

Home Grown

2022 • FREE • 100% Locally Owned & Locally Grown



gather
LIVING



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1. No pop bottles were hurt making Pollen Sweaters.
2. You'll be helping sheep stay cool in summer.
3. The pure wool stays warm, even when wet.
4. Non-itchy, and soft enough to wear next to sensitive skin.
5. Machine washable and dryer safe at moderate temperature.
6. We put the label on the inside where it belongs.
7. Designed to layer smoothly under or over other garments.
8. No offshore sweatshops. Ours is here at home.
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10. Makes you 50 to 90% more handsome. (Results may vary)
11. Gluten free!



Made in Lund, BC, Canada since 1986

Open in Lund above Nancy's Bakery

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pollensweaters.com
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Reap what we sew!

1,200 bushes
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This summer, come to Ed's u-Pick BLUEBERRIES

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 604-487-4235 or visit fb.com/edsblueberries.langbay
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ENJOY LOCAL
BE LOCAL

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Live local.

Providing just-in-time inventory supports local businesses in our water-locked community.

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ARTISANS

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Creekside Farm Custom Meats

Taste the Difference!

Know where your meat comes from

Creekside meat is raised, processed, and packaged on our farm.

Our **cattle** are grass fed and finished.

Our **pigs** are fed GMO-free grain and are pasture raised.

Our **chickens** are free-run and grain fed.

All of our meat is hormone and antibiotic free.

Meat Box

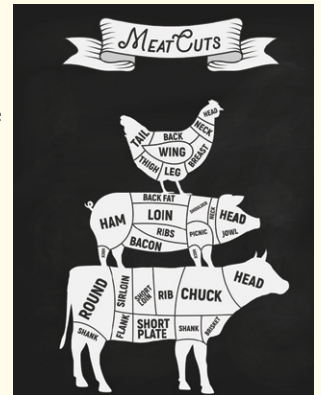
BUILD YOUR OWN:

Choose what you would like in your box: chicken, beef, and pork. You decide what works best for your family.

Minimum order \$100.

Visit our website for details and pricing.

Fresh pork sides available.



Butcher Shop & Smoker

ATTENTION FARMERS & HUNTERS:

Creekside Farm Custom Meats will custom **cut and wrap** for all your processing needs including vacuum packaging and flash freezing. Custom **smoking** also available.

CreeksideFarmCustomMeats.com

fb.com/CreeksideFarm

604-485-7737

Find us at the Farmers' Market on Saturdays!

Elbowing my way in to the local food movement

By Pieta Woolley, Editor | pieta@prliving.ca

Ever since I moved to qathet nine years ago, I've dug the Farmers' Market off Padgett. The warm, cedar-scented air, the miniature train, sweet local figs (my fave), happy kiddos, fiddle music, and friendly folks were simply the definition of bliss for this former city-dweller.

Since then, I've leaned in deeper to the local food movement. I acquired chickens. And an acreage. Then more chickens, who produce green, brown, blue and copper-coloured eggs. And ducks. Befriending poultry is pure joy, in ways that I can't explain. They love you back.

Finally, last summer, my husband and daughter started Southview Donuts, as a little stand on the highway to Lund. Now we sell them at Andtabaka Farm Gate, and at the Powell River Farmers' Market. As a side hustle, it's a blast. The swirl of activity in the quonset hut kept us all going through the long winter of 2021.

With each new local food experience, I appreciate the producers in *Home Grown* more and more. The work that goes into crafting a product you're proud of is gargantuan (Trust the Process, Page 8). The passion that goes in to bringing the public together for a market (Page 15) or an event (Page 30). And mostly, the true delight of caring for the beings who produce our food (What's the Buzz, Page 6).

The local food scene is so rich, and so reflects the best of who we are as a community.

I hope you're able to use this issue of *Home Grown* to lean in a little deeper yourself this year, and visit a new farm gate, taste some new flavours, make some new animal friends, or even start a business. There's plenty of room at the table. 🍎



Abi, Martyn and qL editor Pieta Woolley.
Photo by Linda Barnard.

Local food brings certainty in uncertain times

By City of Powell River Mayor,
Dave Formosa



Surging prices on food, housing and fuel; the war on Ukraine; staffing shortages threatening transportation and production; fires, floods,

droughts and heat domes; plus new waves of COVID-19 - given the stress on our food supply and our household budgets over the last year, it's no surprise that so many of us here in qathet are taking control of our own food in new ways.

As Mr. Rogers famously recounted, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

I'm so pleased that before most of these global crises emerged, this region had already embraced food sustainability - individuals, agencies, businesses and governments are the "helpers" as we navigate our way through this current set of crises.

The farm map and listings on Pages 16 to 21 demonstrate just how far we've come in the past decade.

We can all pitch in. Whether you're planting flowers for bees, honing your game-butcher skills, or shopping for greens and eggs at the Farmers Markets, you are helping this whole region become more food independent.

Food sustainability is our past. And it's our future.

Hunting and fishing - plus shellfish aquaculture - have always sustained large populations in this region.

They're still feeding us today.

Gardening for food isn't new either - though many of my own friends and colleagues started gardening more seriously over the last couple of years.

As Abby Francis explains in her story on Page 25, Tla'amin Nation is reviving its ancient practice of forest gardening for food. My own family brought their skills and wisdom here, from thousands of years of farming in the Mediterranean, skills you can witness in back yards throughout qathet today.

The reasons for enhancing local food production are changing. And the severe pressures on our food supply are new. But the reality is, qathet's people have grown and harvested food here for millennia. Together, we can do this. 🍎

ON THE COVER: Andtabaka Farm owner Pat Hanson selling gorgeous (and affordable) greens and free-range meat at the Farmers' Market in April.

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Powell River Farmers' Agricultural Institute

What do we do?

PRFAI provides connection, education and social activities. For example, the following are some of our projects:

Fall Fair - Sept 24 & 25, 2022

Farmers' Market

Bulk buying

Seedy Saturday

Scholarship

Paradise Exhibition Grounds

Quonset Hut

Website at prfarmers.ca

Who are we?

2022 DIRECTORS

President: Juhli Jobi

Vice President: Greg Rebane

Treasurer: Ros Sherrard

Secretary: Bronwyn Gisborne

Directors at large:

Aaron Mazurek

Mark Gisborne

Vanessa Adams



Supporting farmers, farming & agricultural education, and food systems in our region.

prfarmers.ca





What's the
buzz?





By Abby Francis

Local Journalism Initiative Reporter



Beekeeping is the buzz of 2022.

Graham and Lisa Liknes, owners of Powell River Bee Supplies and Apiary, are helping the folks of gathet learn the secrets of beekeeping through two-day bee-ginner courses they hold throughout the year. The last course was on April 23 and 24 where beekeeping professionals from Vancouver spoke.

The courses cover a variety of topics from re-queening bees to bee-sting remedies to bee health and diagnosing hive problems.

Bee-sides the courses Graham and Lisa provide, they also mentor new beekeepers, inspect hives, run a beekeeping club, and sell a variety of beekeeping necessities such as mated queens and feed.

The apiary has been around for four years and has five beehives plus several other hives on neighbours' properties. They produce raw honey, honey sponge toffee, fermented honey products, and more, while also increasing the pollinators in the neighbourhood. 🍓



Trust the p

Townsite Brewing turns hops into beer

By Elliot Cowan, brewer

What makes local breweries so important, especially in the time of COVID, has been a sense of community. Craft breweries have long served the purpose of being a social hub for all kinds of folks. That need we have as humans to connect with one another is what makes us stronger as a society.

Through hard work of incorporating ingredients that shine through, locally made beer will always be flavourful and creative. A great part

of being an independent brewery, is our ability to showcase the landscape of our area.

All our packaging features places like Tin Hat mountain or Powell Lake. It is our hope that this will be a point of pride when you can see this art in cities across BC.

We gain inspiration from those around us, and in Powell River we are never short of innovative entrepreneurs. Together, from farmers to bakers, we will always support each other. I can't think of a better world to be a part of.



Plenty of our most loved foods just won't grow efficiently in qathet: coffee, wheat, hops and more. Processing the raw ingredients here comes with unique benefits for both foodies and the economy. Not to mention the community at large.

rocess



River City Coffee

turns raw beans into roasted & espresso

By *Conor Sketchley*,
co-owner

Local coffee helps provide local jobs, with thousands of pounds sold every year. Importing our coffee benefits people all along the journey from farm to little Powell River.

Our coffee is roasted days before you purchase, meaning you'd never be able to find coffee that fresh at the grocery store. When coffee is roasted commercially in large quantities, it goes from warehouse to ware-

house before even making it your kitchen.

We order our beans monthly and ensure fair prices are paid for the unroasted beans, always organic when available and our decaf is decaffeinated chemical free with the Swiss water process.

Choosing local coffee allows us to employ 10 people with living wages. We also donate to nearly all requests we get; thousands of dollars worth of goods and cash are donated through our business each year.

We have been around for 28 years this June, it's crazy to think how coffee has changed over the years, in the beginning it was all about dark roast coffee, almost exclusively.

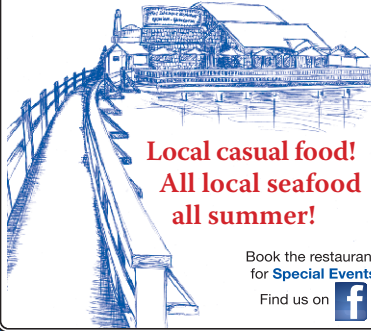
As times changed, the cultivation of coffee really took off. A lighter roasted coffee will offer brighter flavour profiles with notes like berries, floral, citrus, fruit etc. On the other hand, dark roasts give you those darker flavour notes like nuts, chocolate and herbs.

Of course these aren't set


rules, but knowing where your beans come from and how you should be roasting them is a big part of the creation of a roast recipe for each bean. We taste our coffees often and are always looking to hit our quality and taste standards.

We have over 10 different roasts/blends available in our cafe and we also sell a selection of our coffees at Save On Foods Powell River, FreshCo Powell River, nad the Chopping Block, and it's brewing in most restaurants.

The Boardwalk Restaurant • LUND



Local casual food!
All local seafood
all summer!

Book the restaurant
for Special Events
Find us on 

85% of our menu
is now grown and
harvested here!

*"Why local?
It's all about the flavour!"*

– Chef Roy Blackwell

Courtesy wheelchair available
604 483-2201



Creekside Farm Custom Meats

turns game & livestock into dinner

Environmentally and humanely, there's no comparison, says Alan Rebane, between local meat and shipped. In Paradise Valley, the former hunting and fishing outfitter raises free-range pigs and cattle.

At Creekside Farm, his family (including daughter Heather Indrebo and granddaughter Katie Indrebo above) and staff process their meat into sausages, hams, steaks and much more - ask, and they can cut it for you. They also offer processing services to other farmers and hunters. The only big part of the operation that isn't local is the extra feed that can't be grown here. He buys it from Vancouver Island.

"Our meat goes from pasture to plate with no middleman. We care

about the way the animal is raised," says Alan's wife Kathy.

"Processing meat here is a really big plus," said Alan. "The animals don't get stressed from transportation, we save the ecological costs of shipping, the packaging is less, and customers can get to know the butcher. That means a promise of quality meat, and that you can get the cuts you want."

For some, that's beef tartar – a raw dish that requires wise cuts and absolute freshness. For others, it's extra-thick pork chops.

Local processing also means there's no need for harsh meat preservatives.

"Processing meat locally just reduces everything," said Alan.

You can find Creekside meat at the Saturday Farmers' Market.

COASTAL CURRENTS
with Aaron Reid

Have you
Heard?

Coastal Currents with Aaron Reid is a podcast designed to help you discover the amazing people and wonderful happenings in, and around, the qathet region. Insightful interviews, frank conversations and often hilarious discussions of issues, ideas and people that matter to you.

Aaron Reid is proud to be locally grown!

Find the Coastal Currents podcast at
coastalcurrents.ca
or wherever you find your podcasts.



Cottage Creek Bake Shop

turns flour into bread, cake & more

By Janet Lyon, owner

Local bakers and bakeries give a feel for your community. Wherever I travel I search out the local store front mom/pop bakeries, and the bakers at the Farmers' Markets.

The warmth, laughter and watching people 'break bread' together is precious. It is good to know that every handcrafted cake, tart or loaf of bread was made by a human being vs a stainless steel machine (and then wrapped in plastic, boxed, shipped by barge/ferry to our little town).

Know that in each homemade creation, there was laughter, frustration and love added. Fresh eggs were cracked, that 'pinch of salt' was added by hand.

The passion of adding yeast to water and watching it come alive, then blending with flours and making tweaks, because of the temperature, the humidity and the strength of the leaven, the final product will all have a human touch.

As a baker myself, it brings me warmth to know that I may have had a little part in helping to create a memory for someone in their special moment. I love to hear their food memories of their family.

I am so lucky to be able to support and participate in community events and causes that are close to my heart by baking some goodness for them.

Although some of my creations are imperfect and rustic, they are all made with passion, tradition and a pinch of love!

Bring your smile and meet your baker.



By Scott Randolph, City of Powell River's Director of Properties, Development and Communications

Anytime you can leverage more value out of a raw resource it's a good thing, as it creates important economic opportunities such as increased revenues, more jobs and new activity in the community as well as strengthening food security.

We have seen the success of local beverage producers like 32 Lakes Coffee, Townsite Brewing and Raincoast Kombucha. They have shown that there is a market for products manufactured from raw resources.

Over the last decade we have seen an increase in the raising of livestock and crops in the region, and it has been obvious that the demand for locally grown food is high. We believe that there is an excellent opportunity for entrepreneurs to create and sell value-added food products locally. We are continuing to look for funding to establish a food hub in the community to provide an opportunity for value added producers, but in the meantime our offices and other local agencies are available to support entrepreneurs interested in this sector. 🍎



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SNACK TIME:

1. Lettuce-wrap taco from Taco the Town Zunga Food Truck, at Thursday Night Markets at the Pier.

2. Personal pizzas by Cottage Creek Bake Shop, at the Powell River Farmers' Market.

3. Gluten-free baking by Ellen de Casmaker, at the Uptown and PR markets.

4. Gale's Pies at Texada Farmers' Market.

5. Madelynn Noel, at Rose Noel's at the PR Farmers' Market, selling chocolate-dipped fruit.

6. Gosia Kopania, Myrtle Point Farms, sells pepperoni (and local meats) at the PR Farmers' Market.

7. Donna Moseanko, Wildwood Queens, with flavoured honey sticks, and plenty of local honey.

8. Siberian Dumplings with all the toppings at Dump Run Provisions, PR Farmers Market.



7



8



9

Eat your way around the markets

Sure, you can snap up your week's fresh groceries at this region's four local Farmers' Markets (see Page 15), but they're also buzzing destinations to see and be seen. Stay a while. Have a snack or a meal. There's loads of delicious local food to eat on-site.



10



11



12



13



14

MORE TO MUNCH:

- 9. Play and eat: both the PR and Texada markets have a playground.
- 10. Audrey Duyvesteyn with a cold bottle of pure, unpasteurized blueberry juice from Coast Berry Farm at PR Farmers' Market.
- 11. Apple Sauce by PR Farmers Market coordinator Juhli Jobi.
- 12. Spencer Pugeda and Pat Bidaisee sell locally-roasted coffee and fudge; Savary Island Sweets at the PR Farmers' Market.
- 13. Healing with Krista offers plant based, gluten free, dairy free, and nut free snacks, such as these macarons.
- 14. Grandma Rose's Pies, by Uptown Market coordinator Rose Fleury.

The Big 3

Busting at the seams with fresh food, these three farm gates are must-visits, whether you're a local or a visitor.



Terra Nostra Farm



Blueberry Commons



Andtabaka Farm

In Paradise Valley Terra Nostra Farm

3244 Byron Rd, off Padgett • 10 to 5pm daily

We grow over 40 different types of certified organic veggies depending on the season including beets, carrots, cabbage, kohlrabi, kale, turnips, head lettuce, broccoli, chard, radish, zucchini, squash, tomatoes, long English and pickling cukes, Roma tomatoes, bell peppers, jalapenos, poblanos, chillies, garlic, red and yellow onions, bunching onions, Italian cantaloupe, peas, galia melons, potatoes, spring mix, salad greens, arugula, spinach, leeks, cauliflower, celery, tomatillos. We also sell locally made soap, jams, jellies, honey, pickles, pickled peppers, dried peppers, dried mushrooms, frozen sweet peppers, some art and numerous other odds and ends.

We also have some local fruit when in season, along with corn, beans, basil, dill, fennel, local eggs, local bread, and local ice cream in the summer.

- Aaron Mazurek

In Wildwood Blueberry Commons

6619 King Avenue (very end of King)

Mon to Sat, noon to pm from June to October

Blueberry Commons sells a full range of in-season fresh fruits and vegetables (apples, arugula, basil, beets, beans, blueberries, broccoli, cabbage, carrots, cauliflower, chard, sweet corn, cucumbers, figs, garlic, green onions, mixed salad greens, kale, kohlrabi, lettuce, melons, onions, pears, peas, peppers, potatoes, pumpkins, radishes, spinach, squash (nine types!), tomatillos, tomatoes, turnips, watermelon, zucchini and other herbs and fruits as supply allows. We also sell some preserves such as salsa.

We take cash, debit, credit and e-transfer as payment. The store is sometimes self-serve and sometimes attended. We are happy to discuss bulk orders at discounted rates.

- Ron Berezan

Near Lund Andtabaka Farm

2440 Highway 101 • 7am to 9pm daily

We grow and produce a wide range of healthful vegetables, meat, poultry, eggs, canned goods and baking in our licensed, commercial processing facility and kitchen. All our livestock is raised free of antibiotics and hormones and enjoys the freedom to roam on our property. We also sell fresh products from Cottage Creek Bake Shop, Dump Run Provisions, Southview Donuts, and much more. Come enjoy the farm surroundings.

- Pat Hanson 🍓



Andtabaka Farm at the Powell River Farmers' Market

Local food markets

Powell River Farmers' Market

When • Every Saturday from 10:30 am - 12:30 pm and Sunday from 12:30 pm - 2:30 pm

Where • 4365 McLeod Road

What to expect • Local produce and meat, baked goods, plus plants, flowers, prepared food (lunch!), arts, crafts, woodwork, live music, a miniature train, playground, and much more.

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

Uptown Midweek Market

When • Wednesdays 4:30 to 6:30 pm.

Where • Outside the Community Resource Centre

What to expect • Local produce and meat, baked goods, arts & crafts.

Contact person • Rose Fleury 604-483-4748

Texada Island Farmers' Market

When • Sundays 12:00 to 1:30 pm from June 5 until October 2 or 9.

Where • Ball field in Gillies Bay.

What to expect • Sweet and savoury prepared food, local produce and meat, live music, community info, a playground and more.

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

Thursday Night Markets

When • Thursday nights 6 to 9 pm

Where • On the Pier by the Westview Ferry.

What to expect • Prepared food (dinner!) and sweets, local produce, arts and crafts, and more.

Contact person • Alex Young, ayoung@powellriver.ca.

32 Lakes Market

When • Saturdays 9 am to 3 pm in season (usually May to September)

Where • Beside 32 Lake Cafe on Marine Avenue.

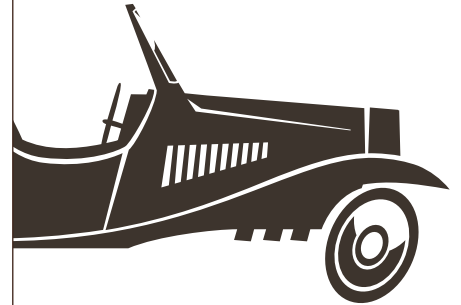
What to expect • Curated market featuring Gathered Farm produce and local artisans.

Contact person • Nevada McCarthy at 32 Lakes: 604-489-3282. 🍎

Farm Gate Tour

From Lund to Palm Beach there are 15 stops selling berries, greens, eggs, meat, fish, honey and much more.

How many will you visit this summer?



Near Lund:

- Andtabaka Farm & Farmer's Gate

Wildwood:

- Hatch-a-Bird Farm
- Blueberry Commons

Padgett Road

- Do Little Farm
- Hammil Hill Farm
- One Tree Farm and Happy Homesteading
- Glade Gardens Farm
- Pacific Ambition Seafoods

South of town

- Terra Nostra Farm
- Three Chicken Farm
- Humble Ground Farm
- Coast Berry Farm
- Rusty Gate Berry Farm
- Ed's U-Pick Blueberries
- Silver Wood Acres





1. Okeover Oysters

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

2. Hardpan Farm

2795 D'Angio Road
Erin Innes • 604-414-0972

Chickens, ducks, eggs, vegetables. Not taking new orders this year, but call to get on the wait list.

3. Andtbaka Farm & Farmer's Gate

2440 Highway 101
Pat Hanson • 604-483-9890

Find Andtbaka products on Sundays at Powell River Farmers' Market and at the farm gate. On-site store featuring locally produced farm products. Cut and wrap facility specializing in artisan sausage.

4. Bushmans Farm

8556A Plummer Creek Road
Darren Solowan
604-483-3700

Fresh produce. Hothouse tomatoes, cucumber, broccoli, tons of hot peppers, and much more. Sold to Pacific Point (look for their hot sauce, too) and Snickers, and lots donated to the Food Bank. Call for farm gate sales or find them at the markets.

5. Barndance Farm

8136A Old Mine Road
Paul Keays • 604-483-3102

Produce, including salad greens, fry mixes, and herbs sold in local stores. Call ahead for farm gate sales.

6. Atrevida Acres

3700 Atrevida Road
Kathleen Gullette
604-578-8013

Alpaca hobby farm now breeding and growing a herd for eventual wool and fleece sales, plus dryer balls. Now selling alpaca manure. Farm visitors welcome with appointment.

7. Windfall Farm

5760 Taku Street
Lisa & Mike Daniels
604-414-9879
windfallfarmpr@gmail.com
windfallfarm.ca

Contact for farm gate sales. Certified organic: Garlic and poultry. Range reared: beef and pork.

8. Solsken Farmstead

6701 McMahon Ave
Tilberg Family
604-414-6715
solskenfarmstead@gmail.com

Free range pasture raised eggs. Small scale seasonal veggies/greens. Garlic. Wine grapes, jams, chutney, apple juice, salsa. Registered Icelandic sheep, fleeces, some handspun yarn, dryer balls, hand knit items. Basketry willow.

9. Ancestral Roots Farm

(formerly Hatch-a-Bird Farm)
6603 McMahon Avenue
Derek Bachman
250-580-0004

info@ancestralrootsfarm.com
www.ancestralrootsfarm.com
In-season vegetables, eggs and limited meat products all year. Farm gate Tues-Sat 10-5 from May to End of November. Also available at Farmers' Market and local grocers. Farm events throughout the year, see events page on website.

AT THE GATE: Many of the qathet region's farmers sell food directly from their farms. But a lot of them require you to either be on their pre-arranged list or to call ahead. However, the ones we've flagged **in green** here welcome drop-in visitors most anytime during their season. Frankly, at even the largest of farms, you still run the risk of farm-gate sales being sold out if you don't call ahead, but you'll usually find something worth the visit, even if it's just relaxing farm scenery.



10. Powell River Bee Supply

5962 Fraser Street
604-208-BEES
@powellriverbees
powellriverbees@gmail.com
Raw natural honey in season, honey candies, as well as natural bees wax products like soaps salves, creams and balms. Also beekeeping tools, clothing and wooden ware. Live bees when available. Mentorship program to assist new and seasoned beekeepers. Bee removals and swarm catching.

11. Favorita Farm Hazelnuts

6480 Sutherland Avenue
Gerry & Liz Brach
604-483-3428
favoritafarm@gmail.com
Favorita Farm Hazelnuts on FB
Hazelnut farm with 220 trees. Taking orders for fall pickup.

12. Powell River Cattle Company

6624 Sutherland Avenue
Tim McDonald
604-483-4007
Former cattle operation now growing hazelnuts (filberts) with approximately 40 bushes.

13. K&A Acres

6638 Sutherland Avenue
Megan Hourd
k.a.acres@hotmail.com
Dwarf goats, Kunekune pigs, heritage chickens, chicks and hatching eggs.

14. Blueberry Commons

6619 King Avenue
info@blueberrycommons.ca
Wide range of veggies (greens, brassicas, potatoes, squash, tomatoes, peppers, melons, corn, beets, carrots, cucumbers, beans and more) and blueberries, and some fruits (apples, figs, pears, cherries, kiwis.) Preserves, wild mushrooms, and more. Pumpkin patch in season. Farm gate is open 12-5, Mon-Sat June to October. At the Farmers' Market Sunday afternoons and Willingdon night market on Thursdays. Also at Townsite Fruit and Veg, Pacific Point Market, Chopping Block, Tla'amin store and more. 20-week CSA for \$32.50 per week. Also offers "Farm Bonds" which can be used for any products and cost \$50 for \$55 worth of produce. Farm tours.

15. Calico Meadows Farm

6439 King Ave
Sebastien Lagors and Alexis McRae
alxs.mc@gmail.com
Organic-fed, free range heritage turkeys and eggs, organically-grown garlic, plus canned goods and seasonal veggies and garden starts. Available at the farm gate or at the Farmers' Market.

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

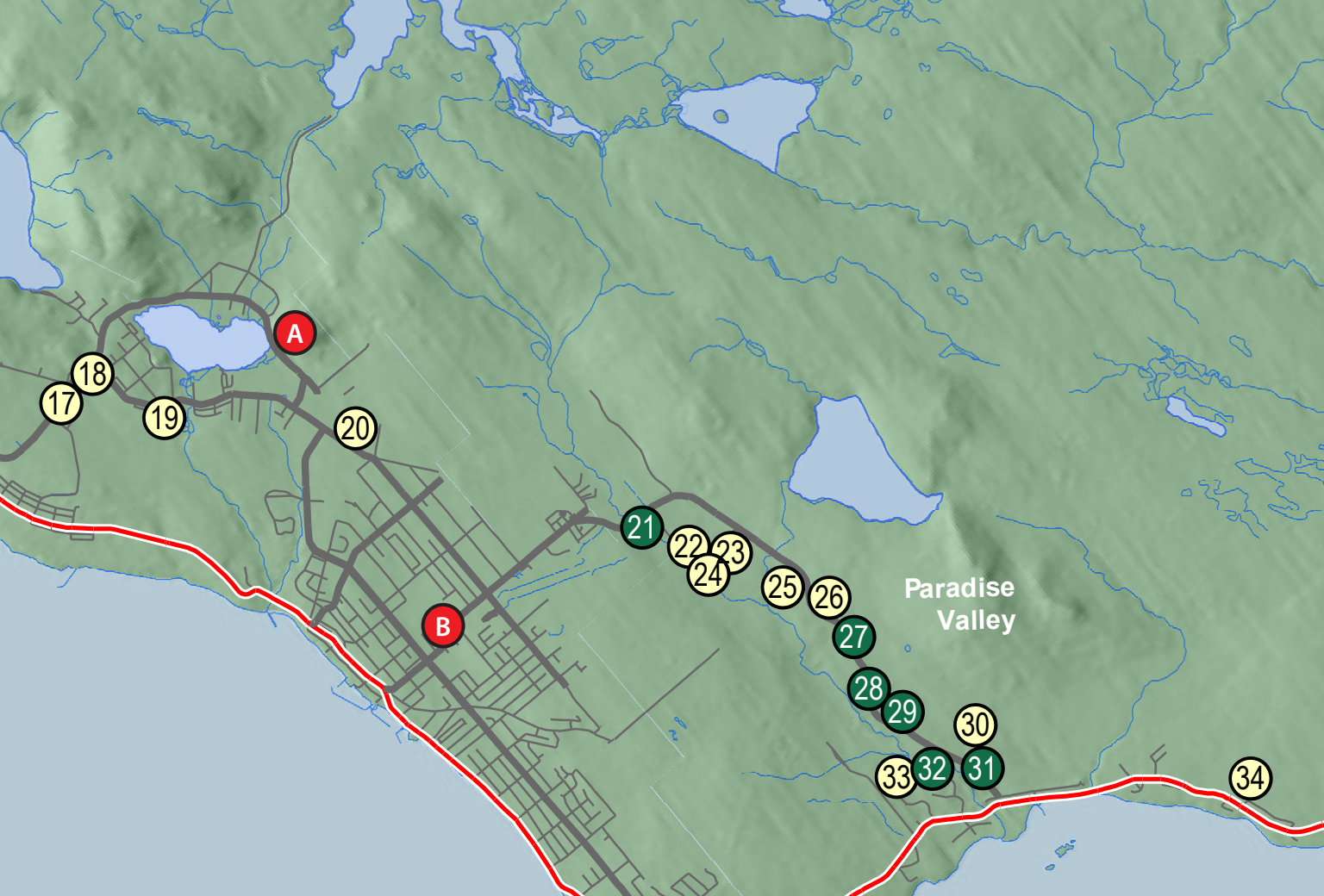
Brad & Dawn Hughes
604 486-7529
At 108, one of BC's oldest generational farms. Beef, meat chickens, Christmas turkeys, eggs, walnuts, carrots, basil, squash, corn, tomatoes, zucchini, beets, peas, potatoes, onions, lettuce, beans, raspberries, blueberries, figs and heritage apples. Available by private order or at the Texada Market.

3. Woodlot Mushrooms

John Whitehead
604 483-1680 whiteheadwoodlot@gmail.com
Shiitake mushrooms, fresh and dried, or help starting your own with kits.

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.



16. All the Mushrooms

6254 Sycamore Street
 Jason Leane
 604-781-8391
 allthemushrooms.com

Mushroom kits, sawdust and grain spawn, pre-sterilized materials for growing, mushroom cultures, tinctures/extracts, dried and fresh mushrooms for local restaurants and grocers. Classes and consulting. Also find mushrooms at Townsite Fruit & Veg Market. Contact for farm tours.

17. Cranberry Farm

6650 Cranberry Street
 Carol Battaglio
 604-578-1199
 carol.battaglio@gmail.com

Colourful free range chicken eggs, ducks and duck eggs. Various fruits and vegetables in season. At the UpTown Market Wednesdays 4:30-6:30.

18. Wildwood Queens

6630 Cranberry Street
 Donna Moseanko
 604-344-0622
 donna.moseanko@gmail.com

*fb.com/wildwoodqueens
 Honey bees, queen bees, wax, honey, pollen, propolis tincture, votive candles, beeswax cotton food wraps and bee-related supplies, training/mentoring service, pollination. By appointment 10-5 year round. Bees and queens available April to Sept. Products at Chopping Block, Mitchell Brothers and Terra Nostra Farm. On-site training, youth teaching, visits to a bee yard.*

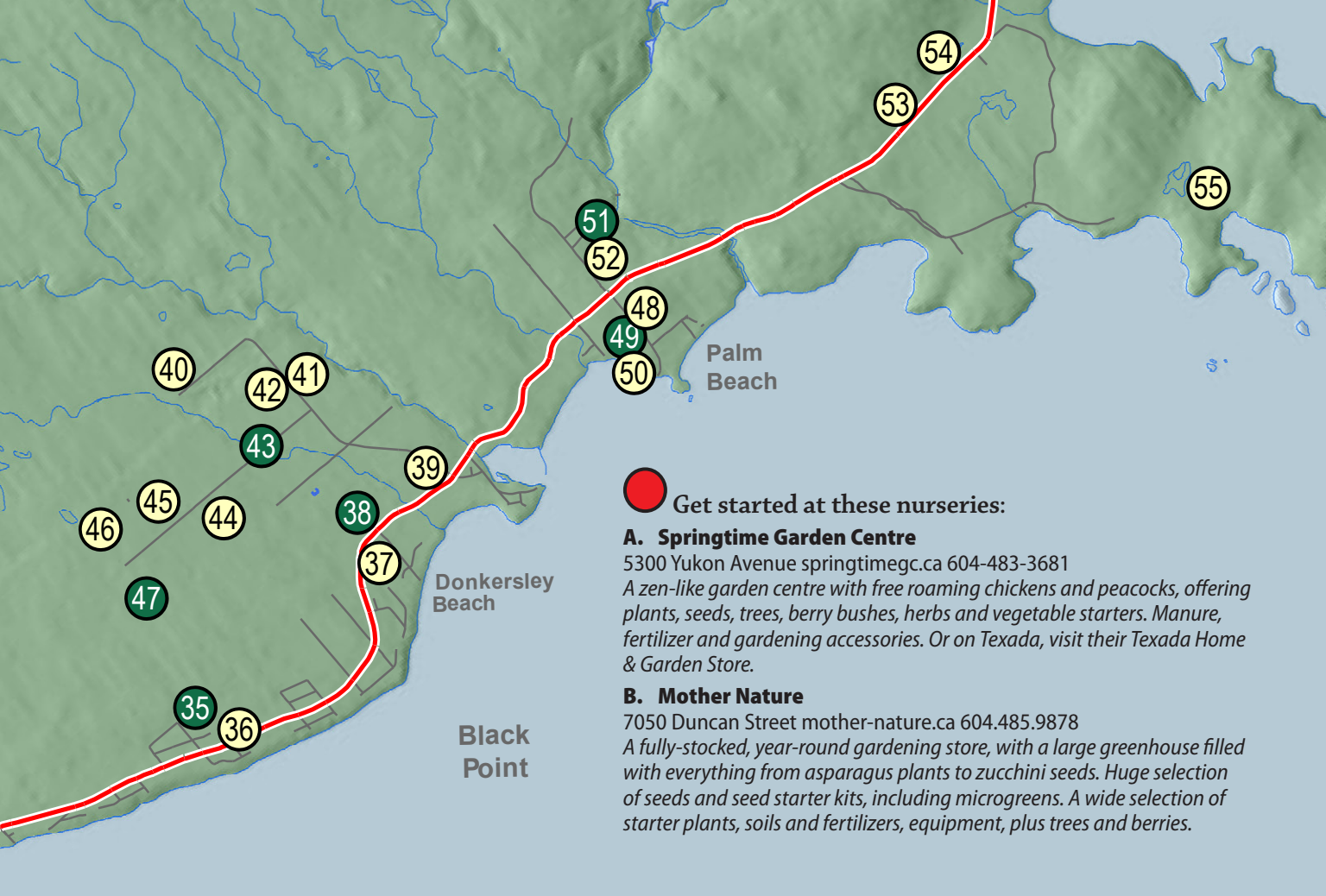
19. Marigold Lane & Travelling Llamas

5499 Manson Avenue
 Elaine Steiger
 604-483-9733

*mountain-ash-farms@shaw.ca
 fb.com/elainethebasketcase
 Preserves, mostly from fruit and veggies grown in Elaine's large garden. Very large selection – from jams, jellies, syrups, shrubs, concentrates to savory chutneys, pickles, relishes, salsas, beer, wine, coffee, flower and pepper jellies, and flavored vinegars. Available at The Nutcracker Market on Marine and select items at Andtbaka Farm. Llamas for birthday parties or llama walks. Llama manure sales.*

20. Merry Berry Blueberries

5060 Manson Avenue
 Linda Robichaud
 604-389-8892
 lindaannrobichaud@hotmail.com
Small blueberry orchard with about 50 plants. Open for U-Pick in mid-July.



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. Or on Texada, visit their Texada Home & Garden Store.

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.

21. Do Little Farm

4347 Padgett Road
 Rosie Temple & Greg Rebane
 604-485-6961
 fb.com/dolittlefarmpowellriver
Chicken, pork, composted and fresh manure, u-pick blueberries from July 1st till August 30th. Farm gate open weekends. Best to call if open sign is not out.

22. Creekside Farm

7812 Valley Road
 Alan and Kathy Rebane
 604-485-7737
 CreeksideFarmCustomMeats.com
 fb.com/CreeksideFarm
Offering free range eggs, pork, beef and some produce. Provides butcher and smoking services to farmers and hunters.

23. 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.

24. Hodgins Farm

7819 Valley Road
 Roger and Kathy Hodgins
 604-485-7025
 holidayfarm@telus.net
 fb.com/HodginsFarm
Horse and cattle hay; pasture-raised beef.

25. Paradise Valley Produce

3959B Padgett Road
 Rachael and Dane Sherstad
 info.paradisevalleyproduce@gmail.com
 paradisevalleyproduce.ca
Certified organic mixed vegetables. Available at Townsite Fruit & Veg, Save On Foods and Sechelt Farmers Market. Community Shared Agriculture (CSA) is unique in being customizable and having vacation holds

26. Hammer Valley Ranch

3734 Padgett Road
 Mark & Bronwyn Gisborne
 604-485-2935
Pork and honey.

27. Hammil Hill Farm

3674 Padgett Road
 Ros Sherrard and Claude Marquis
 604-485-7784
 fireweedjazz@gmail.com
Salad greens, spinach, lettuce, kale, peas, potatoes, fresh herbs, squash, tomatoes, garlic, swiss chard, raspberries, plums, asian pears, figs. Starter plants. Cut flowers. Hay. Eggs. Farm gate early May to end of October Tues-Sunday 9-6 when the "Open" flag is flying. Self serve. Honour system. No appointments necessary.

28. One Tree Farm & Happy Homesteading with Tarl

3527 Padgett Road
 Wilma and Matt Duggan
 604-485-3956
 theduggans5@gmail.com
 & Tarl Nobert
 587-897-8275
 happyhomesteadingwithtarl@gmail.com
Organic-fed free range eggs, pastured organic fed broiler chickens, produce and blueberries. Vegetable starters. Roadside stand.

29. Glade Gardens Farm

3320 Padgett Road
Carla & Thomas Gray
gladegardens@grayagritech.com
fb.com/gladegardens
Chickens, ducks, eggs. Market garden. Farm gate sales at roadside, honour system.

30. The Hometown Farm

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

31. 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. Normally those are sold at their store or at the Farmers' Market, but public seafood sales have been suspended during COVID. The Mavin farm still produces eggs and seasonal fruit, plums, apples, cherries, walnuts available for contactless pick up at the roadside stand.

32. Terra Nostra Farm

3250 Byron Road
Aaron Mazurek
604-414-8699
aaronmazurek@gmail.com
TerraNostraFarm.com
At the store you will find vegetables such as tomatoes, cukes, lettuce, corn, carrots, beans, peas, broccoli, cauliflower, kale, turnips, squash, fennel, fruit and more. Meat and preserves, and many other locally-made foods, local crafts and more. Farm gate store from May 15th into December, 10-6 daily including holidays. Also at the Farmers Market on Saturdays. CSA Veg Box by subscription, 20 weeks starting in mid June.

33. Straight Up Greens

3220 Byron Road
Nola & Aaron Morgan
604-414-3377
@straightupgreenspr
Hydroponic herb towers and live micro-greens. At local restaurants, some grocers, and Terra Nostra store.

34. Myrtle Point Heritage Farm

8679 Gaudet Road
Ezra & Gosia Kopania
604-487-0501
myrtlepointfarm@gmail.com
@Berkshirepork
Free-range, heritage livestock, including Berkshire pork, old-fashioned smoked ham, sausage and bacon. Pastured heritage chickens, eggs. Meat box packages. Seasonal produce, cut flowers, honey, goats milk soap, bee balms and creams. At farm gate, by appointment. Saturday and Sunday Powell River Farmers Market. Soaps and creams are available at Paperworks, Kelly's Health Shop, Base Camp and Owl & Bear.

35. Three Chicken Farm

2198 McLean Road
Pat & Jenn Kinahan
604-578-0157
threechickenfarm@gmail.com
threechickenfarm.net
Free-range eggs, chicks, pullets, and pasture-raised broiler chickens. Farm-gate sales Mon-Fri until sold out. Make an appointment for chicks and pullets. Farm-made candles and soap at the Nutcracker Market. The farm also has two B&Bs.

36. Black Point Nursery

9472 Highway 101
Calum Malcolm
604-414-7961
fb.com/Blacktailnursery9472
calum_malcolm@hotmail.com
Apples in season. Apple trees available in winter and spring. Apple press fresh juice in season. Custom grafting. Farm gate sales by appointment.

37. Sunny Acres

10067 Highway 101 South
Don & Sandra Macklem
604-487-0433
donsandra@shaw.ca
Eggs at roadside stand.

38. Humble Ground Farm

10152 Hwy 101
Ian & Danielle Gibson
humblegroundfarm@gmail.com
Specializing in a variety of garlic cultivars, with farm gates sales of asparagus and seasonal vegetables in the spring, and garlic and pumpkins in the fall. Farm gate open late April to October, 9-4 Fri/Sat/Sun. Self-serve stand with an honour system for the veggies. Garlic sales by order for pick up, or at the stand in September.

39. Eternal Seed

2309 Zilinsky Road
Ellen & Gary De Casmaker
604-487-1304
eternalseed.ca
Seeds and plant starts from locally grown heirloom seed. Find them at the Saturday and Wednesday markets.

40. The Valdi Homestead

9958 Serendipity Road
Vanessa Adams & Alex Valderrabano
604-578-8416
fb.com/thevaldihomestead
thevaldihomestead.ca
Eggs, poultry, hatching, custom and portable milling, bandsaw blade sharpening. Abattoir services coming soon. By appointment only.

41. Gathered Farm

2802 Zilinsky Road
Alexander McNaughton
& Mackenzie Alsager
@gatheredfarm
gatheredfarm.com
Peas, garlic, potatoes, beans, cauliflower, broccoli, salad greens, flowers. Find them at the Chopping Block and at Saturday market 10-3 at 32 Lakes, June-September. CSA signup on website.

42. Ironhill Farms

2789 Zilinsky Road
Jenna & Ben Brownlee
236-329-0011
ironhillfarms@hotmail.com
fb.com/ironhillfarms.ca
Registered Nigerian Dwarf dairy goats. Registered Kunekune pigs. Farm fresh chicken and duck eggs daily. Future beekeeper and apiary. Farmer's garden and compostables.

MISSING? Despite the best efforts of the *qathet Living* staff and our friends at the various markets and associations, it's possible we don't know all of the qathet region's farmers. At least not yet... But we want to! So if we've left out a farmer, or got something wrong, please let us know so we can have the best possible information for next year's edition of *Home Grown*. It does take a village to raise a good farm directory!

43. Coast Berry Farm

10084 Nassichuk Road

604-487-9788

coastberrycompany.com

Fresh blueberries, strawberries, honey, fresh-pressed juice and jam. Stop by the country store for coffee, ice cream, and baked goods in summer months. Frozen berries all year round and fresh berries July-Sept. Farm gate sales July-Sept are Wed-Fri 9am-4pm. In the winter months, make arrangements for pick up and or delivery. At the Farmers' Market all year.

You can also find Coast Berry fresh and frozen berries at Save-On Foods, Quality Foods, and Townsite Fruit & Veg.

44. Family Farm B&B

2590 Oxford Road

Jessie and Eric Peterson,

and Ginny Kuboniwa

604-487-0544

familyfarmbnb.com

Farm gate sales include rare heritage poultry hatching eggs, chicks, ducklings, piglets, and eggs (as available). Pork, duck, and chicken meat also available from time to time. Registered Nigerian Dwarf goats available each spring, as well as Oberhasli goats. Many items available at the farm gate March to Oct (8am-7pm call to book). B&B is open year round. Farm tours year-round by appointment. Pumpkin patch events as well as petting zoos.

45. DC Harvest

2782 Wilcox Road

Jeff Dela Cruz

604-414-8780

dcharvest@gmail.com

Salad greens and vegetables, starter plants, and eggs around the neighbourhood and at the Saturday Farmers' Market.

46. Red Well Farm

2816 Maywood Road

Amy and Adam Watson

@redwellfarm

redwellfarm.wixsite.com/redwellfarm

Chicken, turkey, duck eggs, chicken eggs.

47. Rusty Gate Berry Farm

2575 Maywood Road

Mike & Denise Nicholson

604-740-7215

rustygateberryfarm@gmail.com

U-Pick or buy fresh blueberries July and August. No appointment needed, but check for hours and dates as Mother Nature decides when the berries will be ripe. Best to order ahead for 5lb and 10lb boxes. Agri-tourism accommodation with a few tenting sites available in the orchard and a self contained RV site. Check campertunity.com or hipcamp.com or message or call directly for info.

48. The Teal Barn

2288D Lang Bay Road

Angela Lowenberger

Lowenberger@hotmail.com

fb.com/thetealbarn

Raising chickens, ducks, quail, Nigerian dwarf goats, and vegetables. Selling eggs from the farm.

49. Ed's U-pick Blueberries

11106 Morton Road - Palm Beach area

Brenda and Ed Audet

604-487-4235 edaudet@shaw.ca

fb.com/edsblueberries.langbay

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.

50. Lois Lake Steelhead

11060 Morton Road

604-487-9200

agrirmarine.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 local restaurants such as Coastal Cookery, and Base Camp.

51. Silver Wood Acres

11233 Tiller Road

Tia and Keith Wood

250-808-6906

silverwoodacres@gmail.com

Chicken eggs, ducks, honey. At farm gate, or find Silver Wood Acres eggs at 4865 Bowness.

52. Little Waters Family Farm

2514 Dixon Road

Renée & Casey Bullock

604-223-2025

littlewatersfamilyfarm@gmail.com

Little Waters raises and sells Nigerian Dwarf Goats. Farm fresh free-range eggs.

53. Stillwater Farm

12188 Highway 101

Carlos Williams • 604-487-0704

carlosdubya@hotmail.com

Wool and seasonal organics (non certified).

54. Willow Hollow Tree Farm

12328 Highway 101

Pete & Janice Treloar • 604-487-4104

janicetreloar@hotmail.com

Trees

55. Maude Bay Ranch & Retreat

12724 Scotch Fir Point Road

Jackie McRae • 604-487-1098

info@maudebayretreat.com

Third generation farm established in 1888. Hay by appointment or directly off the field at the time of harvest. 🍎



Photo by Sean Percy

THE SHOVELLING GOES ON: The retirement of Peter and Helena Bird means the end of Hatch-A-Bird farm, but the operation and farm sales will go on, as the shovel has been passed to Derek Bachman, who will operate the farm under a new name: Ancestral Roots Farm.

Terra Nostra CSA

(Community Supported Agriculture)

Frequency • Weekly June to October.

Cost • The Saladbox = \$30 per week for 18 weeks = \$540. The Vegbox = \$50 per week for 18 weeks = \$900 Starting mid June. Free delivery in Westview, Cranberry, and Townsite. Pick-up also available.

What's in it • The Saladbox will contain six items each week, including two types of greens/lettuce, carrots and a mix of other popular items such as tomatoes, peas, radishes, beets, green onions, cukes, peppers, basil, and more!

Our larger Vegbox will continue to be designed for a family or a couple who love their veggies! It will contain eight or nine items each week, and a wider selection of the 40+ vegetables we grow every year. It will contain some favorites that aren't in the Saladbox such as potatoes, sweetcorn, melons, broccoli, cauliflower and beans.

Contact • TerraNostraFarm.com

Gathered Farm Harvest Box

Frequency • Weekly for 20 weeks, starting May 25

Cost • \$50 per week

What's in it • Includes Rise sour-dough bread, free range eggs, fruits, veggies and prepared foods like pesto and compound butter.

Contact • Gatheredfarm@gmail.com

Blueberry Commons Farm Bonds

Farm Bonds • \$50 gets you \$55 worth of produce! Use for any items at our farm stand or our on-line store!

CSA • \$650 for the season (\$32.50 per week) for 20 weeks from mid June to mid October. Each delivery includes five to seven different fresh, in-season products from broccoli to blueberries, carrots to cauliflower, peas to potatoes, garlic to greens and so much more!

What we grow: a wide range of veggies (greens, garlic, onions, carrots, potatoes, beets, tomatoes, peppers,



CSAs, Bonds & Boxes

melons, corn, beans, peas, zucchini, squash, herbs, and more) and blueberries!

For more info •

www.bluberrycommons.ca/shop

Paradise Valley Produce CSA

Frequency • Weekly or bi-weekly for 21 weeks

Cost • Varies depending on options, please check website for details.

What's in it • From our farm to your kitchen our weekly box provides a huge variety of certified organic produce that is nutrition-rich and delicious. Our system is fully customizable (never get produce you don't like or already have!) and vacation holds are available. Voted #1 CSA in qathet!

Contact • paradisevalleyproduce.ca/csa or Info.ParadiseValleyProduce@gmail.com

Townsite Fruit and Veg Food Box Program

Frequency • Daily delivery & pick-up

Cost • \$45 for the Veggie Box, \$25 for La Petite Veggie Box, \$60 for the organic Veggie Box.

What's in it • A well-rounded fruit and veggie box. You can add on to your order or make your own box from Townsite Fruit and Veg's online grocery listings.

Contact • townsitefruitnveg.ecwid.com

The Good Food Box

Frequency • Once a month

Cost • \$25. Financial assistance may be available through community programs.

What's in it • A box of top quality fresh fruit & vegetables sourced as local as seasonably possible.

Note • The box allows people on low and fixed incomes to plan for times of scarcity when cash is low and fresh food is needed. It functions like a buying group, but there is no membership or long-term commitment; buy a box ahead of time and pick up later at a neighborhood depot.

Contact • To order or to donate toward subsidies, visit or contact food.liftcommunityservices.org. adriana@liftcommunityservices.org Or call 604-344-0531 🍎

local growers & producers



Blueberry tip: Keep blueberries handy in the freezer for a quick and healthy smoothie. Visit saveonfoods.com for a recipe.

Save-On-Foods is proud to support over 2,000 local growers from Western Canadian communities, bringing you the freshest ingredients found on Vancouver Island and right here in your own backyard including:

Coast Berry Farm
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Get your fresh produce at our farm stand!

OPEN MONDAY TO SATURDAY, 12 TO 5PM

The very end of King Avenue (6619) in Wildwood!

farm@blueberrycommons.ca
blueberrycommons.ca/shop



By Abby Francis

Local Journalism Initiative Reporter

One leader of Tla'amin Nation, Erik Blaney, says his government has been having problems with BC's Agricultural Land Commission and Reserve system for the past six years.

"The Agricultural Land Reserve (ALR) and Agricultural Land Commission (ALC) have imposed restrictions on our lands that we never agreed to, nor were we ever consulted with," says Erik.

The program set aside 4.7 million hectares for agricultural purposes in 1973 - an amount of land, spread throughout BC, nearly the size of Nova Scotia. That was nearly 20 years before Tla'amin started to settle its land and governance claim through the BC Treaty Commission. Currently, the ALR supercedes Tla'amin's treaty, it seems.

In other words, the ALC doesn't allow Tla'amin Nation control over about 273 hectares of its treaty land.

The ALC's rules override Tla'amin laws; anything the Nation does on those 2.73 square kilometres has to be approved by the ALC.

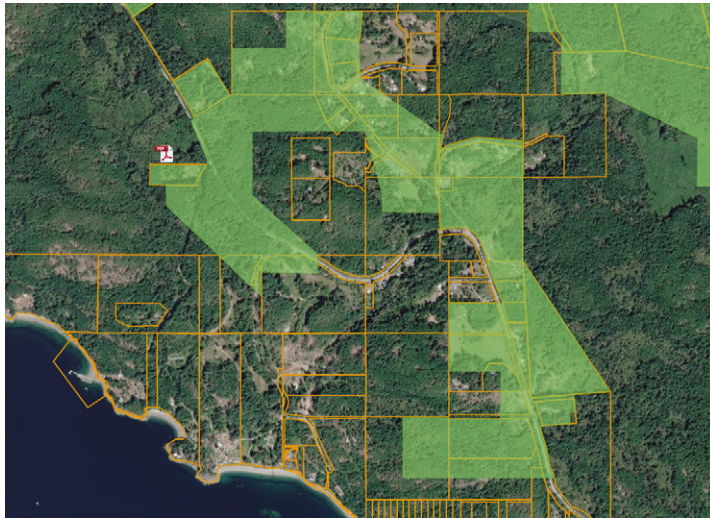
In BC, the ALR represents about 5.5 percent of the land; on Tla'amin, it makes up 3.3 percent.

"This is the biggest frustration we are feeling because these are the areas that were inherited to us when we took on land from the Province," says Erik.

The Nation has tried to regain its governance rights through discussions with the ALC to have full control over Tla'amin lands.

Tla'amin also has an obligation to negotiate with the Province through the Final Agreement Treaty Act for more land. "However, we are left now to deal with ALR and ALC. It's almost a revolving door of jurisdiction from the Ministry of Agriculture and the

Treaty should trump the ALC, says Nation



FOR AG ONLY: Above, some of the 273 hectares in the Tla'amin Treaty that are designated "ALR." The village is in the bottom left. Below, Tla'amin once raised sheep and cattle on Harwood Island.



ALC," Erik says.

Currently, Tla'amin, the Ministry of Agriculture, and the ALC continue to have meetings to discuss Tla'amin plans for the ALR areas and resolve this issue, according to Erik.

"We understand the importance of agricultural lands and our people managed our lands and resources in a hostile way that provided food resources for our people using our Ta'ow (ancestral teachings)," says Erik.

Tla'amin wants to use the ALR areas in their territory for farming.

Erik says there is archaeological evidence that shows that before settlers arrived, Tla'amin peoples would burn areas to grow purple camas and chocolate lily.

"Mitlenatch and Savary Island were used to grow these historic crops," said Erik. "When agriculture was introduced to our people after contact, we took on raising cattle and sheep and used Harwood Island to raise those animals," Erik says.

With full control of their lands, Erik says Tla'amin would be able to decide how farms operate in the Nation.

"If we had our own agricultural law, we would be

able to look at the species that are high in cultural and nutritional value to our people. We would be able to focus on those crops and manage them in our historic way."

Erik envisions farms in Tla'amin territory could range from five-acre hobby farms to 100-acre range tenures that could be shared or leased to individuals.

"Food security had a bright light shone on it during the pandemic, and [while the Nation was isolating in September of 2020] having to wait for our fruits, veggies, and meats to be delivered to us was quite scary," says Erik.

"Now with the threats of World War III and the demands on fuel, we are going to see our Nation members unable to afford the foods they need. We need to create local sustainable access to food for our people and we need to do this on our terms as a self-governing Nation." 🍎

By Abby Francis

Local Journalism Initiative Reporter

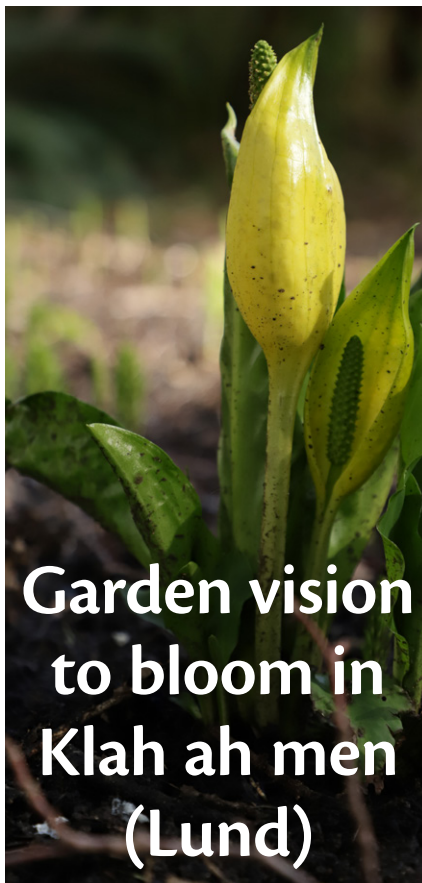
Indigenous forest gardens will soon be sprouting once again in Tla'amin, according to Erik Blaney, Tla'amin executive council member, and housepost of lands and resources.

"The Forest Garden Project is something that I came up with when Tla'amin bought the 111 acres of land in Lund," says Erik.

"I want to see a place where ancestral teachings on land could be used to culturally modify the boggy areas to produce more medicinal and native edible plants for our people."

Erik says he has memories of he and elders John Louie and the late Pete Harry going up to many boggy and swampy areas to harvest traditional medicines.

"We figured we could make those teachings more accessible to those



Garden vision to bloom in Klah ah men (Lund)

who needed them if we utilized our land in Klah ah men (Lund)," Erik says.

The garden will be on the southern portion of Tla'amin's Klah ah men lands, in between Longacre Road and Quarry Place.

While the project is only a concept right now, Erik hopes to get more planning done in the 2022 fiscal year.

Some of the traditional plants that would be seen in the gardens are Labrador tea, devil's club, skunk cabbage, green false hellebore, nettle, cat tail, cat's claw, mullein, mugwort, berries, ferns, mushrooms, and many others.

"It will act as a community garden that does not look like a typical garden and is more part of the natural landscape and would be community owned," Erik says.

"I foresee classes on how to cultivate, harvest, and prepare the items grown on this land." 🍎

How to make a tincture:

1. Harvest the plant

Always harvest in a prayerful manner, paying respect to the plant family you are harvesting from. Do not overharvest. Harvest one plant for every 10 in an area. Only take what you need.

2. Wash and dry the plants.

Cut the plants into smaller pieces. Spread them out to dry.

3. Make a tincture.

A tincture is the concentrate of the medicinal properties of the plant material. Using the formula of 1/3 water + 1/3 plant material + 1/3 menstruum to make your tincture. Decide on what menstruum you will use to make your tincture. Keep in mind what you want to use the tincture for. A menstruum is a solvent used to extract the chemical constituents/ medicinal properties from plants. Some menstruums we have used include but are not limited to apple cider vinegar, olive oil, food safe glycerin, almond oil, alcohol, and Ribena (black currant) syrup.

4. Soak your dried, cut plants

Soak in the solution for four to six weeks. Be sure to shake them and sing to them every day

5. Strain the plant material.

You are left with a tincture. Label, date and store the tincture in a cool dark place until ready to use.



GAIL BLANEY'S SKIN CREAM RECIPE



Skin Cream Formula

½ tsp alder tincture (made with alder bark, twigs, and buds)

½ tsp Singing Nettle tincture (made with nettle leaves and roots)

½ tsp Horsetail tincture (made from

chopped up horsetail plant)

30ml cream base

2. Mix together, stir well.

3. This cream has antimicrobial properties that will be good for acne, eczema and/or foot disease. 🍎

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Zhenya Lewis
(604) 487-0796

Home Grown Briefs

Rent this juicy press

The new Skookum Food Provisioners' Cooperative cider press will be available for rent to Skookum members starting in August. It's a very skookum piece of equipment, with a stainless steel drum and heavy-duty steel frame, and a separate crusher, but it's lighter and easier to clean than our old wooden press.

You can join Skookum on the web site at skookumfood.ca. Full details of the press and how to rent it will be available soon on the web site.

- Kevin Wilson

Calling all gardeners

The Rotary Club of Powell River is planning to create an allotment garden in the north-west quadrant of JP Dallos park - near Ecole Cote de Soleil off Joyce. The project lead Jill Ehgoetz says the Club is waiting on a license from City Council before they can proceed with building.

The Rotary club came up with the idea for an allotment garden a couple years ago when the pandemic hit. Allotment gardens are similar to community gardens, but plot sizes are larger, monitored by an administrator, and have a rent fee.

"The garden allotments benefit the community's health, education, and it can be utilized by all age groups," says Jill.

The garden plots will be rented out and are 4-metres by 8-metres. Jill says the prices are still undecided but it would most likely be around \$100 per plot, per year.

While the total cost of the project is still unknown, Jill says Rotary plans on using the club's funds as well as applying for grants through Community Forest.

- Abby Francis

Here comes a food hub

More support for farmers who want to add value to their harvest is hopefully coming soon, said Scott

Randolph, Director of Properties and Communications for the City of Powell River. He is currently searching for \$750,000 to support a social enterprise-model food hub and starting a line of products made from local ingredients.

"It was phase two of the farm economy plan and we refreshed that plan this year," said Scott.

The idea is to help local food producers sell more and earn more, by lending equipment, expertise and labour.

The City looked at models like Port Alberni's food hub - a community that received money from the province to renovate an old fish processing plant into a food hub that has a commercial kitchen.

The Texada Agriculture Group (TAG), a non-profit society founded in 2012 that unites Texadans in sharing knowledge and resources regarding agriculture, food security and related activities, operates the Texada Food Hub, a commercial-grade food preservation kitchen located at the Texada School. It currently offers a commercial blast freezer, commercial food dehydrator, two large fermentation crocks, food processor, package labeler and pressure canning equipment.

The Community Resource Centre (CRC) is home to Food Hub qathet.

The commercial kitchen and equipment at the CRC is available for rent as is the main space alongside the kitchen. A community garden out the back door of the CRC acts as a food production and community workshop space. "Family, literacy and housing programs all access and operate projects in our garden space," says Adriana.

For information on commercial kitchens in qathet, please visit the Farmer's Institute website at prfarmers.ca. There, you will find a map showing where all of qathet's commercial kitchens are and the cost to rent them. 🍎



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Third time's the charm

By Pieta Woolley

By this fall, Thomas Ligocki's company, Meridian 125W, will be selling high-quality craft marijuana grown in the facility that used to house the mill offices – and 60 locals will be employed there, growing, hang-drying, and packaging the raw product.

Cynical? He understands. He really does. The building has some history.

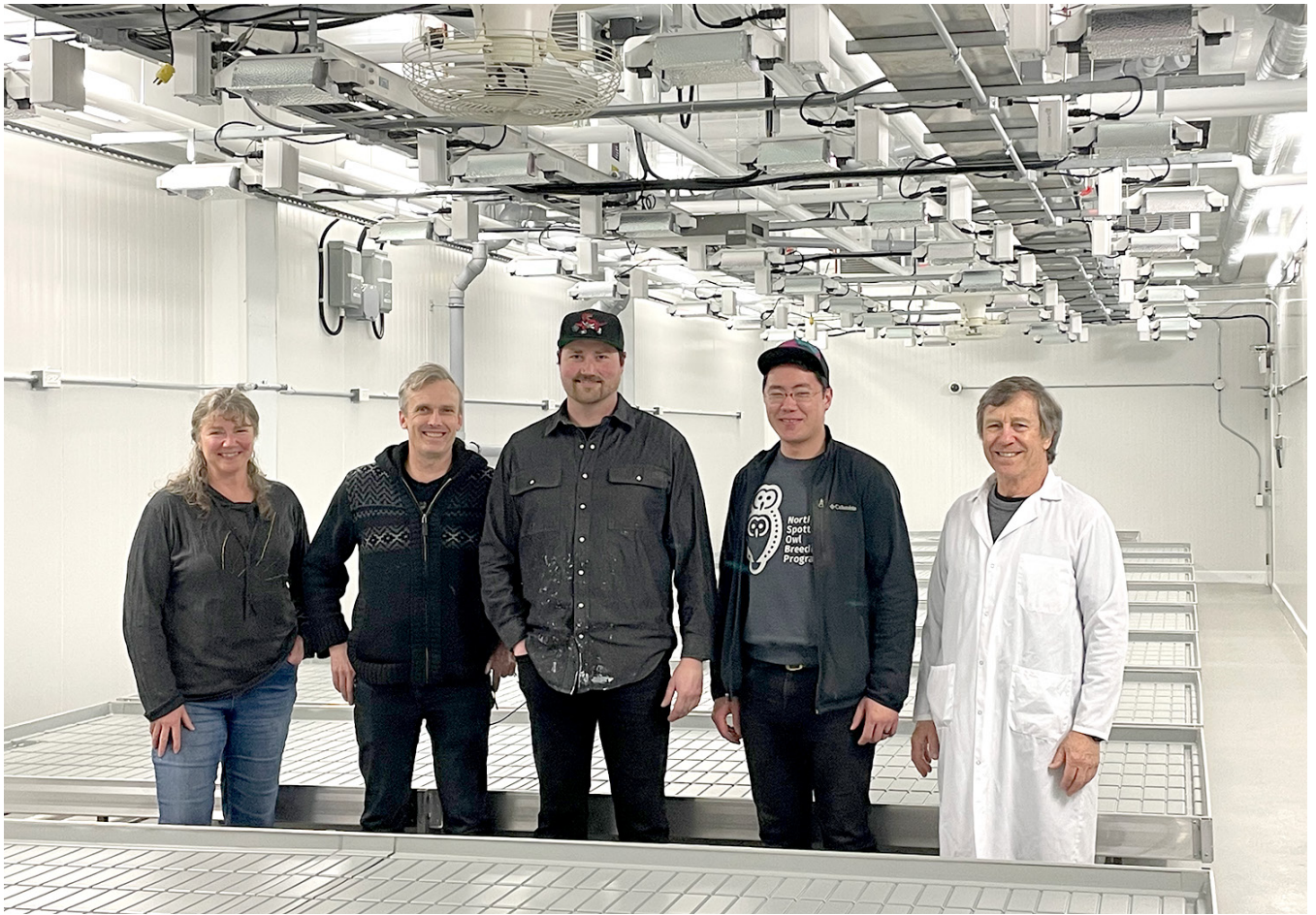
When Santé Veritas Therapeutics leased and renovated the old Mill Administration building to grow marijuana for the swiftly-legalizing market in 2017, the San Francisco-based company promised jobs galore. They never materialized.

In 2019, the Phoenix, Arizona-based Tilt Holdings, which bought Santé Veritas, announced the building would become the company's research facility. That never happened. The building stayed dormant.

Now, Thomas, a Vancouver tech entrepreneur, has assembled a local team to get Meridian 125W up and running. They expect plants will be growing by this summer, and all Health Canada permits will be finalized by the fall.

“[Cannabis is] like wine; alcohol percentage isn't the reason an enthusiast consumes it. The experience and flavour profiles can be quite complex. Terpenes, flavonoids and esters are critical elements to the smell, look, taste, overall entourage effect and health benefits.”

- Thomas Ligocki



READY TO GROW: Inside the Mill administration building, (left to right) Kelly Storm, head of security, Dennis Frewin, master grower, and the production team: Riley Hewlett, Kristian Hansen and Wayne Walsh. *Photo by Nicole Robertson*

“The difference is, we’re hiring and leaning on a local team, with local expertise,” he explained from Richmond, where he is founder and CEO of Clevest, a 150-employee software company that helps mobile employees stay connected to the office. “We don’t have to please a publically-traded entity. This is a private equity ownership situation with a management team with multiple successful start-ups and experience growing businesses to their full potential.”

Indeed, Thomas won BC Business Magazine’s Entrepreneur of the Year: Environmental Products & Services award in 2019 for Clevest. He also started and sold YummyWeb – a precursor to SkipTheDishes. As a philanthropist, he helps fund Kinbrace – a housing agency for refugees in BC (he immigrated from Czech Republic at 13).

Thomas notes that like the dot com

industry prior to 2001, some players in the cannabis industry are caught up in hype and branding more than hard work and product development. That lack of focus is part of what caused the tech industry to crash then, he said, and he wants to ensure the cannabis industry can find its feet.

His plan is to use high-tech monitoring at the mill facility to grow a uniquely sublime product. Meridian 125W will grow plants in water – hydroponics – and nourish them with exacting nutrients and light to produce the qualities they’re pursuing. This is craft cannabis, Thomas explains, which means hang drying, hand-trimming, hand packaging, organic inputs, small batches and no pesticides.

“Cannabis can be compared to a fine wine; alcohol percentage isn’t the reason an enthusiast consumes

it. The experience and flavour profiles can be very simple or quite complex, which is why there are so many variations of this plant in the marketplace. THC and CBD are important and the most well known active chemical ingredients, but on their own they are not the most important to the user’s experience. Terpenes, flavonoids and esters, to name a few, are critical elements to the smell, look, taste, overall entourage effect and health benefits of a given product.”

Thomas is motivated by his own mother’s experience using a marijuana-based cream on her hands, to relieve her arthritis. It helps the joints, he explains, without numbing her entire body, or impacting her brain, as many pharmaceutical drugs she has been offered have.

“That’s fascinating and valuable,” Thomas says. 🍎



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Did you know that at least half of modern pharmaceuticals are derived from plants? Join medical herbalist **Todd Caldecott** on a herb walk in Wildwood, introducing you to and discussing the utility of a broad array of medicinal plants and fungi. This includes a garden tour of his many medicinal herbs and perennials, and a short herb walk to discuss a few important local species. Cost is \$15. Register at dogwoodbotanical.com/workshops.



OUR FOOD & GARDEN EVENTS ARE MOSTLY BACK!

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Garden Club Plant Sale Tour • May 14, 10 to 2pm.

See powellrivergardenclubblog.blogspot.com for full details of locations.

Lund Seafood Fest • May 14 & 15, Lund harbour front.

Assumption Plant Sale • May 28, 12 to 3pm.

Assumption School Gym.

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The series is taught by **Amber Friedman**, the owner of Wild Spirit Apothecary, she has been practicing herbal medicine for 13 years, teaching various workshops and running apprenticeship programs for the past four years.

The course cost is \$475 and is five sessions. Register online at wildspiritapothecary.ca or by e-mail wildspiritapothecary@gmail.com.



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Dr. Jeanne Paul graduated from the National University of Natural Medicine in Portland, Oregon 1991. She had become the first First Nations student to graduate in this profession for Canada. She is a member of the Tla'amin Nation. She has dedicated her career to studying and spreading the knowledge of traditional medicines of BC. Uniquely, she uses traditional medicines and Western methods melded together, accompanied with newly researched methods to make these medicines. This has become her signature.

She will be teaching in Tiskw'at on May 11, 2022. There are a few openings for this unique Introductory class on Traditional Medicines. If you wish to get a late registration, or need more information, e-mail her at redshawlpaul62@gmail.com. Learn more at redshawl.com 🍎



Grow it! Cook it! Eat it!

Students at Westview Elementary
pilot **Seed to Plate** program



By Vanessa Sparrow, SD47 Food Literacy Program Coordinator

Seed to Plate is a new program being developed by SD47's **Food Literacy Program** to engage elementary school students who may benefit from a small group environment and additional support in learning a range of practical food skills.

Late last year, a group of six Westview Elementary students took part in a program pilot over seven weekly sessions that ranged from caring for soil and planting garlic, to growing microgreens and creating signature salads with fresh ingredients.

Along the way they learned how to use a knife safely, how to read a nutrition label, and a whole lot of other useful things! These students did a fantastic job and worked enthusiastically on each activity.

At the end of the program, they presented their efforts to their class in the form of a slideshow, and gave out

amazing black bean brownies that they had prepared. Their class-mates gobbled them up and were suitably impressed!

The plan is to bring this program to other schools in the District, and offer more students the chance to roll up their sleeves and learn about how to nourish themselves, from seed to plate.



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