

Your Guide to Buying Local Food in the Cowichan Valley

The Buy Local! Buy Fresh! map is brought to you by the Cowichan Green Community



Your Year-Round Guide to Local Food Cowichan Valley

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This map is an initiative of Cowichan Green Community 181 Station St, Duncan BC V2S 7A8, 8506 cowichangreencommunity.org

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Seasonal Produce Availability Guide

Legend: ✓ = Available (field grown); ✓G = Available (field and greenhouse grown); G = Available (greenhouse grown)

	Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sept	Oct	Nov	Dec
VEGETABLES												
Asparagus					✓	✓						
Beans												
Beets	✓											
Broccoli												
Cabbage	✓											
Carrots	✓											
Cauliflower												
Corn												
Cucumbers					G	G	G	G	✓G	✓G	✓G	G
Garlic												
Herbs												
Lettuce												
Onions												
Peas												
Peppers					G	G	G	G	✓G	✓G	✓G	✓G
Potatoes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pumpkins												
Rhubarb												
Spinach	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Squash												
Tomatoes					G	G	G	✓G	✓G	✓G	✓G	✓
FIELD BERRIES												
Blackberries												
Blueberries												
Currants												
Gooseberries												
Loganberries												
Raspberries												
Saskatoon berries												
TREE & VINE FRUIT												
Apples	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Peaches												
Pears												
Plums												
Kiwi												

Calendar of Events

Date	Event	Host
JUNE		
4, 5, 11, 12	3-day Natural Building Workshop	Peace of Paradise Farm
19	Organic Master Gardener Training	OUR Ecovillage
19	Natural Building Workshops	Cedar Woods Farm
Late June	On Farm Sale	Mikone Farm
	Providence Hoedown	Providence Farm
	Strawberry Festival	Shaw Farm
JULY		
Early July	Strawberry Festival	Shaw Farm
23-25	Organic Master Gardener Training	OUR Ecovillage
25	Islands Folk Festival	Providence Farm
31	Farm Tour	Code's Corner Farm
	Lavender Fest	Damall Lavender Farm
AUGUST		
	Permaculture Design Certification	OUR Ecovillage
	Special Woodstock	Providence Farm
	Direct Farm Marketing Tour	Valhalla Farm Herbs n' Things
	Corn Maze Opens!	McNabb's Corn Maze
	Mikone Farm	On Farm Sale
28		
SEPTEMBER		
	Corn Maze	McNabb's Corn Maze
10-12	3rd Annual Harvest Festival	Cowichan Green Community
16-19	Canadian Chefs' Congress	Providence Farm
16-19	Annual BBQ	Cowichan Agricultural Society
19	6th Annual Wine and Culinary Festival	Tourism Cowichan
25	Feast of Fields	Farm Folk / City Folk
25	Canadian Alpaca Farm Day	Koksilah Acres Alpaca Farm
OCTOBER		
2-3	Corn Maze	McNabb's Corn Maze
3-4	Harvest Festival & Pumpkin Patch	Providence Farm
3-4	Thanksgiving One-Stop Shop	Shaw Farm
3-4	Shopping by Candlelight	Hazelwood Herb Farm
ONGOING EVENTS		
Fri's & Sat's during the growing season; 11:00am-4:00pm	Work Parties	Growing Opportunities
Sundays, year-round; 2:00-5:00pm	Sunday Tea Tastings	Tea Farm



Buy Local Buy Fresh represents locally produced food and the people that make it happen. Look for the Buy Local Buy Fresh! label at local farm stands, farmers' markets, fine restaurants and food retailers around the region.

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55 HOPE FARM HEALING CENTRE
 Michael Burdge & Bob Bolton
 3504 Drinkwater Rd, Duncan
 Phone: 250-748-4479 Fax: 250-748-4495
 info@hopefarm.ca & hopehealingcentre.com
 Hope Farm is a ministry of the Mustard Seed, for men seeking recovery from addiction, rooted in the Christian story & practices.
 Eggs, broiler chickens, vegetables (squash, root crops, pumpkins, green beans, peas, sweet corn), lamb, beef, Non GMO.
 Hay, flowers, silage, round bales, livestock grain
 Year round, Monday to Saturday 8:00am to 7:00pm. No Sunday Sales
 Farm gate, Environmental Farm Plan (pending)
 GPS N48.80228 E-123.74758

64 VENNER BROOK FARM
 Chris & Christine Page
 9166 Chalmers Rd, Chemainus
 Phone: 250-732-7873
 vennerbrookfarm@yahoo.com
 vennerbrookfarm.ca
 Grass fed succulent Katahdin lamb - for those who think they don't like lamb! Lean, mild flavoured and low in cholesterol
 Grass fed naturally raised Katahdin lamb & breeding stock, turkeys for sale by the sq.ft. (veal/wholesales), eggs, corn
 Open year round at our road side stand
 Farm gate, Chemainus Falls (Contact Mike the butcher)
 GPS N48.90155 E-123.70273

65 HOWLING WOLF FARM
 Ladysmith, Cedar, Thetis Island, Yellow Point
 Christopher & Marilyn Peeg
 63 & 70 Pilkey Point Rd, Thetis Island
 Phone: 250-246-3510
 hwfarm@telus.net
 Award winning pies, grass fed lamb - individual cuts
 Blackberries made into pies, jams, jellies, etc. and grass fed lamb
 Open Easter to Thanksgiving, daily 9:00am to 6:00pm
 Farm gate
 GPS N48.98628 E-123.67607

56 AVERILL CREEK VINEYARD
 Andy Johnston
 6522 North Rd, Duncan
 Phone: 250-709-9986 Fax: 250-709-9987
 andy@averrillcreek.com
 www.averrillcreek.ca
 100% estate grown grapes
 Wine (red, white, blackberry)
 April to October, daily from 11:00am to 5:00pm
 Farm gate, private wine stores in the Cowichan Valley
 GPS N48.81023 E-123.76247

57 SOMENOS FARMS LTD.
 Auke & Sheila Elzinga
 3541 Cowichan Valley Hwy, Duncan
 Phone: 250-245-9204
 info@somenosfarms.com
 Beef by the side
 All year by appointment only
 Farm gate
 GPS N48.51595 E-123.74744

66 KINGCOTT FARM
 Joe & Sheila Kingcott
 11887 Allison Way, Ladysmith
 Phone: 250-245-0254
 info@kingcottefarm.com
 Non-certified organic
 Corn, beans, squash, carrots, beans, tomatoes, lettuce, radishes, cabbage, zucchini, turnips, parsnips, apples, pears, grapes (2 kinds), berries, Jerusalem artichokes, figs, broad beans, pickled beets
 Bowen Rd. Market, Nanaimo
 All of our products available wholesale
 GPS N48.98628 E-123.67607

58 WILBERRY ORCHARDS
 Neil & Christine Wilson & Joyce Carberry
 6912 Fleet Rd, Duncan
 Phone: 250-746-5462 Fax: 250-748-0910
 info@wilberryorchards.com
 Kernels available year round
 Hazelnuts - in shell and kernels. Fresh in season and frozen year round
 By appointment
 Farm gate, Country Grocers, Thrifty's, Fairways, 49th Parallel, Old Farm Market, Roswell, Red Barn, Shell (at Christmas)
 GPS N48.82136 E-123.64183

67 HAZELWOOD HERB FARM
 Barbara Stevens
 13376 Ashford Rd, Ladysmith (Yellow Point)
 Phone: 250-245-8007 Fax: 250-245-7885
 info@hazelwoodherbfarm.com
 Herbs products for culinary, therapeutic and cosmetic use
 Naturally formulated cleaning, household, and pet care products
 April to December, 11:00am-5:00pm daily
 Farm gate
 GPS N49.04809 E-123.85366

59 SWEET PICKINS FARM
 Mike & Laurie Pless
 7087 May's Rd, Duncan
 Phone: 250-701-4238
 micp@telus.net
 Picked fresh daily - in season or frozen throughout the year
 Blueberries, raspberries, apples, plums, honey, carrots, beets, cucumbers, squash, pumpkins
 Blueberry pies, assorted jams & jellies, bees wax candles
 During the blueberry season (mid July to early September): daily 9:00am to 6:00pm. Rest of the year call to make app.
 Farm gate
 Pets welcome, but not in the blueberry field
 GPS N48.82724 E-123.68658

68 MCNABBS CORN MAZE
 Murray McNabb
 4613 Yellow Point Rd, Ladysmith (Yellow Point)
 Phone: 250-245-0666 Fax: 250-245-4427
 mc_nabb@hotmail.com
 Family fun in the country
 Beets, carrots, cucumbers, potatoes, squash, corn, Local honey
 August to October Friday to Sunday 10:00am to 10:00pm to dusk. Veggie available all day at an unattended booth
 Farm gate, Duncan Farmer's Market, Cedar Farmer's Market, and Nanaimo Fairgrounds Farmer's Market
 GPS N49.04988 E-123.81088

60 ABBY LANE FARM
 Catherine Young
 7233 May's Rd, Duncan
 Phone: 250-701-9405
 abbylanepumpkins@yahoo.com
 www.abbylanefarm.com
 Enjoy a horse-drawn wagon ride to an authentic pumpkin patch
 Healthy, well-groomed, well-socialized, looking for consumers who enjoy duck meat & eggs
 Year round, daily 10:00am to 5:30pm
 Farm gate, Duncan Farmer's Market through winter, Cedar Farmer's Market May to Thanksgiving, Ladysmith Farmer's Market
 We follow organic standards
 GPS N48.82047 E-123.69159

69 CEDAR VALLEY POULTRY FARM
 Betty & George Benson
 2409 Yellow Point Rd, Nanaimo
 Phone: 250-732-3538
 ge_benson@hotmail.com
 Healthy food, available locally, veggie-based feed, GMO free
 Chicken, turkey, assorted vegetables, flowers. Looking for consumers who enjoy duck meat & eggs
 Year round, daily 10:00am to 5:30pm
 Farm gate, Duncan Farmer's Market through winter, Cedar Farmer's Market May to Thanksgiving, Ladysmith Farmer's Market
 We follow organic standards
 GPS N49.08308 E-123.83308

46 COWICHAN VALLEY ORGANIC FARM
 David Wiebe
 6182 Chalmers Rd, Duncan
 Phone: 250-748-8899
 david@cowichanvalleyorganic.com
 www.cowichanvalleyorganic.com
 Certified organic: Outdoor vegetables, field crops & fruit
 Tomatoes, cucumbers, basil, cauliflower, broccoli, strawberries, raspberries, etc.
 Farm gate, Duncan Farmer's Market
 Certified organic
 GPS N48.79476 E-123.68515

37 ROCKY CREEK WINERY
 Linda Hafford
 1854 Myford Rd, Cowichan Bay
 Phone: 250-748-5633
 linda@rockycreekwinery.ca
 www.rockycreekwinery.ca
 100% Island grown award winning estate wines from a sustainable vineyard and winery
 White, sparkling, rose, red, and blackberry wines
 Some local products are available in our gift shops, including vases and mushrooms
 April to September, Thursday to Sunday, 11:00am to 4:00pm and by appointment
 Farm gate
 GPS N48.72452 E-123.62857

47 MAPLE GROVE FARM
 Maureen McInnis
 3228 Gibbins Rd, Duncan
 Phone: 250-748-1813
 harywilliams200@gmail.com
 www.oldsoldfarm.com
 A wide range of fruit and vegetables including sweet potatoes and late season raspberries, egg, beef
 A self-service market stand is open during daylight hours June to September
 Farm gate
 GPS N48.77910 E-123.73715

38 ALBA PLANTS
 Gordon Mackay & Sonia Ottosen
 1812 Kahl Rd, Cowichan Bay
 Phone: 250-748-1555 Fax: 250-748-1568
 gordon@albalplants.com
 www.albalplants.com
 Flips picked fresh in July and August
 Fresh figs, rhubarb
 Locally produced apples, dwarf conifers, rare and unusual perennials, woodland plants, bulbs, small trees
 Open February to October, by chance or by appointment
 Farm gate
 GPS N48.72984 E-123.62538

48 OLD ROAD FARM
 Harry Williams
 3355 Gibbins Rd, Duncan
 Phone: 250-748-1813
 harywilliams200@gmail.com
 www.oldsoldfarm.com
 Organic (uncertified) for over 50 years
 Unusual varieties of small fruits, blueberries, raspberries, and other small fruits, native plants
 Christmas trees, and evergreen foliage
 By appointment. Direct sales to retailers. Sales through the website are coming soon
 Pets welcome
 GPS N48.77910 E-123.73715

39 MOBETTA HERBS
 Pab (Paul) Pienti
 1764 Pritchard Rd, Cowichan Bay
 Phone: 250-748-1764
 harywilliams200@gmail.com
 mobettaherbs.ca
 Non-certified organic greens, garlic, herbs, tomatoes, rare peppers, specialty
 Fresh seasonal greens including mustard, spinach, Indian spinach, mizuna and herbs, we specialize in basil
 Some rare hot peppers, beans, peas, garlic and cucumbers
 April to October daily 10:00am to 6:00pm
 Farm gate, Duncan Farmer's Market
 GPS N48.73882 E-123.62268

49 SHAWL FARM
 Rupert Keyote
 3615 Gibbins Rd, Duncan
 Phone: 250-748-2485
 rkeyote@shawlfarm.com
 www.shawlfarm.ca
 We are a developing non-certified organic "nose-powered" farm
 Mixed seasonal vegetables, limited amounts of grass fed Galloway beef, free-range chicken - organically fed, pork by the side
 Open seasonally, contact wharf manager for availability
 Wharf-side
 GPS N48.74139 E-123.61823

40 COWICHAN BAY FISHERMAN'S WHARF
 Wharf Manager
 1700 Jackson Bay Road, Cowichan Bay
 Phone: 250-746-5911
 info@fishermanswharf.com
 Local fishermen selling direct from their boats
 Tuna, salmon, shrimp, prawns, crab, bottom fish, octopus, herring
 Open seasonally, contact wharf manager for availability
 Wharf-side
 GPS N48.74139 E-123.61823

50 VALHALLA FARM HERBS & THINGS
 Pat & Henri Andersen
 7087 May's Rd, Duncan
 Phone: 250-746-3651 (Call 9's weekdays)
 nrifling@telus.net
 Wild, sustainably harvested seafood recognized by Vancouver Aquarians Ocean Wise program. Local fishery
 Milk, sustainably harvested seafood recognized by Vancouver Aquarians Ocean Wise program. Local fishery
 All products certified organic, IOP# producer #1307
 In season market vegetables, eggs, chicken, blueberries, raspberries
 Duncan Farmer's Market
 Certified organic
 GPS N48.77964 E-123.75698

41 MICHELLE ROSE
 Greg Johnston
 1700 Jackson Bay Rd, Cowichan Bay
 Phone: 250-746-3651 (Call 9's weekdays)
 nrifling@telus.net
 Wild, sustainably harvested seafood recognized by Vancouver Aquarians Ocean Wise program. Local fishery
 Fresh & frozen prawns, salmon, (Sockeye, Pink, & Silver Brine Chum), octopus, herring
 May to September, Saturday to Sunday 10:00am to 3:00pm or by appointment
 Farm gate, Duncan Farmer's Market every 2nd Saturday
 Partnership with TLC
 GPS N48.74139 E-123.61823

28 WILLOW FARM
 Giles & Tuija Stevenson
 6182 Chalmers Rd, Duncan
 Phone: 250-748-8888
 willowfarm@telus.net
 www.willowfarmduncan.com
 We are non-certified organic
 Sheep, vegetables, herbs, berries and grapes are under development
 We have a cottage for guest accommodation. Open all year.
 GPS N48.79476 E-123.68515

19 MAKARIA FARM
 Heather Walker & Brock McLeod
 4715 Birch Rd, Duncan
 Phone: 250-743-3276
 makariafarm@gmail.com
 www.makariafarm.com
 Organic veg farm market offering fresh-from-the-field strawberries, vegetables, and more
 We are non-certified organic
 Organic strawberries, vegetables, seeds (flowers, vegetables, grains), nursery plants, cut flowers, dried grain bouquets
 Organic eggs, bread, organic frozen meat, teas, coffee beans
 Open June to September. Please visit website, call or email for hours. CSA Harvest Box program available.
 Farm gate, Duncan Farmer's Market, Community Farm Store
 GPS N48.73977 E-123.66239

10 BAIRD BROTHERS FARM
 Maurice & George Baird
 1210 Birch Rd, Duncan
 Phone: 250-743-4727
 bairstbros@gmail.com
 mbaird@telus.net
 Natural grass fed beef by side, quarter, or hamburger packages
 No hormones or antibiotics
 Natural grass fed beef, eggs, hay
 Open all year, by appointment only
 Contact directly for sales
 GPS N48.62461 E-123.64615

01 GILL-POWER HOBBY FARM
 James Gill & Rosalie Power
 2125 Millcreek Ave, Shawnigan Lake
 Phone: 250-743-1990
 info@gillpower.com
 Lamb, rabbits, poultry, and free range eggs
 Year round, Mon-Fri, 10:00am to 6:00pm
 Sat-Sun, 11:00am to 6:00pm
 Farm gate
 Pets welcome
 GPS N48.62461 E-123.64615

65 HOWLING WOLF FARM
 Christopher & Marilyn Peeg
 63 & 70 Pilkey Point Rd, Thetis Island
 Phone: 250-246-3510
 hwfarm@telus.net
 Award winning pies, grass fed lamb - individual cuts
 Blackberries made into pies, jams, jellies, etc. and grass fed lamb
 Open Easter to Thanksgiving, daily 9:00am to 6:00pm
 Farm gate
 GPS N48.98628 E-123.67607

56 AVERILL CREEK VINEYARD
 Andy Johnston
 6522 North Rd, Duncan
 Phone: 250-709-9986 Fax: 250-709-9987
 andy@averrillcreek.com
 www.averrillcreek.ca
 100% estate grown grapes
 Wine (red, white, blackberry)
 April to October, daily from 11:00am to 5:00pm
 Farm gate, private wine stores in the Cowichan Valley
 GPS N48.81023 E-123.76247

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 Maureen McInnis
 3228 Gibbins Rd, Duncan
 Phone: 250-748-1813
 harywilliams200@gmail.com
 www.oldsoldfarm.com
 A wide range of fruit and vegetables including sweet potatoes and late season raspberries, egg, beef
 A self-service market stand is open during daylight hours June to September
 Farm gate
 GPS N48.77910 E-123.73715

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 1812 Kahl Rd, Cowichan Bay
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 gordon@albalplants.com
 www.albalplants.com
 Flips picked fresh in July and August
 Fresh figs, rhubarb
 Locally produced apples, dwarf conifers, rare and unusual perennials, woodland plants, bulbs, small trees
 Open February to October, by chance or by appointment
 Farm gate
 GPS N48.72984 E-123.62538

29 ZANATTA WINERY
 Jim Moody & Loreta Zanatta
 5025 Wilson Rd, Duncan (Glenora)
 Phone: 250-748-2318 Fax: 250-748-2347
 info@zanatta.ca
 www.zanatta.ca
 All of our wines are produced from grapes grown on our property
 Wine
 Open May to December, Wednesday to Sunday, 12:00pm to 4:30pm
 Farm gate, private liquor stores
 GPS N48.75443 E-123.74863

20 BEE HAVEN FARM
 Steve & Gill Mitchell
 1620 Wilson Rd, Duncan
 Phone: 250-743-9916 Fax: 250-746-9233
 beehaven@shaw.ca
 Strawberries, raspberries, seasonal vegetables, garlic
 Mason Bees
 Open Monday - Sunday, 10:00am to 4:00pm, all year
 Farm gate, Duncan Farmer's Market
 GPS N48.74433 E-123.67373

11 SASKATOON BERRY FARM
 Al & Connie Dryland
 1245 Fisher Rd, Cobble Hill
 Phone: 250-743-1189
 info@familyfruit.com
 During our fresh saskatoon berry season we welcome u-pickers
 Saskatoon berries (fresh in season and frozen), saskatoon pies, jams and jellies U-pick & pre-picked
 Open year round 9:00am to 5:00pm. Open 7:00am to 6:00pm during the berry season (usually the 16-3 weeks of July)
 Farm gate
 Pets welcome
 GPS N48.70016 E-123.58777

02 O.U.R. ECOVILLAGE
 Brandy Gallagher
 1560 Buddy Mountain Road, Shawnigan Lake
 Phone: 250-743-3067 Fax: 250-743-3019
 info@ourcovillage.org or brandy@ourcovillage.org
 www.ourcovillage.org
 Permaculture farm demonstration site & sustainability education centre
 Poultry (chicken, duck, turkey), lamb, pork, mixed veggies, herbs, and edible landscape plants