the project has transformed about half an acre into a bio-diverse, highly productive landscape that produces food available to anyone who needs or wants it.

The site now includes 20 fruit and nut trees, 38 berry bushes, countless medicinal and culinary herbs and flowers, vegetable beds, a community composting area, a labyrinth, ponds, rain barrels and more!

The project is fueled entirely by volunteers and has become an educational hub for local gardeners and small farmers interested in regenerative agriculture. All in Powell River are encouraged to visit Sycamore Commons to experience permaculture in action.

A full permaculture design course will be offered on site for two weeks this coming June and July. 🍎



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Award-winning farming:

Not for chickens

By Linda Wegner

For Lisa Daniels, receiving the Powell River Chamber of Commerce 2017 Agriculture Award evoked two powerful emotions: delight and excitement at the honour of being chosen; and, a determination to do even more to improve and expand Windfall Farm.

Although the future and the history of the farm, co-owned by Lisa and her husband, Mike, are products of resolve, farming was initially Lisa's dream. But she quickly notes that Mike has been a steady supporter of their venture. His expertise as a mechanic is, she says, an integral part of keeping things running on the farm. Lisa's background is far more elusive.

"I had no farming background, that's the funny part. I grew up in logging camps and ...logging camps don't allow you to do much farming but I still remember seeing my first chicken," she told *Home Grown* with a chuckle.

Though she was enthralled with her first introduction to poultry, it took a number of years for her growing desire to farm to reach fruition.

"Mike and I moved to Powell River over 20 years ago [although she'd gone to school here]. We were living in Wildwood on a small lot when a farm at the end of Taku Street came up. It wasn't even listed but we had the opportunity to trade our house for the farm – they

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Ag Award Winners: Above, Windfall Farm's hard-working team includes Lisa Daniels, Mike D'Onofrio, Mike Daniels, Tara Daniels and Ty Daniels. Left: The farm produces range-raised pork, beef and lamb, plus organic garlic, chicken, eggs and hops.

were downsizing and we were upsizing," she said.

Trade properties they did and with an immediate 19 acres to farm, they "jumped in running." The rest is an 18-year ongoing history of raising cattle, hogs and chickens and growing garlic.

"We sell everything we raise and we could probably raise more because people are really interested in local meat. They understand that we only use safe and humane processes in raising and butchering that takes the animals' welfare into consideration."

And those future plans?

Up until now both Mike and Lisa have worked full time at off-farm jobs but Lisa retires this summer, freeing her up for expanded farm adventures

"We could probably raise more because people are really interested in local meat. They understand that we only use safe and humane processes in raising and butchering that takes the animals' welfare into consideration."

- Lisa Daniels

that include festivals and future farmstay accommodations.

Embracing the honour of an award and with an eye to the future, Windfall Farm is in good hands. 🍅

The Great Pumpkin Growing Contest



Jonathan Van Wiltenburg, expert gardener and
Powell River Living magazine columnist, invites you to

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He's handing out 1,500 pumpkin seeds this spring. Get yours today at
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or call *Powell River Living* at 604-485-0003

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Almost 30 hazelnut trees are growing in Tim McDonald's one-acre orchard in Wildwood.

"The majority of these are Jeffersons. I have three known varieties of blight-resistant plants," he said as he walked his property pointing out trees.

Tim's orchard is young with two mature trees producing most of the nuts.

Hazelnuts (filberts) have been a commercial crop in BC since the 1930s. By 2000, there were over 800 acres of hazelnut trees in the Fraser Valley producing over 300 tons of nuts per year. In 2005, Eastern Filbert Blight was found on trees in Langley. By 2010 it had spread and by 2015 it affected every commercial farm in the Fraser Valley. About 95 percent of Canada's commercial hazelnut production takes place in BC.

Blight resistant trees developed in Oregon have been used to replant some devastated orchards. That is what Tim is using on his property.

"It's a retirement project," said Tim who hopes to eventually have 100 trees on his property.

It's nuts.

He's not the only one growing hazelnuts. Neighbours just down the road also have some on their property, he said.

Compared to other crops, hazelnuts are not nearly as labour intensive, which is one of the reasons why he picked this particular crop.

"And there's definitely a demand for them." Hazelnuts fetch close to \$6 a pound. "I can eat 20 to 30 pounds in a winter," he said.

It takes about two years to grow a tree in the nursery and another two or three years for the new trees to begin producing nuts. A small commercial harvest can be realized in the fourth or fifth year with full production beginning after 10 years.

Tim says his orchard should be producing well in five years but for now he'll continue to putter away at it. 🍎



It's alive

You can pick live greens for your dinner at Safeway, Ecosentials and Pacific Point Market, thanks to an innovative project from some Powell River growers.

Aaron and Nola Morgan have taken over Straight Up Greens from Dan and Dawn Marie Howes, who started it last year. Because they live right next door, the Howes are mentoring the Morgans in greenhouse operations this year. Their showcase product is a

basil tower - a tall live basil plant that they maintain at a store. Shoppers clip what they need from the live plant, and pay for it by the gram.

"It's as fresh as if you'd grown it yourself," said Nola. "It stays fresher longer and the taste and nutrition are so much better."

As it gets used up, the farmers replace the plant every week or two with another hydroponically grown plant.

"It's basically a small scale version

of what we have in the greenhouse," said Nola, referring to their 30' x 10' aquaponic greenhouse at Myrtle Creek Estates on Byron Road.

Straight Up Greens also has contracts with restaurants and grocers to provide trays of live microgreens.

"We're growing in a residential neighbourhood, and we only have two acres, but it's sustainable because with an efficient hydroponic system, we're not using more space than we need." 🍅



good eats this way

What grows in our rainforest biome?

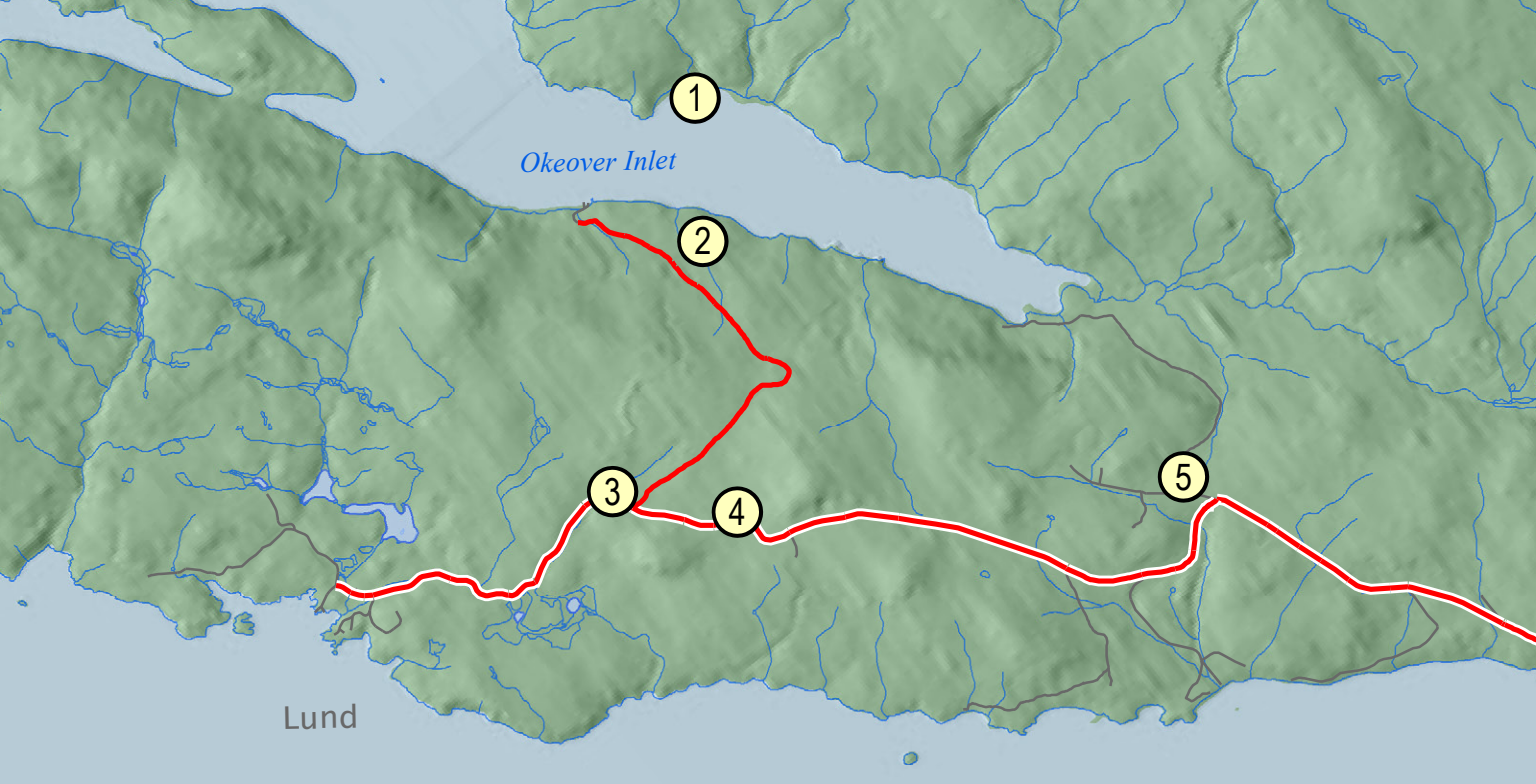
So much delicious food.

Pursue your wildest epicurian desires with this handy map (pages 16 to 19) as your guide, and revel in the freshest flavours of Powell River and Texada Island.

To view an interactive version of this map, visit tinyurl.com/yc078nm3

Find local food at

- Farm gates
- Farmers markets
- Grocery stores
- Restaurants
- Foodie events
- The wharf
- The forest
- The ocean
- Your own yard



1. Okeover Oysters

Oyster shore and net leases dot Okeover Inlet, some owned by independent individual operators and others by large corporations. However, because of shellfish food safety regulations, nearly all their product is sold through distributors outside of Powell River.

2. Hardpan Farm

2795 D'Angio Road 604-414-0972
Savary Island & Powell River Farmers' Markets. Produce, eggs, pork, chicken and turkey.

3. Little Wing Farm

2192 Highway 101
Yves Perreault and Ria Curtis
604 414-0383 littlewingfarm@gmail.com
Savary Island Farmers' Market; no farm gate. Heritage breed chickens, eggs, greens, organic-fed pork.

4. Andtbaka Farm

2440 Highway 101
Pat Hanson
604 483-9890
Powell River Farmers' Market; farm gate
Home of 'The Farmer's Gate', an on-site store featuring locally produced farm products and a cut and wrap facility specializing in artisan sausage making.

5. Bushmans Farm

8556A Plummer Creek Road
604 483-3700
Organically grown fresh produce. Hot-house tomatoes, cucumber, lettuce, broccoli and much more.

6. Glade Farm

6834 Smarge Ave
Wendy Devlin
604 483-9268
wenmex@shaw.ca
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7. Windfall Farm

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Lisa & Mike Daniels
604 414-9879
windfallfarm@shaw.ca
windfallfarm.ca
Contact us for farm gate sales.
Certified organic: Garlic and poultry. Range reared: beef and pork

8. Hatch-a-Bird Farm

6603 McMahan Avenue
Helena & Peter Bird
604-483-9546 bird483@telus.net
Farm gate. Organic vegetables, eggs and limited meat products

9. Morrison's Farm

6619 Sutherland Avenue
604 483-8939 asoroke@telus.net
Productive farm on a single acre in Wild-wood. A focus on biodynamic farming. Don and Audrey sell at the markets all year long - the Farmers Market May-Sept and the Uptown Market the rest of the year. Wide variety of produce, specializing in tomato, carrots and salad mix. Berries and seasonal fruit.

10. Serendipity Rabbitry

6505 King Ave
Jacqueline Huddlestone
604 483-9902
jaxhuddleston@me.com
serendipityrabbitry.blogspot.ca
Providing processing services for rabbit breeders. New Zealand rabbits. Point person for locating live animals for pets or breeding.

11. Routes to Roots Edibles

6483 King Avenue
Julia Adam and Rob Hughes
604 483-1143
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12. Cranberry Farm

6650 Cranberry Street
Carol Battaglio
604-578-1199
carol.battaglio@gmail.com
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13. Powell River Growers

#48-4500 Claridge Road
Larry Best
lbestbc@yahoo.ca
Available on Facebook under Powell River Garden & More
Veggie seedling starters, all non-GMO, heritage vegetable starters, spring and winter crops; home-based working within small spaces, Kong Sunflowers, Egyptian Onions by special order only.



14. Creekside Farm

7812 Valley Road
 Alan and Kathy Rebane
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Offering free range eggs, broilers, Berkshire pork, beef and some produce.

15. Mayana Adar Family Farm

7873 Valley Road
 The de Villiers family
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 ingriddevilliers@telus.net

Organic fed, free range, soy free eggs and chicken. Grass-fed lamb and beef.

16. Hodgins Farm

7819 Valley Road
 Roger and Kathy Hodgins
 604 485-7025
 holidayfarm@telus.net
 fb.com/HodginsFarmValleyRoad

Horse and cattle hay; pasture-raised beef

17. Paradise Valley Produce

Rachael and Dane Sherstad
 3959 Padgett Rd
 paradisevalleyproduce.ca and Facebook
 info.paradisevalleyproduce@gmail.com
Certified organic mixed vegetables. Seasonal farm gate sales, Sunday Farmer's Market.

18. Hammil Hill Farm

3674 Padgett Road
 604-485-7784
Free-range eggs, flowers, seasonal vegetables, berries and fruits, including asian pears. Squash and pumpkins in the fall.

19. One Tree Farm

3527 Padgett
 Wilma and Matt Duggan
 604-485-3956 wilmaandmatt@shaw.ca
Organic fed free range eggs, pastured organic fed broiler chickens, and blueberries.

20. Terra Nostra Farm

3250 Byron Road
 Aaron Mazurek
 604-414-8699 aaronmmazurek@gmail.com
Farm gate from May 1st into autumn. Vegetables: tomatoes, cukes, lettuce, corn, carrots, beans, peas, broccoli, cauliflower, kale, turnips, squash, fennel and more.

21. The Hometown Farm

8150 Verkerk Road
 Gordon Wilson/Judi Tyabji
Mutton and lamb products. Sausages and meat available.

22. Straight Up Greens

3220 Byron Road
 Nola & Aaron Morgan
 604-485-7696
Safeway, Eccosentials, Pacific Point Market; fresh basil towers as well as micro greens for local restaurants

23. Pacific Ambition Seafoods

3128 Padgett Road
 Doug and Christine Mavin
 604 485-3522 pacificambition.com
Commercial fisherman Doug Mavin serves up freshly caught halibut, lingcod, snapper, sockeye, crab & prawns. See your fish come aboard at pacificambition.com

Texada Island Farms

Blacktail Farm

6268 Shelter Point Road
 Debbie Shapter and Richard Gilbert
 604 486-6911
Eggs, asparagus, garlic, lavender and other produce.

Woodhead Farm

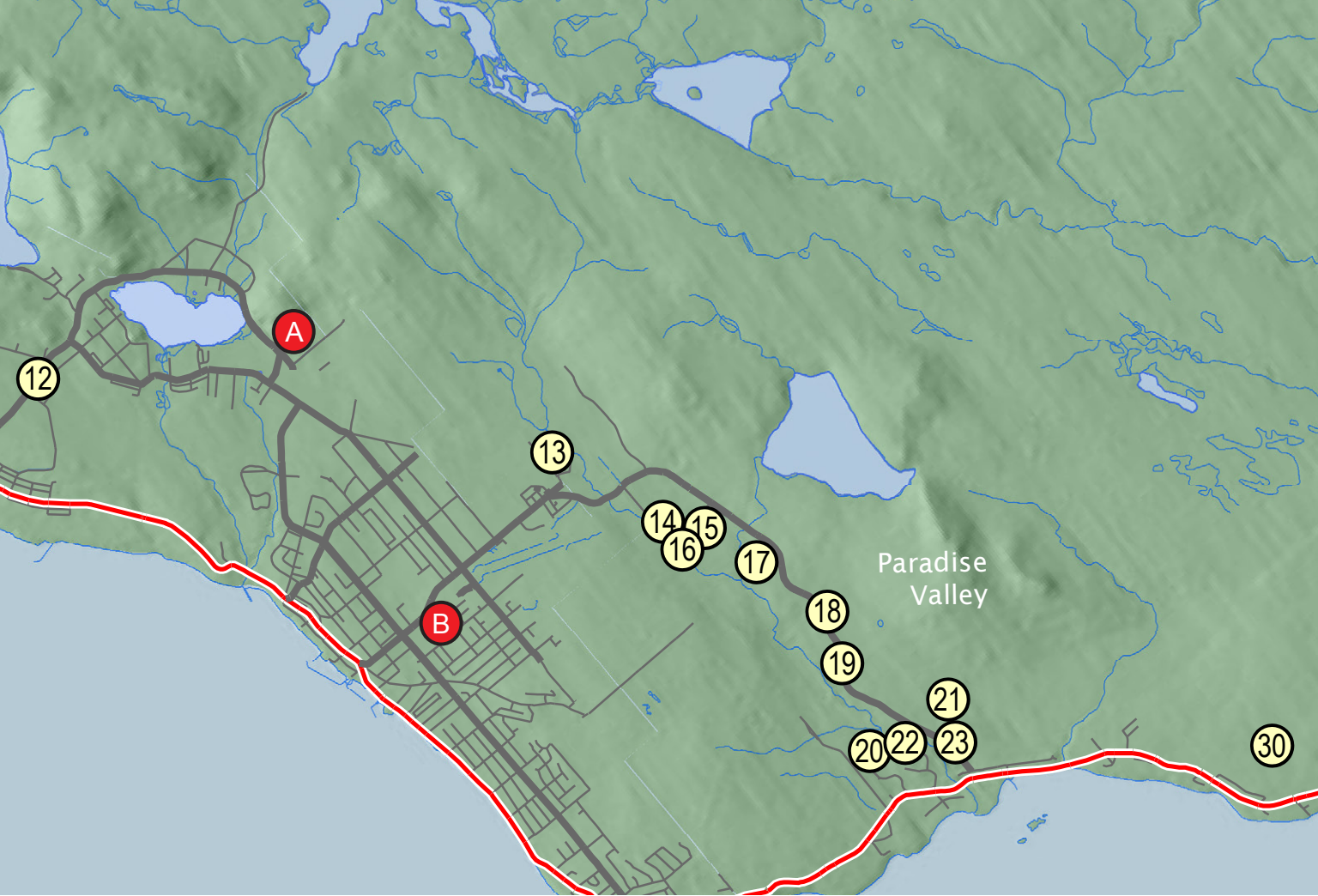
Brad & Dawn Hughes
 604 486-7529
At 103, one of BC's oldest generational farms. Beef, meat chickens, Christmas turkeys, eggs, walnuts, carrots, basil, squash, corn, tomatoes, zucchini, beets, peas, potatoes, onions, lettuce, beans, raspberries, blueberries, figs and heritage apples. Available by private order or at the Texada Market.

Woodlot Mushrooms

John Whitehead
 604 483-1680
 whiteheadwoodlot@gmail.com
Shiitake mushrooms, fresh and dried available at the Texada Farmers Market.

Welcome Harvest Farm

2001 Crescent Bay Road
 Dave, Branka & Jillian Murphy
 604-486-7137 bbm@xplornet.com
Organic vegetables and blueberries; organic (pork cuts, sausages, ham and bacon); breeder of Morgan horses. Manufactures all natural and organic fertilizers; welcomes farm stays. Products available at the farm gate, and PR and Texada markets.



24. Red Well Farm

2816 Maywood Road
 Amy and Adam Watson
 www.redwellfarm.com
Chicken, turkey, duck eggs, chicken eggs.

25. Coast Berry Farm

10084 Nassichuk Road
 604 487-9788
 coastberrycompany.com
Growing strawberries and blueberries. Stop by the country store for coffee and baked goods, too

26. Family Farm B&B

2590 Oxford Road
 Jessie and Eric Peterson
 604 487-0544
 familyfarmbnb.com
Available at the farm gate, Top Shelf Feed, PR Farmers Market. Eggs year round at the farm, hatching eggs, chicks and ducklings, Bed and breakfast

27. Rusty Gate Berry Farm

2575 Maywood Road
 Mike & Denise Nicholson
 604-740-7215
 rustygateberryfarm@gmail.com
U-Pick or buy fresh blueberries late June to early August.

28. Wolfson Creek Farm

10445 Kelly Creek Road
 Patches & Tera Demeester
 604-487-1747
 wolfsoncreekfarm@hotmail.ca
 fb.com/wolfson.farm
Beef, pork, lamb, chicken, duck, rabbit, eggs and seasonal vegetables.

29. Funky Beets Farm

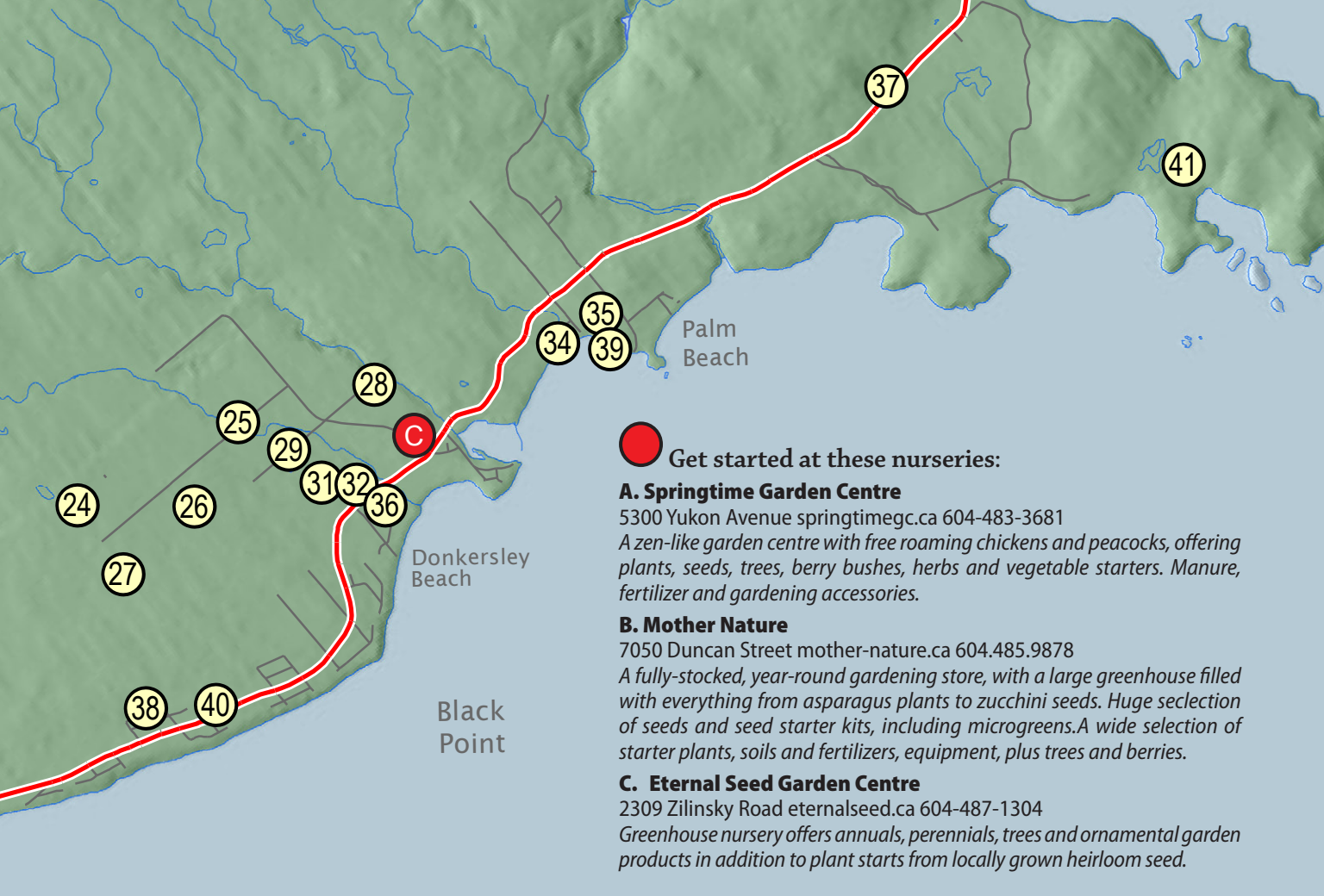
10129 Kelly Creek Road
 Rob Gilchrist
 604-414-7292 robgilchrist1@hotmail.com
 fb.com/funkybeetsfarm.ca
Spinach, bok choy, asparagus and other produce, eggs, chicken and pork.

30. Myrtle Point Heritage Farm

8679 Gaudet Road
 604-487-0501
 myrtlepointfarm@gmail.com
 fb.com/Berkshirepork
Free-range, heritage livestock, including Berkshire pork, old-fashioned smoked ham, sausage and bacon. Heritage chickens, turkeys, chicks and eggs. Seasonal produce. Dairy goats. Handmade organic goat milk soap, creams, and raw honey.

31. Many Hats Farm

2408 Donkersley Road
 Zoe MacBean and Valerie McKeen
 604 414-9427 zepicurios@gmail.com
 Facebook: Many Hats Farm
Farm gate sales, occasionally PR Farmers' Market. Eggs, fall vegetables and winter squash, culinary herbs, live heritage poultry, pack goats, handspun wool, live lamb sales, and all breed sheepherding lessons.



Get started at these nurseries:

A. Springtime Garden Centre

5300 Yukon Avenue springtimegc.ca 604-483-3681

A zen-like garden centre with free roaming chickens and peacocks, offering plants, seeds, trees, berry bushes, herbs and vegetable starters. Manure, fertilizer and gardening accessories.

B. Mother Nature

7050 Duncan Street mother-nature.ca 604.485.9878

A fully-stocked, year-round gardening store, with a large greenhouse filled with everything from asparagus plants to zucchini seeds. Huge selection of seeds and seed starter kits, including microgreens. A wide selection of starter plants, soils and fertilizers, equipment, plus trees and berries.

C. Eternal Seed Garden Centre

2309 Zilinsky Road eternalseed.ca 604-487-1304

Greenhouse nursery offers annuals, perennials, trees and ornamental garden products in addition to plant starts from locally grown heirloom seed.

32. NIMH Farm

2320 Donkersley Road
Roly & Cindy Demeester
604 487-0445

Farm gate sales for organic eggs year round and organic produce in season. Limited orders for chicken, rabbit, duck and goat. Bamboo plants and poles

34. Bay Leaf Blessings

10929B Hwy 101
Deb Maitland
604-414-4096 bayleaves@shaw.ca

Mitchell Bros, Chopping Block, Pacific Point and Safeway. Also sells fresh on the branch directly and a product for gardeners that deters sow beetles

35. Ed's U-pick Blueberries

11106 Morton Road
Brenda and Ed Audet
604 487-4235

U-pick blueberries since 1999, boasting about 1200 bushes with varieties including Blue Crop, Patriot, Toros, Chandler, Reka, Northland, Nelson and Spartan. Open late June til August. Call for updates.

36. Sunshine Coast Aquaponics

2221 Swede Bell Rd
Jeff Kiers
604 578-8147 jeffkier57@gmail.com

Farm gate, restaurants, Safeway and Mitchell Brothers. Fish and plants together in a constructed, recirculating ecosystem utilizing natural bacterial cycles to convert fish waste to plant nutrients. Growing greens, tomatoes and garden vegetables. Also selling eggs, honey and seasonal fruit. Tilapia and white

37. Stillwater Farm

12188 Highway 101
Carlos Williams
604-487-0704 carlosdubya@hotmail.com
Wool and seasonal organics (non certified)

38. Periwinkle Farm

9295 Kristensen Road
Fran Cudworth
604 628-7846 periwinklefarm@gmail.com
lifeatperiwinkle.blogspot.com
Baby doll sheep, fresh milled organic flours and mixes.

39. Lois Lake Steelhead

11060 Morton Road
604 487-9200 agrinarine.com

Locally raised and OceanWise™ recommended, Lois Lake Steelhead is a favourite menu item in many high-end national chain restaurants. You can enjoy Lois Lake Steelhead at many local restaurants such as: Coastal Cookery, Base Camp and Laughing Oyster.

40. Black Point Nursery

9472 Hwy 101
604-414-7961 fb.com/Blacktailnursery9472
Apples in season. Apple trees available in winter and spring. Apple press fresh juice in season. Custom grafting. Future cidery.

41. Maude Bay Ranch & Retreat

12724 Scotch Fir Point Road
Jackie McRae
604-487-1098 info@maudebayretreat.com
www.maudebayretreat.com
Third generation farm established in 1888. Sells cattle, sides of beef and ground beef. Hay when available. Recipient of Century Farm Award.

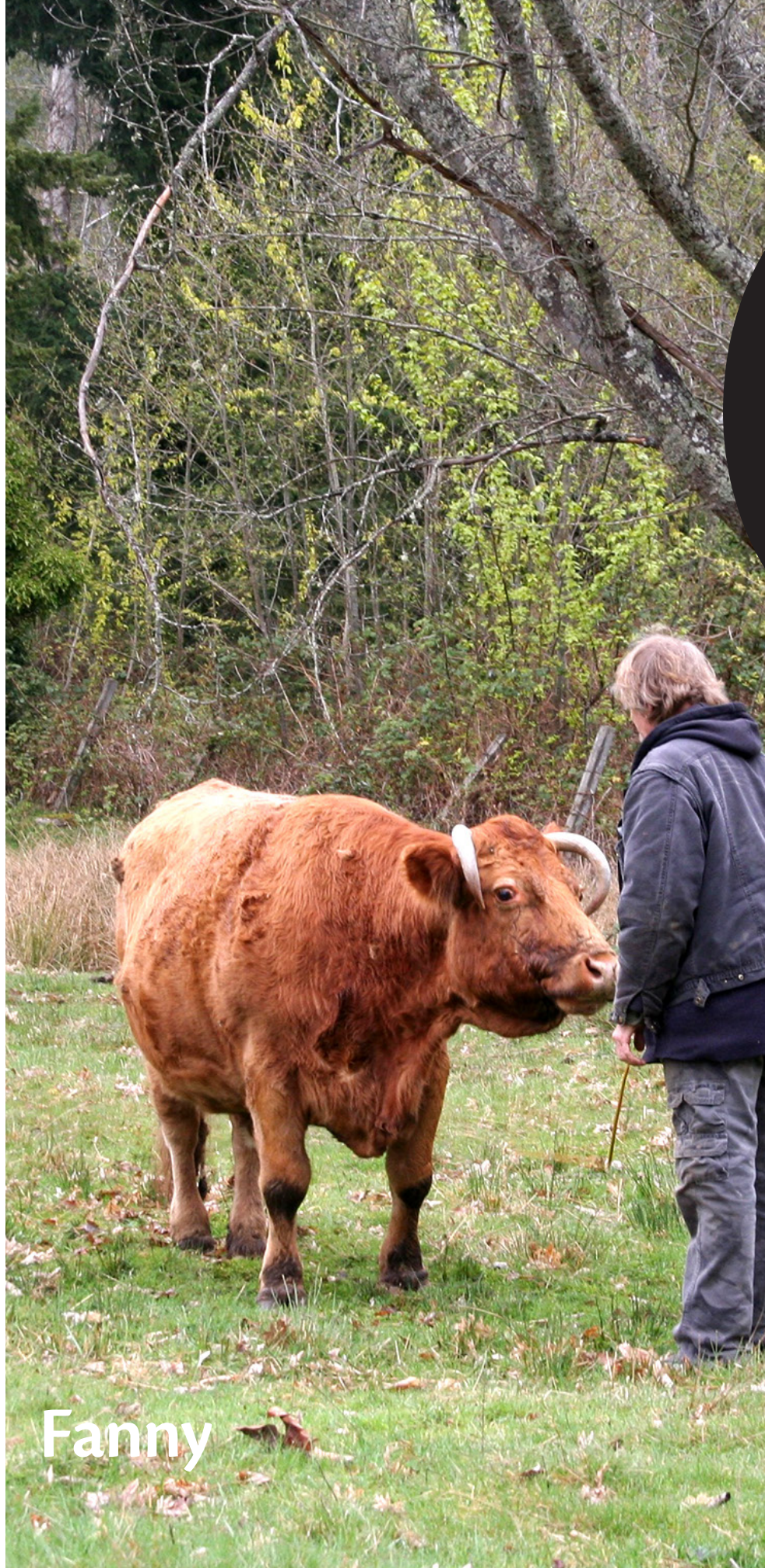
Seventeen years ago, Tim McDonald of Wildwood bought Fanny and her calf Buttercup from Len Emmonds' farm. "I wanted to raise healthy beef to feed my family," said Tim.

Fanny was a brood cow who had many babies. Today she is over 20 years old and lives in the field in Wildwood beside Tim's house.

Her days of raising babies are long behind her but Tim will keep her til the end, he says.

"She's like a dog," he says. "She's an automated lawn mower."

Some people think Fanny is a bull because of her horns and she's been nicknamed the Wildwood Bull because of it.



Fanny

Old friends



Baby

Long after their productive days are over, these farm animals remain.

Their owners feed and care for them into their senior years. Fanny, Baby and Grandpa Billy are truly part of their families.

Her eyes blink with cataracts now. Her joints sometimes creak when walking. Still every morning, when I open the barn door, Baby rises to greet me.

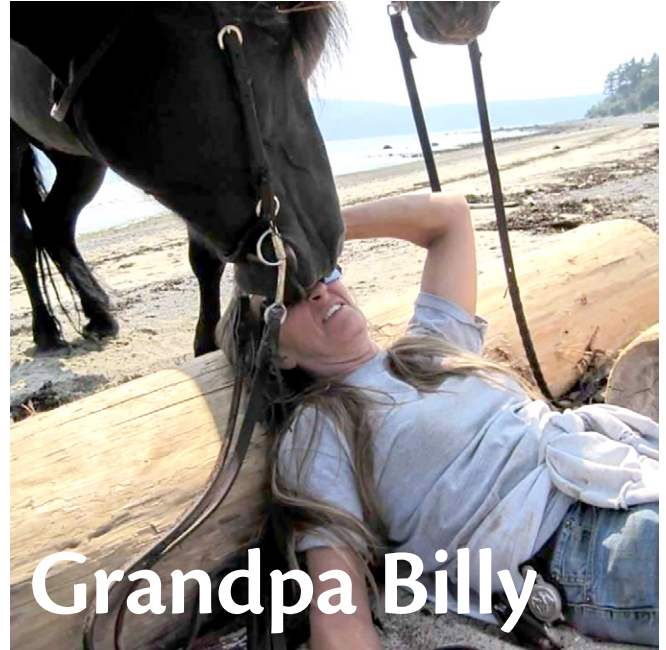
Baby and I go back 13 years - to that spring day when I picked her up from our neighbour's farm. At three days old, she resisted bottle feeding but soon, she'd suck that bottle empty in seconds. I fed her four times a day for six weeks. Never imagining that

someday, Baby would be an old goat.

Even Baby's daughter, Patches is turning 12 and gradually going dry.

After 25 years, it's time to hang up my milking pail. The goats will graze the pasture and keep the blackberries from taking over. I'll still dig out their manure and put it on the garden. The girls have earned their retirement. The hope is to carry on, sharing this sweet place called home.

- Wendy Devlin



Grandpa Billy

Billy – he’s my boyfriend. Now I call him Grandpa Billy. He turned 27 on April 23. We had an extra-special connection when we met 18 years ago, even though I’ve been close to many animals. Billy – he chose me. Stallion horses have always liked me through my life.

He’s a Canadian Horse – a heritage breed on the endangered list. In the late 1990s, I got involved in helping to bring them back. Originally from Quebec, Billy was one of the main stallions that came to the West Coast and helped to bring the breed back. He’s an icon for the Canadian breed in a way. We used to go to shows.

Now, Billy has become quite deaf; he’s missing a lot of teeth. I have to soak ground-up hay for him. He mostly makes hay tea in his mouth now and spits out the fibres.

Older animals become such a part of your life. Mine have dedicated their lives to taking care of me – horses, dogs, cats – so when they’re older, they lean on me to care for them. I just adjust their care so they feel safe and comfortable like they did for me when they were younger.

I strongly feel, especially with my dogs, when you live on a farm and you really depend on each other, you’re like a team. Even the chickens. I can make a subtle little movement or sound, and all of us understand exactly what’s going on. It’s that strong of a connection.

I find sharing that older part of life special and an honour. I’ve sat with many dying animals. They wait for me to come before they pass.

- Phoebe Kingscote



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The beginning



The brain



The product

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 cherry tomatoes • bell peppers
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 cauliflower • cabbage spinach
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 sugar snap peas ...and much more!

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Samantha Sherman credits a two-day Community Futures Agri-Food Business Planning workshop she took last year with equipping her with the knowledge to get the Brain Injury Society's hot pepper sauce to market.

Samantha, who is the society's administrative assistant and support worker, said the course covered everything from growing to producing, to taking the product to market, to labeling and advertising. It included information on Health Canada regulations and what you need to know if you are selling in the community, the province or across the country. "It also talked about food safety and manufacturing practices," she said.

The workshop is often full. Community Futures is considering offering it in the fall this year instead of spring in order to better accommodate farmers' schedules.

Samantha, who has a background in agriculture, said she went because the Brain Injury Society wanted to sell their Hot & Saucy hot sauce.

"The Brainiacs hot sauce uses local ingredients. We grow the ingredients here and make it here. Then we prepare the sauce for local sales."

Volunteers start the peppers in the indoor greenhouse and transplant them to the society's garden on Joyce Avenue. Proceeds from the sale of the hot sauce go towards helping individuals with acquired brain injuries.

Samantha said the course was in-

credibly helpful.

"There was a wonderful brainstorming session where others offered suggestions and input into your idea. It's a great course for anyone involved in agriculture. Not everyone who is a farmer has a business background or an agricultural background."

She also pointed out that the course is beneficial to people working in restaurants who want to make packaged food products to sell.

"They used an example of a woman who made one small change. All she

"Not everyone who is a farmer has a business background or an agricultural background."

- Samantha Sherman

did was change the bottle she put her vinegar in and she went from selling some to selling out every season."

The Brain Injury Society launched their hot sauce last fall. Flavours include Cranium Ale Delight, Extreme Cerebral Pleasure and Hot Maple Syrup, plus a hot pepper seasoning salt; they have hit the marketplace with a bang.

Hot N' Saucy is available at the Brain Injury Society, Capone's and the Townsite Grocery Store. 🍷

Grow up, grow old and grow food together with Powell River's first multigenerational co-housing project

by Jamie MacDonald

In August of 2015 a group of about a dozen people gathered to explore the possibility of forming an "intentional community" in the Powell River area. More than two-and-a-half years and many potluck dinners later, the group has laid the groundwork to incorporate as an equity cooperative. Hearthstone Village aspires to be a multigenerational community that lives, learns and works in close connection to each other, the land, and all beings in a village way of life.

The group is creating a residential community by collectively purchasing and developing land that provides sustainable housing, community facilities, agricultural opportunities, within a beautiful setting for a diverse group of families. Given the location of Powell River, there is a desire to



OPEN HOUSE JUNE 9

Hearthstone Village is hosting a local residential co-housing information session followed by a potluck dinner. Join the discussion at 4 pm, at Cranberry Community Hall.

strengthen collective resilience to external stresses by growing food, sharing resources and supporting each other.

The members of Hearthstone Village have been looking at land within the City and Regional District of Powell River over the past two and a half years. The ideal parcel will be between

five and 40 acres and will be suitable for small-scale agricultural production - a core value of the group. While individual dwellings will be owned and occupied by family units, amenities such as farmland, greenhouses, gardens and a community hall will be shared by all members.

The number of co-housing communities has been growing throughout Canada with 19 in BC including one in Robert's Creek and one in Courtenay. Hearthstone Village members invite anyone who is interested in learning more about this community initiative to attend an information session and potluck dinner at Cranberry Community Hall on Saturday, June 9 at 4 pm.

Please contact Hearthstone Village at cohousinginpr@gmail.com if you know of available land or if you would like additional information on this emerging co-housing community. 🍎

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Fish Facts



5 reasons to pay close attention to local aquaculture

1. BC's biggest food export is farmed Atlantic salmon. By far. In 2016, \$524 million was exported to the US, Japan, China and Taiwan – doubling since 2014. Other big ones include blueberries (\$200 million), mushrooms (\$156 million), crab (\$141 million) and hake (\$71 million) or Pacific whiting, one of the fastest-grown food exports in the province.
2. BC has 683 aquaculture operations (2016)
3. The aquaculture labour force in Powell River Regional District (PRRD) is made up of 145 workers or 1.79% of the total labour force.
4. The aquaculture sector is expected to experience strong growth. Analysts forecast the Global Aquaculture market will grow at a compound annual growth rate of 6.83% and 3.10% in terms of revenue and volume, respectively, during the period 2014-2019 (TechNavio 2015).
5. Global demand for fish and seafood will reach 150-160 million tonnes by 2030. Yet capture fisheries can only provide 80-100 million tonnes per year on a sustainable basis (CAIA 2015). –

All info from the 2016 BC Agrifood and Seafood Exports highlights report, and the Powell River Economic Development Strategy

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From Jervis Inlet to Desolation Sound: aquaculture that's happening here

GRIEG SEAFOOD

Where: Near Saltery Bay
What it produces: Atlantic Salmon
Head office: Norway
 Grieg is an international brand. In BC it owns 22 marine licenses and a freshwater hatchery in Gold River.

TOTEM SEA FARM

Where: Jervis Inlet
What it produces: Sablefish
Head office: Vancouver
 Totem started growing oysters in 1977 and started net pen sablefish growing in 1999. Sablefish is BC's highest-valued finfish per pound.

MARINE HARVEST CANADA

Where: In Jervis Inlet.
What it produces: Atlantic Salmon
Head office: Norway
 Marine Harvest globally pro-

duces one-fifth of the world's farm-raised salmon at facilities in Norway, Scotland, Canada, Chile, Ireland and the Faroe Islands. The company employs 550 British Columbians.

SUNSHINE COAST AQUAPONICS

Where: South of town, on land
What it produces: Sturgeon and tilapia in aquaponics tanks alongside 15 varieties of lettuce and other vegetables
Head office: Powell River
 Shop the gorgeous farm gate at this green, land-based ecosystem.

WEST COAST FISHCULTURE

Where: Lois Lake
What it produces: Antibiotic- and hormone-free Steelhead salmon
Head office: Comox
 One of Powell River's oldest aquaculture operations, WCF started under Ward Griffioen in 1988. It

has since sold to AgriMarine. Eat salmon out of town at The Keg, Cactus Club, Earl's, Costco, or Joey's – and you'll be eating a WCF product.

HUMMINGBIRD COVE

Where: Saltery Bay
What it produces: Currently, scallop seeds; the plan is to grow mature scallops, clams, geoducks, oysters and mussels. Also, shellfish research and development for this global operation.
Head office: China (It's a subsidiary of Linghai Shenziting Sea Cucumber Hatchery)
 With a \$40 million facility and plans to employ as many as 50 locals, everyone is waiting for this venture to go in to full production.

APHRODITE'S GARDEN

Where: Okeover Inlet, Pendrell Sound – part of Desolation Sound, and Townley Islands north of Lund

What it produces: West Coast Wild cocktail oysters, Large and Medium BC beach oysters, Manila Clams

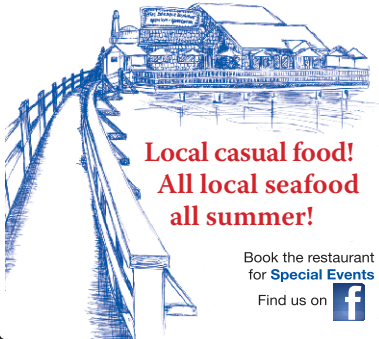
Head office: Powell River
 One-quarter of the oysters grown in BC come from Okeover Inlet, "due to its protected warm waters, which are exceptionally nutrient rich and pristinine," according to AG's web site.

OKEOVER ORGANIC OYSTERS

Where: Okeover Inlet
What it produces: Pacific oysters and Manila clams
Head office: Powell River
 If you're eating oysters at a high-end Vancouver seafood bar – Joe Fortes, The Fish House in Stanley Park, Monk McQueens, Yaletown's Blue Water Café – you're probably tasting these chemical-free bites.

Plus, the salmon hatcheries at Lang Bay, Siammon and Catalyst. 🍷

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FOR MORE INFO
permaculturepowellriver.ca
 (604) 223-4800

Foodie Events

May 12

Vegfest Powell River

May 26

**Townsite Brewing festival
season cask opening**

May 26 to 28

Lund Seafood Fest

June 8 to 17

BC Shellfish Festival (Comox)

August 5

Powell River Edible Garden Tour

August 17

Blackberry Festival

September 15 & 16

Powell River Fall Fair

September 23

Comox Valley Farm Cycle Tour

October TBA

Pender Harbour Fall Faire

October 13-15

Sunshine Coast Mushroom Festival

October TBA

Halfmoon Bay Apple Festival

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Vegfest offers hope and how-tos

Have you ever wondered what people eat on a vegan diet? Or wanted to try some of the food? Your chance to do just that is coming up from 10 am – 4 pm on Saturday, May 12 at Powell River's first ever Vegfest! Come out to Brooks Secondary School for the food and stay for the cooking demos and inspiring speakers. There will be something for everyone at this family-friendly event.

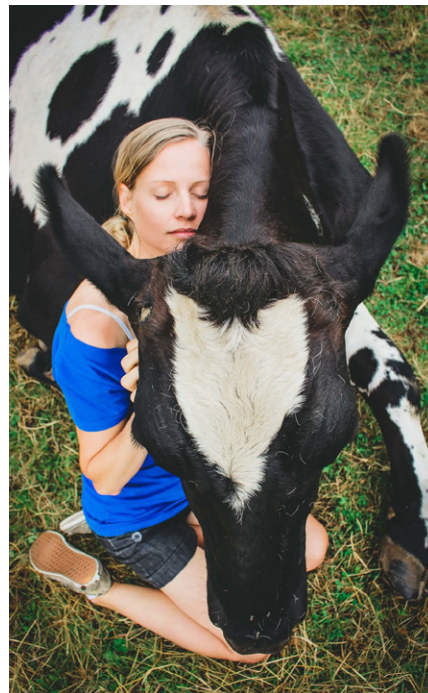
"Plant-based foods are a growing business as people are looking to reduce the amount of meat, dairy and eggs they eat to lighten their impact on the environment, improve their health, and show more compassion for animals," says Deb Calderon, a member of the VegFest organizing committee. "VegFest will feature businesses – local and visiting – that are breaking new ground in a delicious way."

Some of the visiting highlights include The Very Good Butchers, a popular plant-based "bean butcher" from Victoria, who will be set up outside Brooks with a barbecue featuring mouth-watering bangers and burgers. The Bandwagon Food Truck from Vancouver Island will also be there with some tasty choices, such as poutine, Reuben sandwiches, and nuggets. You won't find any animal products in these selections, but you will find a whole lot of delicious taste. Come and explore a new world of food!

"We're so excited to be able to bring these vendors to Powell River, and to feature local producers who are offering great vegan products too. We hope people will come out hungry to see how amazing vegan food can be!"

Local businesses providing vegan food/options at Vegfest include the brand new family-owned vegan deli, 7 Sprouts Plant Based Deli (located in Ecosentials). They will offer a selection of plant-based meats, cheeses, quiche, and artisan jerkies.

Besides food vendors there will be a Kids' Corner, and information tables



COMPASSION FOR ANIMALS:

Vancouver lawyer Anna Pippus will speak at Veg Fest May 12, at the complex.

that focus on nutrition, animal compassion and environmental reasons to consider making plant foods a bigger part of your diet. In the morning there will be two food demos, "All About Soy" and "So, How Do You Get Your Protein?" which will provide nutrition information and free samples!

"In the afternoon we have two incredibly inspiring speakers lined up," explains Deb. "At 1 pm Dan and Sheanne Moskaluk who were featured in the award-winning documentary *Eating You Alive* will be sharing their remarkable story of health recovery, and their vegan journey. At 2:30 pm Anna Pippus, a Vancouver-based animal rights lawyer will be talking about factory farming and what each of us can do get involved in creating a kinder world."

This free event is being put on in partnership with SD47, the Max Cameron Theatre and the Compassion Club at Brooks. For more info visit our Facebook page: Powell River VegFest. 🍎

Chicken Invasion



By Pieta Woolley

No one talks about this part of owning backyard chickens. They're called backyard chickens for a reason. You put them in a coop in the yard. But if you're a city dweller with a smallish house like mine, for the first month, you're going to be cozying up to some poultry. Bedroom chickens didn't seem like such a big deal at first. When we picked up our three little brown poofs from Family Farm Bed & Breakfast south of town, they peeped softly and fit into my kids' hands. They lived in an aquarium with a heat lamp. No problem.

A month later, they're taking over. They live in a refrigerator box in my daughter's room, which occupies

about half her space. They've quadrupled in size and weight. What were once tiny fluffy wings have been replaced with menacing feathery appendages. All night, they flap and squawk and chase each other around the big box.

Plus, their poop stinks. Which means a wide-open window, even when it's chilly out.

Of course, we named them. Jade, Dinah and Ginger. Sure, they have terrible habits, but so does everyone in our house. Living this close to other souls - even if they're encased in teen-aged chicken bodies - you just can't help but open your heart.

This weekend, they're moving to the coop. Our hearts are open, but our home is not. 🍎



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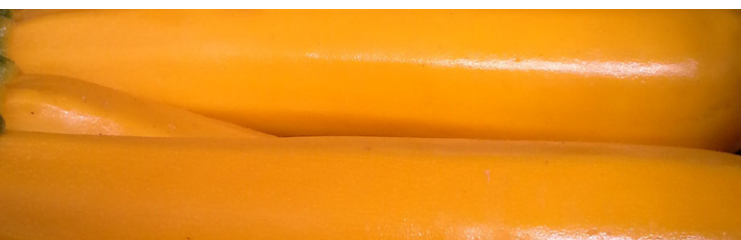
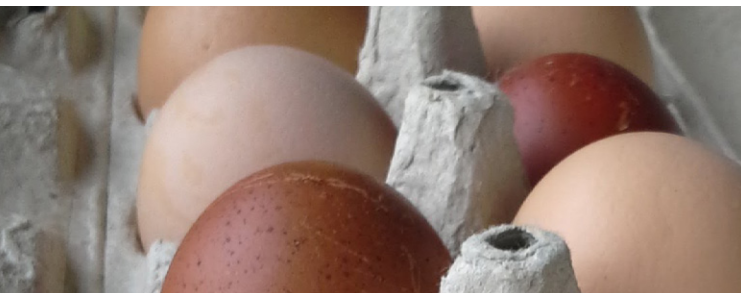
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Make it to the Markets

Powell River Farmer's Market

When • Saturdays 10:30 am to 12:30 pm and Sundays 12:30 to 2:30 pm., end of April through September.

Where • Exhibition Grounds in Paradise Valley

What • Celebrating 31 years this summer! Start your weekly shopping at the Farmers' Market. With live local music and a vendor in every stall, this market offers a wide variety of local produce, meat, eggs, bedding plants, cut-flowers, prepared food, country baking, honey, teas, soaps, wood crafts and ceramics and more. There's a sand-box and toys for the kids to enjoy and even a miniature train that runs Sundays.

Contact person • Juhli Jobi 604-414-5076 ,
powellriverfarmersmarket@gmail.com

Midweek Market

When • Wednesdays 4:30 to 6:30 pm. **Where** • At the Community Resource Centre

Contact person • Rose Fleury 604-483-4748

Texada Island Farmers' Market

When • Sundays from noon until 1:30 pm from June 2 until September 15. Closed for Blackberry Fest and Logger Sports.

Where • At the ball field in Gillies Bay.

What • Baking and crafts galore! Lunch is available.

Contact person • Dave Murphy 604-486-7137

Kelly Creek Garden Market

Kelly Creek Market will be operated by Jim and Ruth Stephens (604-487-0665) but is currently on hiatus. Call for further information.

Savary Island Market

When • Tuesdays 11-1 during July and August.

Where • 2778 Brian's Way at La Hacienda.

What • Fresh produce from Lund Farmer's coop, fresh bread and other baking, local artisans, lemonade, barbe-cue lunch. It's a social event and islanders can get fresh food without a trip to the mainland.

Contact person • Mitzi Jones 604-578-8884

Uptown Market

When • Saturdays from 10 am to 12:30 pm, starting up again in October. **Where** • At the Community Resource Centre 🍅

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