

Growers Guide

Fresh Food & Local
Products from the
Comox Valley

**EXPLORE
THE BOUNTY
OF THE REGION**



COMOX VALLEY
Record
JUNE 2025

WHY BUY DIRECT FROM THE FARMER?

- Taste the difference At farm market stands and market, most local produce has been picked inside of 24 hours. It comes to you ripe, fresh and with its full flavour. Close to home foods are grown for taste rather than to withstand the abuse of shipping or industrial harvest.
- Know what you're eating Get to know the growers who produce the food you serve to your family and learn how they grow their product and run their farms.
- Understand the seasons of eating When you eat locally, you eat what's in season. When you eat what is in season, you support the local producers and economy year round, while avoiding energy consumption required for shipping of food products from other regions and countries.
- Be healthy Eating more fresh food at its nutritional peak just makes sense.



ABOUT THIS GUIDE

The Comox Valley Growers Guide is a joint venture between the Comox Valley Farmers' Market and Comox Valley Farmers Institute, Ministry of Agriculture and the Comox Valley Record.



inside: Advertiser Directory

Anderton Nursery Ltd	7
Bosley's Courtenay	25
Canadian Tire	3 / 29
Coastal Black Estate Winery	20
Comox Valley Exhibition	18
Comox Valley Farmers Institute	29
Comox Valley Farmers Market	4
Comox Valley Food Bank Society	22
Comox Valley Horticultural Society	6
Eatmore Sprouts & Greens	19
Edible Island	21
Fresh Earth Products	28
Geometry Global	2
Iritex Pumps & Irrigation Inc	9
Innisfree Farm	14
LUSH Valley Food Action Society	27
MNP LLP	11
Paradise Plants	26
Pilon Tool Rentals	13
Pressing Matter	5
Seeds Natural Food Market	21
Sieffert Farms	8
Smith Lake Farm	9
The Old Farm Market Ltd	28
Tree Island Yogurt	24
Valley Home Meals	26
Westview Ford Sales Ltd	32
Woofys Discount Pet Food	15
Listing Directory	7



**Do you
have
your
Card yet?**

Redeemable on your next purchase
Excludes bagged and boxed plants

**Receive 10 stamps,
get \$10 in FREE PLANTS
from our garden centre**

\$10



in FREE plants

*ask for details

**Spend \$10 in our
garden centre and
received one stamp**



Garden Centre open daily, go to canadiantire.ca for hours

2801 Cliffe Ave, Courtenay • 250-338-0101 • www.canadiantire.ca • Canadian Tire Garden Centre



Comox Valley Farmer's Institute

VANCOUVER ISLAND

The Comox Valley Farmer's Institute (CVFI), Vancouver Island, British Columbia, Canada is committed to agriculture, food, farming and farmers here in the Comox Valley. Part of the greater family of BC Farmer's Institutes, we are a volunteer driven, non-profit organization incorporated under the Farmers & Women's Institutes Act and have a long and rich history of proudly supporting agriculture in the Comox Valley since 1873.

The CVFI represents a diverse group of 80 to 100 producers/farmers and their families, processors, people working on local farms, people thinking about or getting into farming as well as other farm and agriculture supporters. Our members represent all types and sizes of farms and farming with many actively contributing to the local food system in the Comox Valley, while others are



part of the greater provincial and national food systems.

We strive to be an active advocate for all types of agriculture in the Comox Valley and see agriculture grow, be recognized and valued as an important contributor to the social, economic and environmental fabric of the Comox Valley's long-term prosperity. Feel free to check us out or join us; Our membership dues are \$50.

Email us for more information, visit our website to see the kind of things we are involved in and are doing in our community or join our Facebook page and to be part of the conversation!

Web: cvfarmersinstitute.com

FB Page: www.facebook.com/ComoxValleyFarmersInstitute

Email: cvfinstitute@gmail.com



buy local · Comox Valley · eat local
FARMERS' MARKET

www.cvfm.ca



Saturdays 9am-1pm:

April-October: CV Exhibition Grounds

October-April: Native Sons Hall

Sundays 10am-1pm:

June-October: Cumberland Village Square

Wednesdays 3pm-6pm:

June-August: Comox Community Center

GET FRESH! At The Comox Valley Farmers' Markets.
'BC's Market of the Year'



BRINGING LOCAL FOOD TO LOCAL FOLKS SINCE 1992



Comox Valley Farmers' Market

MARKET REPORT

The Comox Valley Farmers' Market (CVFM) is a food-based farmer first farmers' market that has been bringing fresh local small-scale meats, eggs, fruits, veggies, dairy, baked goods, prepared foods, drink and ready to eat foods to Valley residents for 33 years!

The market is open Saturdays year-round (9AM-1 PM), with additional summer seasonal markets on Sundays (10 AM-1PM in Village Square in downtown Cumberland) between June and October and on Wednesdays (3 PM-6PM at Village Park field at the Comox Community Centre) between June and August.

We are a non-profit association lead by a volunteer Board of Directors made up of vendors and local food and farm advocates. Our knowledgeable onsite team of staff and volunteers can help you with any market-related questions. You can find them at the Information booth located by the Musician Stage.

All members of the CVFM make, bake, grow, raise or wild harvest their products in the Comox Valley or Strathcona Regional Districts, decreasing the distance food travels from farm to fork.

Our markets have a wide variety of product ranging from fruits and vegetables from Arugula to Zucchini; 9 varieties of small-scale meats (Beef, pork, chicken, venison, turkey, lamb, goat, rabbit and water buffalo), seafood (fish and prawns), mouthwatering baking including breads confections, muffins, pies and pretzels; handcrafted soaps and body products; wine, ciders and spirits; sauces, salsas, chutneys and jams; and hot and cold food and drink ready to serve.

We have gluten free, dairy free, refined sugar free, paleo, keto, vegan and organic options. Check the listings in this guide for the farmers' market "umbrella" basket to identify vendors who attend the market.

Check out our website (cvfm.ca) or social media channels for more information about our market dates, times and locations, our vendors, our online store, special events and so much more.

Come for the freshness and stay for the fun!

For more information check out our website

(cvfm.ca) or our social media channels: <https://www.facebook.com/cvfarmersmarket> or https://www.instagram.com/comox_valley_farmers_market/



buy local · Comox Valley · eat local
FARMERS' MARKET



Island Juice Press
pressing matter
Mobile Island Juice Press

Got fruit to press? Call or text us.



778-585-8677





BAKING

- 5 Cakebread Artisan Baker
- 11 D.K.T. Farm



BEER, WINE & SPIRITS

- 1 40 Knots Winery & Cidery
- 6 Coastal Black Estate Winery and Big Bee's Honey
- 4 Blue Moon Winery



CERTIFIED ORGANIC

- 12 Eatmore Sprouts & Greens Ltd.
- 17 Lost Savannah Farm
- 00 Pattison Farms



CHEESE/DAIRY

- 17 Lost Savannah Farm
- 29 Tree Island Gourmet Yogurt



FARMERS' MARKET

- 4 Blue Moon Winery
- 7 Cork Tree Farm
- 8 Comox Valley Farmers' Market
- 13 Estevan Tuna Corp.
- 38 Shamrock Farm



FRUIT

- 3 Blue Haven Farm
- 4 Blue Moon Winery
- 6 Coastal Black Estate Winery and Big Bee's Honey
- 15 Innisfree Farm & Botanic Garden
- 19 Pattison Farms
- 20 Pressing Matter
- 22 Seeds Food Market
- 23 Shamrock Farm
- 24 Sieffert Farm Market



HONEY

- 6 Coastal Black Estate Winery and Big Bee's Honey
- 11 D.K.T. Farm
- 18 Paradise Plants
- 23 Shamrock Farm
- 25 Smith Lake Farm



HORTICULTURE

- 2 Anderton Nursery
- 10 Comox Valley Horticultural Society
- 15 Innisfree Farm & Botanic Garden
- 18 Paradise Plants
- 21 River Meadow Farm
- 22 Seeds Food Market
- 23 Shamrock Farm
- 30 Valley Home Meals & Flowers



PRESERVERS

- 23 Shamrock Farm



MEAT

- 7 Cork Tree Farm
- 11 D.K.T. Farm
- 14 Holmefarm
- 17 Lost Savannah Farm
- 25 Smith Lake Farm
- 26 Stevenson Family Farm



POULTRY/EGGS

- 11 D.K.T. Farm
- 18 Paradise Plants
- 22 Seeds Food Market
- 23 Shamrock Farm
- 26 Stevenson Farm Family



SHELLFISH / SEAFOOD

- 13 Estevan Tuna Corp.



VEGETABLES

- 11 D.K.T. Farm
- 12 Eatmore Sprouts
- 15 Innisfree Farm & Botanic Garden
- 19 Pattison Farms
- 22 Seeds Food Market
- 23 Shamrock Farm
- 24 Sieffert Farm Market



COMOX VALLEY HORTICULTURAL SOCIETY

INSPIRE – EDUCATE – GROW

Learn, laugh and connect with a welcoming community of gardeners having fun!

- Knowledgeable Guest Speakers
- Newsletters
- Plant Sales
- Members only Garden Tours
- Master Gardeners
- On-line discussion Forum
- Retailer Discounts

Annual Memberships:
\$20 for individuals and \$30 for families

Visit us at comoxvalleyhortsociety.ca
for lots of current information



Honey bees

can visit between
50 to 100 flowers during
one pollination trip

See more about pollinators on page 31



1 40 KNOTS WINERY & CIDERY



Phone: 778-431-0142
2400 Anderton Rd., Comox

■ Email: brenda@40knotswinder.com
■ Website: 40knotswinder.com

Discover Comox Coastal's favourite winery and cidery — 40 Knots voted Best Winery since 2015, we proudly craft award-winning wines and Normandy-style ciders using only Comox Coastal-grown grapes and apples from our sustainable estate. As a Biosphere Certified and Green Step Platinum business, we're dedicated to creating naturally delicious wines with a commitment to the planet. Open year-round, 40 Knots welcomes kids, pets, and wine lovers alike. Stroll the vineyard, sip and settle into our courtyard or terrace, or book your next celebration with us. You'll find 40 Knots wines in the best liquor stores and on the finest restaurant menus across Comox. Stop by and taste the difference that local makes — straight from our farm to your glass!

2 ANDERTON NURSERY



Ellen Presley
Phone: 250-339-4726
2012 Anderton Rd., Comox

■ Website: www.andertonnursery.ca

One of the largest wholesale and retail nurseries in the area producing an enormous array of annuals; over 900 varieties of perennials; great selection of pond plants, herbs and hanging baskets; and offering a wide selection of trees and shrubs for your garden. Knowledgeable staff to serve you and help you plan your garden. Home of the Anderton Therapeutic Garden and garden writer Ellen Presley. Open every day from March 1 to October 31.

3 BLUE HAVEN FARM



Jenika Martin
Phone: 250-334-7964
2046 Idiens Way, Comox

■ Email: bluehaven.farm@icloud.com
■ Website: www.bluehavenfarm.org
■ Open July and August

Come down to our friendly, family run farm and pick your own blueberries! We offer three varieties, in season July and August.

Our farm stand sells pre picked and frozen blueberries, blueberry ice cream and sundaes, and a great selection of Island Farms Ice Cream. We also make the best frozen yogurt in town!

Enjoy a relaxing time picking blueberries or bring the kids down to teach them about where their food comes from. Then finish off your trip to the farm with our famous blueberry ice cream.



We grow & sell...

Annuals, Perennials, Pond Plants, Trees, Shrubs, Hanging Baskets, plus much more!

We have enthusiastic horticulturalists...

on staff. Bring a sketch or photo and we will assist you in choosing the plants, trees and shrubs that will make your garden say "WOW!"

We want to inspire you to be a great gardener

*Celebrating
29 Years*



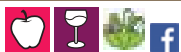
Open 7 days a week except statutory holidays • 9am-5pm • anderton@shaw.ca • 250-339-4726
www.andertonnursery.ca • 2012 Anderton Road, Comox (on the way to the Powell River Ferry)



4

BLUE MOON WINERY

HOME OF RAVENS MOON CRAFT CIDER



**Marla Limousin & George and Quinn Ehrler
and amazing valley staff**
Phone: 250-338-9765

4905 Darcy Rd., Courtenay

- Email: george@bluemoonwinery.ca
- Website: www.ravensmooncraftcider.ca
- Please check the website for our Tasting Room hours.

A family owned and operated craft cidery, estate winery and blueberry farm, 5 minutes from downtown Courtenay. Visit us at the Farmers Market or at our Tasting Room and see why we won the 2021 International Cider Maker of the Year Award! Our European and New World styled ciders and wines are crafted dry using a variety of local fruits. Order your bulk blueberries, fresh while in season or frozen throughout the rest of the year in 10 lb boxes.

5

CAKEBREAD ARTISAN BAKERY



368 5th St, Courtenay
250.338.8211

Cakebread Artisan Bakery creates handcrafted cakes, cookies, pastries, and fresh bread using 100% Canadian flour and sugar. Every item is shaped by hand and baked morning-fresh. The bakery prioritizes local ingredients when available, directly supporting regional farmers and producers. Whether you're celebrating a special occasion or need quality baked goods for your event, Cakebread serves both community members and visitors with products that showcase local agricultural excellence. Their commitment to fresh, locally sourced ingredients makes them a valuable partner in the farm-to-table movement

6

COASTAL BLACK ESTATE WINERY & BIG D'S BEES



Phone : 250-337-8325
2186 Endall Rd, Black Creek

- Website: coastalblack.ca

Our family farm is made up of four generations living and working together to produce product of the highest standard, whether it be wine, cider, fresh market fruit, veggies and raw honey. Come visit our tasting room today!

Sunflowers

Sunflowers have long been admired for their radiant beauty. However, beyond their esthetic appeal, these native plants play a crucial role in agriculture and biodiversity. Originating in North America, sunflowers have become a global crop, valued for their versatility and numerous applications.

They feed the world

In agriculture, sunflowers are prized for their oil-rich seeds, a nutritious snack and a source of high-quality cooking oil. The oil extracted from sunflower seeds is low in saturated fats and rich in polyunsaturated fats, making it a heart-healthy

option. Additionally, sunflower meal, a byproduct of oil extraction, is a valuable protein-rich livestock feed.

They promote healthy ecosystems

Sunflowers also support biodiversity. Their large, vibrant blooms attract pollinators such as bees and butterflies, promoting healthy ecosystems. Additionally, their abundant seeds serve as a food source for birds and small mammals.

Whether gracing landscapes with their golden hues or contributing to agricultural and environmental sustainability, sunflowers are a crucial native crop.



OPEN LATE MAY to EARLY NOVEMBER

7 DAYS A WEEK... Including Holidays

10 am to 6pm May to August and 10am to 5pm Sept to Nov 10th

We have a wide range of In-Season Vegetables

250-339-2988

720 Knight Road, Comox
1km PAST THE AIRPORT





7

CORK TREE FARM



Jessica Macpherson

Phone: 250.218.4308

2748 Smith Road, Courtenay

- Email: heavenlylibations@gmail.com
- Insta: @corktreefarm
- Open by appointment only

Cork Tree Farm is a 10 acre farm in the heart of Grantham (North Courtenay). We are 3 generations of women farmers! Sylvia (Jessica's mother) has raised sheep for 30 years, and Jessica was a 4-H kid and now raises goats (dairy and meat breeds). Jessica's daughter, Ivy, is also a budding farmer and spends many hours cuddling all the babies! Our animals spend their entire lives with their mothers, and are handled from birth with lots of love. We are currently selling eggs and goat at the Comox Valley Farmers Market, year round on Saturday.

8

COMOX VALLEY FARMERS' MARKET



- Website: cvfm.ca
 - Hours: Saturdays Year Round 9-1
 - Exhibition Grounds: April to October
 - Native Sons Hall: October to April
 - Cumberland: Sundays June-October 10-1
 - Comox Community Centre (Soccer Field): Wednesdays 3 pm-6 pm. June-August
- We have been bringing local food to local folks since 1992. There is always a great selection of products ranging from fruits and vegetables, small scale meats, seafood and eggs, sauces, jams, jellies, breads, pastries, ciders and spirits, pasta and so much more.

9

COMOX VALLEY FOOD BANK

Phone: 250-338-0615

1255 McPhee Ave, Courtenay

■ Website: comoxvalleyfoodbank.ca

The Comox Valley Food Bank has been offering temporary and supplemental food and basic goods to people in need in the Comox Valley and beyond for over 30 years. Individuals and families can access fresh produce, protein, dairy, bread, and non-perishable goods on a weekly basis at 1255 McPhee Ave. Open for client service Mon., Tues, Thurs & Fri. 8:30 am - 1:00 pm closed on Wed. and for donations from 9am-2pm.

Smith Lake Farm
"An immersive experience on a serene lakefront farm"

Visit Us or Book Online

- Farm Goods, Honey, Beef, Chicken, Relish
- Beekeeping Tours, Training & Nucs
- Unique Glamping & Tiny House Stays
- Sauna, SUP, Animals, & Disc Golf Course
- Family friendly, dog friendly options
- Beautiful Comox Valley

\$185* Stay With Us!

smithlakefarm.com

IRITEX

PUMPS AND IRRIGATION INC.

SERVING THE AGRICULTURAL COMMUNITY WITH QUALITY PRODUCTS FOR OVER 25 YEARS.

- PUMPS
- SPRINKLERS
- DRIP LINE
- PIPE
- FILTERS
- CERTIFIED DESIGNER
- ALUMINIUM FITTINGS
- MICRO-IRRIGATION



PARKSVILLE
976 PRICE RD
PH 250.248.7028

COURTENAY
1325 COMOX RD
PH 250.338.5020

www.Iritex.ca



10 COMOX VALLEY HORTICULTURAL SOCIETY



**PO Box 3443, Station Main,
Courtenay, BC**

- E-mail: info@comoxvalleyhortsociety.ca
- Website: comoxvalleyhortsociety.ca
- Reach us on: Facebook, Instagram and YouTube

INSPIRE - EDUCATE - GROW

The Comox Valley Horticultural Society aims to inspire interested gardeners in a welcoming and fun community.

We offer nine meetings a year that feature exceptional Speakers, monthly Newsletters, an on-line discussion Forum, Master Gardeners,

Plant Sales, Members only Garden Tours and discounts from many local Retailers.

Annual membership \$20/individual or \$30/family

11 D.K.T. FARM



**Ryan, Dan and Maggie Thran
Phone: 250-337-5553**

6301 Headquarters Rd., Courtenay

- Email: dkthran@telus.net
- Website: www.logcabinandbunkhouse.bc.ca
- Saturdays 9am-1pm

Farm market open year-round Saturdays 9-1. Natural grass fed beef, pork, chicken and eggs. Tomatoes, cucumbers, squash, jams and jellies, bread, honey and local in-season veggies. Log cabin and bunkhouse for on farm accommodation and farm vacations.

12 EATMORE SPROUTS



**Carmen & Glenn Wakeling
Phone: 250-338-4860**

2604 Grieve Rd., Courtenay

- Email: eatmoresprouts@gmail.com
- Website: www.eatmoresprouts.com

Eatmore Sprouts is a family run business providing fresh, locally grown, organic sprouts, year-round in the Comox Valley and beyond. Find us at your local grocery store.

13 ESTEVAN TUNA CORP.



**Bruce & Dianne Devereux
Courtenay**

- Email: estevantuna@shaw.ca
- Website: www.bctuna.com

Bruce & Dianne of the M.V. Estevan offer a full range of Pacific Albacore Tuna products including vacuum packed raw and cold smoked loins, tuna tataki, natural olive oil packed and smoked pop-top tins. Rich in protein, selenium and high in Omega-3, the B.C. Ministry of Health recently classed Canadian Albacore Tuna as a low-mercury fish with a 'no limits' consumption designation. Available year-round. Email estevantuna@shaw.ca or www.bctuna.com

14 HOLMEFARM



**Ann, Niels and Erik Holbek
Phone: 250-337-5710**

2586 Hamm Rd., Black Creek

- Email: nholbek@outlook.com

Our beef is available for purchase during summer/fall by the side or quarter. The herd is grass fed and lightly grain finished. No hormones or antibiotics are administered to the animals we sell. These well looked after cattle graze in the spring, summer and fall on our pastures and forested grasslands. Customers are welcome to visit.

15 INNISFREE FARM AND BOTANIC GARDEN



**Chanchal Cabrera MSc, Medical Herbalist
& Thierry Vrain PhD, Biologist
Phone: 250-336-8768**

3636 Trent Rd., Royston V9N 9R4

- Email: thierry@innisfreefarm.ca
- Website: www.innisfreefarm.ca
- Open May 31 to September 8
Saturday & Monday 10am to 4 pm
and Sunday 12 - 4 pm

Innisfree is an internationally registered Botanic Garden with 7 acres of themed gardens specializing in edible and medicinal plants, nature education and horticulture therapy.

- Farm shop / Plant Nursery
- Labyrinth
- Douglas Senft Sculpture Collection
- Green Dream Tea Room - hot and cold drinks, home baking, light lunches
- Concerts on the lawn



16 IRITEX PUMPS AND IRRIGATION INC.

Phone: 1-250-338-5020
1325 Comox Rd., Courtenay

■ Website: iritex.ca

Our large inventory and wide range of products ensures that we have what you require for your pump or irrigation project. You can trust us to source difficult to find items for you. We also offer a design service for your Residential, Commercial or Agricultural projects.

As members of the IIABC, we take great pride in the training of our staff. As a group we hold many IIABC certifications. Our staff has the confidence to offer solutions for your irrigation or pump needs.

17 LOST SAVANNA FARM



Kris & Britt Arbanas

Phone: 250-202-2729

7521 Sturges Rd., Black Creek

■ Email: lostsavannafarm@gmail.com

■ Website: www.lostsavannafarm.com

Lost Savanna is an organic regenerative family farm. We currently offer meat sales through our website and we will be opening our on farm creamery with grassfed dairy products this summer.

Since 2016, we've been producing nutritious and delicious food through regenerative grazing and pasturing of our animals. We grow and use Certified Organic feed. No synthetic fertilizers, herbicides, pesticides or hormones used.

18 PARADISE PLANTS



The Haigh Family

Phone: 250-897-3898

2480 Hardy Road, Courtenay

■ Email: paradisepplants@shaw.ca

■ Website: paradisepplantsgardencentre.com

■ Facebook: Paradise Plants Garden Centre

■ Instagram: [paradise_plants](https://www.instagram.com/paradise_plants)

■ Hours Open to the Public: Daily 9 to 5
 Holidays 10 - 4. March 1 to November 1

Stop by for your garden planting needs! Our greenhouses are bursting with horticulture including hard to find perennials, shrubs, trees, roses, custom baskets and so much more. A local garden centre since 2002, Paradise is a 25 acre working farm in north Courtenay offering a family farm experience including a free hedge maze. U-pick Raspberry and Blueberry crops begin late June. Puppy friendly.



19 PATTISON FARMS



Gerry & Dagmar Pattison

Phone: 250-897-2510

2124 Dzini Rd., Black Creek

■ Email: patfarm@telus.net

■ Website: www.pattisonfarms.com

■ Open Tuesday - Saturday 10 to 5

■ Certified organic by I.O.P.A #1931

We are a Certified Organic vegetable farm, located in the heart of Black Creek. Come and visit our Farm Stand. In the spring we have vegetable starts available for the home gardener, and throughout the growing season we grow many varieties of fresh vegetables such as tomatoes, cucumbers, carrots, greens, peppers, beets, beans, fresh cut basil, and squash. Fruit also available: apples, and pears.

20 PRESSING MATTER



Island Juice Press

Phone: 778-585-8677

338 Dove Creek Place, Courtenay

We are a Mobile Island Juice Press offering a sterile process with innovative flash pasteurization and convenient bag-in-the-box packaging, allowing everyone with a bounty of apples to enjoy the flavours of summer throughout the winter.



21 RIVER MEADOW SOD, HEDGING AND ORCHARD



Katherine Samsom

Farm: 250-338-8354 | Plants: 250-338-4111

4738 Condensory Rd., CourtenayTurf

■ Email: rmn@rivermeadownursery.com

■ Website: rivermeadownursery.com

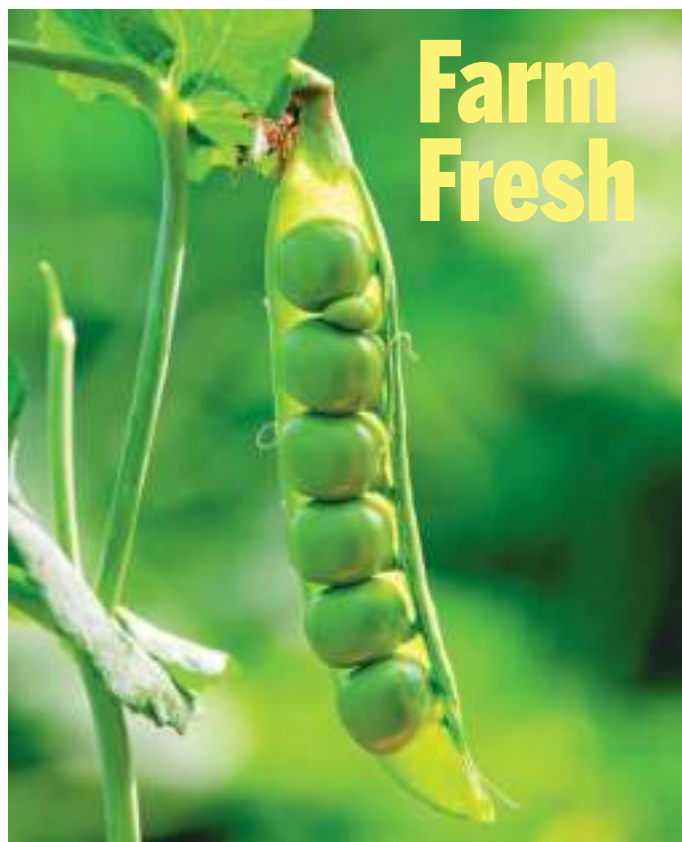
Our turf farm, on the banks of the Tsolum River, is located at 4738 Condensory Rd., Courtenay. We have acres of high-quality turf sod for your instant deep, green, weed-free lawn. We also grow and sell hedging for all of your privacy needs. New us is an orchard planted 3500 trees over the last 5 years comprising heritage apple trees and French, english cider apple varieties as well as pears. Our fresh juice stand with our pressed product is located at the end of our driveway on Condensory Rd. as a self serve most of the year until we are sold out.




Botanic Garden
 Food and Medicine Plants
 Farm shop / Nursery
 Green Dream Café
 Garden tours, Workshops
 Labyrinth

Open from
 May 31st - September 8th
 Saturday and Monday 10 am - 4 pm
 and Sunday 12 - 4 pm

3636 Trent Road, Royston
 250.336.8768
www.innisfreefarm.ca



22 SEEDS FOOD MARKET



Kevin and Sarah Li
Phone: 250-336-0129
2733A Dunsmuir Ave., Cumberland

■ Website: www.seedsfoodmarket.ca

Seeds Food Market is located in the heart of historic Cumberland at 2733 Dunsmuir Ave. Come find us for dry goods, produce, health foods, local meats, local treats, and so much more. Experience the fun and family friendly atmosphere and stay for the friends you'll make! Find us online at www.seedsfoodmarket.ca or on Facebook as Seeds Food Market and call us at 250-336-0129.

23 SHAMROCK FARM



The Farrell Family
Phone: 250-339-1671
2276 Anderton Rd., Comox

■ Email: info@shamrockfarm.ca

■ Website: www.shamrockfarm.ca

Growing food and more since 1993, we cultivate over 50 varieties of vegetables and specialty cut flowers. Onsite, we craft goat's milk soap, lavender products, and preserves.

We also offer forest-raised pork and free-range eggs, and proudly supply fresh, seasonal produce to local restaurants and chefs.

Visit Us

- At our year-round roadside Farm Stand
- At the Comox Valley and Campbell River Farmers' Markets
- Or shop online (shipping across Canada)

Seasonal Harvest Events

We open the farm to the community—check our website for event dates.

Stay in Touch

- Follow us on Instagram & Facebook for daily updates
- Sign up for our farm newsletter
- Phone inquiries welcome: 250-339-1671



24 SIEFFERT FARM MARKET (LAZO & TYEE FARM LTD)



**Bob & Charlene Sieffert
& Chris Edwards**

Phone: 250-339-2988

720 Knight Rd., Comox V9M 3T3

■ Website: www.sieffertsfarm.ca

We grow and pick fresh daily a variety of in season vegetables in our fields and greenhouses, including tomatoes, cucumbers, lettuce, spinach, carrots, beets, broccoli, cauliflower, cabbage, a wide variety of potatoes. Many varieties of corn and lots more. Our market is open from late May to August, 10am to 6pm and September to November 10, 10am to 5pm. For potatoes during the winter, please give us a call.

25 SMITH LAKE FARM



Clea Adair

Phone: 250-218-3459

1481 Larkin Rd., Merville

■ Email: info@smithlakefarm.com

■ Website: www.smithlakefarm.com

Just north of Courtenay, Smith Lake Farm is Vancouver Island's premier lakefront agritourism destination.

We produce grass-fed beef, honey, nucleus hives and seasonal goods. We offer apiary tours, beekeeping education, glamping, camping, sauna experience and boast an 18-hole disc golf course. Buy farm goods from our store and stay for the experience.

26 SPEEDIBIN COMPOSTERS

Joyce McMenamon

Phone: 250-337-8228

PO Box 197, Merville, V0R 2M0

Call for appointment

■ Email: compost@speedibin.com

■ Website: speedibin.com

Compost without rats! Speedibin composters are metal, designed to keep out pests. A metal ¼ inch mesh bottom screen precludes tunneling vermin, the large lid makes it easy to add scraps, and the front door slides up for easy removal of compost. Our new tougher lockable model, the Scholar, is ideal for school and community gardens. Made in BC. Check Speedibin.com or call us. "Turn waste into Earth!"

WOOFY'S

by PAW Spect MARKET
where pets love to shop

HIGH-QUALITY Pet Foods and Supplies.
FREE Home Delivery within the Comox Valley
FREQUENT BUYER Loyalty Rewards

**EST 1987
OVER
40
YEARS**

**100%
BC OWNED
& OPERATED**

ISLAND STORE LOCATIONS
2400 Cliffe Ave. Courtenay, BC. (250) 338-0455 12-795 Ryan Rd. Courtenay, BC. (250) 338-0424
20-190 Port Augusta St. Comox, BC. (250) 339-2272 2056 S. Island Hwy. Campbell River, BC. (250) 923-5861

www.woofys.ca

Oyster River

Saratoga Beach

Miracle Beach
Provincial Park

Black Creek

Merville

Courtenay

COMOX VALLEY FARMS & PRODUCTS MAP

1. 40 Knots Winery & Cidery
2. Anderton Nursery
3. Blue Haven Farm
4. Blue Moon Winery
5. Cakebread Artisan Bakery
6. Coastal Black Estate Winery
7. Big D's Bees
8. Comox Valley Farmers' Market
9. Cork Tree Farm
10. Comox Valley Farmers' Market
11. Comox Valley Food Bank
12. D.K.T. Farm
13. Eatmore Sprouts
14. Holmefarm
15. Innisfree Farm and Botanical Garden
16. Iritex Pumps and Irrigation Inc.
17. Lost Savana Farm
18. Paradise Plants Garden Centre
19. Pattison Farms
20. Pressing Matter
21. River Meadow Sod, Hedging and Orchard
22. Seeds Food Market
23. Shamrock Farm
24. Seiffert Farm Market
25. Smith Lake Far
26. Stevenson Family Farm
27. Thrifty Foods Crown Isle
28. Thrifty Foods Cliffe Avenue
29. Tree Island Gourmet
30. Valley Home Meals & Flowers





COMOX VALLEY FARMERS' MARKET

SATURDAY 9:00am - 1:00pm

Comox Valley Exhibition Grounds Headquarters Road | April to October

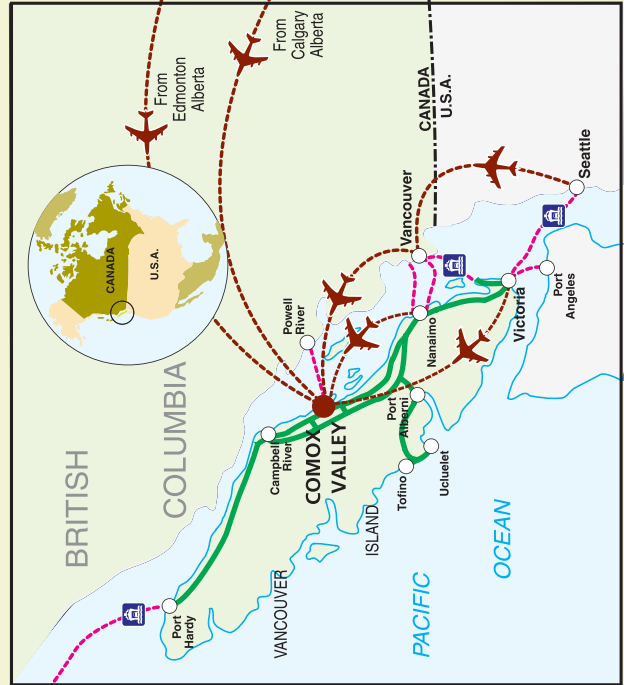
Indoor Market Native Sons Hall | October to April

SUNDAY 10:00am - 1:00 pm

Village of Cumberland | June to October

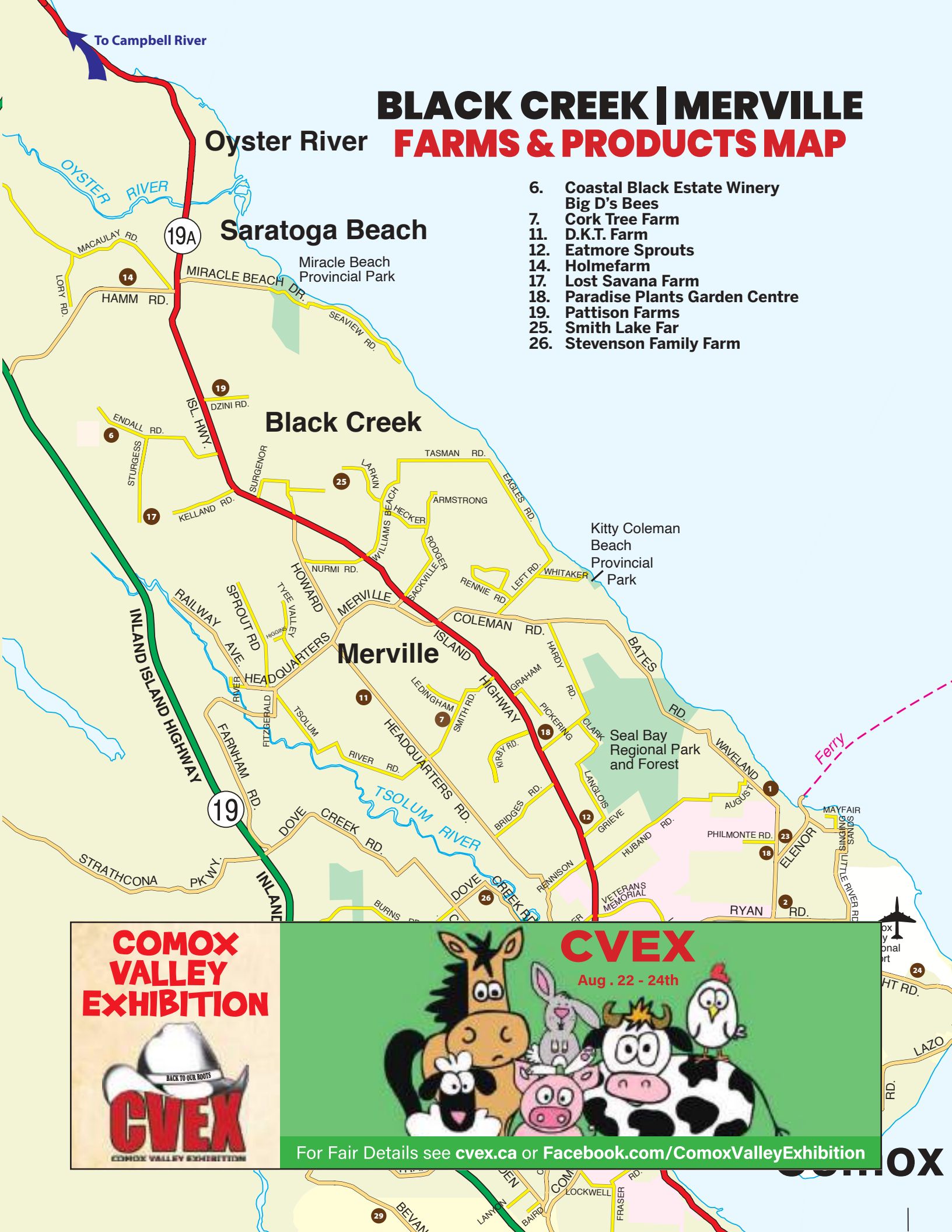
WEDNESDAY 3:00pm - 6:00 pm

Comox Community Centre (Soccer Field)



BLACK CREEK | MERVILLE FARMS & PRODUCTS MAP

- 6. Coastal Black Estate Winery
- 7. Big D's Bees
- 11. Cork Tree Farm
- 12. D.K.T. Farm
- 14. Eatmore Sprouts
- 17. Holmefarm
- 18. Lost Savana Farm
- 19. Paradise Plants Garden Centre
- 25. Pattison Farms
- 26. Smith Lake Far
- 26. Stevenson Family Farm



**COMOX
VALLEY
EXHIBITION**

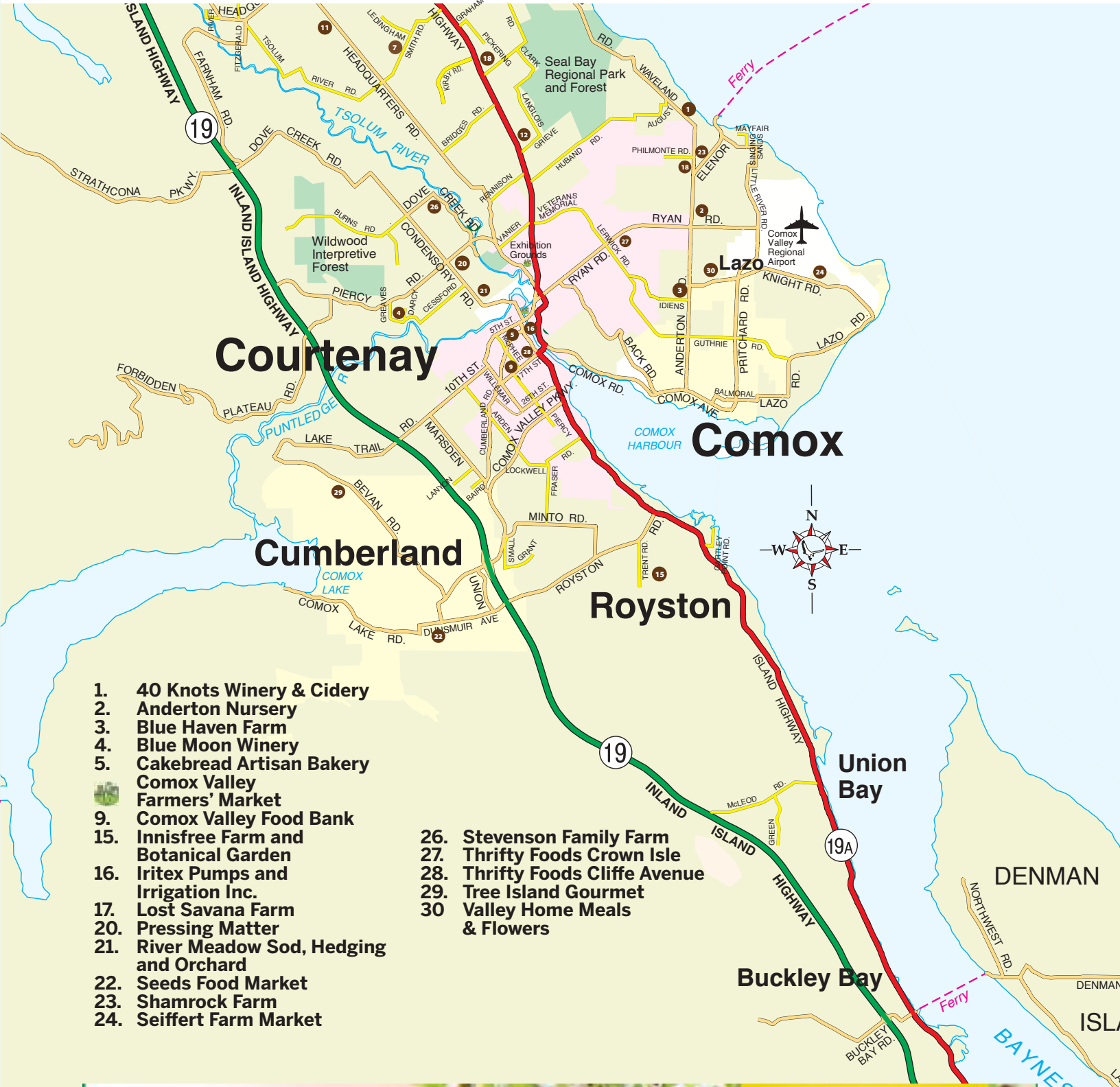


CVEX

Aug. 22 - 24th



For Fair Details see cvex.ca or [Facebook.com/ComoxValleyExhibition](https://www.facebook.com/ComoxValleyExhibition)



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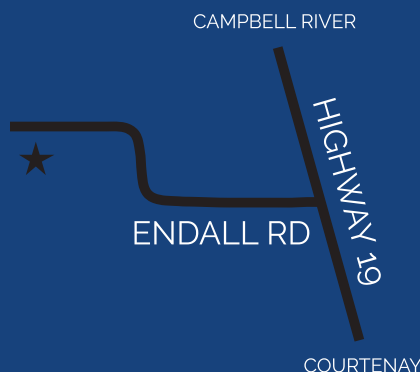


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26

STEVENSON FAMILY FARMS



Trevor and Karen Stevenson

Facebook: www.facebook.com/profile.php?id=100064534848751

At Stevenson Family Farms we produce our own grass-fed and grass-finished beef, quality homegrown pork and fresh free run eggs. We sell our products by bulk sides and quarters as well as by the piece directly off the farm in Dove Creek. We produce our products with the highest care in a small-scale manner that ensures the most humane lifestyle for our animals and the very best quality for our customers.

27

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#100 - 444 Lerwick Road , Courtenay

Website: thriftyfoods.com

Thrifty Foods offers you a great selection of products from our famous fresh departments and exceptional customer service.

28

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29 TREE ISLAND GOURMET YOGURT



Scott DiGuistini and Merissa Myles

Phone: 250-334-0608

2800 Beck Avenue, Cumberland

■ Email: contact.us@treeislandyogurt.com

■ Website: www.treeislandyogurt.com

Gourmet grass-fed yogurt made with 100% fresh whole milk from farms on Vancouver Island. We believe food should be delicious and nutritious and that ingredients matter. Husband and wife, Scott and Merissa founded Tree Island Yogurt after travelling to France and discovering the love and care taken to prepare real, wholesome food. Our small batch, artisan recipes are known for their creamy flavour and quality ingredients. See our website for a list of grocery locations where you can buy our products.

30 VALLEY HOME MEALS & FLOWER



Dave Atwood & Ashley Abgrail

Phone: 250-339-2625

1828 Knight Rd, Comox, BC V9M 4A2

■ Email: valleyhomemeals@shaw.ca

■ Website: www.valleyhomemeals.com

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EXTRA PRODUCE IN YOUR FIELDS OR GARDEN?

Consider the Food Bank.

Donations from local producers help us increase the fresh food available to those in need in the Comox Valley.

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WE'LL PICK UP!

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**COMOX VALLEY
FOODBANK**

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@comoxvalleyfoodbank

*Tax receipts are available. Producers should check out the BC Farmer's Food Donation Personal Income Tax Credit.



Supporting local producers!

Where to buy local products

Purchasing local products helps create and sustain jobs in your community, which in turn, revitalizes the economy. Buying local is good for the planet and lets you enjoy the freshest and tastiest foods. Here are some places you can buy local products.

- **Farmers' markets.** These markets feature fresh produce and processed foods from local farmers. Discover the talented artisans in your area.

- **Farm Stands.** Often found along the road or on farms, farm stands let you buy a variety of tasty foods in one place. Some of them offer self-service.

- **U-picks.** Summer and fall are the best seasons for picking fruits and vegetables. Strawberries, blueberries,

artichokes and pumpkins are just some examples of what you can harvest.

- **Gourmet tours.** Some cities and regions offer culinary tours filled with agritourism activities to help you discover local producers and their delicious products.

- **Restaurants.** Many establishments boast menus with dishes made from local ingredients. Keep an eye out for seasonal treats.

- **Grocery stores.** Grocery stores often showcase products from local businesses on their shelves. Read the labels to learn more.

There are countless opportunities to stock up on excellent products from your local producers.

THRIFTY FOODS
Eat happy



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BC
FIRST

**WE SUPPORT
LOCAL**

LOCAL AT THRIFTY FOODS SPANS BEYOND THE THOUSANDS OF PRODUCTS LOCALLY GROWN AND PRODUCED AT OUR STORES. LOCAL IS ABOUT PEOPLE. LOCAL IS ABOUT SUPPORTING OUR PARTNERS AND NEIGHBOURS IN COMMUNITIES ACROSS BC.



**SOURCE LOCAL
EAT HAPPY**

📍 **Courtenay Crossing** 1551 Cliffe Avenue 📍 **Crown Isle** 444 Lerwick Road
📞 **Customer Care** 1 800 667 8280 🌐 **thriftyfoods.com** 📱 **f i g t**

Fresh strawberry and candied nut salad

ENJOY THIS DELICIOUS SALAD WITH MAPLE SYRUP AT YOUR NEXT PICNIC WITH A FRIEND

Servings: 2

Ingredients

- 1/4 cup walnuts or pecans
- 2 tablespoons maple syrup, divided
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper
- 3 cups arugula
- 1 cup strawberries, hulled and sliced
- 1/3 cup goat cheese, crumbled
- 1 tablespoon flax seeds

Directions

1. In a small pan over medium heat, toast the nuts for a few minutes. Then, add one tablespoon of maple syrup. Stir to coat the nuts well. Remove the pan from the heat as soon as the syrup begins to thicken and place the nuts on a sheet of parchment paper to cool.

2. In a small bowl, combine the olive oil, balsamic vinegar,



Dijon mustard and remaining maple syrup. Season with salt and pepper. Then, whisk until smooth.

3. In a large bowl, combine the arugula, sliced strawberries, goat cheese, cooled caramelized nuts and flax seeds.

4. Pour the vinaigrette over the salad just before serving and toss gently.



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RECIPES

Blueberry cheesecake

THIS DESSERT, FEATURING DELICIOUS LITTLE BLUEBERRIES, IS A TRUE SUMMER TREAT!

Servings: 12

Ingredients

- 1 tablespoon butter
- 2 cups graham cracker crumbs
- 2/3 cup melted butter
- 1 pinch of salt
- 500 grams cream cheese, at room temperature
- 1-2/3 cups sugar, divided
- 2 eggs
- 1 egg yolk
- 2 tablespoons vanilla extract, divided
- 1 cup sour cream
- Juice of 3 oranges
- Juice of 1 lemon
- 1 tablespoon cornstarch
- Zest of 1 lemon
- 200 grams blueberries
- A few fresh mint leaves

Directions

1. Preheat the oven to 325 F. Grease the bottom and sides of a springform pan.

2. In a bowl, combine the graham crumbs, butter and salt. Firmly press the mixture into the pan to form the crust. Bake for 10 minutes. Let it cool completely.

3. Meanwhile, beat the cream cheese with a hand mixer for five minutes. Add one cup of sugar and continue beating for three more minutes.

Add the eggs, egg yolk, one tablespoon of vanilla extract and sour cream, beating until the mixture is smooth and uniform.

4. Pour water into a baking dish and place it on the lowest rack in the oven. Pour the mixture over the cooled crust.

Bake the cake on the highest rack for 45 minutes, without opening the oven door during baking.



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5. When the time is up, turn off the oven and open the door slightly. Wait 30 minutes before removing the cake, then let it cool completely.

Refrigerate the cake for at least six hours, ideally overnight.

6. For the blueberry sauce, bring the orange juice, lemon juice, remaining sugar and cornstarch to a boil in a small

saucepan. Reduce the heat and simmer for five minutes.

Add the remaining vanilla extract, lemon zest and blueberries. Simmer again for five minutes, then let cool completely before refrigerating.

7. Carefully remove the cake from the pan before pouring the blueberry sauce over it. Garnish the cake slices with fresh mint leaves.



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OPEN: MON - FRI 8AM - 3PM
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5% of All Flower Sales go to Comox Valley Healthcare Foundation



Three cheers for local farmers

They wake up at the crack of dawn and work by the sweat of their brow to provide consumers with the freshest of foods. Who are these passionate hard workers? Local farmers, of course!

Guaranteed taste

This summer, our proud local ranchers and agriculturalists have a host of products to offer us, fit for both everyday meals and celebratory feasts. Think of all those sun-baked vegetables, vitamin-rich fruit, creamy cheeses, savoury meats and delicious prepared goods (jams, marinades, desserts, pasta, etc.)! Hungry yet? And what better way to wash it all down than with a fresh pint of craft beer or a delicious glass of wine produced just kilometres from home?

Unmatched freshness

It's undeniable: local harvests will always taste fresher (and better!) than foods that have travelled several days by train, boat or truck to reach your kitchen table. Furthermore, opting

for locally grown products means choosing superior quality foods that contain better — and fewer — ingredients than mass-produced goods.

A societal choice

Wouldn't you like to contribute to job creation and economic prosperity in your area? The solution is quite simple: buy local at every opportunity!

So, ready to try the best your region has to offer?



LUSH VALLEY

COMMUNITY GOOD FOOD BOX

Let us do the shopping for you!

Visit our online store to order your Good Food Box, starting at \$30

Looking to shop local?

LUSH Valley's Good Food Box contains veggies, fruit and eggs sourced from almost 40 farms in the Comox Valley

Think outside the box!

Purchase add-ons such as eggs, jams, tote bags and bulk produce when available

GIVE THE GIFT OF A GOOD FOOD BOX

Add a donation to your order to send a Box to a family in need

ALWAYS FRESH & IN-SEASON



What's the difference between straw and hay?

If you're not closely involved in agriculture, you may be among the many people who think straw and hay are the same things. In reality, the two are very different materials that serve distinct purposes.

- Hay is made from the stems, leaves and seed heads of fresh grasses. The plant is still green and nutritious when harvested, making it a good food source for animals. Hay can also be used as mulch, as it adds nutrients to the soil and aids in moisture retention.

- Straw is the stalk that remains after a grain crop has been harvested. It's dry and typically hollow; in fact, it's the ancestor to the modern drinking straw. Farmers can work the stems into the earth to enrich the soil or harvest the stems for other applications. Like hay, straw has nutrients that can benefit animals. However, because it's difficult for animals to digest, straw is more often used as bedding than food. It's also commonly used in other industries, such as biofuel, construction and handicraft manufacturing.

Now that you know the difference between the two, you'll never mix up hay and straw again.



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Why do your tastebuds love local fruits and vegetables?

Buying local is an intelligent and eco-responsible gesture that supports the local economy in your region. When the time comes to select your carrots or apples, your tastebuds also have a say. The good news is, they love the delicious produce lovingly cultivated by your local producers.

Unmatched freshness

The secret to tasty fruits and vegetables comes down to when they're picked. When harvested at the peak of maturity, produce is chockfull of natural sugars and essential nutrients. Local produce is extremely high-quality because it travels quickly from the farm to the market.

Conversely, when imported produce travels long distances, it must be picked early, ripening in the darkness of a warehouse or transport truck to land on your plate in edible condition.

Pure goodness

Local produce doesn't need to be treated with protective coatings. That means when you sniff a tomato grown in your region, no paraffin or mineral oil comes between you and the sweet scent of the earth. You indulge all your senses when you enjoy the fresh farm-to-table taste.

Moreover, since local products tend to sell quickly, farmers don't have to worry about transportability when selecting their growing varieties. Instead, they have the freedom to cultivate the fruits and veggies their customers love that have the best taste and texture.

When it comes to fruits and vegetables, supporting local producers is more than a good idea. It's perfectly delicious!



**Supporting Agriculture,
Food, Farming and Farmers
in the Comox Valley
since 1873**



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AVAILABILITY CHART

Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Asparagus					...	...						
Beans							...	...	...	...		
Beets		...					...	...	...	...	...	...
Broccoli							...	...	...	...		
Cabbage		...					...	...	...	...	...	...
Carrots		...					...	...	...	...	...	...
Cauliflower						...	...	...	...	...	...	...
Corn							...	...	...	...	...	
Cucumbers					...	...	...	...	...	...		
Garlic	...							...	...	...	...	...
Herbs							...	...	...	...		
Lettuce					...	...	...	...	...	...		
Onions	...							...	...	...	...	...
Peas							...	...				
Peppers					...		...	...	...	...	...	...
Potatoes	...						...	...	...	...	...	...
Pumpkins										...	...	
Rhubarb				...	...	...	...	...	...	...		
Salad Greens			...	...	...	...	...	...	...	...		
Spinach						...	...	...	...	...	...	
Squash							...	...	...	...	...	...
Rutabaga	...							...	...	...	...	...
Tomatoes					...	...	...	...	...	...	...	...
Berries	J	F	M	A	M	J	J	A	S	O	N	D
Blackberries							...	...				
Blueberries							...	...	...			
Cranberries										...	...	...
Currants						...	...					
Gooseberries						...	...					
Raspberries							...	...				
Strawberries						...	...	...	...			
Tree Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Apples	...	...	...				...	...	...	...	...	...
Cherries							...					
Pears								...	...	...		
Plums								...	...			
Nursery /Flowers	J	F	M	A	M	J	J	A	S	O	N	D
Bedding Plants			...	...	...	...	...	...	...			
Cut Flowers					...	...	...	...	...	...		
Christmas Trees											...	...
Nursery Plants			...	...	...	...	...	...	...	...		
Other	J	F	M	A	M	J	J	A	S	O	N	D
Meat/Poultry	...	...	...	...	...	...	...	...	...	...	...	...
Seafood/Shellfish	...	...	...	...	...	...	...	...	...	...	...	...

BUY LOCAL  **SUPPORT LOCAL**



Supporting Wild Pollinators in Your Backyard Garden

There's growing concern that honeybee husbandry may pose risks to wild pollinators—and this concern is not without merit. However, at Smith Lake Farm, we've observed an increase in wild bee populations over the past decade.

Why? It comes down to forage. Over the past 20 years, we've intentionally planted a wide variety of nectar- and pollen-rich flowers—originally for our honeybees, especially during the late-summer “dearth” when natural forage is scarce. These blooms have also provided essential food sources for native pollinators, helping them thrive.

Here are a few pollinator-friendly plants we recommend adding to your own garden:

- ◎ Borage: This cucumber-flavoured edible flower is a pollinator magnet. It's easy to grow from seed, replenishes nectar quickly, and blooms for months.
- ◎ Buckwheat: With delicate white flowers and fast-growing foliage, buckwheat is a dual-purpose plant. It supports pollinators and builds soil health by adding nitrogen.
- ◎ Cosmos & Sunflowers: These late-blooming, pollen-rich flowers are essential for supporting pollinators during the dearth. Cosmos are also deer-resistant and simple to grow from seed.

These plants are easy to keep, beautiful and multipurpose! Consider sourcing locally for the seeds—there are many ComoxValleyRecord.com



great options in our region. We often choose Black Creek Farm and Feed for help sourcing seeds or order online from West Coast Seeds.

◎ Let's keep the buzz going! Every flower you plant helps build a better environment for pollinators—and a more beautiful space for you to enjoy. Happy gardening!

Author: Clea & Deborah @Smith Lake Farm