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LIVING



Powell River Farmers' Agricultural Institute

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*A special thank you to our outgoing treasurer, **Ros Sherrard**, for her guidance, support and dedication.*



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

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Whether your back just can't take it anymore and you need your vegetable gardens taken care of, or you need garden design and installation on a new build, or it's time for a garden renovation, **Colin and Susanna Lye** of **Centerline** truly deliver results!

This his and hers dynamic duo has been married for 18 years, raising four delightful children and they both own their own businesses! Now based in Powell River, he does everything wood design and she does everything garden design. Centerline's website sums up this perfect pairing. The landing page headline is "Where indoor and outdoor meet."

Though they do take on their own projects with a team of skilled professionals backing them, when they get the chance to work together, it is a treat, with continuity in their designs and expertise in their craft!

Her main loves: food gardens, food forests, permaculture, nature scaping, low-maintenance drought-tolerant designs, and modern landscape design.

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Terrible gardener, pretty good shopper

By Pieta Woolley, Editor | pieta@prliving.ca

This year, I'm growing rhubarb and spring onions. Let me re-phrase that. This year, the only food that is growing in my garden is there because it's doing it all on its own. So far, that is rhubarb and spring onions.

Life seems to have reached an apex of busy-ness in my household, and so the garden - which was never my forte - had to give. What I've learned over the years though, is that gardening is but one way to be part of qathet's magnificent, vibrant local food movement. You'll find other ways to join in throughout this magazine.

Festivals are an inspiring introduction. This year nearly all of qathet's gorgeous foodie events are back, from beer fest to the Edible Garden Tour and mushroom fest and much more (Page 30).

Swapping produce, plants and seeds is another - and

there's a new, locally-developed web app for that (Page 10.)

Learning about sustainable ocean foods and making good choices about what you eat is another way (Pages 7 and 24).

Shopping might be the least demanding way to click into the movement, although it likely makes the most impact. You can get to know your farmer and buy your meat locally (Page 12), or visit one of qathet's many farm gates, big and small, that dot the region from Saltery Bay to Lund (Page 15). Or, order a CSA box (Page 22).

Here's what I excel at: buying delicious prepared food at farmers' markets. One of my favourite booths is Dump Run Provisions, run by chef Jeffrey Mickelson (Page 28). You can count on Jeffery, and many other qathet chefs, to bring you beautifully prepared ingredients harvested or grown right here. And, most importantly, you can count on Dump Run's Siberian pelmeni to be absolutely delicious. 🍷



Pieta Woolley and her Polish chick from Andtbaka Farm.

A fresh, good-news story - when we need one

By Ron Woznow
City of Powell River Mayor,



In the summer of 2022, I organized an old fashioned barn-building for Jackie McRae, third generation owner of the century farm, Maude Bay Ranch and Retreat, which raises cattle and hay.

Farmers are not immune to the same pressures as everyone else, and local contractors were so busy last summer, they estimated it would be a couple of years before they could start on the barn. Waiting was impossible, because the ranch's hay needed to be harvested and stored in a dry place immediately. So Wayne Muzlowski, George Davidson, Shane Reid, Bill Bitz, Ian MacDonald, Tyler Pantalone

and Evan Jones volunteered with me, and built a barn.

I'm not a farmer, of course. But I did grow up in Edmonton - a place where people pull together to help one another out. Here, too, I see qathet residents working together to overcome infinite hurdles on the way to a more local, more sustainable food supply. And, in many cases, they're not lifelong farmers.

Like me, Alex Valderrabano is from Alberta - a former marketing executive who, with his partner Vanessa Adams, brought their energy and can-do approach to organic farming here. Through their hard work, they're helping to solve a major gap in the local industry, too: meat processing (Page 11).

Mark Benckhuysen is another entrepreneurial Albertan. He found his way to the Salish Sea, to support the burgeoning shellfish industry

here in qathet (Page 24). Although he started out on his parents' dairy farm, he made a major departure and now spends his days helping to grow a uniquely coastal, sustainable industry.

From Powell River City Hall, wharf-inger Jenn Kinahan's passion for chickens led her to developing one of the region's most vibrant agritourism attractions: Three Chicken Farm, which hosts barnyard days, upscale dinners featuring local ingredients and performers, plus a beer festival, among many other events (Page 9).

This magazine tells so many of these stories - narratives that are helping to shape and inspire what this region can become. The City of Powell River is pleased to support this publication, and thrilled that those included in it choose to live, work and invest here. 🍷

ON THE COVER: Aaron Ash and Lisa Hau are new farmers in qathet, running Coming Home Farm in Wildwood. See Page 27.

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

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Kelp: fo

By Sean Percy | sean@prliving.ca

Lee-Ann Ennis has modest goals for her sea garden: mitigating climate change, creating fish habitat, feeding the masses, protecting species from extinction, and possibly finding new treatments for disease along the way.



Food for people, pipefish & the planet

She'd never tell you all that, at least not in one breath. But her excitement about growing kelp means that conversations about microbiology, fish eggs and urchin populations inevitably morph into planet-rescuing territory before she catches herself and resumes talk of gametophytes and zygotes.

Kelp beds – nurseries for all sorts of marine species – are in trouble throughout qathet and the lower Sunshine Coast, but this biologist might have a remedy.

Lee-Ann has a background in marine sciences studying at UVic and Bamfield Marine Station. Bamfield is home to renowned kelp scientist, and pioneer of the first kelp farm in North America, Dr. Louis Druehl and his wife Rae Hopkins. There, Lee-Ann studied aquaculture and worked for phycologists Ron Foreman and Dawn Renfrew cultivating red algae for high quality agar, the most common phycocolloid used as gelling agents in the food, biotech and cosmetic industries.

“I fell in love with cultivating seaweed and knew I would someday get back to it.”

She has spent the last 20 years on the Sunshine Coast, raising a family, and enjoying a career as outdoor educator at the Iris Griffith Interpretive Centre. “Hiking classes of children up the hills of Ruby Lake, dip netting wetlands, looking in microscopes to identify invertebrates and amphib-

“To grow and nurture the most beautiful healthy kelp is a regenerative practice that does not use pesticides, fertilizers, fresh water or arable land. It just requires a deep understanding and respect for nature’s own inherent systems.”

- Lee-Ann Ennis

ians, it was an absolute joy,” Lee-Ann says.

Living and recreating in shishálh swiya and the qathet region for half her life, she has witnessed plummeting salmon returns, loss of rockfish, disappearing herring as well as a sharp decline in the kelp forest.

For these reasons, she has returned to her love of seaweed cultivation and taken up regenerative kelp farming at an established aquaculture lease off Nelson Island in 2018 with oyster farmer friend Ted Woodard. She has dubbed the project “Vital Kelp.”

Wild harvest and culture of kelp is regulated and licenced by the Provin-

cial BC Aquatic Plant Program under the *Fish and Seafood Act* and the Fish and Seafood licensing Regulations. Lee-Ann holds an Aquatic Plant culture licence to produce kelp seed for research and development. “By applying for these permits and licenses you are creating a management plan to ensure that you will carry out best practices and abide by rules and regulations that protect fish habitat.”

And that is precisely her goal – to protect, enhance and restore near-shore kelp habitat while absorbing carbon and reducing ocean acidification, having a net-positive impact on the ocean environment.

“To grow and nurture the most beautiful healthy kelp is a regenerative practice that does not use pesticides, fertilizers, fresh water or arable land. It just requires a deep understanding and respect for nature’s own inherent systems,” she says.

Growing kelp isn’t as simple as planting seed and letting it grow, though. It’s more akin to growing mushrooms than kale.

“The same way a gardener might be familiar with microbes, nematodes, protists and fungi – the components of healthy soil required for healthy gardens, one has to understand the microscopic part of kelp reproduction.”

Lee-Ann recounts a conversation she recently had in a ferry line-up with a fellow Sunshine Coast resident, a soil scientist. “We just talked and talked.

I get excited about it, because it's so interesting."

That interest means a fair bit of time spent peering into a microscope, figuring out stages of the heteromorphic lifecycle of kelp (it has sex at the microscopic stage, then the zygote grows into the leafy charismatic macrophyte we know as kelp.)

For the past five years, Lee-Ann has been seeding and growing kelp in a nursery during the winter. She moves the seed out to the farm in December, transferring it onto suspended lines held above hungry sea urchins. By spring, long strands of bull kelp, sugar kelp and alaria, also known as ribbon kelp, are dancing in the two knots of current flowing down the channel.

"I am happy seeing schools of tube snouts, *Aulorhynchus flavidus*, (a type of forage fish) coming to the kelp lines," she says. "In February and March, tube snouts lay eggs in the kelp – these orange, yellow and pink egg masses." She waits for the eggs to hatch before she "gives the kelp a haircut" to harvest it, leaving the holdfast base of the kelp thallus behind to regrow and remain as habitat.

"It's a wonderful food source; I'm feeding a few families, particularly some friends who use seaweed to help their Parkinson's disease," she says.

At the Nelson Island lease, Ted is working with entrepreneur Chris Campagnola of Equa Ocean Farms to get tiny bull kelp onto the plates of five-star restaurants in Vancouver. Getting kelp to market in anything more than small, seasonal farm-to-plate quantities is challenging without a seafood processing facility on the Sunshine Coast.

As a food source, kelp has a lot going for it – high in fibre, protein, antioxidants, and essential amino acids and trace elements. It's packed full of good nutrients from the ocean, contains antioxidants, and has anti-inflammatory properties. It also has an umami flavour that makes it desirable for dishes such as miso. But



MACROPHYTE ON THE MENU:

Lee-Ann Ennis' Vital Kelp project is developing a fledgeling five-star dining product, but needs a local processing facility to expand as a viable food source.

best of all, it grows incredibly quickly. When she harvests in March or April, she collects hundreds of kilograms from 15 - 30 metre lines.

For Lee-Ann, though, it's about much more than food.

"I have observed the regenerative effect of cultivating kelp and it has given me great hope that we can nurture and restore nearshore kelp habitats if we just tune into natural cycles. We need to immediately reduce carbon emissions that are causing global warming, including warming our dear Salish Sea," she says.

Marine heat waves and disease had already harmed the kelp beds, when expanding sea urchin populations made things even worse. Sea urchins love eating kelp. Sea star wasting syndrome, which blossomed in 2013, decimated the population of sunflower stars – the main predator of urchins – and kelp declined drastically on the coast.

Historically, bull kelp grew in giant beds up and down the Coast from Merry Island to Okeover Inlet. Now those beds are few and far between.

"They are literally hanging on like a thread and need our immediate attention," she says.

Lee-Ann thinks novel aquaculture methods of seeding and farming kelp could make it feasible to re-seed and re-establish critical kelp beds.

I have to admit, it's easy for Lee-Ann to catch me up in her excitement at the prospect. I grew up in a house that overlooked a large kelp bed half-way between Myrtle Point and Black Point. My childhood summers were spent snorkeling amongst the kelp and fishing along the edge of the beds. My parents still live in that house, and we haven't seen any bull kelp there in more than a decade.

Lee-Ann's excitement about restoring kelp is contagious, and she loves sharing it – she has funding from Natural Sciences and Engineering Research Council of Canada (NSERC) PromoScience program to bring 'Seaweed Science' into classrooms, and encourages teachers to get in touch to invite her to their classes.

Lee-Ann's friends at Kelp Forest Alliance have launched a movement to try restore four million hectares of kelp forest worldwide by 2040; she calls it "a big goal but so necessary. The loss of kelp forests threaten our cultures, biodiversity and economies."

Beyond food and habitat, kelp has vast potential, including future use in bio-plastics for the food packaging industry. A research team at UBC is looking at ways pulp mills could be retrofitted to make food-grade bio-plastics from kelp and cellulose. Kelp from the Vital Kelp farm is being used in characterization studies at UVic. Lee-Ann is also collaborating with researchers at SFU who are establishing a cryopreservation seed bank for kelp and seaweed before local biodiversity is lost forever.

Lee-Ann's research trials off Nelson Island and at test sites elsewhere, are proving that it might well be possible to rescue qathet's kelp. And, perhaps, the rest of the planet. 🍌



Music • Food • Beer • Critters Farm connects people with the land

ONE CHICKEN TOO MANY: A desire for more chickens led to the creation of Three Chicken Farm, which has become a place where kids get to connect with animals. Here, Sophie Thomas, 6, gets to hold a fluffy duck. Isabelle, 8, and Julian, 4, Hill get to feed a horse.

By *Isabelle Southcott*
isabelle@prliving.ca

Three Chicken Farm started with four chickens because it was really hard to have only three chickens and that's all the City of Powell River allowed under their old bylaw, said Jenn Kinahan, who owns Three Chicken Farm with her husband Pat.

After getting busted for having too many chickens, Jenn and Pat sold their half-acre property on Huntingdon Street and moved to a 2.5 acre hobby farm south of town five years ago.

"We put in a bed and breakfast and then a second one because it got so busy. Then we started bringing animals to the farm," said Jenn.

Neither Jenn nor Pat have a farming background, but both love animals. "I grew up with animals," says Jenn. Now, she said, they've surrounded themselves with "goats and sheep and our first Kunekune pig and then a boar. We grow and sell meat birds, too."

When the animals arrived, people

wanted to come visit.

"So, we created Santa on the Farm, in 2021 and so many people came," said Jenn. They held another barnyard day the following Easter and again were overwhelmed with the response. "I love watching kids interact with animals in a natural environment," said Jenn adding how her farm's barnyard days give children an opportunity to spend time with farm animals.

Today, she schedules regular interactive barnyard days (see the farm's Facebook page) for children to come hang out with chickens, goats, sheep, a mini donkey, a pony, or kunekune pigs. The farm also hosts private parties and events, including birthday parties, with barrel train rides and a bouncy castle, school and daycare field trips and private farm tours. They have a food trailer, The Mustard Wagon, that is open on farm days and they sell smokies made from pork grown on the farm and processed at the Chopping Block.

In response to this community's appetite for local food and local

experiences, Three Chicken Farm is hosting their second "Dinner on the Farm," on June 10 with their own farm-raised chicken and Lois Lake steelhead on the menu. The event is catered by qathet's Off the Vine, with local guitarist Samantha Smith, and Vancouver Island sommelier Mich Pambrun providing wine pairing.

"It was pretty awesome last year," said Jenn. "I haven't even tried promoting it and we've already sold 65 tickets."

Three Chicken Farm will also host the farm's second beer fest on September 16. "We'll have five beers on tap and one tapped cider," said Jenn. "We have a country band coming from Victoria." Tickets will go on sale this summer.

"People are hungry for back to the land experiences," she says.

Although Jenn still works full-time for the City of Powell River, her husband has retired to become a farmer.

"I never in a million years thought that this is what this farm would be when we bought it," she said. 🍎

GardenSwap: Tinder for your produce

Find your swap-mates

By Isabelle Southcott
isabelle@prliving.ca

When the COVID pandemic hit and Vancouver's film industry shut down, set construction coordinator Baron Shaver took a long pause, and planted a vegetable garden.

"I wanted to figure out a way to feed my family to curb the loss of not having any money coming in," said Baron who lives on a large property with his wife, son, and in-laws.

"I grew up on a large farm in Ontario," said Baron. "My family grew vegetables and had cattle." But as Baron quickly discovered, the weeding and picking he did as a child, was quite different than planning, planting, watering, and caring for a garden from start to finish.

"I built a greenhouse and my wife and I (like everyone else with all their free time during COVID) started growing vegetables." The couple discovered they could grow cucumbers and tomatoes really well; peppers weren't very successful and the slugs ate most of their lettuce.

"It was a learning experience of what you can grow and what you can't grow," he said. "I didn't know much about natural pest control. And I started my seedlings too soon and they got leggy. I also learned that soil is pretty much everything," he said.

The Shavers had an overabundance of

plums and Baron tried to give them away by posting on Swap and Shop but many ended up in the compost bin.

"If you grow too much of something and have no one to trade with, you end up losing it. I mean, you can only eat so many plums and apples."

Baron had been taking a computer programming course after work so when he looked at the overabundance of produce in his garden, his mind paired it with a website.

"It was the perfect marriage," he said. "It could solve my

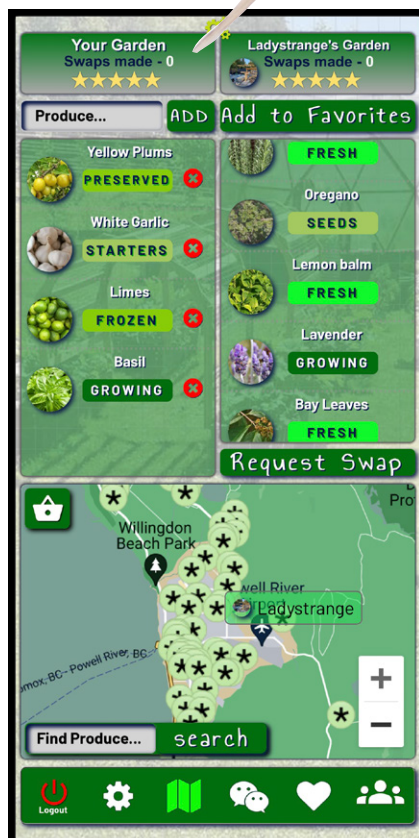
problem with produce in the garden and give me something to do with my newfound skills."

The result was the website GardenSwap.ca. It lets people learn who in their neighbourhood is growing, what they are growing and what they have available to trade.

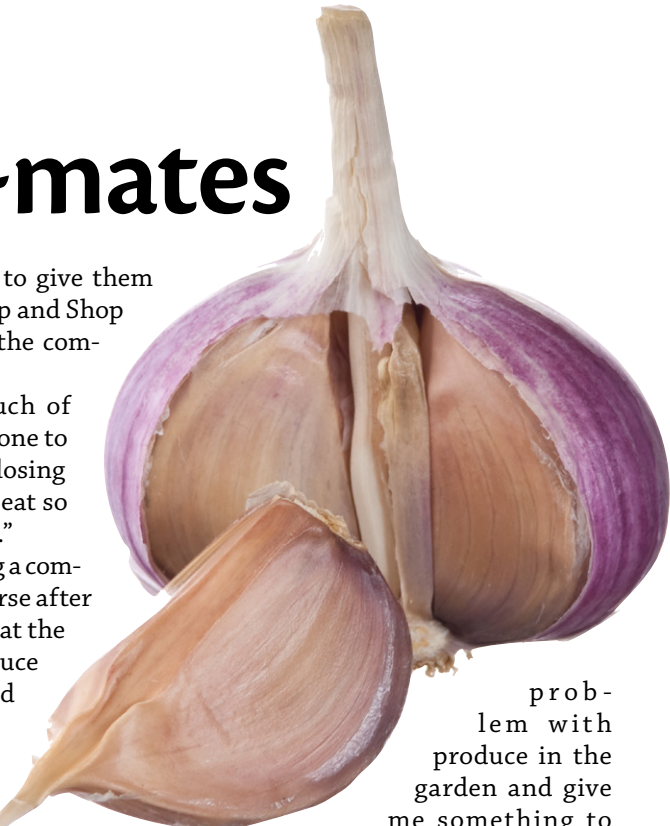
"Some people end up growing lots of garlic but have no plums. Not only is this a good way to get to know your neighbour, it solves a problem."

In the first month of going live, Gardenswap.ca had 475 members – 140 of which are in Powell River. Memberships are being given away for free all this year and Baron encourages people to check it out and see if it works for them. "After that I will charge a \$1 a month to cover expenses."

The website allows members to connect via the social media section, make their own blog, join groups – and plan a garden swap and more. "With the shopping basket, you can choose a radius and you will see everything that people have ready to swap in your area. 🍎"



PLUMS FOR GARLIC: Use Baron Shaver's food-trading website gardenswap.ca for free this year. Trade your too-much harvest for someone else's delicious bounty.





Homesteaders to open an abattoir

By Pieta Woolley | pieta@prliving.ca

Much, much more locally-raised chicken will be available to buy here soon - which is great news, if you've ever seen the long line-ups for meat at the Powell River Farmers' Market. If everything goes smoothly, Alex Valderrabano and Vanessa Adams will open their south-of-town abattoir this month at Valdi Homestead (May 2023). It's a major coup for food sustainability. Much more capacity has been needed here for decades.

"We'll be able to do chickens, turkeys, ducks, rabbits, goats, sheep and pigs," said Alex, noting that qathet, as elsewhere, has been vulnerable to supply problems caused by avian flu elsewhere, and other challenges. "Hopefully we'll be selling at Pacific Point soon. We may or may not do markets; it's hard with young kids."

Currently, the only similar abattoir in the region belongs to Pat Hanson, at Andtbaka Farm. The couple hired her to process their animals in the past, and they tagged along to help. It was Pat who suggested they look into opening their own facility, as she is planning to retire from this part of her business soon and has been winding down production. That was four years ago. Since then, the need for more lo-

cal processing has become dire.

"We have been getting calls for over a year about processing, even now we have people lined up for the moment we are open as they need chickens processed ASAP," said Alex. "Last fall we had someone from Sechelt who heard we were opening an abattoir and was wanting to bring 15 sheep to us. We were not ready of course."

To make matters more complicated, BC was in the midst of a years-long shift in licensing where animals are processed and in which kinds of facilities. Back in 2008, new provincial regulations removed abattoirs from most small scale farms - and from the qathet region entirely. But more changes in 2018 made local slaughter possible again, and changes in 2021 enhanced where local meat may be sold - a recognition that many citizens want to buy their meat from small, local producers.

Vanessa took the SlaughterRight training course through Vancouver Coastal Health (twice, as requirements changed mid-way through). And, the couple started construction on their 600-square-foot facility, which was inspected in April. At press time, very few items remained on the checklist of things to do, before they can begin operating.

Running an abattoir is serious

ETHICAL & LOCAL: Alex Valderrabano and Vanessa Adams (pictured here with their children Thomas (six) and Aurora (one) will start operating a new abattoir south of town in May 2023.

farming. But Alex and Vanessa are relatively new to it. They moved here from Calgary seven years ago, where Alex had a corporate career in management and marketing, and Vanessa's career was in corporate sales.

They both wanted something different than where they were. After buying property here, they started with 20 chickens, and slowly started raising more and more animals on Valdi Homestead.

Now, the family raises chickens, ducks and geese for meat and eggs; their license allows them up to 399 animals. They also have a new-ish goat breeding program, and they're planning to add pheasants in 2024.

Waste diversion is a passion for both of them. "We use sustainable low waste/no waste approaches and having our own space to process animals increases the efficiency of our operation."

Vanessa manages a food-to-farm waste diversion program diverting thousands of kilograms from the dump and into local animals and compost piles to make soil. 🍎

A group of approximately 12 pigs of various breeds, including some with black and white spots, are gathered in a grassy field. In the foreground, a silver metal fence runs diagonally across the frame. The background features a dense forest of green trees under a blue sky with light clouds. A brown text box is overlaid on the right side of the image.

How to pick and p

By Alan Rebane | *Creekside Farms*

It's always great when someone can purchase their meat locally, either direct from farmers, in specialty stores, or at farmers' markets. It cuts down on the carbon footprint, and you know that your meat has been raised ethically. As a long-time pork farmer and butcher - I am one of several here in qathet - I'd like to offer some advice on how to buy pork locally, as it can be a little different than buying in a grocery store.



Purchase your pork from local farmers

Get to know your farmer

Your local farmer can tell you everything you might want to know about your pork. Some people like nothing but 100% organic pork. Others want to know that the pigs have been raised and slaughtered ethically. Some people want to know about the feed: grain or natural feed, pastured or GMO free. I think you should always ask what they've been feeding their pigs.

Think about what cuts you'll enjoy

Local butchers cut meat for your preferences. For example, some home cooks like the skin left on their pork for the cracklings when cooking a roast.

I much prefer to smoke a ham with skin off to get more of the flavour of the smoking.

A lot of people like to render their fat for lard. The perfect fat for this is the leaf lard which comes from the inside of the pig, not the back of the pig, though the outer layer of fat does produce a reasonable lard, too.

Consider buying a whole side

Here are a few pointers on how buy your next side pork to get your maximum for your dollar, depending on how and what you want to achieve from buying a side of pork.

First, if the skin does not matter you should purchase your pork skinned. It cuts down on weight of the side pork that you purchase. You also lose a percentage of fat to the skinning process, and you lose the feet and the head. Now you're paying for meat and bones.

I consider a perfect side of pork between 90 and 100 pounds with the skin off. The cuts you would receive are: approximately 45 to 50 pounds of roast, chops, ribs and ground pork, a 20-pound ham and nine pounds of bacon. So it's somewhere around 79 to 80 pounds of meat product.



The balance is in bones, excess fat, and hocks.

Next, you need to look at the fat content of a pig. There should always be some, but not too much - a premium side of pork should have 3/4 of an inch of fat on its back after skinning, and some breeds may have an inch plus. (Recently I saw a side of pork that came in with three inches of fat on the back. It was an 88-pound side of pork, and lost in the processing 25 pounds of fat and skin).

Another thing to think about is whether you like pork chops or loin roast. If you're buying a side of pork, you get one or the other. You can split it and have one loin roast and a number of pork chops, but if you take all loin roast you will get only two to four chops, depending on the size.

The butt roast comes from the front shoulder. This is the popular cut for slow braising for pulled pork because there's lots of marbling of fat. The ham comes from the rear leg, ribs from the side, and bacon from the belly. The trimmings give you ground pork. Hocks and feet can be kept whole or ground.

And all together, that's your side of pork. 🍎

Head, heart, hands & health: 4-H pledge still relevant

The Sunsetters 4-H Club holds monthly meetings on the second Tuesday of each month at the Cranberry Senior Centre but when the weather warms up, meetings are held outside at different locations and include animals.

The mission of 4-H is to build awareness of agriculture, inspiring, educating and supporting youth to reach their full potential.

The vision of 4-H is to see empowered and skilled young people committed to making positive change in their communities.

4-H is an organization dedicated to young people ages 6 to 19 years. The purpose of the 4-H program is to prepare girls and boys for their future as adult citizens. 4-H stands for head, heart, hands and health and the 4-H pledge dedicates: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service, and My HEALTH to better living, for my club, my community, my country, and world.

The projects that Sunsetters 4-H



members are currently involved in include llamas, rabbits and caviars (guinea pigs). There are many different projects you can do when joining 4-H, including those that do not involve animals –for more information check out the 4-H website at 4hbc.ca. As part of each project, 4-H members keep records of the work they do with their animals and their club through-

out the year.

The two-year-old club plans demonstrations, and members build educational displays, participate in public speaking, fund-raising, and just have fun!

To keep up to date on 4-H activities including fundraisers, check out the club's Facebook page at Sunsetters 4-H Club. 🍎



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:

- Coming Home Farm
- Blueberry Commons
- Calico Meadows Farm

Padgett Road

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

South of town

- Three Chicken Farm
- Humble Ground Farm
- Myrtle Point Heritage Farm
- Rusty Gate Berry Farm
- Ed's U-Pick Blueberries
- Silver Wood Acres

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 Market

When • Wednesdays 4:30 to 6:30 May to Sept

Where • Outside the Community Resource Centre, 4752 Joyce Ave

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

Contact person • Rose Fleury: 604-483-4748

Uptown Winter Market

When • Saturdays 10 to noon Oct through April

Where • Outside the Community Resource Centre, 4752 Joyce Ave

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 early June until early October.

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 in July and August

Where • On the gravel at Willingdon Beach

What to expect • Prepared food 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 Lakes Cafe and Bakery on Marine Avenue.

What to expect • Curated market featuring Gathered Farm and Paradise Valley produce, Brut Charcuterie, and local makers.

Contact person • Nevada McCarthy at 32 Lakes Cafe and Bakery: hello@32lakescafeandbakery.com 🍎





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. GG's Good Greens

9235 Krompocker Road
Lori Brouwer
604-223-8608
ggsgoodgreens@gmail.com
Growing five different microgreens and two shoots – vertically. At the market and home delivery available, year round.

5. 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.

6. 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.

7. 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.

8. 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, pork and lamb.

9. Solsken Farmstead

6701 McMahan 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. Farm gate store Sun & Mon 10-6.

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.



Texada Island Farms

1. Rock Island Farm

Katrin Glen and Kelly Hughes
604-414-3826 rockislandfarm.ca
Beef, sheep, horses, chickens and Big Leaf Maple Syrup.

2. Blacktail Farm

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

3. 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.

4. Woodlot Mushrooms

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

5. Welcome Harvest Farm

2001 Crescent Bay Road
Dave, Branka & Jillian Murphy
604-486-7137 bbmu@protonmail.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.

10. Coming Home Farm

(formerly Hatch-a-Bird and Ancestral Roots Farm)
6603 McMahon Avenue
Aaron Ash & Lisa Hau
604-722-2504 @cominghomefarm
cominghomefarm2gmail.com
cominghomefarm.ca & lisahau.com
Our farm store is open daily and offers seasonal salads, vegetables, fruits, medicinal and culinary herbs, eggs, and a selection of artisan goods.

11. 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.

12. 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.

13. Powell River Cattle Company

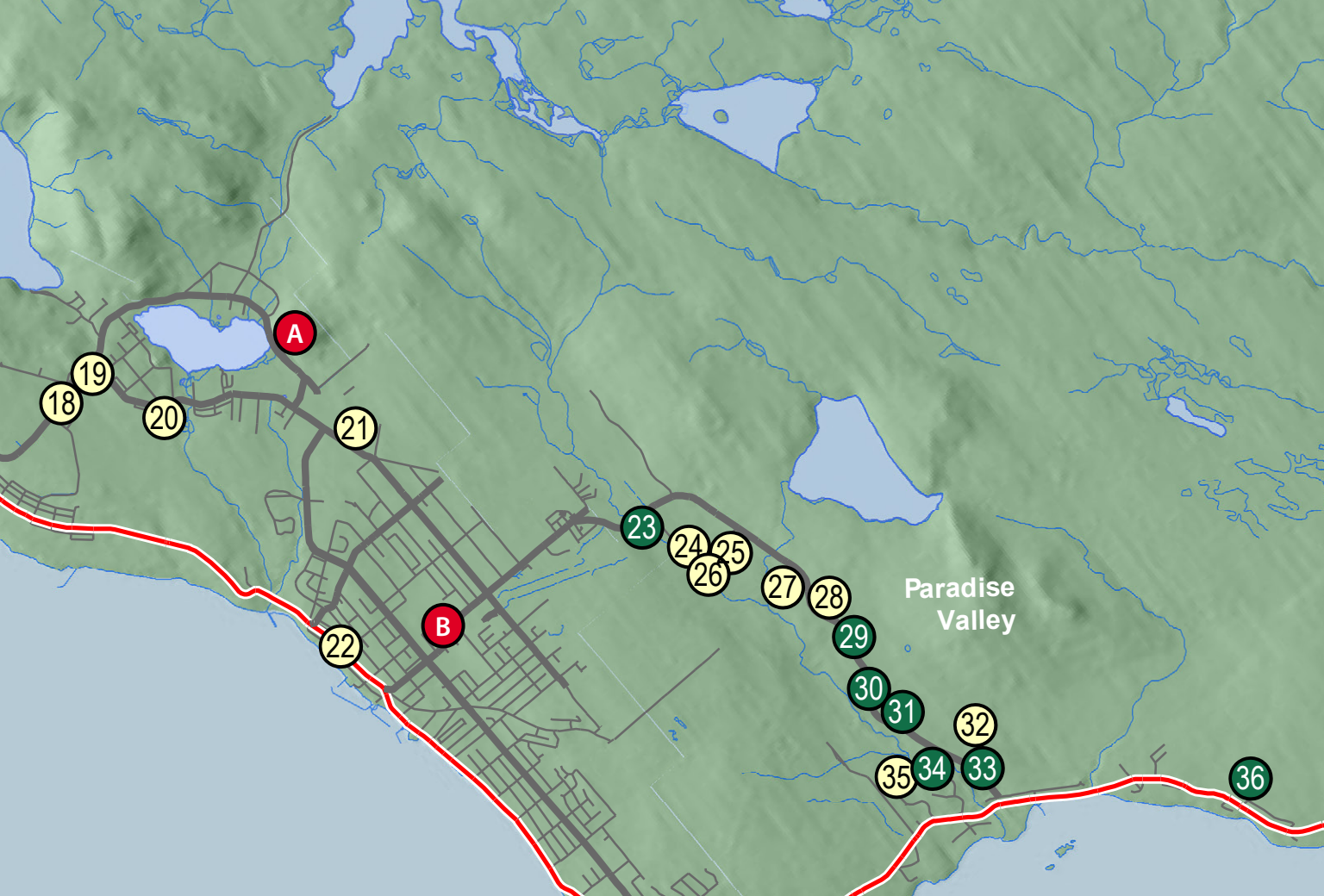
6624 Sutherland Avenue
Tim McDonald
604-483-4007
Former cattle operation now growing hazelnuts (filberts) with approximately 40 bushes.

14. K&A Acres

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

15. Blueberry Commons

6619 King Avenue
604-223-4800
info@blueberrycommons.ca
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 daily 10-7. At the Farmers' Market Saturdays and Sundays and at the Savary Market. 18-week CSA can include home delivery. Farm tours.



16. 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.

17. All the Mushrooms

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

18. Cranberry Farm

6650 Cranberry Street
 Carol Battaglio & Eva van Loon
 604-578-1199 • 604-483-4940
 cranberryfarmproducts.com
 info@cranberryfarmproducts.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.

19. Wildwood Queens

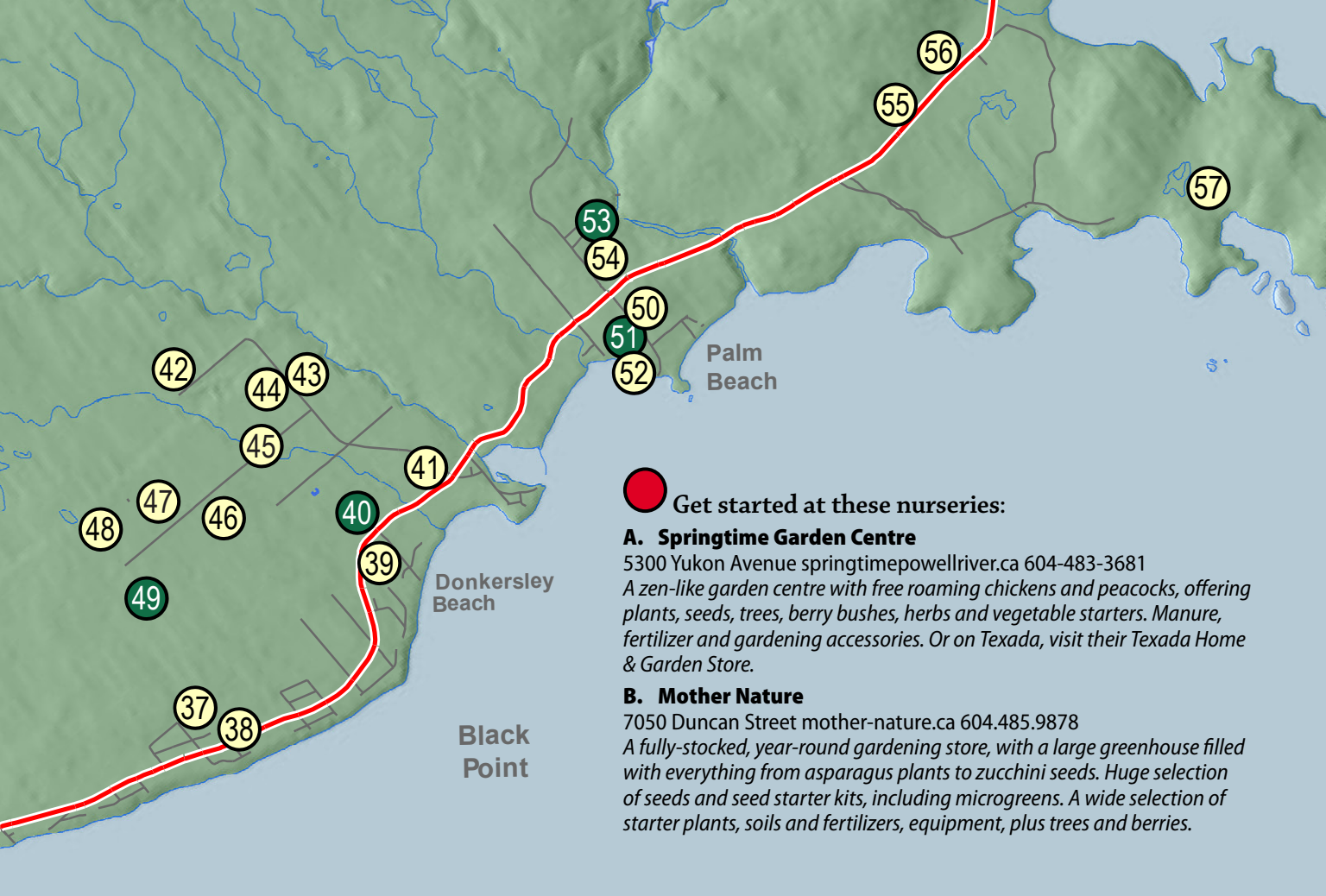
6630 Cranberry Street
 Donna Moseanko
 604-344-0622
 donna.moseanko@gmail.com
 fb.com/wildwoodqueens
Honey bees, queen bees, wax, honey, pollen, propolis tincture, votive candles, beeswax cotton food wraps and bee-related supplies, training/mentoring service, pollination. By appointment 10-5 year round. 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.

20. 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.

21. 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 springtimepowellriver.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.

22. Westview Urban Farm

4692 Willingdon Avenue
 Gypsy Burnett
Bedding plants, flowers for cut bouquets, veggies, especially garlic. Also freeze dried fruit and candy. At the Farmers' Market.

23. Do Little Farm

4347 Padgett Road
 Rosie Temple & Greg Rebane
 604-485-6961
 fb.com/dolittlefarmpowellriver
 r_temple@telus.net
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.

24. Creekside Farm

7812 Valley Road
 Alan and Kathy Rebane
 604-485-7737
 CreeksideFarmCustomMeats.com
 fb.com/CreeksideFarm
 creeksidefarm123@gmail.com
Offering free range eggs, pork, beef and some produce. Provides butcher and smoking services to farmers and hunters.

25. 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.

26. 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.

27. 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 32 Lakes Cafe Saturday market, and Sechelt Farmers' Market. Community Shared Agriculture (CSA) is unique in being customizable and having vacation holds.

28. Hammer Valley Ranch

3734 Padgett Road
 Mark & Bronwyn Gisborne
 604-485-2935
 markg4b@gmail.com
Pork and honey.

29. 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.

30. 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 broiler chickens, produce and blueberries. Vegetable starters. Roadside stand.

31. 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.

32. The Hometown Farm

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

33. Pacific Ambition Seafoods

3128 Padgett Road
Doug and Christine Mavin
604-485-3522
Commercial fisherman Doug Mavin serves up freshly caught halibut, lingcod, snapper, sockeye, crab & prawns. The Mavin farm also produces eggs and seasonal fruit, plums, apples, cherries, walnuts available for contactless pick up at the roadside stand.

34. Terra Nostra Farm

3250 Byron Road
Aaron Mazurek
604-414-8699 TerraNostraFarm.com
terranostrafarmstore@gmail.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 10-5 Monday to Saturday. Also at the Farmers' Market on Saturdays. CSA Veg Box by subscription, 20 weeks starting in mid June.

35. Straight Up Greens

3220 Byron Road
Nola & Aaron Morgan
604-414-3377
straightupgreens.ca
info@straightupgreens.ca
@straightupgreenspr
Hydroponic herb towers and live micro-greens. At local restaurants, some grocers, and home delivery.

MISSING? Despite our best efforts, 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 email sean@prliving.ca

36. Myrtle Point Heritage Farm

8679 Gaudet Road
Ezra & Gosia Kopania
604-487-0501
myrtlepointheritagefarm.com
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. Delivery available. Farm shop hours Thurs-Sat, 11-5:30. Soaps and creams are available at Paperworks, Kelly's Health Shop, Base Camp and Owl & Bear.

37. 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 and pork. Make an appointment for sales. Farm-made candles and soap at the Nutcracker Market. The farm also has two B&Bs and hosts barnyard days with pony rides and barrel train rides.

38. 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.

39. Sunny Acres

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

40. Humble Ground Farm

10152 Hwy 101
Ian & Danielle Gibson
778-266-0477
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.

41. Eternal Seed

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

42. The Valdi Homestead

9958 Serendipity Road
Vanessa Adams-Valderrabano
& Alex Valderrabano
604-578-8416 thevaldis24@gmail.com
fb.com/thevaldihomestead
thevaldihomestead.ca
Eggs, poultry, hatching. Seasonal produce. Custom and portable milling, bandsaw blade sharpening. Abattoir services coming mid-May, and farm store coming soon.

43. Gathered Farm

2802 Zilinsky Road
Alexander McNaughton
& Mackenzie Alsager
778-971-6625
@gatheredfarm
gatheredfarm.com
gatheredfarm@gmail.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 sign up on website.

44. Ironhill Farms

2789 Zilinsky Road
Jenna Beck
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.

45. Coast Berry Farm

10084 Nassichuk Road
The Duyvesteyn Family
604-487-9788
coastberrycompany.com
Fresh blueberries, strawberries, honey, and more. Frozen berries all year round and fresh berries July-Sept. At the Farmers' Market all year and Coast Berry trucks in season. You can also find Coast Berry frozen berries at Save-On Foods, Quality Foods, and The Chopping Block.

46. Family Farm B&B

2590 Oxford Road
Jessie and Eric Peterson,
and Ginny Kuboniwa
604-487-0544
familyfarmbnb.com
familyfarmbnb@gmail.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 (8 am-7 pm call to book). B&B is open year round. Farm tours year-round by appointment. Pumpkin patch events as well as petting zoos.

47. 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.

48. Red Well Farm

2816 Maywood Road
Amy and Adam Watson
redwellfarm.wixsite.com/redwellfarm
rewellfarm@outlook.com
@redwellfarm
Chicken, turkey, duck eggs, chicken eggs.

49. 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. Agritourism 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.

50. 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.

51. 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](https://www.facebook.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.

52. Lois Lake Steelhead

11060 Morton Road
604-487-9200
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. Or get a fishing license and catch escapees from the farm in Lois Lake with your single barbless hook.

53. 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.

54. 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.

55. Stillwater Farm

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

56. Willow Hollow Farm

12328 Highway 101
Pete Baillie & Janice Treloar
604-487-4104 janicetreloar@hotmail.com
Pork, beef, chicken, turkey, eggs. In-season red currants, gooseberries, elderberries.

57. Willow Hollow Tree Farm

12460 Highway 101
Jason Robinson • 236-329-2045
Christmas trees in season.

58. Maude Bay Ranch & Retreat

12724 Scotch Fir Point Road
Jackie McRae • 604-487-1098
maudebayretreat@gmail.com
Third generation farm established in 1888. Hay by appointment or directly off the field at the time of harvest. 🍅

The Boardwalk Restaurant • LUND



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



**LOCAL,
HEALTHY
SUSTAINABLE,
AND OH SO DELICIOUS**

Find our **frozen** Coast Berry Company berries at Quality Foods, Save-On Foods, The Chopping Block, and the Farmers' Market.

In-season, get **fresh** Coast Berry Company berries at the Farmers' Market, or from our trucks conveniently located around town. Follow our socials for updates.



10084 Nassichuk Road • 604-487-9788
[facebook.com/coastberrycompany](https://www.facebook.com/coastberrycompany)
COASTBERRYCOMPANY.COM

Terra Nostra CSA

(Community Supported Agriculture)

Frequency • Weekly, 18 weeks June to October.

Cost • The Salad-Box is \$33 per week. The Large Veg-Box is \$55 per week, and Farm-Box is \$44 per week. Free delivery in Westview, Cranberry, and Townsite. Pick-up also available.

What's in it • The Salad-Box has 5 or 6 items each week, including lots of greens/lettuce, carrots and a mix of other popular items such as tomatoes, peas, radishes, beets, green onions, cukes, peppers, basil, and more. The Large Veg-Box contain 8 or 9 items each week, and a larger selection of the 40+ vegetables Terra Nostra grows. It will contain some favourites that are not included in the Salad-Box, like potatoes, sweet-corn, melons, broccoli, cauliflower and beans. Farm-Box, is a medium sized box, with a selection of 6 or 7 different vegetables each week. The Farm-Box is the only option that will allow you to make a couple of substitutions each week. However, it must be picked up at the farm (3244 Byron Road) on Saturdays between 1 pm and 5 pm. (No delivery.)

Contact • TerraNostraFarm.com

Gathered Farm Harvest Box

Frequency • Weekly for 20 weeks, starting May 25

Cost • \$50 per week, or \$30 per week for just the salad lovers box

What's in it • Includes, free range eggs, mushrooms, fruits, veggies and prepared foods like pesto and compound butter. Optional add-ons include bread, extra eggs, and flowers

Contact • gatheredfarm.com/csa
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 18 weeks from mid



CSAs, Bonds & Boxes

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

Contact • blueberrycommons.ca/shop
info@blueberrycommons.ca

Townsite Fruit and Veg Food Box Program

Frequency • Daily delivery & pick-up

Cost • \$55 for the Veggie Box, \$35 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 • townsitfruitnveg.company.site
townsitefruitnveg@gmail.com

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

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 🍎



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



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Wild Scoop

REAL ICE CREAM

Made naturally
with love & local ingredients

wildscoop.ca

@ Alberni Street & Marine Avenue

Plant Based and GF options available!

EAT LOCAL
SHOP LOCAL
ENJOY LOCAL
BE LOCAL

You live here. But do you LIVE here?
Support **local** growers,
harvesters & processors.

Live local.

qathet
LIVING



Top Ten Reasons To Wear A Pollen Sweater

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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30 feet below the waves off Savary Island, you'll find Mark Benckhuysen in his scuba gear, harvesting geoduck alongside the crews he leads.

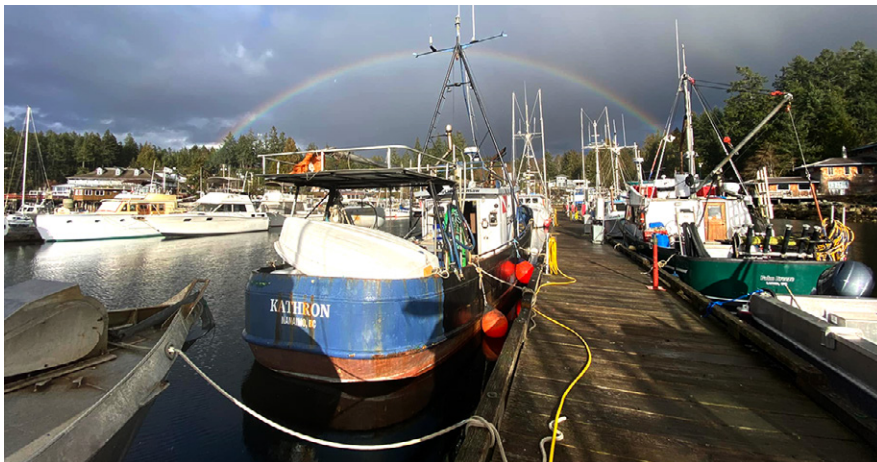
Or, you can catch him on the North Coast in fall, on a live-a-board, getting ready for a day diving for sea cucumbers or sea urchins. Or, he might be off Sechelt, using his ROV submarine to help the annual clean up of the Sunshine Coast's many oyster farms, as newly mandated by the Department of Fisheries and Oceans.

The Salish Sea can get cold. Usually, he wears a dry suit, but his head still gets wet. Divers are expected to spend about five hours a day underwater, when they're diving 30 feet below. Slightly less, if they're diving deeper. That's not the only tough thing. Living on a boat on the North Coast with a small crew of other divers for a month at a time can get crowded.

"But when we all get along, it can be really awesome," Mark reflected. "We get a lot of ocean life encounters: sea lions, humpbacks. We visit a lot of small communities up and down the coast, such as Hartley Bay and Alert Bay. You definitely get to experience parts of the coast most British Columbians never get to see. The best



PROFESSIONAL SEA URCHIN: Desolation Dive Services' owner Mark Benckhuysen (left, with a friendly octopus). Above, sea urchins captured in Johnstone Strait, and geoduck from Manatee Holdings' Savary Island operation. Below, the *Kathron*, Mark's dive boat, stationed in Lund.



parts of the coast.”

Mark has worked as a commercial a diver for about eight years, after graduating from Campbell River's Dive Safe International.

Last year he launched his own company, Desolation Dive Services, and runs Manatee Holdings' three dive crews through it - as well as specializing in underwater imaging. He also recently bought his own 44' dive boat: the *Kathron*.

In other words, Mark is investing in himself, and a local, sustainable food industry that he believes will be thriving for years to come.

“It's a bigger industry than people think,” said Mark, noting that a few dozen professional divers live in qathet, and work in fishing and

aquaculture. And, that divers and dive tenders are in-demand professionals; finding enough crew is a challenge, he shared.

“Boats leave out of Lund every day to serve the geoduck farm, and come back. Most of the work is very local.”

Surprisingly, diving is a departure for this Alberta-raised entrepreneur, though food production runs in his blood. Mark grew up on a dairy farm. When he was 17, at the request of his then-75-year-old grandmother, the two took a scuba class together in Victoria. He was hooked.

“Now diving is all I talk about when I go home to visit,” said Mark. “People are so interested. It's such a strange thing to do. I think my family is just happy I found something I love.” 🍎

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FARM BRIEFS

Townsite craft marijuana dream closer than ever

In the old Mill administration building in Townsite, marijuana plants are finally growing, after nearly six years of waiting for a renewed industry here. The building was renovated in 2017 by Sante Veritas Therapeutics, then bought by Tilt Holdings in 2019. The facility was bought by **Meridian 125**, the current owner.

In the last issue of *Home Grown* in May 2022, Vancouver entrepreneur **Thomas Ligoki**, explained

his vision for a high-quality craft farm in the building. At the time, he planned to be growing by summer of 2022. Sadly, licensing delays held up production.

“We have obtained our Health Canada license but then had to immediately obtain Canadian Revenue Agency approval before commencing cultivation,” Thomas explained. “Both are now achieved and we are off to the races. We have six amazing strains growing now across two rooms as we diligently ramp up into 12 rooms which are all equipped and ready to go. We have high tech automation to optimize and achieve consistent high quality.”

The facility uses technology to nurture small batches of the plants to exacting standards, then hang-dry, hand trim, and hand package the products – with no pesticides.

New face helping the Farmers’ Market

The Farmers’ Market is excited to welcome a new face to the Info booth, **Emily Jenkins** will be the new Market Coordinator.

Emily joined the market in November and has been getting up to speed on how everything works. She’s been able to get to know lots of vendors already and everyone is enjoying this new energy which will help the market continue to grow and thrive.

We’ve had a strong start to the season already. The number of registered vendors is higher than last year, and we have so much fresh talent that has moved here from other communities, making us very grateful for what the market can offer our community. New farmers continue to develop their land, and find their passion for growing and selling to their local community – so we are able to showcase new farmers almost every year. This year will be no different.

The market will have plenty of entertainment for the kids this year, with library story time returning during July and August as well as regular visits by the



Orca Bus and train rides on Sundays for kids of all ages.

May starts with plenty of seedlings that have been under cover and nursed through the storms and frost to stay warm and strong. Early crops like rhubarb, greens, radishes and baby potatoes start to appear. There will be an incredible selection of produce, fresh eggs and frozen meats available year round.

Did you know that the market has been open during the winter months as well? We just completed our third winter inside the Quonset Hut on Sundays.

We are moving outside from May - September and will be open every Saturday from 10:30 -12:30 pm and Sundays from 12:30 - 2:30 pm.

Fall Fair will be September 23-24 from noon - 5 pm.

Set aside a bit of your grocery list and fill it with the freshest produce and baking for your table. Join us for live music, local food, artisans and an opportunity to connect with the community in a relaxed, outdoor setting. Everyone is welcome, but we do ask you to leave your dogs at home.



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~ Juhli Jobi
Farmers' Market Manager

Hatching a new plan for storied farm

One of qathet's largest farms is under a new operator.

Aaron Ash and **Lisa Hau** are now running **Coming Home Farm**, formerly known as Hatch-A-Bird farm, in Wildwood.

(The couple are the cover models on this issue.)

Aaron has a long history of working in local food in the Lower Mainland, both as a grower and, more often, as an entrepreneur running small res-

taurants (including Gorilla Foods in Gastown), take-out shops, and even a salad-to-go provider. He is a raw and plan-based chef. Aaron also worked to provide greens for Vancouver restaurants for a time, so understands the challenges and needs of restaurateurs, from both sides.

Lisa recently decided to pursue art full time. You can see her work at lisahau.com. It was Lisa's art that first welcomed the pair to the qathet region, as she took workshops here with local art legend Autumn Skye Morrison.

The farmstand is replete with spring veggies, greens, herbs, and eggs. The greenhouses are stacked with plenty of greens (including a huge crop of celery). Large fields are planted with garlic. Thanks to Aaron's city connections, some of that garlic will likely end up in Vancouver restaurants. 🍅



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For a taste of qathet, try these dumps

If you've never dug into a bowl of hot, buttery, spicy, tangy, herb-and-sour-cream-coated pelmeni dumplings at the Powell River Farmers' Market, you're missing out on one of the top foodie experiences in qathet.

Jeffrey Mickelson is the chef behind Dump Run Provisions, a two-year-old business that showcases local ingredients including chanterelle and lobster mushrooms, pork, nettles, beets, rhubarb, cayenne peppers, cucumbers and much, much more.

What is Dump Run Provisions?

Jeffrey • Dump Run Provisions makes Nordic, Slavic and Canadian comfort food as well as a assortment of lacto-fermented vegetables and condiments. We do Dump (Dumpling) Runs bi-weekly to Andtbaka Farm (north) and Terra Nostra Farm (south). We are at the Powell River Farmers' Market serving up hot dumplings and much more on Sundays from 12-2pm year round.

How did you get started?

Jeffrey • Moving here gave our family the ability to switch roles. So instead of being the main bread earner, I was able to be the supplementary earner and start



COMFORT FOOD: Top, chef Jeffrey Mickelson in his booth at the outdoor Farmers' Market. Left, fresh Dump Run ingredients, all from Blueberry Commons, and hot pelmeni. Above, daughters Elsa and Gerry. Right, some of Dump Run's fermented goods, and cabbage rolls to go.

Dump Run while my wife started her professional career.

Your cooking background...

Jeffrey • Basically I've always been in kitchens. I started in 1994. I've worked in almost every side of the industry from fine dining, culinary instructor, catering, camp cooking to small privately owned restaurants and resorts. I've worked in spots across Canada, the United States, England and Mexico. Classically French Trained and Certified Red Seal Chef.

What are the challenges in working with local ingredients? How do you make it work?

Jeffrey • Challenges include weather as most of the stuff I use comes from the ground. I have a tremendous amount of respect for the local farmers that are able to make things work here year after year.

To make it work, I just use what's available when it's available and grow myself as well.

What's special about Siberian / Northern Euro food?

Jeffrey • I'm Finnish/French and my wife is Ukrainian. Everything about the food from there has deep-rooted history and meaning beyond filling your stomach. Hyper technique driven food with very simple ingredients. My absolute favourite style of cooking.

For small food producers / processors here generally, what kind of support does this community offer?

Jeffrey • Most of the commercial kitchens you can rent come with hang ups like no storage, fridge/freezer space or scheduling issues. Luckily, there's a number of amazing individuals in this town that support smaller food producers and are willing to work with them.

What more is needed?

Jeffrey • A community kitchen hub like we've seen pop up in many communities would be amazing. Combining food producers, shellfish processing and a

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Why is working with local ingredients important to you?

Jeffrey • The quality and taste is incomparable. Supporting the local economy is important to me as well.

Anything you can't get here that you wish you could?

Jeffrey • Local oysters, scallops, urchin and clams. It's sad that we don't have a place to process here in qathet. It could be a huge draw to our area's identity.

community store/market would be cool.

Why should more locals come to the farmers' markets this year?

Jeffrey • The markets are always evolving. Without the people or the producers, the Farmers' Market wouldn't exist. It's a great place to come down and socialize as well as get a little bit of shopping done and fill your belly! The people behind the scenes that make the market happen are amazing, and are truly passionate about all things local. 🍎

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qathet's 2023 Foodie Events

Garden Club Plant Sale Tour

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See powellrivergardenclubblog.blogspot.com
for full details of locations

Lang Bay Plant Sale

May 13, noon til 2 pm

Lang Bay Hall

Spot Prawn Season begins

May 15

Local by-the-pound sales

Open house at the Rod & Gun Club

Saturday, June 3

BC Family Fishing Weekend

June 16 to 18

gofishbc.com

15th Edible Garden Tour

August 11-13

Dinner on the Farm

June 10

Three Chicken Farm threechickenfarm.net

Blackberry Fest Street Party

August 18

Marine Avenue

Beer Fest

September 16

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Paradise Exhibition Grounds

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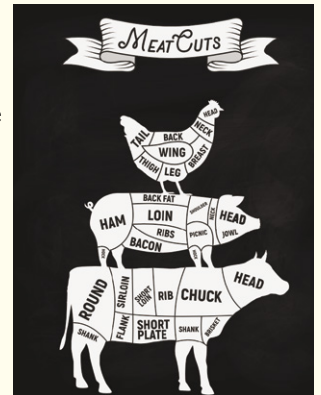
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