

# Good Food

Farmer's Markets

Foodie Festivals

Farm Gates

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Why eating from our own waters is such a challenge

*New*

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November 3

Local Farms

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# Lonely? Bored? Local food'll fix it.

By Pieta Woolley | [pieta@prliving.ca](mailto:pieta@prliving.ca)



When locals get in a boat, throw a line in the water and catch a chinook salmon (Page 11), the government calls that “recreation” or “sport,” as though people are just out there having a blast... and the delicious, nutritious, freezer-filling groceries are a side effect. It’s a little insulting to call what anglers do “recreation.” That’s essential food-gathering! But the recreation part? That’s also true.

Food here in Powell River is about much more than drudgery - that’s obvious all the way through this issue of *Home Grown*. It’s about joy and com-

munity, at least most of the time.

The two new mushroom-growing operations are helmed by lovely, passionate and funny people who love what they’re doing (Page 8); a new kid-friendly pumpkin patch in Wildwood will spread happiness to tots this fall (Page 14); SD47’s new gardening program for preteens puts community at the centre of food growing and preparation (Page 21).

I can’t tell you how many neighbours I’ve met when my chickens – who are rocketing out eggs in this sunshine – go on walkabouts around Townsite.

Experience food’s fun-factor for yourself by filling your summer planner with farmers’ markets and foodie events (Page 6). New this year: a mushroom festival, Powtown Pumpkin People contest, and more. 🍄

## Original Italians and hippies inspire newcomers

By City of Powell River Mayor,  
Dave Formosa



I thought I’d begin by going back to the fascinating story of the first farm in Powell River.

Giuseppe Gagliardi was the first farmer. He arrived from Italy around 1914 and called his 80-acre property, Powell Lake Farm. He apparently had a terrific garden and sold his fruit and vegetables to markets in Powell River.

In the 1960s, some hippies came to live at Powell Lake Farm until they drifted apart. Then, in 1975, one of those commune members started an out-door program and had a school there until 1985. That same year it was re-named Fiddlehead Farm.

We can see the connections from

the community’s beginnings to present day. The first farm coincided with the first years of the mill. New people came, some stayed and helped build our diverse community. Some of them became farmers and some of their children are farmers today. Just like 1975 when the farm became a place of outdoor education, today our school district has the Outdoor Learning Centre on Powell Lake. Fiddlehead Farm is now one of the 13 huts along our world-famous Sunshine Coast Trail.

Farming is being reinvigorated by many young newcomers who have moved here to try their hand at it. Nobody ever said farming was easy, but they’re working hard to make a livelihood off the land.

Residents buy local for many reasons, including freshness, taste, knowing who grows their food and the environment. Our farmers are hard pressed

keeping up with the demand. That’s both a good thing and worrisome.

As mayor, I can say that your city is doing everything it can to support local agriculture. Its success is critical to sustaining our food supply and preparedness in case of an emergency. We need to increase our ability to feed ourselves in case of the unexpected.

The city continues to work with our partners, School District 47, qathet Regional District, Vancouver Island University, the Powell River Farmers’ Agricultural Institute, and Tla’amin Nation, in implementing the Farm Sector Plan.

I think the lesson in all of this is, while we celebrate our farmers and everything that is homegrown, we need to be able to produce more local food and your city will do everything it can to support and grow a thriving agricultural sector. 🍎

**On the cover:** Every hue of egg, as grown and photographed by Milan Jackson of Dogworx Pet Ranch.

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## Grow your pumpkins now!

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## Make your Pumpkin Person this fall!

The festival starts October 5 weekend.

Let your imagination run wild. Your Powtown Pumpkin Person could be a hockey player, a bride and groom, a farmer, a fisherperson, a musician...

If you live in the Townsite and want your Powtown Pumpkin Person judged, just email your name, address and category (adult or child 12 and under) to [contest@prliving.ca](mailto:contest@prliving.ca) before October 12.

Questions? [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

## Learn more!

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# Farmers'

## Powell River Farmers' Market

**When** • From April 27 - September 30. Every Saturday from 10:30 am - 12:30 pm and Sunday from 12:30 pm - 2:30 pm

**Where** • 4365 McLeod Road

**What** • Powell River Farmers' Market

**New this year** • More farmers than ever before, new food vendors and services like massage and knife sharpening.

**How to become a vendor** • [powellriverfarmersmarket.blogspot.ca](http://powellriverfarmersmarket.blogspot.ca) for 2019 Vendor Application

**Contact person** •

Juhli Jobi 604-414-5076,  
[powellriverfarmersmarket@gmail.com](mailto:powellriverfarmersmarket@gmail.com)

## Midweek Market

**When** • Wednesdays 4:30 to 6:30 pm.

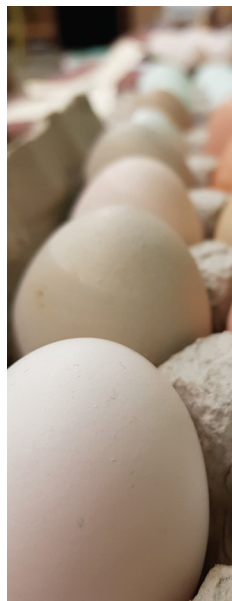
**Where** • At the Community Resource Centre - parking lot

**Contact person** • Rose Fleury 604-483-4748

## Uptown Market

**When** • Saturdays from 10 am to 12:30 pm, starting up again in October.

**Where** • At the Community Resource Centre 🍎



## Foodie

*May 1*

**PRL's Giant Pumpkin Growing Contest begins**

*May 25 & 26*

**Lund Seafood Fest**

*June 1*

**Vegfest Powell River**

*June 7 to 16*

**BC Seafood Festival (Comox)**

*July 21*

**Powell River Edible Garden Tour**

*August 11 to 18*

**Blackberry Festival**





# Markets

## Texada Island Farmers' Market

**When** • Sundays 12:00 to 1:30 pm  
from June 2 until October 13th.

**Where** • At the ball field in Gillies Bay.

**What** • Fresh produce, preserves, baking, jewelry and crafts galore! Lunch is available.

**How to become a vendor** • New vendors welcome, must have your own table, spaces under cover limited and given out by contact person.

**Contact person** • Dawn Hughes, Market Coordinator. 604-486-7529.

## Savary Island Farmers' Market

**When** • Tuesdays in July and August  
11 am-1 pm

**Where** • The Hacienda on Brian's Way and Vancouver Boulevard across from the Church.

**What** • Local Produce, Eggs, Meats, Baked Goods, Honey, Hot lunch options, Ice Cream, Gluten free treats, Craft Beer, BC Wine, Artisan Crafts, Pottery and Jewellery.

**New this year** • Live Music

**How to become a vendor** • Contact Mitzi Jones

**Contact person** • Mitzi Jones 604-578-8884 mitzenjones@gmail.com



# Events

August 16

**Blackberry Street Party**

September 7 & 8

**Powell River Fall Fair  
& Giant Pumpkin weigh-in**

October TBA

**Wildwood Pumpkin Patch**

October 5

**PRL's Powtown Pumpkin People  
Festival begins in Townsite**

November 3

**Powell River Mushroom Festival**

November TBA

**Powell River Craft Beer Fest**







# The taming of the

By Isabelle Southcott  
isabelle@prliving.ca

In a region that's famous for bountiful wild mushroom harvests, two new fungi farming businesses have sprouted.

Soon after Ross and Cathie Hunter moved home to Powell River two years ago, they began growing mushrooms in little sheds on his parents' property south of town, as The Mushroom Hunters.

They sell oysters, shiitake, and lion's mane to restaurants and businesses, and mushroom-growing kits at the market to those home-growers.

"Mushrooms are so interesting," says Cathie. "They're good for the ecosystem and they have some smarts. Growing them is a challenge – it's been really good for my brain."

In Townsite, All The Mushrooms

## WHAT'S THAT FUNGUS?

Jason Leane's passion is mushroom gene sequencing. People bring Jason wild specimens of mushrooms if they think they've found a new species or a misidentified or misnamed species. He runs the mushrooms through a gene searching tool to find out about the mushroom.

**"I found the one kind of farming where you don't have to get up early."**

*- Jason Leane,  
All the Mushrooms*

owner Jason Leane grows out of a former tool shed in his backyard - a conversion Community Futures helped fund.

"I found the one kind of farming where you don't have to get up early."

He keeps the 10 x 10 foot shed between 14 to 18 degrees Celsius - a challenge during the hot days of summer. Each week, he produces 150 pounds of mushrooms.

"I've always enjoyed doing lab work," he said explaining that he had a science background before going to school for theatre, and working as a theatre tech for the Max Cameron. "I love growing them but I don't eat them," he said.

Like The Mushroom Hunters, Jason grows and sells mushrooms to restaurants and retailers.

The two Powell River mushroom businesses work well together and don't overlap.

"Jason has been really helpful," says Cathie.

All The Mushrooms supplies Townsite Fruit and Vegetable Market, Ecosystems, The Chopping Block and Brooks/VIU Culinary Arts program. The Mushroom Hunters supplies The Modern Peasant, The Farmer's Gate, River City Coffee, Terra Nostra Farm, and The Garden Court Restaurant. 🍄

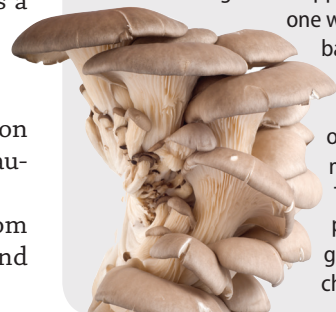
## GROW YOUR OWN

Both The Mushroom Hunters and All About Mushrooms sell kits.

Mushroom kits contain blocks with fruiting mushrooms, sawdust and soybean hulls in special growing bags. They are available at the Open Air Market.

The kits include a bag with full instructions on how to grow your mushroom.

Growing time is approximately one week after the bag is cut and small bags yield about one pound of mushrooms. They are popular as gifts and for children.





The qathet Mycology Network  
presents Powell River's first  
**Mushroom fest**

November 3, 1 to 4 pm, Club Bon Accueil

Come learn about the mushrooms of the qathet region & coastal BC. Visit our interpretive displays, info booths, try mushroom arts & crafts, see presentations and more! Find out more at [tinyurl.com/qathetmycology](http://tinyurl.com/qathetmycology) or email [qathetmycologynetwork@gmail.com](mailto:qathetmycologynetwork@gmail.com)

# 'shrooms

## FUN GUYS & GALS:

*Below and above, The Mushroom Hunters' Ross and Cathie Hunter in their south of town growing shed. Right and below, All The Mushrooms' Jason Leane in his Townsite operation.*







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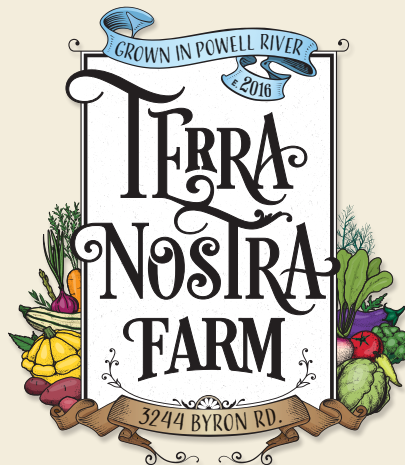
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# No fish for you

The Salish Sea teems with high-quality protein – an obvious source of local, potentially-sustainable food for the 20,000 residents of qathet.

Why do we eat so little of it?

By Pieta Woolley | [pieta@prliving.ca](mailto:pieta@prliving.ca)

I love seafood, but I don't eat it much. At the grocery store, the tantalizing, thick pink fillets of salmon and steelhead threaten bankruptcy. Most seafood is biting expensive - much more than industrially-grown chicken, beef, pork, or tofu. May's beautiful spot prawns are an annual treat; at \$20 a pound or more, that's a wallet-breaking meal for my family. Cheaper grocery store prawns, grown in Asia and imported by container ship, are an environmental disaster, and often host a tangy aftertaste.

I've thought about seafood a lot over the years. Somehow, fisheries

have largely evaded the local-food conversation, which tends to centre around small-scale gardening. That's a bit weird; as we live on the Salish Sea, which has fed dense populations of people for millennia. It continues to feed millions of people... just most of those people, I've discovered, do not live in BC.

This article started with a simple question: what percentage of the local commercial catch and farmed seafood is eaten by locals?

I've found that's a near-impossible question to fully answer, due to the way numbers are reported by the federal Department of Fisheries and

Oceans (DFO). However, in trying to answer it, I learned that there's a big story here for anyone who cares about a local, sustainable future for qathet's food supply: it's international, financial, political and very personal.

There's a lot here, but for the purposes of this short article, I'll stick to two reasons we're eating far less seafood than you'd imagine, given our location:

1. Most of us in qathet don't catch fish - and those of us who do just got their hooks clipped, and
2. Most BC-produced seafood is exported.

## HAPPY MEAL:

Greyson and Lily Carlos are local food enthusiasts... especially when that food is salmon.



# 1. Most of us in qathet don't catch fish - and those of us who do just got their hooks clipped.



**“[The Salish Sea] continues to feed millions of people... just most of those people, I’ve discovered, do not live in BC.”**

*- Pieta Woolley*

## **FISHING FOR GROCERIES:**

Chris Carlos pulls a good-looking chinook out of the Salish Sea. The *Powell River Fishing Report* coordinator isn't thrilled with DFO's new zero-limit on recreational chinook.

For Chris Carlos and his three kids, aged 6, 8 and 11, fishing is grocery shopping - but way more satisfying. The family keeps about 10 chinook salmon a summer. If they bought them from a store, each fish would be worth \$60 or more.

“So they're a treat. We give salmon to friends and family, we put it in the freezer to smoke for Christmas,” said Chris, who runs the popular Facebook group *Powell River Fishing Report* and organizes Friday night derbies throughout the summer, which attract about 100 anglers per night.

The meaty chinook, or Tye salmon, he said, is what locals mostly fish for around here. Until last year, Powell Riverites with a salmon tag could retain up to two chinook a day. Last year, that was reduced to one. This year, DFO announced on April 17 that has changed. This summer, local anglers can retain no chinook until July 15. After that, they may retain one per day until August 30, after which two a day may be retained.

“Recreational fishermen are not against conservation. We just want it to be thoughtful,” said Chris, noting that many locals feel DFO is over-penalizing the relatively-small local food fishery in favour of environmental optics. In 2017, for example, BC exported \$49.5 million worth of wild chinook - up from \$42 million in 2015.

The reasoning for the new regulations and the push-back are far too complicated to delve in to here;

they have to do with environmental problems on the Fraser River, the movement of vulnerable and non-vulnerable chinook populations around the Pacific Northwest, and food for resident orcas. Chris questions whether the new regulations will help solve BC's chinook population problem.

Also, he is baffled as to why advocating for food fishing isn't front-and-centre in the local food conversation.

“Maybe it's because we're just a small population,” said Chris. “How many people really fish around here?”

According to DFO, 3,265 fishing licenses were sold to Powell River residents last year. That's in a population of 20,000 people, so about 16 percent of locals fish for food - or have at least made a vague plan to do so.

BC-wide, just four per cent of the population gets a tidal fishing license (incidentally, the same number that are vegan.)

Powell River Outdoors owner Sam Sansalone says he is “left with no voice from answering all the questions” from fishers about the DFO changes. As a fishing license vendor, he's frustrated that he and his staff are doing the work of education on behalf of DFO, especially as his business receives no money from government to sell licenses. The caps on chinook retention will crush small businesses, he said. “Hopefully going forward the users of this resource will have more input,” he said.



## Local seafood by the numbers:

- In 2017, the latest year stats are available, BC harvested and grew 279.4 million kilograms of seafood.
- BC produces enough fish and shellfish for every person in BC to eat about 56 kilograms (123 pounds) of seafood per year.
- Canadians actually eat about 8 kilograms (18 pounds) of seafood per year - and much of that is imported. We eat more than three times more chicken, beef and pork. Where is the rest of that seafood going?
- Nationally, \$6.9 billion in seafood value was exported in 2018.
- Canada's top seafood exports are lobster, Atlantic salmon, crab & shrimp.
- Canada's biggest seafood imports are shrimp, salmon, lobster, tuna and crab.
- Nationally, \$4 billion in seafood value was imported.
- In BC, 1.3 billion of seafood was exported in 2017. Due to how seafood numbers are reported, it's difficult to assess exactly how much of BC's total seafood is exported.
- Most of BC's exports go to the US, China, Japan, Hong Kong and Ukraine.
- Of the salmon farmed in BC, 72 percent is exported. Of the 3.5 million wild-caught salmon, "the vast bulk" is exported.
- \$49.5 million in chinook was exported in 2017.
- Four percent of British Columbians bought a recreational fishing license for the ocean in 2015 - a percentage that has remained steady since 2000. Their top three catches were shrimp, crab and chinook.
- 177,000 British Columbians fished in the ocean in 2015; 70,600 non-residents fished in BC waters.

Sources are Canada's Fisheries Fast Facts 2018; BC Seafood Industry Year in Review 2017; 2017 BC Agrifood & Seafood Int. Export Highlights; and Statistics Canada's food availability survey.

## 2. Most BC-produced seafood is exported.

When Shane Reid catches pink shrimp on his boat, the *Double Odds*, he takes them to Vancouver where they get hand-peeled and sold to Lower Mainland restaurants and grocery stores. But Double Odds Fishing Ltd's other two staples – spot prawns and side-stripe shrimp – he sells directly to Powell Riverites at the wharf, at the docks in Lund and on Savary, and from his Westview home. Around Christmas, he sells up to 120 pounds a day when people are splurging on entertaining. In the summer, he sells up to 50 pounds a day.

This makes him a most unusual fisherman. First, because there are so few commercial boats in Powell River, as it's an expensive business to get in to. And second, most BC seafood leaves BC. According to the Seafood Producers Association of BC, 80 to 90 per cent of wild-caught seafood is exported. According to the BC Salmon Farmers Association, 72 percent of farmed salmon is exported (see sidebar).

"It would be a lot easier if I just put everything in a tote and brought it to Vancouver [to sell to a processor,]" said Shane. "But I like to keep it local. I know a lot of people are looking to buy local seafood, but they don't know where to get it."

Most Powell River grocery stores sell some local fish, including Lois Lake steelhead, spot prawns, and more. Some restaurants sell locally-caught seafood. On May 25 & 26, head to Lund for the annual Shellfish Festival. And the downtown wharf, through the summer, can be fruitful at about 3 pm.

But there are hurdles. As the BC Shellfish Grower's Association spokesperson Darlene Winterburn explained, all seafood destined for retail must pass through a federally-registered processing facility; Powell River's closest, she said, is in Vancouver or on Vancouver Island, "which unfortunately makes it very expensive for locals to be able to purchase local product."

Darlene did say that the Province's



### BUT SOME STAYS HERE:

Double Odds Fishing Inc's Shane Reid (above, receiving an award from the Chamber of Commerce) is one of the local commercial fishermen making Powell River seafood available to Powell River people. **May 9 kicks off an especially tasty month or so, as it's spot prawn season.** Look for them on the wharf - there should be posters on Marine Avenue - and at the **Lund Shellfish Festival May 25 & 26.**

Buy BC program is making strides in connecting producers to retailers and restaurants. Additionally, the #BeShellfish for BC Oysters promotion hopes to attract new customers to local oysters; at [www.eatbcoysters.ca](http://www.eatbcoysters.ca), Okeover's Perrault family is featured on a video.

The BC Salmon Marketing Council is also hoping to increase local demand; spokesperson Steven Richards says they've recently launched a locator app at [www.bcsalmon.ca](http://www.bcsalmon.ca), which will help British Columbians find local seafood in stores. The "vast bulk" of wild BC seafood is exported, he said.

"Fishermen may choose to sell to a processor as opposed to selling at a dock because it's easier and assured," Steven said. "For many, depending on their location, I imagine the market is insufficient and/or irregular." 🍷





## Pumpkin Patch coming to Wildwood this fall

This fall, plan to visit Windfall Farm in Wildwood (above), and check out their new pumpkin patch. “We will have dozens of varieties to choose from,” said Farmer Lisa Daniels. “We’ll have large ones, small ones, minis – even white ones and some with warts. Bring the kids out to the farm located at 5760 Taku Street for some fun in the pumpkin patch during October.

“And watch out! The Giant Pumpkin will be hiding in the vines.”

## Two pumpkin contests with PRL

*Powell River Living* is putting on TWO pumpkin growing events this year!

“We’re doing our **giant pumpkin competition** again this year at the Fall Fair September 7 and 8,” says *Powell River Living* magazine’s publisher Isabelle Southcott. “If you’d like to enter this contest, pick up a package of giant pumpkin seeds at Mother Nature or Springtime Nursery and plant as soon as it is warm enough. Be sure to enter your Atlantic Giant into the Fall Fair so it can be judged. You could win bragging rights and prize money!”

This year *Powell River Living* is introducing a new event, **Powtown Pumpkin People**. Beginning October 5, you will see Powtown Pumpkin People popping up on lawns in the Townsite. “We’re handing out 500

packets of pumpkin seeds with the Townsite Digester newsletters in May which will be delivered to every home in the Townsite,” said Isabelle. “We are also working with Bill Hopkins and Henderson Elementary School and have given students pumpkin seeds to plant.”

This is a community event. “We encourage folks to grow pumpkins this summer and use them to create Powtown Pumpkin People in October.” You don’t have to use a home-grown pumpkin for your person – any pumpkin will do just as long as it is the right size. Watch *Powell River Living* magazine for more details and information on how to build your Powtown Pumpkin Person!

If you’d like your Powtown Pumpkin Person to be judged (Townsite only), email [contest@prliving.ca](mailto:contest@prliving.ca) before October 12 with your name, address and category (adult or child 12 and under).

Questions? [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

## License your groundwater by 2022

The province of BC has extended the deadline for registering wells and licensing groundwater use to March 2, 2022 after only a fraction of non-domestic groundwater users registered their wells by the original deadline. This water license application applies to people who were using groundwater on or before the Water Sustainability Act came into force on February 29, 2016. It applies to those using groundwater for any non-domestic use which means agricultural, industrial, commercial and industrial users have to obtain a water license.

## Local farms get organic certification

Powell River will soon have three certified BC certified organic farms.

Lisa Daniels, who owns **Windfall Farm** in Wildwood with her husband Mike, is excited that a farm in the Paradise Valley was certified earlier

this year and that another south of town farm will be certified any day now. “May the trend continue,” said Lisa. Windfall Farm has been certified organic since 2006. They produce organic garlic and poultry along with range reared beef and pork.

**Paradise Valley Produce**, located on Padgett Road in the Paradise Valley, and owned by Dane and Rachael Sherstad became a BC Certified Organic Farm in 2018.

**Terra Nostra Farms**, owned by Aaron Mazurek and his wife Simona, expect to receive organic status any day now. “We hope to be certified any week,” said Aaron last month. “We are just waiting for our final inspection. Our status is officially transition to organic.”

## Quonset hut to be replaced

The Powell River Farmers’ Agricultural Institute is working on replacing one of the aging Quonset huts at the Paradise Valley Exhibition Grounds, says President Alan Rebane.

“We are going to replace the building the bathroom is in and the building on the right-hand side of the bathroom,” said Alan. Although they’ve received an estimate on the work they still need to get an estimate on the cost of disposing of the old building before the project goes out to tender.

Fundraising efforts kicked off earlier this year at the Farm to Fork dinner and more fundraisers will be held. As well, the institute will apply for grants. The project is expected to cost approximately \$250,000.

## Veg Fest at the Townsite Mall June 1

Entering its second year, the Powell River Veg Fest is back and will take place on June 1. This annual celebration of food, informative cooking demonstrations, inspiring speakers and great vendors will be held at the Townsite Market. 🍎





# 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.

## **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  
Erin Innes and Simon Natrass  
604-414-0972

Produce, eggs, pork, chicken and turkey. Serving the Savary Island Market. Also available at the Farmer's Gate (see #4) or by special order.

### 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 wemex@shaw.ca

Interested in raising fresh eggs, meat, milk, vegetable, fruits, seeds and herbs? Wendy offers gardening, animal husbandry, and food classes for individuals and groups.

### 7. Windfall Farm

5760 Taku Street  
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. Fall Pumpkin Patch.

### 8. Hatch-a-Bird Farm

6603 McMahon 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  
Don and Audrey sell at the markets all year long. Wide variety of produce, specializing in tomato, carrots and salad mix. Berries and seasonal fruit.

### 10. Blueberry Commons

6619 King Avenue  
info@blueberrycommons.ca  
Rhubarb, cherries, blueberries, apples, kiwis and other fruits. U-pick available.

### 11. Routes to Roots Edibles

6483 King Avenue  
Julia Adam and Rob Hughes  
604-483-1143  
Produce and gardening services.

### 12. Cranberry Farm

6650 Cranberry Street  
Carol Battaglio  
604-578-1199  
carol.battaglio@gmail.com  
Free range eggs. Fruits and vegetables. Hops for Townsite Brewing.

### 13. Powell River Garden & More

Claridge Road  
Larry Best lbestbc@yahoo.ca  
fb.com/groups/915923441808029  
Veggie seedling starters, heritage vegetable starters, spring and winter crops.





**14. Creekside Farm**

7812 Valley Road  
 Alan and Kathy Rebane  
 604-485-7737

*Offering free range eggs, broilers, Berkshire pork, beef and some produce.*

**15. Mayana Adar Family Farm**

7873 Valley Road  
 The de Villiers family  
 604-489-0046  
 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**

3959B Padgett Rd  
 Rachael and Dane Sherstad  
 paradisevalleyproduce.ca  
 info.paradisevalleyproduce@gmail.com  
*Certified organic mixed vegetables. Community Shared Agriculture (CSA). Seasonal farm gate sales.*

**18. Hammil Hill Farm**

3674 Padgett Road  
 Roz Sherrard and Claude Marquis  
 604-485-7784 fireweedjazz@gmail.com  
*Free-range eggs, flowers, garlic, seasonal vegetables, berries and fruits, including asian pears. Squash and pumpkins.*

**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. The Hometown Farm**

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

**21. 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.*

**22. Terra Nostra Farm**

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

**Texada Island Farms**

**1. Blacktail Farm**

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

**2. 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.*

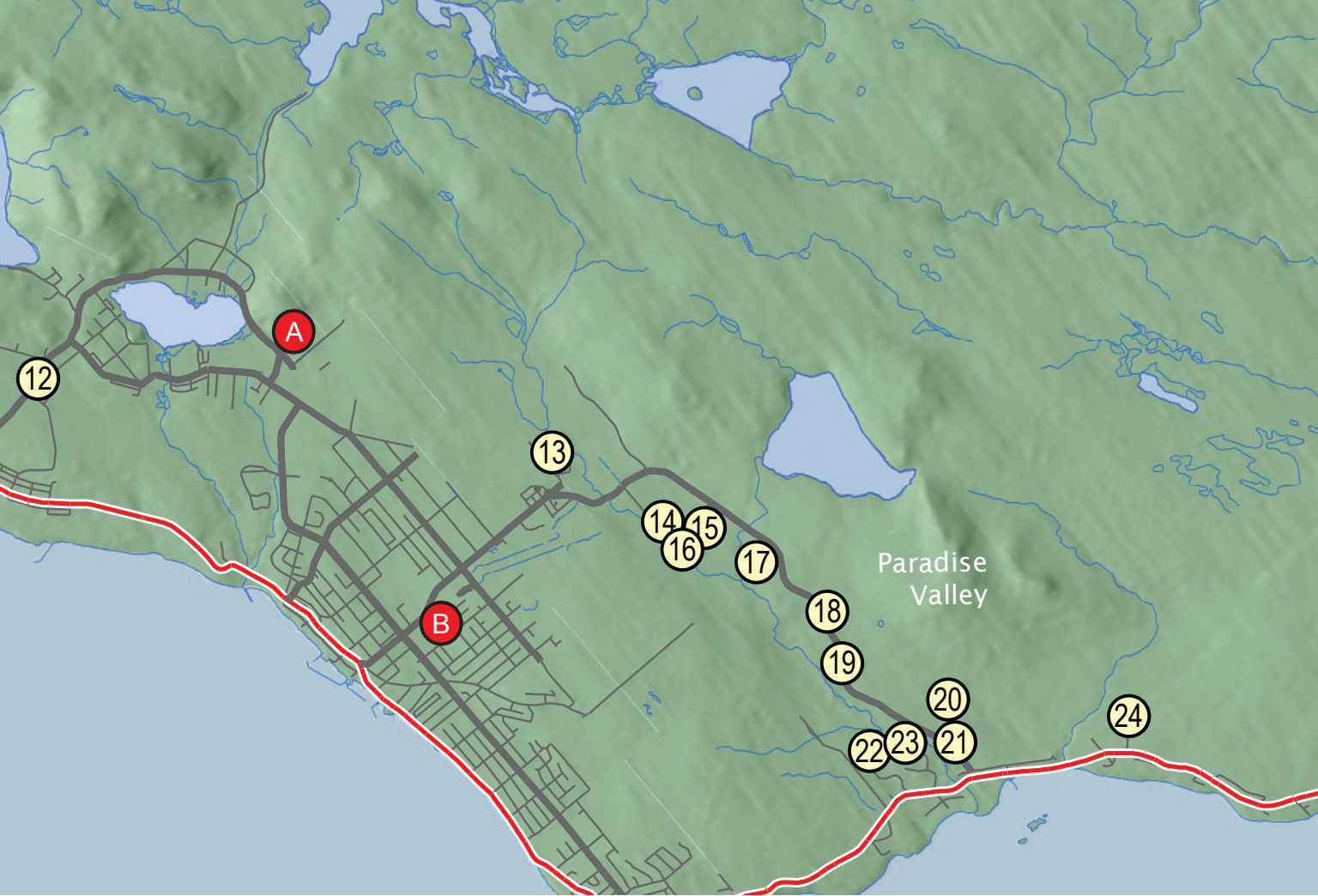
**3. Woodlot Mushrooms**

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

**4. 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.*





**23. Straight Up Greens**

3220 Byron Road  
Nola & Aaron Morgan  
604-414-3377

*Hydroponic basil towers and live micro-greens, available at Safeway, Pacific Point, Townsite Fruit & Veg, and local restaurants. New this year: at the Midweek Market.*

**24. 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.*

**25. Three Chicken Farm**

2198 McLean Road  
Pat & Jenn Kinahan  
604-578-0157  
threechickenfarm@gmail.com

*Free-range eggs, chicks, pullets, and pasture-raised broiler chickens.*

**26. Black Point Nursery**

9472 Hwy 101  
Calum Malcolm  
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.*

**27. Red Well Farm**

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

**28. 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.*

**29. 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.*

**30. Coast Berry Farm**

10084 Nassichuk Road  
604-487-9788  
coastberrycompany.com

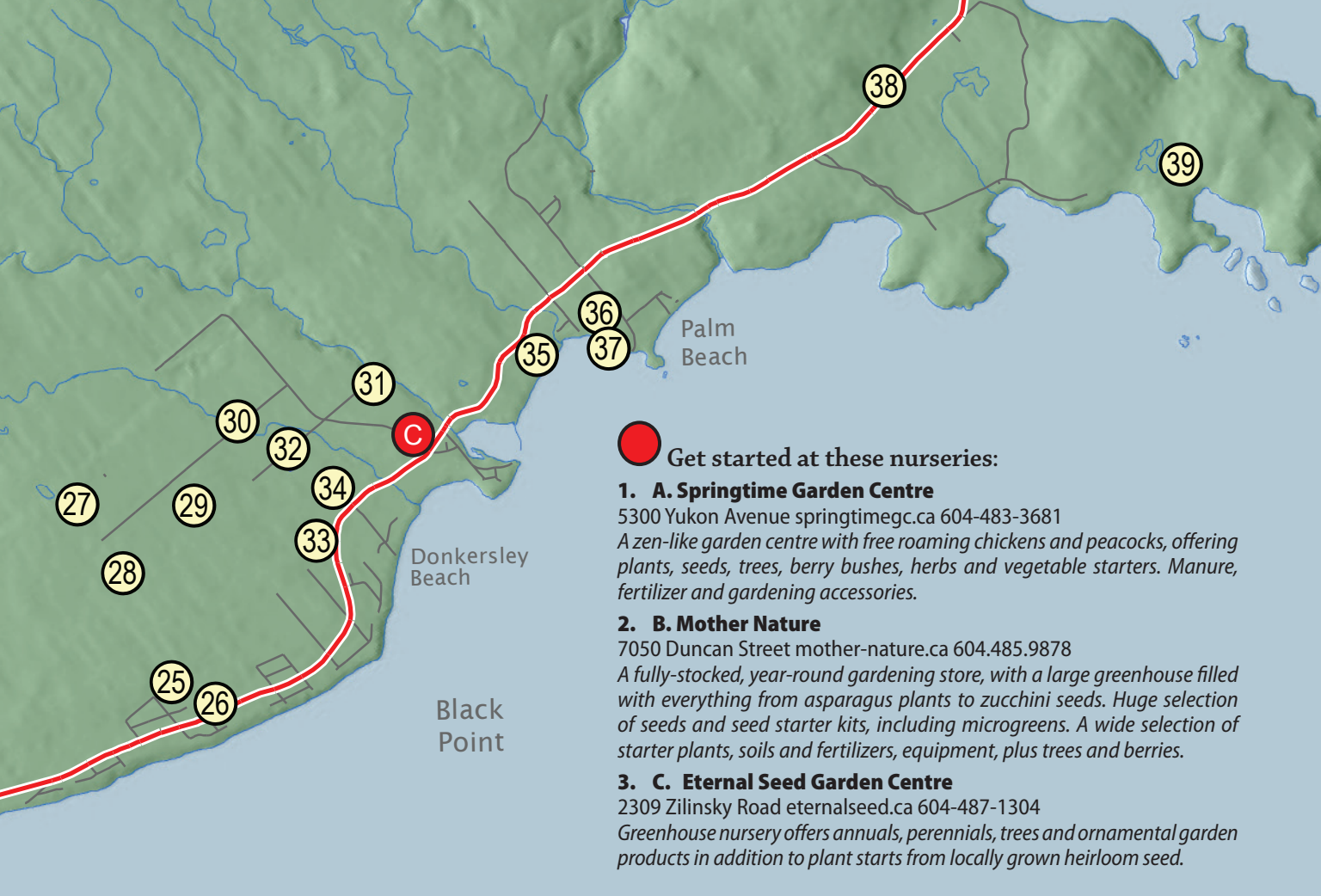
*Growing strawberries and blueberries. Stop by the country store for coffee and baked goods in season.*

**31. 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.*





**Get started at these nurseries:**

**1. 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.*

**2. 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.*

**3. 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. 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.*

**33. Sunny Acres**

10067 Highway 101 South

Don & Sandra Macklem

604-487-0433 donsandra@shaw.ca

*Eggs and chickens.*

**34. 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*

**35. 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*

**36. Ed's U-pick Blueberries**

11106 Morton Road

Brenda and Ed Audet

604-487-4235

*U-pick blueberries since 1999, boasting about 1,200 bushes with varieties including Blue Crop, Patriot, Toros, Chandler, Reka, Northland, Nelson and Spartan. Open late June til August. Call for updates.*

**37. Lois Lake Steelhead**

11060 Morton Road

604-487-9200 agrimarine.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 from local grocers and at many local restaurants such as: Coastal Cookery, Base Camp and Laughing Oyster.*

**38. Stillwater Farm**

12188 Highway 101

Carlos Williams

604-487-0704 carlosdubya@hotmail.com

*Wool and seasonal organics (non certified)*

**39. 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. 🍎*



# Community Partners plan for food's future

## Farm Economy Report

Knowing that there was an opportunity to increase food production in Powell River, stakeholders – including the City, School District 47, Vancouver Island University, the Powell River Farmers' Institute, qathet Regional District, Tla'amin First Nation, and the Food Policy Council – looked at how they could help support initiatives like food security as an economic opportunity and how they could produce more food in Powell River, said Scott Randolph, Director of Economic Development and Communications for the City of Powell River.

With funds from the BC Rural Dividend Program and the City, the Powell River Educational Services Society (PRESS) was engaged to produce a Farm Sector Plan. PRESS put together a team led by Kathleen O'Neil, Director of Programs and Research, to develop the plan using an "economic development lens," said Scott. In 2018, PRESS completed that report.

Included in the report is everything from what's available locally, to existing farmlands under threat, to farmer demographics, labour market data and education and training needs. A year was spent identifying and developing a list of actionable items. To view the full Powell River Farm Economy Report, visit [pressbc.com](http://pressbc.com). There, you'll also find a list of all local farmers and producers, local suppliers, a BC in season chart, greenhouse horticulture, and an outline of the horticulture technician training program that the School District is working with VIU to develop. This is a dual credit program they hope to launch in the near future.

The 2018 Farm Economy Report looks at the economic viability of businesses and how they can strengthen

### CAN YOU HELP?

If you have a background in value-added production and food processing, Scott Randolph would like to hear from you: [srandolph@powellriver.ca](mailto:srandolph@powellriver.ca).

their marketing and distribution channels. "We identified areas that farmers and Tla'amin were most interested in working on. We looked at business opportunities, challenges and what supports needed to be put in place for these to happen and to strengthen what was already there," said Scott. Obstacles for growth were examined as well as how marketing and distribution could be improved. "We wanted actionable items so we could hit the ground running." Because Kathleen was able to bring the plan in on time and under budget, BC Rural let them use residual funds for Phase II of the Farm Sector Plan. They identified priorities and opportunities in the plan and met with stakeholders. "We developed a food related social enterprise business plan to create a stable market for locally produced food and we worked with the Farmers Institute to develop a new website for the Farmers' Institute," said Scott.

### Food hub

The next step in improving the marketing and distribution of local food products is through the development of a food hub. Right now, it is still in the development stage – it's virtual – however an online store has been identified as an important piece of the plan. "It will take the map concept to a whole new level but the challenge is with distribution," said Scott.

Still in the nascent stage, this is an important piece of the distribution puzzle that will help local restaurants buy local food. Businesses need to be



able to plan months in advance, Kathleen explained. And in order to know what is needed, farmers need to know what and how much they should plant months in advance. "It's kind of like Community Supported Agriculture but only on a bigger level," she said.

"This is a huge opportunity. We can do something on a microlevel and then build it from there," said Scott.

### Agriculture Training Centre:

Sites are being examined as the group is looking at locations for where to site an Agriculture Training Centre. "We can train post-secondary and high school students at the same time because of our relationship with VIU," said Scott. "We need a couple of greenhouses, a shop lab, equipment space and classroom space.





**“It’s about celebrating. There’s the sharing of growing, the sharing of preparing and the sharing of eating. Food isn’t just fuel – it’s also social connection.”**  
*- Vanessa Sparrow, SD47*

**New! SD47 Food Literacy Program**

# Gardens n’ grub for preteens

**S**chool District 47 will pilot a new Food Literacy Program for district schools this fall.

The main feature is Landed Learning at School, a year-long garden-based food education program for Grades 4 and 5 students, which rolls out at Westview Elementary in September, with other schools to follow. There is also a package of workshops being provided to ensure that all schools have the support they need to use food gardens as effective outdoor classrooms.

Program Coordinator Vanessa Sparrow says the program will include teaching and learning about food – where it comes from, how to grow it and how to prepare it, as well as connecting with the community. Intergenerational volunteers will partner with students and teachers to learn about stewardship of the garden and develop a sustainable system so it becomes part of school life. “Brooks students, Master Gardeners, seniors and elementary students will work together as a team,” she explained.

Although the program begins in the garden with how to grow food, it extends beyond that. “It’s a school garden to plate program,” explained Vanessa. “Students will go into the kitchen to prepare food with what they have grown.”

And then, they get to eat it.

“It’s about celebrating. There’s the sharing of growing, the sharing of preparing and the sharing of eating. Food isn’t just fuel – it’s also social connection.”

Visit the SD47 Food Literacy Program website at [sd47foodliteracy.com](http://sd47foodliteracy.com) to find out more and access lots of school garden related resources.

## Farmers’ Institute launches website

A brand-new website and interactive map for the Powell River Farmers’ Institute that went live in April will make it easier for people to find out what’s in season and where you can find it.

The site, which represents all farmers in the Powell River region, was one of the pieces identified in the Farm Sector Plan last year.

“It promotes local food and farm products,” said Kathleen. It’s also easy to use.

“You can get the map or check it from your phone,” she added. Information on where commercial kitchens are located is also on the map.

Check it out at [prfarmers.ca](http://prfarmers.ca).

**Above:** Students, teachers and community volunteers work together to grow food in the outdoor classroom.

**Below:** Students prepare a tasty “celebration salad” from the harvest bounty.



SCHOOL DISTRICT 47

Want to learn more? Contact us.  
 School District #47  
 4351 Ontario Ave 604 485-6271  
[www.sd47.bc.ca](http://www.sd47.bc.ca)



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# Licensed to Grow

Powell River's first official urban farm on a residential lot – right in downtown Cranberry



As of April 1, Powell River has its first licensed urban farm, down the block from Mitchell Bros. You'd never guess it was there. But on her two adjoining residential properties, Kimberley and Bruce Young have been growing fruit, berries, poppies, kale, mint, asparagus and more on 1.5 acres for about a decade at Ava's Acre Permaculture Farm.

"I'm creating food security for my neighbourhood, but I was breaking the rules to do it," said Kimberley, noting that she sells about 10 percent of what she produces on her permaculture operation. "Farming isn't a crime. If I were doing this anywhere else, it wouldn't be a problem."

All businesses operating within City of Powell River limits must have a license - there's just over 900 of them. Until recently, urban farms could not get a business license, as farming produce for sale was not allowed on residential properties.

However, thanks to the planning department, the City's by-laws caught up with Powell River's burgeoning urban agriculture scene in 2017, with new rules and licenses governing the growing of food on residential lots.

Kimberley was the first grower to spend the \$150 and become official. Her's is a "Level 1" license, which allows for the growing of plants for sale. A "Level 2" license also allows for farm gate sales. Neither license permits the use of pesticides in the City. Licensing is different from zoning; the zoning for these urban farms remains "residential." Powell River also has some scattered agricultural zoning within the City, mostly in Wildwood, behind Cranberry Lake, and in upper Westview.

As one of his first projects as Powell River city planner, Jason Gow wrote the by-laws.

"The last thing we wanted was for someone to walk into City Hall and

ask for a license for their urban farm, and have to say that we can't issue one because, on paper, we don't permit urban agriculture. The city has been so forward about supporting the local food industry," Jason said.

An advantage to getting a license is that urban farms can promote themselves without neighbours questioning the legality of their operation.

"I describe this as a bit of a feel-good exercise," said Jason.

Kimberley likes her farm being above-board. Now that it's licensed, she can write off expenses just like any other business.

However, as the first farm to get a license, she says there are some bugs that need to be worked out. She is helping to do that.

"A lot of my friends ask why I'm bothering with a license," Kimberley said. "It's just what you do. If you're going to have a business, you've got to do it right." 🍎

**TAKING CARE OF BUSINESS:** Kimberley Young wanted her urban farm to be above-board. Now, it is.





# Small farms find big success at Safeway

**P**owell River Safeway has embraced local farmers and producers more than ever before.

“We carry produce from many of the farms in Powell River and want to do more, said store manager Steve Wadsworth adding that customers want to eat local food whenever possible.

Safeway represents Coast Berry, Windfall, Hatch-A-Bird, Terra Nostra and Paradise Valley Farms as well as Straight Up Greens.

The Powell River store also promotes products from Vancouver Island.

“We have spring starters and bedding plants from Vancouver Island, peppers in every colour from Fiesta Greenhouses Campbell River, and cucumbers from Port Alberni,” said Steve.

“Safeway in BC has really empowered stores and management teams to seek out new items and products that have a connection to the community and would do well in local markets. If a farmer or a vendor has an idea, I’d like to talk to them,” says Steve.

Lisa Daniels, owner of Windfall Farm, said local farmers have had great support from smaller stores in the community.

“To have a large retailer like Safeway welcome local producers is very exciting – this will encourage more people to “Buy Local- Buy Powell River” and will stimulate more pro-

**“To have a large retailer like Safeway welcome local producers is very exciting... This will stimulate more production.”**

*- Lisa Daniels, Windfall Farm*

duction of amazing food,” she said.

When your food doesn’t have to travel far, less time elapses between when it is picked and when you eat it. Fresh, vine-ripened tomatoes, carrots that grew beneath the dirt a few days ago and early baby potatoes remind your taste buds of what fresh can taste like.

Seasonal organic produce is supplied by both Paradise Valley and Terra Nostra; Hatch-a-Bird provides a variety of seasonal produce, Coast Berry Farm provides fresh berries in season and frozen berries the rest of the year; Straight Up Greens has its huge growing tower at the store where customers can pick fresh basil.

“We also carry River City Coffee and 32 Lakes Coffee,” said Steve. “We support local and so do our customers.” 🍎



Recipient of the Powell River Chamber of Commerce  
**Entrepreneur of the Year Award 2019**



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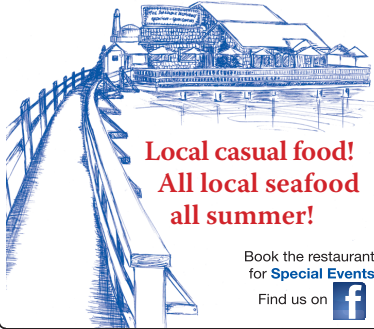
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mountain-ash-farms@shaw.ca

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# Locally Grown

75 years ago

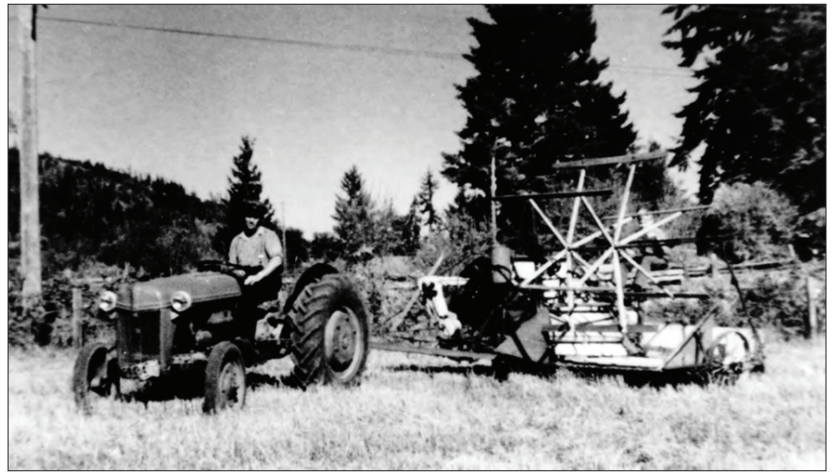
By Joëlle Sévigny

Since the beginning of settlement in Powell River, almost all households kept a vegetable garden to sustain themselves.

The annual home and garden awards in the Townsite, which started in 1916, are also evidence that gardens were not only valued for what they produced but for their beauty as well.

In the 1940s, farms were also a more common sight in Powell River and the surrounding area. Elaine





Steiger remembers growing up on her parent's dairy farm, Scott Farm – one of five at that time.

Before the road to Vancouver and subsequent ferries, which were only established in 1954, the milk wasn't pasteurized; Elaine recalls; it was immediately cooled down and then delivered door to door.

Pasteurization was eventually required in the 1950s, which put an end to house deliveries. The milk was then sent to Tip Top Dairy on Marine Avenue.

On the Scott farm, Elaine also remembers the adjacent oat fields and binding them so they could later feed the cows. Her mother would milk more than a dozen cows twice a day. The whole process was a valiant family effort and even then, her father, like many others had another day job.

It wasn't all work though; Elaine recalls all the Cranberry kids coming down to play baseball and other games on her family's farm lands.

They worked hard, but also ate well and enjoyed the little things in life. 🍎

### **A DIFFERENT PACE:**

*Left, Buckerfield's Feed Truck makes a delivery. Top, a binder at work, binding oats. Middle, milking time. Bottom, a pasture on Cranberry Mountain, overlooking Cranberry Lake.*

*Courtesy Townsite Heritage Society*





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*By Elaine Steiger*

*Elaine Steiger and her late husband Max owned Mountain Ash Farm in Kelly Creek for more than 40 years.*

# The Grass Is Greener

One of the chores I enjoyed on the farm was milking cows. It is a job where you can just let your mind wander, your head against the warm flank of the cow. One morning I was in the barn, my Jersey cow in the stanchion munching on her feed, me sitting on the milk stool, lulled by the rhythmic sound of the milk hitting the pail, when all of a sudden the neighbour's bull decided to pay a visit. He came through the large open window of the barn, and jumped onto the Jersey.

I quickly grabbed the pail of milk and tried to get my mind to figure out how to get an 1,800-pound bull out of the barn.

Without really thinking it through I grabbed the stock prod and proceeded to touch it to his family jewels. The bull was off that cow and out the window so fast it made my head spin.

A few days later I was in the barn, getting ready to milk, and saw the bull starting to break through the fence again. I grabbed the stock prod and just stood out in the field holding up the prod.

The bull saw me and turned tail, back through the fence and back to his home. Guess he figured the grass isn't always greener! 🍎

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# The Great Pumpkin



## Growing Contest

Powell River Living magazine and our gardening columnist, Jonathan Van Wiltenburg, invite you to

*grow a monster pumpkin.*

Powell River Living is handing out free packages of giant pumpkin seeds this spring. Get yours at Mother Nature, Springtime Garden Centre or at the Powell River Living office.

*Plant, water, feed and weed.*

Bring your beast to the Fall Fair September 7 for the weigh in.

*Win money! Win fame!*

Questions? Email [jonathanvw@yahoo.ca](mailto:jonathanvw@yahoo.ca) or call Powell River Living at 604-485-0003

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## Harrowing by horse

At Dogworx Pet Ranch, Milan and Will Jackson are planting an acre section of pasture grass for the horses. It's been a long process of taking back the property from the blackberries. Hay is very expensive in Powell River so the Jacksons hope the horses will graze as much as possible.

"I have a lot of experience working with draft horses in my past and I don't own a tractor so naturally this was my option," said Milan. "Mack doesn't get used as much on the farm, as he is used to pulling Horse Drawn Sleighs, but we still use him periodically to harrow/spread manure and pull/move heavy objects on the property. He spends the rest of his time as my riding companion." 🍎



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