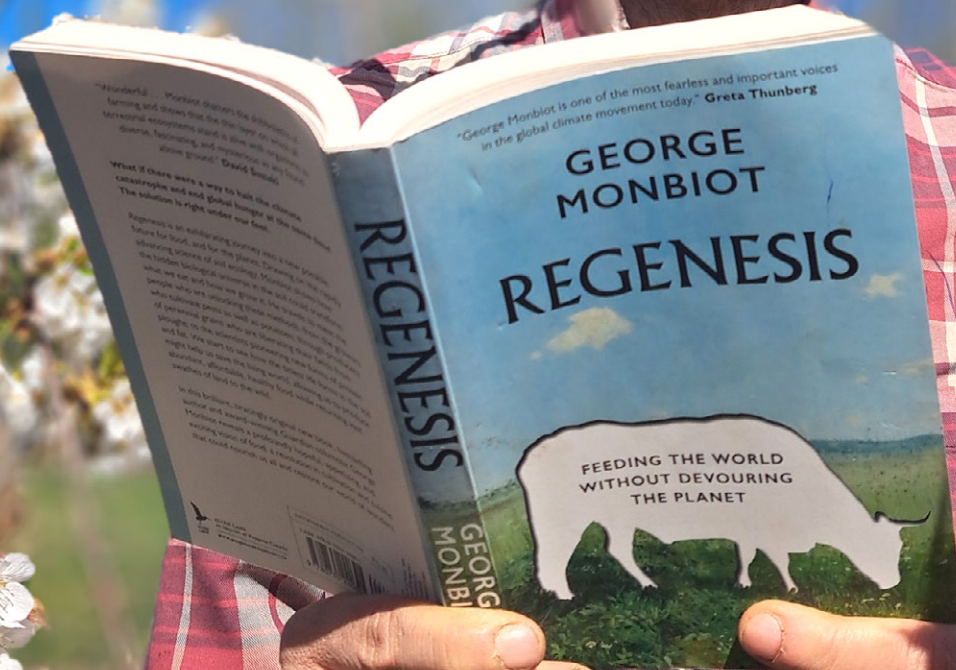


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Aaron Mazurek

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Proud to be Mayor of a food-producing city

By Ron Woznow
City of Powell River Mayor,



I was just at the Powell River Chamber of Commerce business awards, and I was thrilled to see that this year's Agricultural Award winner was a farms within the City of Powell River municipal boundaries – Blueberry Commons in Wildwood. The runner-up was Terra Nostra Farm, not far outside the municipal boundary.

That wouldn't happen in most cities.

Agriculture has been pushed away out of urban areas almost everywhere. Here, thriving in-town agriculture speaks to the vision of former City Councils and staff who passed by-laws that support local food production.

In this issue of *Home Grown*, you can learn more about both Terra Nostra (Page 6) and Blueberry Commons (Page 14) – which has just launched a U-Pick vegetable program. It might be the first in BC. And, it certainly invites us all into the joyful work of harvesting food.

You can also learn more about Tla'amin Nation's community com-

mitment to harvesting and sharing local meat and seafood (Page 23).

Ultimately, qathet-grown food is simply tasty. Ever since I've started buying locally-produced eggs at farm stands near my home, I know I'll never want to go back to commercial eggs. I am hooked.

As Mayor, I want to congratulate the entrepreneurial spirit and hard work behind every one of qathet's farms and food businesses. You are essential to our collective well-being, our food security, our climate commitments, and the joy at our tables. 🍎

Local Food Systems Support Communities

Clay Brander
qathet Regional District Board Chair



Why are food security and agriculture important to our region? Bottom line, everyone needs to eat.

It is true that most of the food that we consume these days comes from hundreds or even thousands of kilometers away and the system is usually reliable, but using foreign producers does come with inherent risks and repercussions.

Supply chain issues, fuel costs, international disputes, environmental emergencies – all of these can add to the expense or disrupt the regularity with which we receive products.

Utilizing foreign operations can also lead to social and environmental

effects that need to be considered. Some sources may not adhere to the same safety, environmental, and employment standards that our local producers must abide by which means that the land and the people may pay the price for our convenience.

By having more robust local food security and agricultural programs, a community is not only more self-reliant and less at risk to events under which they have no control, the local economy receives a shot in the arm as well.

They always say that a dollar spent within the community passes through seven pockets – if that dollar is spent within a community on a locally-produced product then even more people benefit.

For every farmer in a community there are also people involved in processing, distribution, sales, and

food preparation, not to mention equipment sales, animal care and construction, to name a few.

While there are many other good reasons for investing in food security and agriculture, one that hits home for me is the cultural aspect of it.

Who doesn't like going to the Farmer's Market and getting fresh veggies, home-made baked goods, sausages, honey and eggs? The weekly events that happen throughout the growing season and the dozens of small stands that are scattered throughout our region are part of what makes our community special.

At the Farmer's Market especially, with its live music, mini-railroad and activities for the kids, it gives us a chance to come together and appreciate everything that our local food providers do for us. 🍎

ON THE COVER: Aaron Mazurek, farmer, ad hoc librarian and reader, pictured here with George Monbiot's *Regnesis*. (See Page 6).

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Regenerative Agriculture

Digging ever deeper into healthy harvests

By Pieta Woolley | pieta@prliving.ca

Like a giant, out-of-control crib board, black landscape fabric dotted with mug-sized holes stretches out across Terra Nostra Farm's fields. The strategy: keeping the water and nutrients in the soil as the plants grow, without the use of fertilizers or herbicides.

This is just one of dozens of hacks Aaron Mazurek has introduced on his organic, Paradise Valley acres, inching always towards the principles of regenerative agriculture: fewer additives, more natural, sustainable growing and harvesting.

"There's lots of buzz about regenerative agriculture," Aaron explained from his barn-office, overlooking the fields. He's part-way through reading UK journalist George Monbiot's award-winning 2022 book *Regenesi*s: *Feeding the World Without Devouring the Planet*, part of Aaron's on-farm, agricultural lending library. It's one of several dozen books published in the last five years, helping to create that "buzz."

"With industrial farming, we figured out that, with enough inputs, we can grow wheat or hogs in a very small space. But what is the quality of that wheat? What's the quality of that pork?

"Most people understand that we need to change the farm."

Unlike organic farming, which has a precise definition and is regulated by Ottawa, regenerative agriculture's spe-

cifics are still emerging. Universally, though, it's a movement that includes fostering biodiversity both above the soil and in it; protecting the soil's inherent ability to renourish itself; and overwhelmingly, paying attention.

"It's about making life on the farm work for you, by protecting the worms, bacteria, microfauna, and fungi," that aid fertility, said Aaron.

Conceptually, it isn't new, of course. In fact, Aaron just finished reading a 160-year-old book about farming, extolling the same principals. Ancient farmers in China, Japan and Korea used these same techniques 4,000 years ago to efficiently grow their crops.

What's changed is, many of those techniques and values were lost in the rush to ever bigger and ever more efficient, technology-based farming. What else has changed is the "why." Now, in the age of warmer, drier summers and bigger more frequent storms, those ancient technologies are being rediscovered and applied to fight climate change, and also, to make farming more climate-change resilient.

Here in qathet, Vancouver Island University and North Island College have teamed up to offer a course on regenerative agriculture. Aaron took on interns from that program in summer, 2023; another session is coming up in 2025.

One of those 2023 students was Erica Govier, a veteran urban land-



CLEAN FOOD: Top, Terra Nostra's hands-on team farms certified organic vegetables using regenerative principals. They are Aaron Mazurek, Graeme MacDonald, Jennifer Burry, Sapphire Richards, Emma Lewis (not pictured Robyn Anderson, Jonathan Boyce, Kieran Smith). Right, Erica Govier teaches gardening classes at VIU and eats a lot of collards, such as this monster one. Amending soil. Lettuce growing through landscape fabric. The Terra Nostra farm store.



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“Most people understand that we need to change the farm.”

- Aaron Mazurek

scaper who escaped from Vancouver’s film industry during the pandemic, and grows for markets and as a hobby on a friend’s property near Lund. In April, her field was a dark, muddy patch with human-height collards and other brassicas going to seed, and a patch of garlic shooting up green and strong.

“It’s half-leek, half-garlic,” Erica explained. “I grow it because it’s resistant to white rot. It doesn’t get fungus.”

Beyond respecting soil and water, Erica explained that localism is core part of her approach to the regenerative movement. Refusing to transport produce means it also requires less packaging; both of those factors enhance the sustainability of the practice.

“Also, I just find it enjoyable,” she said. “There’s a good sense of community involved in this. You’re using inputs that are from other people nearby: manure from a nearby farm, lime from Texada...”

Now, Erica teaches composting and basic gardening classes through VIU. She’s planning to start a business helping locals make thriving vegetable gardens on their own properties - using regenerative principles, of course.

Aaron, too, has plans to extend his commitment to regeneration. His current farm, Terra Nostra, is an organic production farm, he explained, meaning that as much as he applies as many regenerative principles as are practical, the farm still has to produce enough food to pay his workers and feed locals.

Soon, though, he will start a small experimental farm, where he can push the limits of what’s possible here in this

coastal rainforest - without having to produce profitable crops.

None of this experimentation is new for Aaron, either. At five years old, he started growing radishes and carrots on his family’s property in Lund. By the time he was nine, he’d secured a loan from his dad and built a chicken coop with him, and took a class through the Farmer’s Institute to start an egg business. With 75 layers, he supplied much of his neighbourhood (with the money he earned, he bought one of Lund’s first computers.)

In his 20s, he WWOOFed his way around Europe, including time on an organic farm in Andorra, and attended the first global ecovillage network meeting at the famous Scottish beacon, Findhorn.

“Even when I was doing desk jobs, I always had a big garden at home,” he said.

Now, his biggest endeavor, Terra Nostra Farm, is in its ninth year.

He’s far from done experimenting. Electric tractors are nearly on the market; he’d love to get one. He aims to boot plastics and all oil-based products off his farm over time - including that black, hole-y landscape fabric and plastic bags.

“How do you make a million dollars as a farmer?” he asks. How? “You start with two million.”

It’s an old joke that tells a couple of critical truths, the most important being, small-scale farmers are in it for the mission and meaning.

“We eat better than anyone else,” said Aaron. “It’s such hard work. But it’s very rewarding.” 🍅



REGENERATE YOUR DIET: One of Aaron Mazurek’s favourite vegetables, cabbage, is still good six months after harvest and beyond.

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Salish Sea Spirits docks at the Beach Gardens

Distillery tasting room featuring honey-based vodka and gin opening this June

By Pieta Woolley | pieta@prliving.ca

Bull kelp and oyster shells: these are the flavours infused into Salish Sea Spirits' Coastal Gin. The inspiration was a conversation distillery owner Jack Barr and his daughter, Stephanie Scott, had with a Whistler hotelier. To serve his European clients, the hotelier was looking for a signature British Columbia product.

They handed this request over to his distiller, the award-winning Lora Goodwin who co-founded Kootenay Country Craft Distillery. Her response: kelp and shell. The bull kelp comes from Vancouver Island. Lora collects the oyster shells herself, off quiet beaches. Tasting it, a friend of Jack's remarked that it's like imbibing "a splash of ocean."

"I'm continuously promoting the coast," said Jack, as his year-old granddaughter Rookie toddled around Salish Sea Spirits nearly-finished tasting room at the Beach Gardens. Rookie is a fifth-generation Sunshine Coaster. "I have salt in my veins."

Coastal Gin is one of five products Salish Sea Spirits has on the market right now; others are the brand's signature



STILL STANDING: Top, distiller Lora Goodwin with the Cage & Sons still. Above, Salish Sea's vodka and gin.

vodka, signature gin with juniper, coriander, licorice, angelica, lemon and orrize, kola vodka with real kola nuts and a blackberry gin, made from berries collected on a three-quarter acre plot of wild land across from the Beach Gardens. They are also planning on growing many of their botanicals and other plants for flavouring.

All of Salish Sea's products are gluten-free, as they're made from honey rather than grain. First, Lora makes mead, and then that mead is distilled into gin and vodka, and soon, whiskey. The team is currently looking for local

honey to add to the mix.

The qathet-based business began in 2016, under a group of local owners, manufactured at Lora's still. Jack acquired the other owners' interests in early 2021, and moved the operations to the Beach Gardens property – including Lora and her remarkable Alberta-made, artisan Cage & Sons still.

The team – Jack, Lora and Stephanie, who will be managing the front-of-house – are leaning in to locally-sourced ingredients, as the distillery gets ready for its next manifestation.

The Salish Sea Spirits tasting room is expected to open the first week of June. The nautical-themed lounge is in a stand-alone building at the Beach Gardens (locals will remember it was the original beer & wine store there, and most recently, the gym, which has been moved to the lodge). Echoing the copper and stainless still, which features submarine-like windows, are copper-pipe shelves. Chandeliers hang into the industrial-chic space, which Stephanie's husband, Cody, has had a hand in bringing to life.

The tasting room will also offer signature syrups for cocktails and non-alcoholic beverages. So far, they are elderflower – which Lora is planting this year - root beer with burdock root, and hibiscus-cardamom.

The team plans to produce much more product starting this year. As a BC 'craft' distiller, Salish Sea Spirits can produce up to 50,000 litres of spirit in a year; about 15,000 a year is being produced so far.

They're also planning a line of canned, ready-to-drink cocktails.

Ultimately, the tasting room and distillery will be housed inside a redeveloped Beach Gardens Lodge, plans for which are in the works.

You can currently find Salish Sea Spirits locally at Beach Gardens Beer & Wine, Westview Beer & Wine and Duke's as well as Seaside Restaurant, TC's Pub and Gardens Court Restaurant. Check the website for other locations around BC. 🍷



TASTEFUL BY DESIGN: Top, Salish Sea Spirits' owner Jack Barr with tasting room front-of-house manager Stephanie Scott. The murals are by Squamish-based artist KUPS. Above, the tasting room at the Beach Gardens.

Companion planting

Roses love sunshine like carrots love tomatoes

By Isabelle Southcott | isabelle@prliving.ca

Even plants have friends and when two plants are grown near each other and one or both of those plants benefit, it is called companion planting. This tried-and-tested way reduces pests, attracts pollinators, and boosts growth.

Wendy Devlin has been growing vegetables for 50 years and during that time she's discovered what does and doesn't work for her.

"When I first started gardening, I was interested in vegetables. There was no internet, I read books and went to the library. I read everything I could get my hands on."

She soon learned that bugs like to eat everything we like to eat.

She read a book about companion planting called *Carrots Love Tomatoes* by Louise Riotte and was intrigued that plants can influence each other positively or negatively.

There are many different lists available in print and now online of what plants you should plant together and what ones not to so Wendy experimented over the years. She planted in rows, with some plants close to each other and had minimal success as the bugs would still come and eat what we eat.

It looks beautiful, she said, as companion plants are often flowers such as marigolds and nasturtiums and calendula.

Along the way Wendy became a seed saver and began growing more plants that feed the insects of the plants we like to eat. She let those plants – like carrots and fennel – go to seed.

Wendy discovered that enticing beneficial insects to the garden impacts the number of pests we have. "Enticing beneficial insects like lady-bugs, lacy-wings and tiny parasitic wasps that feed on pests was my big breakthrough," she said noting that this is what worked for her through trial and error.

"Now instead of saying companion planting, we say intercropping or interplanting."

According to gardeningknowhow.com, intercropping or interplanting is a valuable tool where you interplant flowers and vegetables together. It allows small space gardeners to grow many different kinds of crops, minimizes open spaces that encourages competitive weeds to grow, enhances soil fertility and promotes cooperation among different species to enhance the health of all plants.

Wendy kept reading and learning and discovered the benefits of interplanting. "If you sow plants like nastur-



PARTNERS IN PURPLE: Chives benefit companion plants like fruit trees, carrots and tomatoes. They provide various advantages such as pollination support, pest control, and aesthetic appeal.

tiums that attracts pests like aphids, these plants can serve as 'trap' plants luring aphids away from other crops. Then you hose off the aphids or pull up the trap plant and discard aphids and all."

Wendy also says mulch increases the microorganisms in the soil and plants grow better. "I mulch with weeds and compost in place (Hügelkultur). I also plant a lot of clover to attract pollinators."

Wendy encourages people to "try things, read things, but let your own experience guide you."

And of course, there are lists of what to plant together on the internet such as tomatoes and basil (not scientifically proven to benefit each other but go well together in a sandwich). Basil repels pests such as thrips and disorients moths, which lay tomato hornworms.

According to almanac.com, aphids can harm your crop, but aphids can't stand garlic. Plant garlic as a barrier to keep crops less vulnerable to pest attack. Grow potatoes between rows of garlic for protection.

Nasturtium flowers grown close to kale, cabbage, broccoli, and any brassica crops will lure hungry caterpillars away from eating your crops. 🍷



FILL UP YOUR SENSES: Clockwise from top left, flowers from Myrtle Point Heritage Farm, asparagus from Andtbaka Farm, Brut Charcuterie, zucchini and assorted produce from Blueberry Commons.

Make & Market with Hatch & Hype

By Juhli Jobi | powellriverfarmersmarket@gmail.com

The Hatch and Hype program, sponsored by BC Farmers' Markets is making its debut at the Powell River Farmers' Market for the 2024 summer season. This program focuses on "hatching" new food and farm vendors and "hying" new products from existing food and farm vendors. The program provides some basic print and online marketing support as well as in-person promotion at the Farmers' Market.

It will provide the community with a deeper understanding of what farm and food vendors do to make their business successful and maybe even share some of their secrets.

If you are a local farm or food vendor and you'd like to participate, consider signing up to be a vendor at the farmers' market. Existing food and farm vendors will already be included in this program. Vendor registration can be found at powellriverfarmersmarket.blogspot.com 🍎



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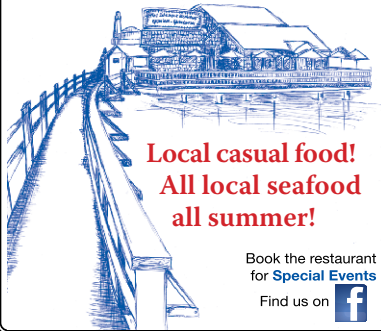
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U-CAN PICK YOUR FRIEND'S BEETS: Wildwood's own Blueberry Commons might be the only veggie u-pick in BC.

New! U-Pick Veggies in Wildwood

By Ron Berezan

There is nothing fresher or more delicious than a carrot just lifted from the ground, a strawberry just plucked from the plant, or a tomato just cut from the vine! Blueberry Commons is now offering U-Pick organic berries, vegetables and herbs – more than 40 products – throughout the growing season.

U-pick farms offer the customer the opportunity to get closer to the source of their food, to experience the life of a farm, and to select exactly the produce they want when they want it. Adult pickers pay a small fee of \$5 or can purchase a \$25 season picking pass while children pick for free! Produce prices are set at a slightly lower cost than when buying at a farm stand or at the market.

U-pick hours will be Mon/Wed/Sat from 9 am to noon and Thursdays from 1 to 7 pm. Picking with friends or family can make a great summer outing and groups are welcome to come and pick together. U-pick farms can also be a great way to stock up on

bulk produce (pickles anyone?) to put up for the winter!

Blueberry Commons will also continue to sell at the market and to operate their daily farm stand at the end of King Avenue in Wildwood. More details at blueberrycommons.ca/shop.



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QATHET U-PICKS

For more details, see the farm list starting on Page 16.

Blueberry Commons • Wildwood

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Pumpkin Patch.

Ed's U-Pick • Lang Bay

Blueberries

Merry Berry Blueberries

• Manson Ave

Blueberries

Rusty Gate Berry Farm

• Black Point

Blueberries

Family Farm B&B • South of Town

Pumpkin Patch and farm tours

Windfall Farm • North of Town

Pumpkin Patch

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 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

Savary Island Market

When • Tuesdays 11-1:30 pm and Saturdays 1 to 4 pm in July and August

Where • Hacienda - 2778 Brian's Way at Vancouver Boulevard. Across from the church.

What to expect • Fruit, vegetables, local art, wine, spices. Hot food vendors, including fish n chips on Saturdays.

Contact person • Margaret Hunt, 604-832-0833

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.

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, Brut Charcuterie, and local makers.

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

Springtime Garden Centre Markets

When • Spring Into Summer Market Saturday June 22 + Sunday June 23, 11-3; Fall into Autumn Market Saturday October 12 + Sunday October 13, 11-3; Winter Market Saturday December 7 + Sunday December 8, 11-3

Where • 5300 Yukon Ave

What to expect • Local makers' market, plants and flowers, hot food + treats, coffee truck, beer garden, al fresco dining area, childrens' creation station. community fundraiser.

Contact Person • Nicole Quigley, springtimegcevents@gmail.com

Lang Bay Hall markets

When • Jan - Nov. the third Saturday of the month (except Aug 24, Sept 28 & Oct 12) from 10 am - 1 pm

Where • 11090 Hwy 101

What to expect • Crafts, local produce, canning, woodwork, collectibles, Malaspina Mat Works, plants, food stand, prepared food, arts, baked goods, and so much more.

Contact person • Kathy Maitland 604-483-1440 kmait@hotmail.com market coordinator. 🍎

Farm Gate Tour

There are 16 stops selling berries, greens, eggs, meat, fish, honey and much more.

How many will you visit this summer?

Near Lund:

Andtbaka Farm & Farmer's Gate

Wildwood:

- Coming Home Farm
- Blueberry Commons
- Calico Meadows Farm

Padgett Road

- Do Little Farm
- Hammil Hill Farm
- Glade Gardens Farm
- 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

Texada

- Welcome Harvest Farm





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.

4. GG's Good Greens

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Lori Brouwer • 604-223-8608
ggsgoodgreens@gmail.com
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5. Bushmans Farm

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Darren Solowan • 604-483-3700
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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. Windfall Farm

5760 Taku Street
Lisa & Mike Daniels
604-414-9879
windfallfarmpr@gmail.com
windfallfarm.ca
Contact for farm gate sales.
Garlic. Beef, pork, lamb and chicken.

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. Farm gate store Sun & Mon 10-6.

9. Coming Home Farm

6603 McMahon Avenue
Aaron Ash & Lisa Hau
604-722-2504 @cominghomefarm
cominghomefarm@gmail.com
cominghomefarm.ca & lisahau.com
Farm store offers seasonal salad mixes, vegetables, fruits, herbs, eggs, and a selection of artisan goods.

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 via email in August and September.

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" on Facebook
Registered Nigerian dwarf goats, kunekune pigs, chicks, and hatching eggs.



14. Blueberry Commons

6619 King Avenue
604-223-4800
info@blueberrycommons.ca
blueberrycommons.ca

Certified organic farm grows over 40 fruits vegetables and herbs including: blueberries, strawberries, figs, cherries, apples, pears, corn, melons, squash, onions, garlic, dill, basil, cucumbers, carrots, lettuce, kale, chard, leeks, sweet potatoes, tomatoes, peppers, cabbage, snap peas, snow peas, beans, zucchini, asparagus, beets, and more. Farm Stand is open every day from 10 am to 7 pm at the very end of King Avenue in Wildwood. Farm bonds and U-pick.

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.

16. All the Mushrooms

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

Mushroom kits, sawdust and grain spawn, pre-sterilized materials for growing, mushroom cultures, and tinctures/extracts. Classes and consulting.

17. Cranberry Farm

6650 Cranberry Street
Carol Battaglio & Eva van Loon
604-578-1199 • 604-483-4940
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, bees-wax 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 & Becky Steiger
604-483-9733
mountain-ash-farms@shaw.ca

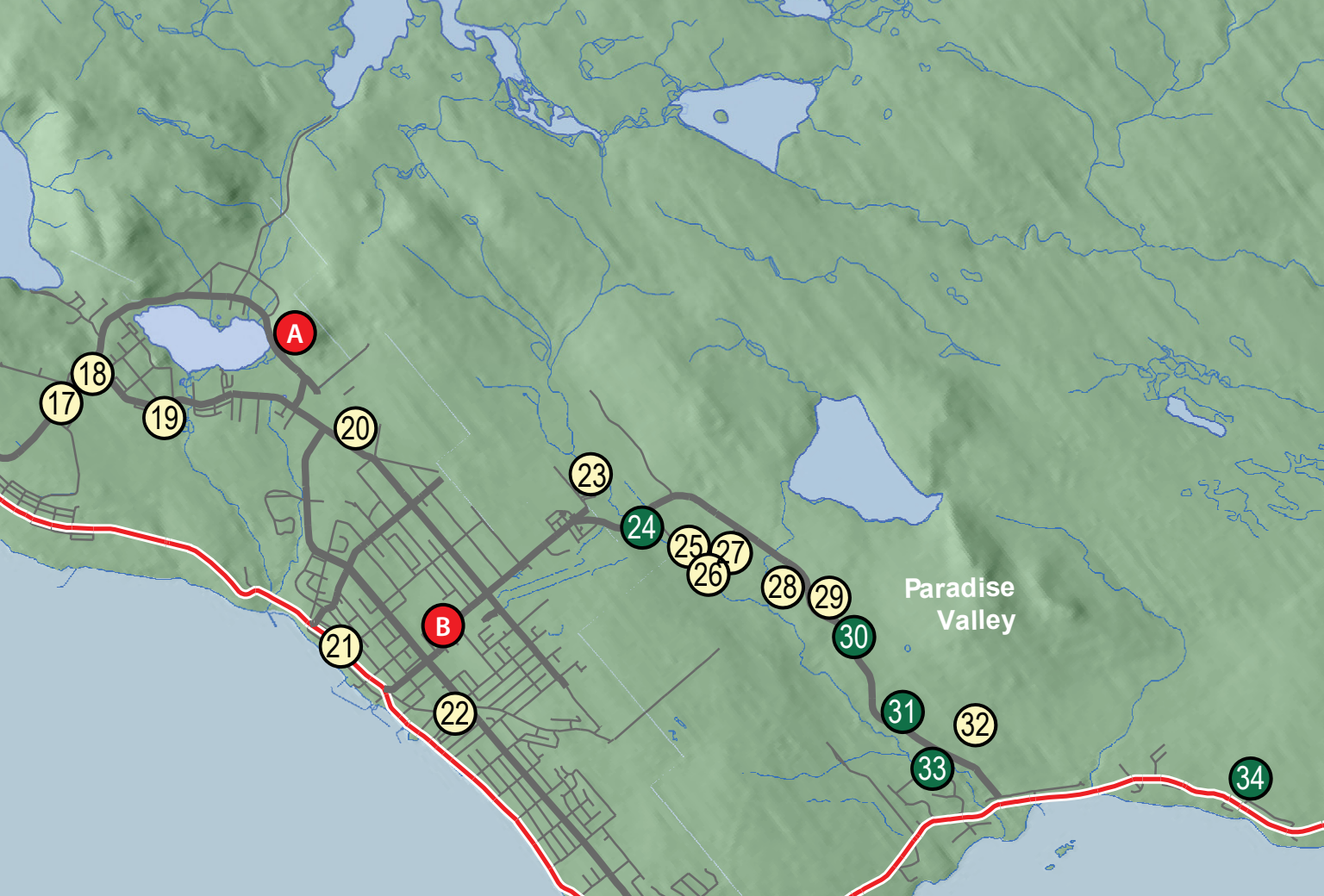
fb.com/elainethebasketcase Preserves, mostly from fruit and veggies grown in Elaine's large garden. Very large selection – from jams, jellies, syrups, shrubs, concentrates to savory chutneys, pickles, relishes, salsas, barbecue and hot sauces, pepper jellies, and flavored vinegars. Available at The Nutcracker Market on Marine and select items at Andtbaka Farm. Llamas for birthday parties, photo sessions, 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.

21. Westview Urban Farm

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



22. Juniper Gardens

6963 Egmont Street
 Jennifer Burry
 @juniper.gardens
Landscaper, turned florist, now micro-farmer, Jen creates long-lasting, locally-grown bouquets. Sold weekly at Terra Nostra Farm (available anytime at the floral stand outside the farm store; restocked Tuesdays and Fridays) and 32 Lakes Café, during store hours (restocked Thursdays).

23. Claridge Eggs

4593 Claridge Road
 Laurette Hamoline
 604-414-3994
 hamolinelaurette@gmail.com
Farm fresh eggs.

24. Do Little Farm

4347 Padgett Road
 Rosie Temple & Greg Rebane
 604-485-6961
 fb.com/dolittlefarmpowellriver
 r_temple@telus.net
Chicken, pork, lamb. Composted and fresh manure. Farm gate open weekends. Best to call if open sign is not out.

25. 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.

26. 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.

27. 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.

28. Paradise Valley Produce

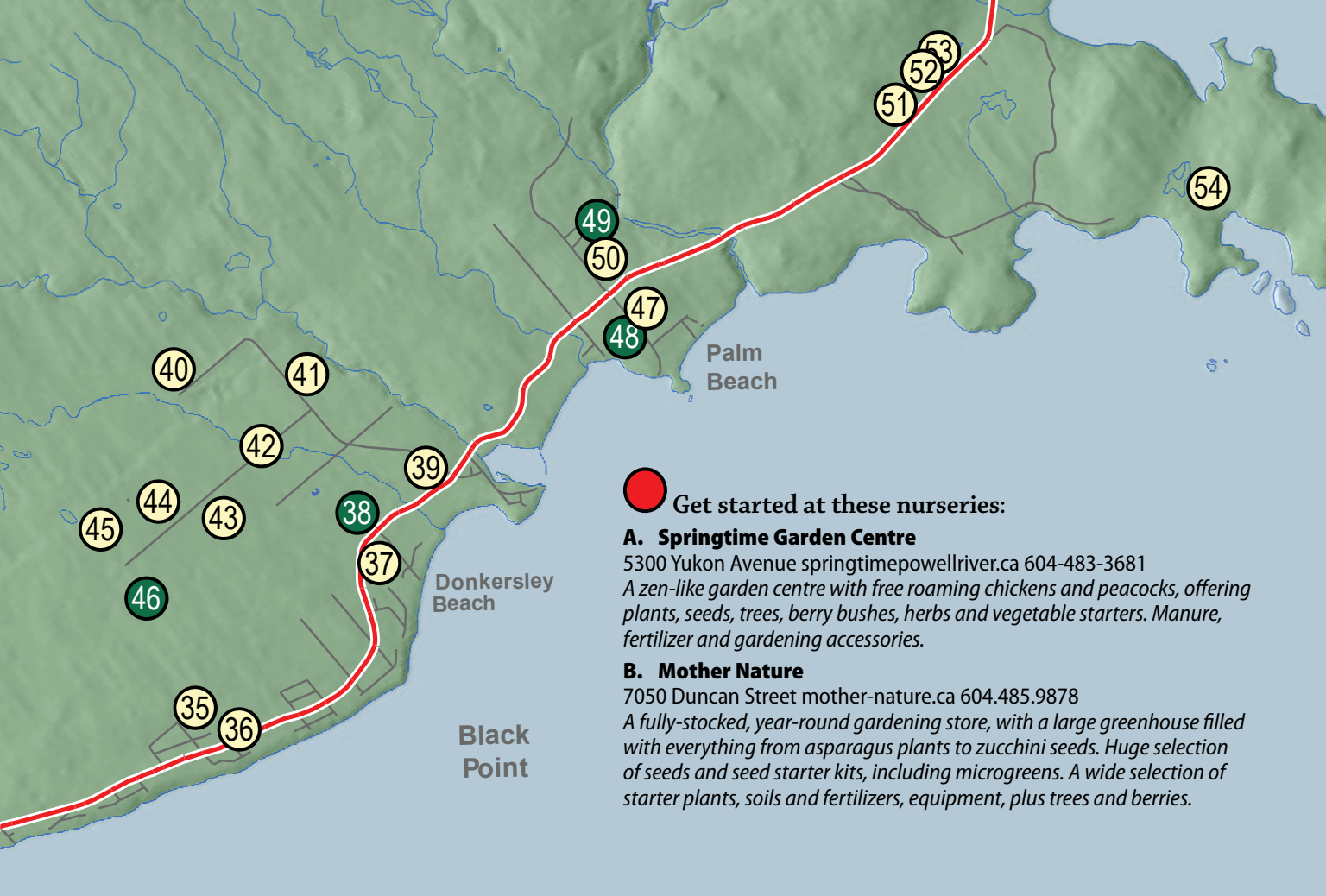
3959B Padgett Road
 Rachael and Dane Sherstad
 info.paradisevalleyproduce@gmail.com
 paradisevalleyproduce.ca
Certified organic mixed vegetables. Available at Townsite Fruit & Veg, Save On Foods, 32 Lakes Cafe Saturday market, and Sechelt Farmers' Market. CSA is customizable and allows vacation holds.

29. Hammer Valley Ranch

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

30. 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.



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.

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.

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. .

33. 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.

34. Myrtle Point Heritage Farm

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

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.

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
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.

39. Eternal Seed

2309 Zilinsky Road
Ellen & Gary De Casmaker
604-487-1304 eternalseed.ca
gmofreeseed@gmail.com
Seeds, vegetables, and plant starts from locally grown heirloom seed as well as gluten-free baking. Find them at the Saturday and Sunday markets.

40. 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.

41. Gathered Farm

2802 Zilinsky Road
Alexander McNaughton
& Mackenzie Alsager
778-971-6625
@gatheredfarm gatheredfarm.com
gatheredfarm@gmail.com
Fruit, vegetables, and flowers. Available at Pacific Point Market on Wednesdays 2-5 pm and at 32 Lakes Café market Saturdays 9-2 pm, June-September. Farm store now open 7 days a week on the farm. 20-week box subscription available, sign up online.

42. Coast Berry Farm

10084 Nassichuk Road
The Duyvesteyn Family
604-414-5390
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 truck at the Seawalk in season. You can also find Coast Berry frozen berries at Save-On Foods, Quality Foods, and The Chopping Block.

43. 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 heritage poultry hatching eggs, chicks, ducklings, piglets, and colourful eggs from chickens on pasture. Pork also available occasionally. Registered Nigerian Dwarf goats as well as Registered Oberhasli goats. B&B is open year round. Farm tours year-round by appointment. Yearly Easter hunt and Pumpkin patch events, as well as petting zoos.

44. 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.

45. Red Well Farm

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

46. 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. Call or follow @rustygateberryfarm for opening times.

47. 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.

48. 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.

49. Silver Wood Acres

11233 Tiller Road
Tia and Keith Wood
250-808-6906
silverwoodacres@gmail.com
Chicken eggs, duck eggs, honey. At farm gate, or find Silver Wood Acres eggs at 4865 Bowness.

50. 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.

51. Stillwater Farm

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

52. 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.

53. Willow Hollow Tree Farm

12460 Highway 101
Jason Robinson & Allison White
fb.com/willowhollowtreefarm
Christmas trees in season.

54. 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. 🍎

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



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 110, one of BC's oldest generational farms. Beef, 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. K&S Greens N Things

Sheila & Kevin Corman
5120 Leaper Road. Halfway between Van Anda and Gillies Bay.
604-486-1022
ksgreensnthings@gmail.com
Preserves, seasonings, greenhouse vegetables, strawberries and more. Farmstead storefront.

5. Woodlot Mushrooms

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

6. Welcome Harvest Farm

2001 Crescent Bay Road
Dave & Branka Murphy
welcomeharvestfarm.com
604-486-7137 bbmu@protonmail.com
Organic vegetables and blueberries, breeder of Nubian/Boer goats and Morgan horses. Manufacture 100% natural and organic fertilizers. Welcomes farm stays and visits. Products available at the farm gate, Powell River and Texada markets.



Ruby's Pudding

By the de Villiers Family

It was a bitterly cold night in February. We were anticipating the birth of Beckie's first calf.

After about two weeks overdue, we thought maybe the artificial insemination was unsuccessful. One cold morning, outside doing farm chores, we discovered a new calf stuck in the mud, wet and shivering from the cold. She must have arrived through the early morning hours at about -9 outside.

Through the night, she got stuck in the mud. We quickly brought her inside the barn and put her under lights for heat. Later, we realized she

was not nursing; her little nose was ice cold, and she couldn't stop shivering.

With a household of five women, the nurturing instinct took over, and before we knew it, little Pudding was in the bathtub with eight little hands rubbing, scrubbing and massaging the soft little body.

After she was blow-dried and made snug and warm, to our amazement, one of our English Cocker Spaniels, Ruby, was super excited about this Big Puppy. Immediately, her nurturing instinct took over, and she started licking and cuddling with Pudding.

What a sight, little pitch-black Ruby and her BIG light brown Pup! Memories were made that day that will forever be etched in our lives! 🍓

CSAs, Bonds & Boxes



**Certified Organic U-Pick Berries,
Veggies and Herbs**

JUNE TO OCTOBER
MON/WED/SAT 9-NOON • THURS 2-7PM

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Family Friendly · Farm Fresh · Local Abundance

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STAND
OPEN
DAILY**



6619 King Ave
(end of King)



Expect the best from our:
LOCAL produce
LOCAL beef
LOCAL pork
LOCAL chicken
LOCAL seafood
ALL IN ONE STOP!

LOCAL OWNERS
LOCAL STAFF
LOCAL GOODNESS



4741 Marine Avenue 604 485-4838

Terra Nostra organic 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 five or six 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 eight or nine 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, sweetcorn, melons, broccoli, cauliflower and beans. Farm-Box, is a medium sized box, with a selection of six or seven 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, terranostrafarmstore@gmail.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

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

Blueberry Commons organics

Farm Bonds • \$50 each and give you \$55 of value at our farm stand, U-pick and Farmer's Market

What we grow: Blueberry Commons is a certified organic farm that grows over 40 fruits vegetables and herbs including: blueberries, strawberries, figs, cherries, apples, pears, corn, melons, squash, onions, garlic, dill, basil, cucumbers, carrots, lettuce, kale, chard, leeks, sweet potatoes, tomatoes hot and sweet peppers, cabbage, snap peas, snow peas, beans, zucchini, asparagus, beets, and more!

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

Townsite Fruit and Veg Food Box Program

Frequency • Daily delivery & pick-up

Cost • \$60 for the organic Veggie Box, \$35 for La Petite Veggie Box, \$80 for the XL 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.company.site, townsitefruitnveg@gmail.com 🍎



ANCIENT AQUACULTURE: Above, a drone image at Klahanie at low tide reveals the chevron design of Tla'amin Nation's efficient fishing traps - and canoe launches. Right, archive images of gathering herring roe on cedar boughs, and fishing from a dugout canoe near the fish traps. Below, Tla'amin's Manager of Lands and Resources, Denise Smith. *Photos courtesy of Tla'amin Nation*

Food has always been at the heart of Tla'amin

By Pieta Woolley | pieta@prliving.ca

At the Lookout over the seawall on Marine Avenue, Denise Smith points into the waves. “See that white line?” she says. “That’s where the clam beds were. The whole community worked together to build ledges where the clams would grow.”

“You can also see where they cleaned away the rocks to launch their canoes.”

Denise, Tla'amin Nation's Manager of Lands and Resources, explained that food has always been at the centre of her community's life: producing it, harvesting it, and sharing it. Before contact, she noted, Tla'amin people followed the food all summer in small groups, camping out across the region and beyond as they hunted, fished and

preserved. In the winter they gathered at tisk^wat. She remembers her own mother gathering clams, then drying them in the smokehouse. Her father gathered seagull eggs for the family at Mitlenatch Island – he knew when to go because the salmonberry flowers bloomed.

The fish traps served as clam beds, and helped them catch crustaceans and fish. Freddie Louie recounts his grandmother beating on the barnacles and setting her net out to trap fish that came in to feed on the barnacles.

“There were 20,000 people who lived here and we never ran out of resources,” said Denise. “We knew to leave enough behind. We had respect.”

In her role with the Nation, Denise is leading a movement aimed at



Let's Talk Food



VANCOUVER ISLAND UNIVERSITY

tiwšɛmawtx^w

Food Systems CONVERSATIONS

How can we foster food security and strengthen local food systems?

Mark Your Calendar!
YOU'RE INVITED:

Saturday
June 8, 2024

Location:
VIU tiwšɛmawtx^w
100 - 7085 Nootka Street

Open and Free to all!

Email to sign up
for event details:
kate@emergecollab.com
elyse.freeborn@viu.ca



bringing traditional food gathering, preserving and sharing back to the centre of the culture. It's a challenge. Residential schools interrupted generational knowledge sharing, she said. Gathering food is a lot of work - most of it unpaid. The convenience of grocery stores has changed modern habits and tastes.

But it's so worth it.

"It's really important that young people know how to harvest and take care of the resources," Denise said.

With bare shelves during COVID, she said, it was a moment when everyone was asking whether they could feed themselves if our systems collapse. Heat domes, climate change and pollution add more complication.

"It's not just gathering, it's sharing. People need to get back to communal living with their neighbours."

Tla'amin elders, she said, know how to survive and thrive here. The knowledge is ancient. Some of the clam gardens and fishing traps, Denise said, have been dated to at least 3,500 years old.


The modern iteration of that knowledge includes the Nation's aquaculture tenures in Okeover and commercial fishing operation, the salmon hatchery at tishosum and community food fish program and smokehouse.

It also includes the collaboration with qathet School District and Vancouver Island University on the Traditional Skill Builders nine-week program. It's a chance for teens to learn to fish and hunt, process fish and animals, and, most importantly, to share what they gather at community lunches.

There are, of course, individual Tla'amin members who practice traditional food gathering on their own. Denise calls them "super-hunters," and recruits them to teach others.

The Nation is also considering a geoduck operation at Harwood Island, and getting involved in growing kelp forests.


"I'd love it if we started growing clam gardens again." 🍓

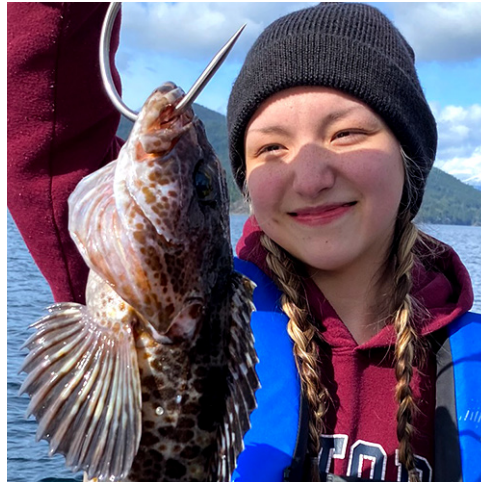
LOCAL, HEALTHY SUSTAINABLE, AND OH SO DELICIOUS

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 truck conveniently located at the Seawalk. Follow our socials for updates.



10084 Nassichuk Road • 604-414-5390
facebook.com/coastberrycompany
COASTBERRYCOMPANY.COM



TRADITIONAL KNOWLEDGE FOR THE FUTURE: Top left, Shawn Louie and Craig Galligos gathering herring roe on cedar boughs (see previous page, too). Above, students in the Tla'amin-qathet School District-VIU Traditional Skill Builders (TSB) program learn to catch seafood. Below right, in the community smokehouse, putting up salmon. The late Charlie Bob with salmon fillets. Below left, students from the TSB program learn to butcher an elk. *Photos courtesy of Tla'amin Nation*



Absence of an abattoir, again

For decades, qathet's agricultural community has struggled with a lack of abattoir services – processing and wrapping meat. It's a key service in the provision of local food. At one time, the problem was regulatory. That was solved, but it's still complicated by other hiccups.

One year ago, Valdi Homestead's Alex Valderrabano and Vanessa Adams were on the verge of opening their abattoir. Soon, they'd put their entire south-of-town operation on the market. But things have shifted again.

"We are staying, the farm is off the market, however we are shutting down the abattoir service due to a mix of high insurance cost and inconsistent demand," said Alex.

Vanessa trained with Pan Hanson, who for many years operated the region's only licensed abattoir at Andtbaka Farm. The farm still offers custom cut and wrap of domestic and game animals. However, Pat has mostly retired from running the abattoir, and now processes her own animals and those of a very few long-time customers – and not very many.

"I am willing to rent my facilities along with my experienced worker who does the killing and runs the machinery," said Pat, who is very strict regarding safety and animal welfare. "I can offer a teaching session if people are interested."

Creekside Farm Custom Meats offers a complete cut and wrap service along with cooling and smoking for both farm and game animals (but no poultry) and have many local clients.

There are two other abattoirs in the process of getting set up, but so far, none are operational.

No sidestripe shrimp once again

In their heyday, these plump local

shrimp were a regularly-available, tasty alternative to spot prawns, with a lower price tag and much longer commercial season. Sadly, they've been off the table since 2019.

Shane Reid, whose business Double Odds Fishing was once a year-round operation with a sidestripe and pink shrimp catch from June til March, hasn't been able to catch either for years now. Pinks are processed and sold mostly in Vancouver at large grocery stores; sidestripes he sold mostly here in qathet. The fishery for both species has been closed since 2019.

Canada's department of Fisheries and Oceans explains why, in an email to *qathet Living*:

"Conservation is Fisheries and Oceans Canada's (DFO) first priority in its management of fisheries...

"Pacific Fishery Management Areas 13 and 15 (close to Powell River) have been closed to the commercial shrimp trawl fishery since 2018 because the population has been too low to support a commercial fishery opening. The 2023 survey of Sidestripe Shrimp in Areas 13 and 15 indicated the Sidestripe Shrimp population was still too low to support a commercial fishery opening. DFO plans to maintain the commercial closure until the estimated shrimp population is high enough to support a commercial fishery."

Reid's top priority is conservation as well, of course. But he is frustrated by DFO's methodology for determining the size of the population – which is just one net-drop per year.

"I know it's not feasible to do multiple surveys because it's expensive and the boat is busy," said Shane. "But there's huge room for error. I've had a lot of conversations with DFO about it. It's their policy and they're not going to change it.

"So my boat spends a lot of time tied to the dock."

Shane still catches spot prawns, the vast majority of which are exported; the season opens May 15.



Garden Swap is now free, and broader

Last year, former film industry construction coordinator Baron Shaver launched an app called "Garden Swap." The idea was to put local communities of growers together and provide a platform for them to trade produce and other farm goods with their neighbours. For example, I have five pounds of extra rhubarb... who will trade with me?

Since the launch, the app has taken off.

"It's at about 3,500 users now, with a couple of hundred in Powell River," said Baron. "It's pretty much used from Lund to Saltery Bay and all over Canada and the USA. Everybody was interested in checking it out."

This year, he has made some changes. The biggest is, it's now completely free, and access is immediate. Last year's app was free at first but would start charging \$1 a month. Now, that's gone, and Baron is hoping to cover costs instead with running local ads in the app's social feed. No longer is it just for swapping produce, but also flowers, manure, old pots, tools or anything gardening-related.

The social feed itself is new. He has also decluttered the look, and made it easier to use overall. That includes shortening the "local" range to just 50 kilometres. In fact, Baron said, the app now just has a much more local feel to it.

"I was surprised to see it get into the thousands of users," said Baron. "The

end goal for me is for everyone to be more self-sufficient. To avoid spending so much at grocery stores. We thought it was a great idea to bring communities back together.”

Find the app at gardenswap.ca.

Save the Date: Food System Un-Conference on June 8

How might we strengthen our food systems? That’s the calling question for an Un-Conference event on Saturday June 8 in collaboration with VIU *tiwš&mawtx*[™] Campus.

If you are passionate about taking action on any aspect of the food system: growing, processing, distributing, sharing, eating!, and more... you’ll find others of like mind and heart at this gathering.

This is also for you if you have knowledge to share, or if you’d love to strengthen local food systems but haven’t yet found a way to plug in.

An “open space” Un-Conference doesn’t have pre-set workshop sessions. Rather the topics for conversations come from (some of) the people attending. Perhaps you!

For more info or to help with organizing, contact Kate, kate@emergcollab.com.

Meanwhile, mark your calendar! Together we can strengthen the local food system by connecting more dots!

- *Kate Sutherland and Elyse Freeborn*

Growing More Food (and Community) in your Neighbourhood

Have an interest in local food? Want to grow more community in your neighbourhood? Then perhaps the Two Block Diet approach is for you.

Join co-founder Kate Sutherland in collaboration with Amber Gould of Skookum for a workshop on May 16,



YOUR REVOLUTION LEADERSHIP: The new Skookum Food Provisioners board is, from left to right, Amber Gould, Erin Lurkin, Julia Rose, Chelsea Friese, Jacqueline Huddleston, Erica Govier, and, not pictured, Adriana Virtue.

from 6:30 to 8:30 pm.

You’ll hear stories from the first Two Block Diet group. We’ll explore how to invite people, what a first meeting might look like, the power of work parties, and helpful guiding principles for unleashing wonderful things with near neighbours.

More info/registration here: simpli.events/e/2BlockDiet or email kate@emergcollab.com

- *Kate Sutherland*

Blackberry’s Back, alright!

This year’s Blackberry Festival Street Party, will be hosted by the Powell River Chamber of Commerce and the Rotary Club of Powell River, rather than the usual host, Marine Avenue Business Association.

Mark your calendars for Friday, August 16, from 6 pm to 10 pm.

This beloved event, Powell River’s biggest party of the year, pays homage to both the delicious and invasive blackberry.

“The Blackberry Festival Street

Party is more than just a celebration of a fruit; it’s a celebration of our community spirit,” said Dave Formosa, president of the Powell River Chamber of Commerce. “It’s a time for us to come together, enjoy each other’s company, and create lasting memories.”

Attendees can expect a feast for the senses, with live music, artisan and food vendors, and, of course, an array of blackberry-themed treats, including pies, jams, and refreshing beverages. And fireworks.

For more information, please email: prblackberryfestival@gmail.com

Fun facts from the City of Powell River’s animal control by-law

1. No person shall permit a horse to gallop on a highway
2. No person shall ride, walk, or otherwise use a horse between the hours from dusk to dawn
3. Fernwood Ave permits horses on the street. 🍷

Guard the Harvest

Strategies to prevent property loss from wildfires on farms



By Marc Albert

With wildfire season approaching, taking action before the threat of a wildfire arrives can help reduce asset loss and increase the safety of those living and working on your property, and assist emergency responders, making it easier and safer to protect your farming operation. This article will look at how wildfires spread and how to reduce risk.

Risk from wildfires origi-

nates from three forms of ignition: embers, radiant heat and direct flame.

Embers

Embers have been known to travel several kilometres and can ignite fine fuels such as grass, branches, and needles adjacent to or on buildings, this is the primary way fires spread to structures.

Hardening important structures to embers is critical. This means closing in areas from embers, like



THINK COMBUSTION: Embers and radiant heat can easily ignite dry fuels on your property. qathet Regional District FireSmart Coordinator Marc Albert urges farmers to manage potential fuels.





Open sided barns also risk ember ignition. Minimize risk by maintaining a non-combustible floor like concrete, gravel, or dirt, minimizing unnecessary stored combustibles or enclosing the area with doors or heavy tarps. The sawdust in the barn in the middle photo ast left is a fine fuel that could easily ignite. Since hay is highly combustible, storing in or near high priority structures is risky.

Radiant Heat

Radiant heat can ignite combustible and flammable materials if a fire gets close enough (within 10 meters) to those materials and burns hot enough and for long enough.

Radiant heat fire spread happens when a fire is close enough to spread directly to another fuel source.

Fire in a pile of lumber within 10m a structure (such as that in the photo at left) could spread to it without any direct flame contact.

Exterior sidings that can withstand radiant heat include metal siding or hardy plank.

Direct Flames

Direct flames can ignite combustible material in its path and then continue burning along fuels.

Visualize the pathways fire could take; long grass growing in a wooden fence leading directly to a barn.

Within 1.5m of the barn, replacing that first section of fence with a non-combustible material, and eliminating the ground fuels in that perimeter would eliminate the path of fire to structures as well as eliminate the capacity for embers to ignite when landing in that zone. Concrete, gravel or even bare dirt is ideal.

Define priority areas and focus on those first. Harden structures from embers, radiant heat, and direct flame, then create a 10-meter defensible space by reducing sources of radiant heat and removing pathways for direct flames.

Marc Albert is the qathet Regional District FireSmart Coordinator 🍅

ASSESS YOUR FARM'S FIRE RISK

Request a free Fire Smart assessment by contacting Marc at firesmart.qrd@gmail.com. Visit firesmartbc.ca or climateagriculturebc.ca for info.

skirting crawl spaces with metal siding, closing in eaves with metal soffits and closing other vents or openings with three-millimeter mesh, or hanging plastic over large openings as a temporary measure.

Reducing risk from ember ignition also means mitigating ember traps. Identify priority areas on your operation and start by reducing ember traps there. This might include clearing away or moving combustibles to safer locations (over 10m away from critical structures). These fence panels (see photo, bottom left) are examples of an ember trap. Blown in embers can smoulder for hours, leading to the loss of your structure long after the fire front has passed.



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qathet's 2024 Food & Ag Events

Invasive Plant Drop-Off

May 1 to 31, 10 am to 4 pm,

Mon/Wed/Fri

Sunshine Disposal

Medicinal Plants of qathet

May 3, 7 pm

Powell River Public Library

Hospice Garden Fundraiser

May 4, 1 to 3 pm

Patricia Theatre

Garden Club Plant Sale

May 5, noon til 2:30 pm

Curling Club

United Church May Market

May 11, 9 til 1 pm

United Church on Crofton

Lang Bay Plant Sale

May 11, noon til 2 pm

Lang Bay Hall gardens

St. David & St. Paul Plant Sale

May 11, 10 til Noon.

6310 Sycamore

Lund Flea Market & Plant Sale

May 11, 10 am to 2 pm

Proceeds to

Lund Puddle Jumpers

Terra Nostra Farm Annual Plant Sale

May 12, noon til 5 pm

See ad on Page 8.

Spot Prawn Season begins

Mid-May

Local by-the-pound sales

Two Block Diet Workshop

May 16, 6:30-8:30 pm

simpli.events/e/2BlockDiet

The Lund Seafood Festival and Chowder Challenge

May 24 to 26

lundbc.ca

Catholic Women's League Plant Sale

May 25, 9:30 til 1 pm

Assumption Gym

Food System Un-Conference

June 8

Powell River Garden Tour

June 9

Various Locations

Family Fishing Weekend

June 14 to 16

gofishbc.com

Blackberry Fest

August 16

Marine Avenue

Beer Fest

September 14

Three Chicken Farm

Powell River Fall Fair

September 14 & 15

Paradise Exhibition Grounds

Flower bouquet, left, by Jennifer Burry, Juniper Gardens. Find her flowers at Terra Nostra Farm and 32 Lakes Saturday markets.



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