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2017

West Coast Grower's Guide

Your Source for Local Food & Products



Alberni Valley
NEWS

Leader's Message - Grow With Us!

Welcome to the 2017 edition of the West Coast Growers' Guide!

The City of Port Alberni and Alberni-Clayoquot Regional District are committed to cultivating and supporting a thriving local food system. In 2011, the Regional District adopted the Alberni Valley Agriculture Plan, setting out an action plan for agricultural initiatives with a long term goal of 40% regional food security by the year 2031. The Regional District also formed an Agricultural Development Committee and hired part-time consultants to provide direction on agricultural and food security initiatives. In 2015, The City of Port Alberni created the Food Security and Climate Disruption Committee, which provides recommendations to Council with respect to urban food security and climate change concerns affecting the community.

We are moving forward

along the path to meeting our agricultural goals. Our area boasts a number of Farmers' Markets, which are open at a variety of times and days throughout the week. We have attracted new farmers into the region and are seeing a growth in the variety of products available throughout the year, including big leaf maple syrup, micro-greens, grass-fed beef, mixed vegetables, and oysters on the half shell. There is a resurgent interest in marine and shell-fish culture, and dedicated agricultural projects being established in some of our smaller, off-shore communities. The City's bylaw allowing chickens, bees and vegetable stands within City limits has resulted in an increase in each of these and fostered the sense of a community food culture.

Most of all, we are proud of the community's passion about and involvement in food sovereignty and sustainability issues. We hope that the 2017 edition of the Growers' Guide offers resources to both our own residents and area visitors, helping them to access the healthy and diverse products that are produced in the region and offering resources to support them in cultivating more food themselves.

While the growth of a thriving and sovereign local food system is not without challenges, we are heartened by the progress made so far. As government leaders, we encourage you to support this movement yourself by buying from your local farmers and doing what you can to contribute to the area's food production yourself - even if

only by planting a container of herbs, tomatoes, or salad greens on your balcony. In backyards, gardens, farms, community and organizational green spaces, and our various Farmers' Markets, all community members can contribute!



Mike Ruttan - Mayor,
City of Port Alberni



grow with us in the
Alberni Valley

The Most Affordable Agricultural Land On Vancouver Island.

For information about farm properties and the work being done to promote our agriculture sector by the City of Port Alberni in partnership with the Alberni-Clayoquot Regional District, please contact,

Alex Dyer at 250-720-2708 or adyer@acrd.bc.ca



Support the Future of Local Farming

The average age of a farmer in BC is 56, giving the province the dubious distinction of having the oldest farm operators in Canada. At the other end of the spectrum BC has the smallest percentage of farm operators under the age of 35. These numbers are part of a long and ongoing decline in the number of farms and farmers in Canada. The statistics are troubling: from 1991 to 2011 the total number of farms in Canada declined by 24%. In the same period the average age of farm operators increased from 47 to 55. As it currently stands the number of farmers under 40 is falling alarmingly across the board while the number over 50 is skyrocketing.

While there are farmers still active in their 80's and 90's it is probably unrealistic to assume that someday they could be the "average" farmers. But that is precisely where we are headed unless agriculture can attract an influx of younger participants. For farming to remain healthy and sustainable the average age of a Canadian farmer needs to be pared back by at least 15 years. It can only be accomplished by convincing more young farmers to enter the industry. Every person who expects to eat every day

has a vested interest in this goal and a part to play in making it happen. As a food consumer your purchases determine the future of agriculture in your community. Without committed and reliable customers all farming becomes risky business and it is new farmers who are most vulnerable.

True food security comes from cultivating relationships with producers who grow it right in your community. There is an impressive list of them right in this guide, and many of them represent the critical demographic shift we need to make. So check them out, find the ones who grow what you want, and become a committed customer. It could be the start of a beautiful, and tasty, relationship.

Written by Bob Collins. Bob and his wife Ann have farmed in the Alberni Valley since 1980. There are currently 3 generations of their family on the farm.



Alberni Farmers Institute

The Alberni Farmers' Institute (AFI), established in 1899, has been a cornerstone of the local agricultural landscape for over a century. Its members are passionate about healthy local food, innovations in agriculture, environmental responsibility and food sustainability within the region and on Vancouver Island.

The Alberni Farmers' Institute promotes farming through workshops, circulation of information, educational forums, and networking events such as an annual Christmas dinner and dance. It also awards an annual bursary to a

high school student pursuing secondary education in agriculture.

Makenna Cyr was recently elected President of the Alberni Farmers Institute. She is a young, 1st generation farmer, born and raised in the Alberni Valley. Makenna became involved in agriculture through the 4-H program and got involved with the AFI after receiving a post-secondary bursary in 2014. As the new President, Makenna hopes to galvanize the Alberni Farmers Institute as an important networking tool and knowledge base for everyone involved or interested in agriculture and local food.

At a time when being informed about our food is so important, the AFI is a great educational asset for new farmers and the public as well.

Anyone can join; whether you are a farmer, just feel a strong interest in agriculture, or are passionate about local food! To become a member or get more information please contact Anna Lewis at 250-735-0520 or Makenna Cyr at 250-731-5072. The cost of membership is a sliding scale from \$15-\$25 a year per farm or family and includes a subscription to Country Life in BC magazine.

The 2017 Growers' Guide was sponsored in part by the Alberni Clayoquot Health Network (ACHN).

The ACHN is a mechanism for citizens working and living in the Alberni Clayoquot Regional District to come together and speak with a collective voice on health issues and share ideas and resources to build healthier communities. The Network aims to improve health and well-being and focus on the social determinants of health. Learn more, and download the ACHN's Strategic Plan, at <http://achn.ca/wp>.

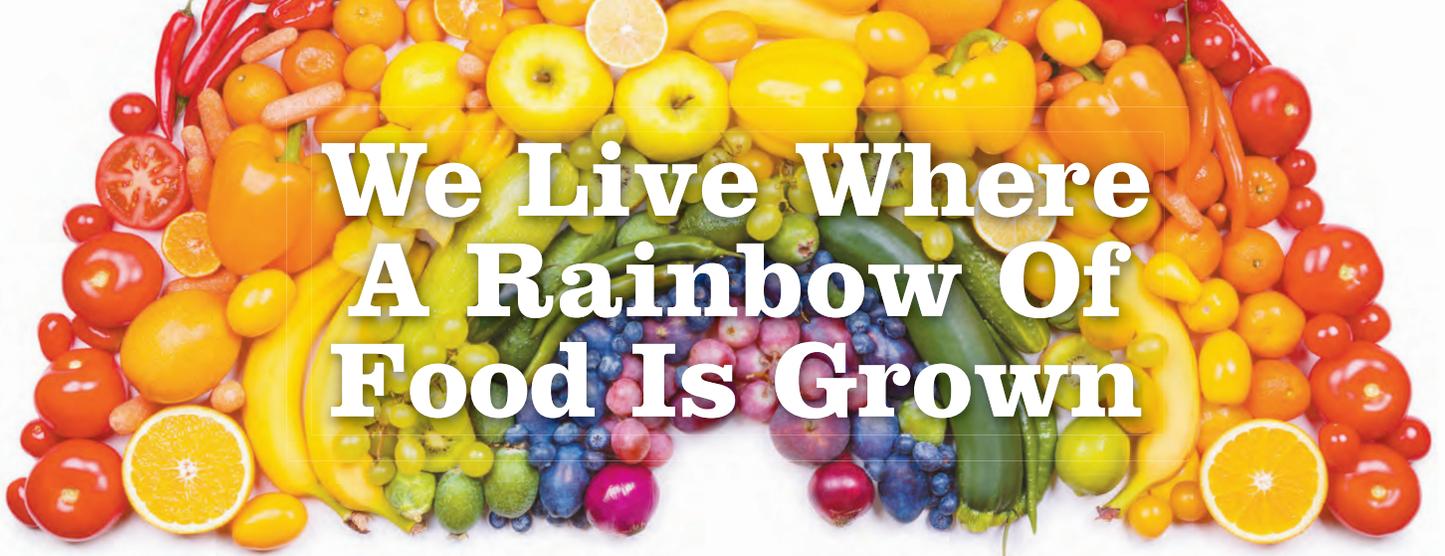


Alberni Farmers' Institute

Since 1989, we've celebrated the resiliency of Valley farmers and their strength and diversity. We are passionate about local food security, raising the profile of agriculture in our region and promoting sustainable agricultural practices on Vancouver Island.

Annual membership is on a sliding scale \$15-\$25 which includes subscription to Country Life magazine.

To know more or get involved, contact:
Makenna Cyr sunraeacres@outlook.com
or **Anna Lewis** amirakoel@yahoo.ca



We Live Where A Rainbow Of Food Is Grown

Be a locavore! Locavores try to choose locally grown or produced food that is in season. We are so lucky to live in in the Alberni-Clayoquot Regional District where there is literally a rainbow of food grown. All four food groups are grown here – see the list of local food & products available in this guide. You will find a vast array of nutritious foods to help families create many healthy and delicious recipes.

Food is wonderful. It engages all our senses and plays several roles in our lives. Food brings people together, sustains us and comforts us. Eating healthy foods is essential for our health. It nourishes not only our bodies but also our minds. Many of us show our love through the food we cook and feel loved when someone cooks us our favourite meal.

Food is a basic need. As dietitians we encourage variety in the diet, as that will help to ensure that essential nutrients will be consumed in quantities that are adequate for optimum health. We understand the daily struggles, nutrition concerns, and confusion that people face as they sort through information on food. With the growing interest in nutrition, 'diets', supplements and 'health food industry' recently, food has been broken down and categorized into nutrients instead of whole foods and meals. This characterization detracts

from the cultural, social and pleasurable reasons for eating. Nourishment comes from fully appreciating and sensing meals while being mindful of hunger and satiety cues. Making eating and food a priority in life and devoting time for procurement, preparation and meals with others will help to bring the body into a better balance nutritionally. We recommend eating a rainbow of real local foods for better health. What better place than here in this region to obtain your food?

Seven of the top ten causes of death, such as heart disease, stroke, and cancer are linked to diet and lifestyle. As dietetic professionals we want to promote a healthy food system, create awareness of the root causes of diet-related diseases and develop strategies to help people meet their food and nutrition needs. The health of eaters reflects the health of our food system.

By eating locally, individuals are able to create a better connection between themselves and their food sources. What is your food story? For us, our food story is teaching people how to meet their nutritional needs, translating nutrition recommendations into action and bringing the importance of nutrition on the agenda in our community.

What food traditions and culture are represented in your family? Did you know that eating together at home

has many benefits? Children and adolescents who frequently eat together with at least one meaningful adult have better food and nutrient intake, eat more vegetables and fruit, are at lower risk for substance abuse, are socially better adjusted and perform better in school compared to adolescents who eat together with their parents less often. Lines of communication with kids and teenagers are more open, when people share a family meal on a regular basis. Children will feel more connected and develop more self-confidence and better self-image, as they engage with family over a meal. Can you recall an especially memorable meal? Do you remember who made it, and with whom you ate it? Was it a special celebration or a unique occasion? What part of it made it especially memorable? These are reasons for eating that individuals may have, and not realize how truly significant they are in life.

With the realization that local, healthy food equals healthy lifestyle, there is a growing demand recently for more local food shops, farmer's markets, homegrown gardens and hobby farms. Visiting local markets and purchasing food grown in our region has a win/win ripple effect on you, the local economy and long-term agriculture sustenance.

Check out new recipes with www.cookspiration.com. You may enjoy the 'Corn, Sweet Potatoes and Salmon Chowder', the 'Baked Potato Medley', the 'Butternut Squash', 'Spinach & Feta Frittata' and so much more.

For nutrition information you can visit www.dietitians.ca,

or call 811 at HealthLink BC to speak to a registered dietitian.

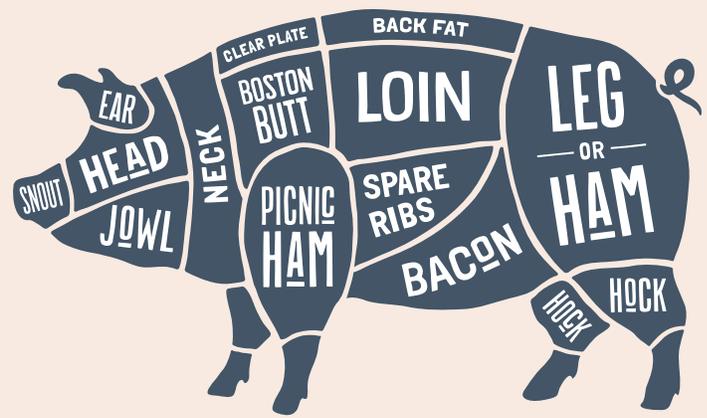


Hélène Dufour,
Registered Dietitian
Public Health Services,
Island Health



Sandra Gentleman,
Registered Dietitian
Integrated Community
Services, Island Health

The Cost of Good Meat



Much of the farmland in the Alberni Valley is well suited to livestock production and, according to the Alberni Agricultural Plan, 90% of it is dedicated to just that. Currently however, there are no government inspected facilities for slaughter in the region - the closest are in Courtenay and Nanaimo. The lack of local processing facilities is a barrier to growth in the industry, as transport to distant facilities is stressful on the animals and poses significant extra costs for producers.

In spring of 2016, the Alberni-Clayoquot Regional District commissioned a feasibility study to determine whether the region could

support the establishment of a government inspected (Class A) abattoir. The study determined a projected cost of about \$540,000.

At an open house in October, 2016, local farmers voiced skepticism as to the financial viability of such a project. Instead, they chose to lobby for amendments to the existing Provincial Meat Inspection Regulations, which would allow them to develop food safety plans, slaughter limited numbers of animals on-farm, and sell them within the region. Producers could thereby ensure a short moment between life and death for their livestock. These licensed (Class D) operators

would be monitored through Island Health. The animals would be processed locally, and distributed to area residents with very little carbon footprint and stress to the animals. The cost savings would help their farm operations to survive.

How can a small island community bring change to Provincial regulations? What is required for a thriving local food supply system? These are important questions when looking to build sustainable and resilient communities

for the future. In this case, it seems as though safe options for local farm-to-table processing and distribution of meat products could help keep costs reasonable for everyone, reduce the environmental impact of farming, and protect the well-being of area livestock. For more information or to offer feedback, please contact the Alberni Farmers' Institute secretary, **Anna Lewis**, at amirakoel@yahoo.ca

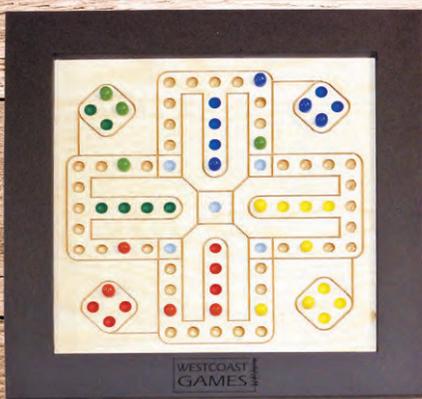


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Rainwater Harvesting - Good reasons to embrace it

Rain...what is rain?

“Rain is liquid water in the form of droplets that have condensed from atmospheric water vapor and then precipi-

tated—that is, become heavy enough to fall under gravity. Rain is a major component of the water cycle and is responsible for depositing most of the fresh water on the Earth.”

Vancouver islands population has

been steadily growing for the past few decades, water conservation strategies such as rainwater harvesting are a great idea for everyone, after all humans began saving rainwater over 5000 years ago.

What is Rainwater Harvesting?

Rainwater harvesting is an ancient method of collecting rainwater and storing it for later use. Traditionally, this involves harvesting rain from

a roof, although in Asia it is common to harvest surface water. The rain is collected from a roof is typically sent to the gutters which then directs

the water into a network of piping which eventually leads to a cistern or other storage devices.

Many areas of the world actively harvest rain out of

necessity, we are fortunate to be in a position where we can be pro-active and begin using these techniques before they're needed.

What are the benefits of rainwater collection?

- Rainwater is a sustainable source of water... we get an average of 1885.9 mm of rain per year in Port Alberni and 3295.4 mm in Tofino. This translates into around 348,000 litres of water per year coming off a 2000 sq ft roof in Port Alberni and 612,000 litres in Tofino.
- You have more control over your water supply...water sovereignty.
- It promotes self-sufficiency and helps conserve existing water supplies.
- Rainwater is better for landscape plants and gardens because it is not chlorinated.
- It reduces storm water runoff from homes and businesses, reduces wear and tear on taxpayer funded infrastructure (ditches and storm pipe).
- It can solve the drainage

problems on your property while providing you with free water.

- It uses a simple approach that is affordable and easy to maintain.
- It can be used as the supplementary source of water or as a back up source to wells and municipal water.
- The system can be easily retrofitted to an existing structure whether commercial or residential.
- Rainwater harvesting systems are very flexible and can be modular, allowing expansion, reconfiguration, and even relocation, if necessary.
- It can provide an excellent back-up source of water for the use in emergencies.



What are the uses of collected rainwater?

Rainwater can be used for nearly any purpose that requires water. These include landscape use, stormwater control, wildlife and livestock watering, in-home use, and

fire protection.

Rainwater collection is a technique that can be used to green your landscape and to lessen your environmental footprint.

Sources

1 Wikipedia

By **Jamie Wallace**

Jamie is owner of Raindrop Harvesting, a company which designs and installs rainwater harvesting systems for farm, commercial and residential settings. Jamie is on the CANARM board (Canadian Association for Rainwater Management) and has ARCSA AP designation (American Rainwater Catchment Systems Association). For more information you can visit his website at www.raindropharvesting.ca or contact Jamie at 205-933-6335 or jamie@raindropharvesting.ca



2017 Food and Agricultural Events

within the Alberni-Clayoquot Regional District

FEBRUARY

- **Feb. 2** - Young Agrarians' Mixer event: 5:30pm, Kinsmen Community Center, Fall Fair Grounds
- **Feb. 2** - Farm Business Start-up Workshop: 9:30am, Kinsmen Community Center
- **Feb. 3 and 4** - Islands Agriculture Show: Glenwood Center and Fall Fair Grounds
- **Feb. 25** - Maple Syrup Day: Arrowvale Farm

MARCH

- **March 11** - Tofino Seedy Saturday: Tofino Botanical Gardens
- Date TBA - Rotary Hops Festival

APRIL

- **April 1** - Port Alberni Seedy Saturday: Port Alberni Farmers' Market, 9am-1pm
- **April 14** - Easter Bunny Hunt: Arrowvale Farm
- **Date TBA** - Arrowvale Petting Farm, Grand Opening

MAY

- **May 17** - Alberni Farmers' Institute Spring Social
- **Dates/places TBA** Community Plant Sales
- **Dates TBA** - Feast! Tofino: A celebration of local food

JUNE

- **June 3** - Tofino Food and Wine Festival: 1-4pm, Tofino Botanical Gardens
- **U-Pick Raspberries:** Arrowvale Farm, starting date TBA

JULY

- **July 21-23** - Ukee Days, Ucluelet Village Green

AUGUST

- **Aug. 19 & 20** - 5th Annual Jamie Collins Memorial Family Ramp Camp (kid's skateboarding), Arrowvale Farm

SEPTEMBER

- **Sept. 1-4** - Alberni Salmon Festival
- **Sept. 7-10** - Alberni District Fall Fair,
- **Sept 16** - 4-H Livestock Auction: Coombs Fairground, 9am show and 1pm auction
- **Sept. 17** - Alberni Valley Family Farm Day

OCTOBER

- **Pumpkin Patch and Hayrides** - Every weekend in Oct., Arrowvale Farm

NOVEMBER

- **Alberni Farmers' Institute AGM and Harvest Dinner**, dates TBA
- **Clayoquot Oyster Festival:** Tofino, dates TBA
- **Christmas Wreath Making** - Arrowvale Farm, Dates TBA

DECEMBER

- **Alberni Farmers' Institute Annual Christmas Party**, dates TBA
- **Dec 16 and 23** - Santa at the Farm: Arrowvale Farm



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Farm Listings

❖ Avalon Blueberry Farm

Cathy and Kerry McDonald

8286 Faber Road

Phone: 250-724-6721 • Email: avalonfarm@shaw.ca

Website: www.avalonfarm.ca 

Avalon Farm produces hay, garlic, assorted Vegetables, and the valley's Only Certified Organic Blueberries. We are near Sproat Lake, on Faber Road, and sell only at our Farm Gate.

Fresh Blueberries can be pre-ordered or bought at the farm-gate during July and August. Frozen Berries are available year round. We also fish commercially and have Wild Salmon available: fresh, in -season, and frozen year round. Feel Free to call for more information, or come down and see us on the Farm!

❖ Beardale Farm

George Haack

9797 Somers Road

Phone: 250-724-4588 • Email: gfaack@gmail.com

Family farm since 1969. It started off as a dairy farm and in 2000 transitioned to beef and hay sales. Red angus beef and 4 foot round hay bales are available. Please phone for more information.

❖ Beaufort Rainbow Farm

Anette and Peter Novotny

9560-9564 Somers Road

Phone: 250-723-3238

Email: anette@beaufort-rainbow-farm.com

peter@beaufort-rainbow-farm.com

Website: www.beaufort-rainbow-farm.com

Our five-acre family farm is located at the end of Beaver Creek Road, at the foot of the Beaufort Mountain Range. We produce lamb, garlic, rabbit and eggs, as well as sell seasonal vegetables and herbs.

Our products are sold at the farm gate and local farmers markets. We follow organic growing principles (non-certified) in the garden and all our animals are raised without hormones or antibiotics. Call ahead for a list of current products.

❖ Bob's Place

Bob Haynes

6269 Smith Road

Phone: 250-724-1116 or cell: 250-720-5884

Email: Haynes.r@telus.net

By appointment only or you can find Bob at the Spirit Square Market. At Bob's place we grow everything as naturally and humanely as possible.

❖ CMHA Healthy Harvest Farm

Anna Lewis

4890 Beaver Creek Road • Phone: 250-735-0520

Email: healthy.harvest@cmha.bc.ca 

The CMHA Healthy Harvest Farm strives to create a low stress environment for people diagnosed with mental illness learn, work, create community and grow produce. The farm grows a variety of vegetables, greens, herbs and bedding plants. The land is managed using organic growing principles and follows a biodynamic planting calendar. Healthy Harvest offers their produce to the community through a self-serve farmgate stand, a CSA box program as well as a weekly "What's Available" email which people can use to place online orders. Any surplus will be sold at Farmers' Markets. Come visit, volunteer and grow with us!

❖ Coleman Meadows Farm Water Buffalo Dairy

The Dyson Family

6670 Coleman Road

Phone: 250-724-0876 • Email: awpb@island.net

Website: www.island.net/~awpb 

Coleman Meadows Farm is a 170-acre farm that boasts views of the Comox Glacier, Mount Arrowsmith, Mount Klitsa and the Beaufort Range. Our farm is home to Canada's most West Coast Water Buffalo Dairy! The Dyson family welcomes you to our farm and to our extremely friendly herd of grass-fed water buffalo just off the Pacific Rim Hwy. Our water buffalo thrive in their fabulous natural landscape of forests, pastures, a Coho bearing creek and gardens. We believe in the importance of biodiversity finding balance between the natural and managed lands. Our on-farm market summer hours are Thursday to Saturday beginning in June until September from 10 a.m. to 2 p.m. We are open year-round on Saturday's from 10 a.m. to 2 p.m. Our farm market offers a great selection of water buffalo products including; cheeses, Gelato and a full assortment of water buffalo meats. Come and meet the girls and stroll through the gardens. We can provide guided tours (by appointment) of the dairy and barns. Keep up to date with pictures and activities on our website and through Facebook.

❖ Collins Farm/Arrowvale Campground

Bob and Ann Collins

5955 Hector Road

Phone: 250-723-7948 • Email: info@arrowvale.ca

Website: www.arrowvale.ca 

Farm gate sales are on Saturdays between 10-2 or by appointment. The farm is located on 68 riverside acres which has been home to the Collins farm since 1980. We host special events throughout the year including pumpkin patch hayrides every October, hosting school tours and other special events. We have Belted Galloway Cattle and Canadian horses. Maple syrup is made on the farm along with a selection of berries, beef, veggies and preserves.

❖ Cottonwood Farm

Jan Carter

6306 Ferguson Road

Phone: 250-723-8214 • Email: cottonwoodfarm@telus.net

Website: www.cottonwoodfarm.ca 

Jan Carter of Cottonwood Farm proudly raises purebred Suffolk and Romney sheep and supplies registered breeding stock to farms across Canada. The farm produces grass fed lamb products both fresh and frozen including a variety of cuts. Cottonwood Farm also sells wool products including comforters, mattress pads, pillows, sleeping bags, socks and more. Order or inquire about meat, wool and wool products directly through the farm.

❖ Cox Lake Farm

285 Franklin River Road

Phone: 250-720-9242 or 250-724-5027

Cox Lake Farm is a seasonal blueberry farm operating everyday through mid-July to late September. The hours of operation are from 9am-7pm. We offer two varieties of delicious blueberries and offer a u-pick option as well.

❖ Crackin Yolks Farm

Snow White and Jumbo Dwarf

6144 Drinkwater Road

250-720-1752 • Email: crackinyolksfarm@gmail.com

Once upon a time in a not so far away place with forests, gardens and pastures; Snow White and Jumbo Dwarf were found carefully tending to the land and animals in a natural, loving way. Crackin Yolks Farm is nestled down a quiet, no-thru country road where we currently raise European Mouflon, chickens, fruits, and vegetables. Contact us to see how we can grow or raise something (non-gmo) for you or your business. Also doing farm gate sales by appointment.

❖ Eden Tree Farm and Gardening

Heather Shobe
6220 Karen Place
Phone: 250-724-2175 • Email: heather@edentreefarm.ca
Website: www.edentreefarm.ca 

Eden Tree is a teeny-tiny permaculture farm, nursery, and homestead. Heather is a permaculture landscape designer, teacher, consultant, and sustainability advocate. The farm features chickens, bees, rabbits, and a variety of edible, medicinal, and native plants. It also offers organic soil supplements, guided interpretive tours, and garden oriented workshops.

❖ Leda Organic Farm (since 1974)

Gary, Jacquie, Louis Swann
4361 Batty Road
Phone: 250-723-7692 • Email: gswann@shaw.ca

Leda Farm is an 80 acre farm and eco-forest. It is biodynamically managed. We grow trees, vegetables, fruit, flowers and herbs. Louis makes big leaf maple syrup and manages Highland beef cattle. He also manages a biodynamic orchard. We try to be self-contained within our own footprint, except for fossil fuel use. We make about 80 tonnes of biodynamic compost per year. We hold workshops for biodynamic compost making, as well as making of biodynamic field and garden sprays. We also host Training Tuesdays for interested helpers in the garden. We are open for farm gate sales on Tuesday 9am to noon. We also sell by appointment and at the Spirit Square Farmers' Market most Saturdays 9am to noon at Harbour Quay.

❖ The Lee Farm

Bob and Vicki Lee
7900 Mountain Ranch Road
Phone: 250-723-7472 • Email: vickilee@telus.net
Website: www.theleefarm.com 

The Lee Farm is a small bio-diverse, family farm. Our large greenhouse and garden area allows us to grow a wide variety of vegetables throughout the year. We raise meat chickens, heritage and hybrid laying hens and Dexter Cattle. We are not certified organic but grow all our vegetables and fruits with no pesticides or commercial fertilizers. Our livestock is grown ethically with no added hormones or the use of antibiotics. We sell weekly at the Spirit Square Market.

❖ Lettuce Be Micro-Greens

Nancy Roussel
2241 Alberni Hwy • 250-735-0412
website - LettuceBeMicroGreens.ca
email - LettuceBeMicroGreen@gmail.com

We grow micro-greens as well as vegetables from the garden. Strawberries, raspberries, rhubarb, when in season. We want to offer the freshest produce from the garden to the table. You can find us at the local Farmers Market at the Quay every Saturday as well as the Sunset Market during the summer. Call anytime 250-735-0412

❖ Potter's Produce

Ben Potter
6498 Smith Road • Phone: 250-723-5170 or 250-735-3594
Email: benjypotter6@gmail.com

A small farm containing two glass greenhouses and five gardens which produce naturally-grown vegetables. The property also has the largest chicken run in the valley, resulting in healthy hens and fine free-range eggs. Phone to arrange appointment for farm gate sales or come to the Port Alberni Farmers Market.

❖ Rain Valley Farm

Ann DeBrincat and Darryl Hatch
5873 Tosca Road
Phone: 250-724-5594 • Email: darryl59ann@telus.net
Website: www.rainvalleyfarm.ca

We are a small farm and we believe in raising our animals in the most humane way, without the use of antibiotics or hormones. Come find us at the Port Alberni Farmers Market or phone to make an appointment.

❖ Simples

Ej and Tim Towle
Phone: 250-723-8061 (after noon)

Simples grows and sells herbs, creates herbal creams, vinegars/vinegarettes, heritage and native plants. We are a very small urban farm and still growing! We can be found at the Spirit Square Market on Saturday mornings.

❖ Sun Rae Acres

Makenna Rae Cry • Phone: 250-731-5072 

Sun Rae Acres is a small farm located in Port Alberni. It is home to cows, sheep, rabbits and many other critters as well as a passionate young farmer.

❖ Steller Jay Farm

Kat Belisle
5671 Chapman Road • Phone: 250 731-8422
Email: stellerjayfarm@gmail.com 

Our family farm grows a variety of produce including carrots, broccoli, tomatoes, garlic, artisanal greens, strawberries and so much more! Our produce is grown using environmentally friendly methods and is on the way to becoming certified organic. Steller Jay Farm offers a 16 week produce delivery program (CSA) and is a vendor at the Spirit Square Farmers Market. Curious about how your food is grown and who is growing it? Come say hi and pick up some delicious produce Saturdays 9-12 in the Spirit Square at the Harbour Quay!

❖ Stonehaven Farm

Jamie and Lisa Aylard
8600 Bryson Road
Phone: 250-724-6449 • Email: jlaylard@uniserve.com

176 acre farm. We raise black angus beef, sheep, and honey bees. All animals are pasture grazed (grass fed).

❖ View Street Market

Jane Oliver and Rick Jorgenson
4595 Montrose Street
Phone: 250-918-9977 • Email: info@viewstreetmarket.ca
Web: www.viewstreetmarket.ca
Facebook: www.facebook.com/ViewStreetMarket 

View Street Market Farm Gate is an urban farm in the heart of Uptown Port Alberni. We are truly urban, located on View Street and 8th Avenue, just 4 blocks from City Hall and 9 blocks from Harbour Quay.

Our farm gate is open every Sunday from 9 am to 1 pm during the spring, summer and fall. We sell our fruit, veggies, herbs and eggs. We are love fermenting food and provide advice and support for those wishing to learn about making their own kombucha, kefir, sourdough and yogurt.



Alberni Valley
Transition Town Society

Dedicated to a resilient, low-carbon society...

...because food matters.

www.avtransitiontown.org

250-723-8282



A community kitchen is a community-accessible kitchen where individuals or groups can gather together to cook or process food (usually for a rental fee). The following facilities in the Alberni Valley inspected by Island Health.

ALBERNI ATHLETIC HALL

3727 Roger Street
 Bill Surrey (250) 731-6930
www.island.net/~albahall/

Features 2 natural gas ovens, a convection oven and electric range, griddle, 6 burners, 2 freezers, fridges and coolers, dishwasher/sinks, and two 4x8 counter tops. \$50/day

ALBERNI VALLEY RESCUE SQUAD

4790 Tebo Avenue
 Phone or text Kim Dylor
 (250)720-6085

Kitchen is adjacent to the hall and features two stoves with ovens, two large sinks, stainless steel counters, and fridge. Cutlery and some dishes are also available. 75\$/day

ALBERNI VALLEY UNITED CHURCH

3747 Church Street
 (250) 723-8332

Kitchen has 2 fridges, 2 stoves and a microwave, a commercial dishwasher, 4 sinks, lots of counter space, and a tall center table to work on. Users need to have Food Safe certification, call for rates.

BEAVER CREEK COMMUNITY CLUB

8505 Beaver Creek Road
 (250) 888-5566
beavercreekcommunityhall@gmail.com

Fully stocked kitchen with all utensils and amenities. Two propane ovens, 4 burners, a grille, fridge, counter space, dishwasher, comes with hall rental. Lots of parking, call for rental rates.

CHERRY CREEK HALL

3720 Moore Road
 (250) 724-1660
cherrycreekhall@shaw.ca

Fully equipped rental space with commercial stove, 8 burners, double oven, commercial fridge, sink, dishwasher, and lots of counter space. Call for rates.

ECHO 67 AQUATIC CENTRE

4255 Wallace Street
 (250) 723-2181

Two options are available at the Echo Center. Larger one has an 8x8 island, industrial dishwasher, 6 burner stove, ovens, large fridge (2 double doors) double sink, dishes included. \$100/day

FRIENDSHIP CENTER

3555 Fourth Avenue
 Jeff Jeffries (250) 723-8281

The Friendship center runs community canning/kitchen programs that are open to public as well as renting out their kitchen facilities. Electric commercial stovetop and grill, fan, dishwasher, lots of counter space, and two ovens. Rental of pots/pans is available, contact for rates.

KUU-US COMPLEX

4589 Adelaide Street
 (250) 723-2323

The kitchen is available every day but Saturday. Renters are to supply their own materials and have usage of kitchen (stove, fridge). Area used must be cleaned and left in an orderly fashion. \$35/usage

THE ITALIAN HALL

4065 6th Avenue
 Eliot Drew (250) 723-7421
info@theitalianhall.com
www.theitalianhall.com

This spacious hall kitchen is available Mon-Thurs. It features a walk-in cooler, dual oven, 6 burner gas, 30'flat top, and full dishwasher. \$150/day

TRINITY CHURCH

4766 Angus Street (at 5th)
 (250) 724-4921

Two stoves, two fridges, double sinks, lots of counter space, good selection of dishes and cooking implements, dishwasher. Renters have to pay an additional insurance premium, call for rental rates.



Regional Farmers Markets

Tofino Public Market

Saturdays from May 20th - October 7th 2017. 10am-2pm on the Tofino Village Green

The Tofino Public Market promotes and coordinates a community of local artisan vendors representing the West Coast of Vancouver Island. Our motto is "Make it, bake it, grow it and gather it".

Anne Weeks, Market Coordinator
 (250) 266-5006
www.tofinomarket.com
[facebook.com/TofinoPublicMarket](https://www.facebook.com/TofinoPublicMarket)

Ucluelet Friday Night Market

Fridays 3-7 pm from May 21 - Sept 8 at 200 Main Street, Ucluelet BC

Outdoors on the Village Green on Ucluelet's historic harbourfront. The Ucluelet Night Market is also host to an indoor Thanksgiving and Christmas Markets.

uclueletmarket@gmail.com
 250-726-6072

Port Alberni Farmers Market

(AKA Cherry Creek Farmers' Market)
 Saturdays, 9am-1pm, year round (inside and out)
 6211 Cherry Creek Road

Year-round Farmers' Market featuring local farmers and fare. Seasonal produce, plants, grass fed beef, pork & poultry, as well as baking, crafts & culinary vendors. Both year-round vendors & drop-ins welcome!

pafarmersmarket7@gmail.com
 250 723 4514

Spirit Square Farmers Market

Saturday, 9am-noon, year round
 Harbour Quay 5440 Argyle St , Port Alberni

The Spirit Square Farmer's Market is situated at the foot of Argyle Street in the picturesque Harbour Quay. Local farmers offer a wide selection of locally grown vegetables and fruits all seasonally available. Locally grown chicken, beef, lamb, pork, turkey, and local cheeses, as well as an abundance of farm fresh eggs are available each week. Local artisans showcase unique artwork and round out the experience of a local Farmer's Market.

spiritsquarefarmersmarket@gmail.com
 250-723-7472

Uptown Urban market

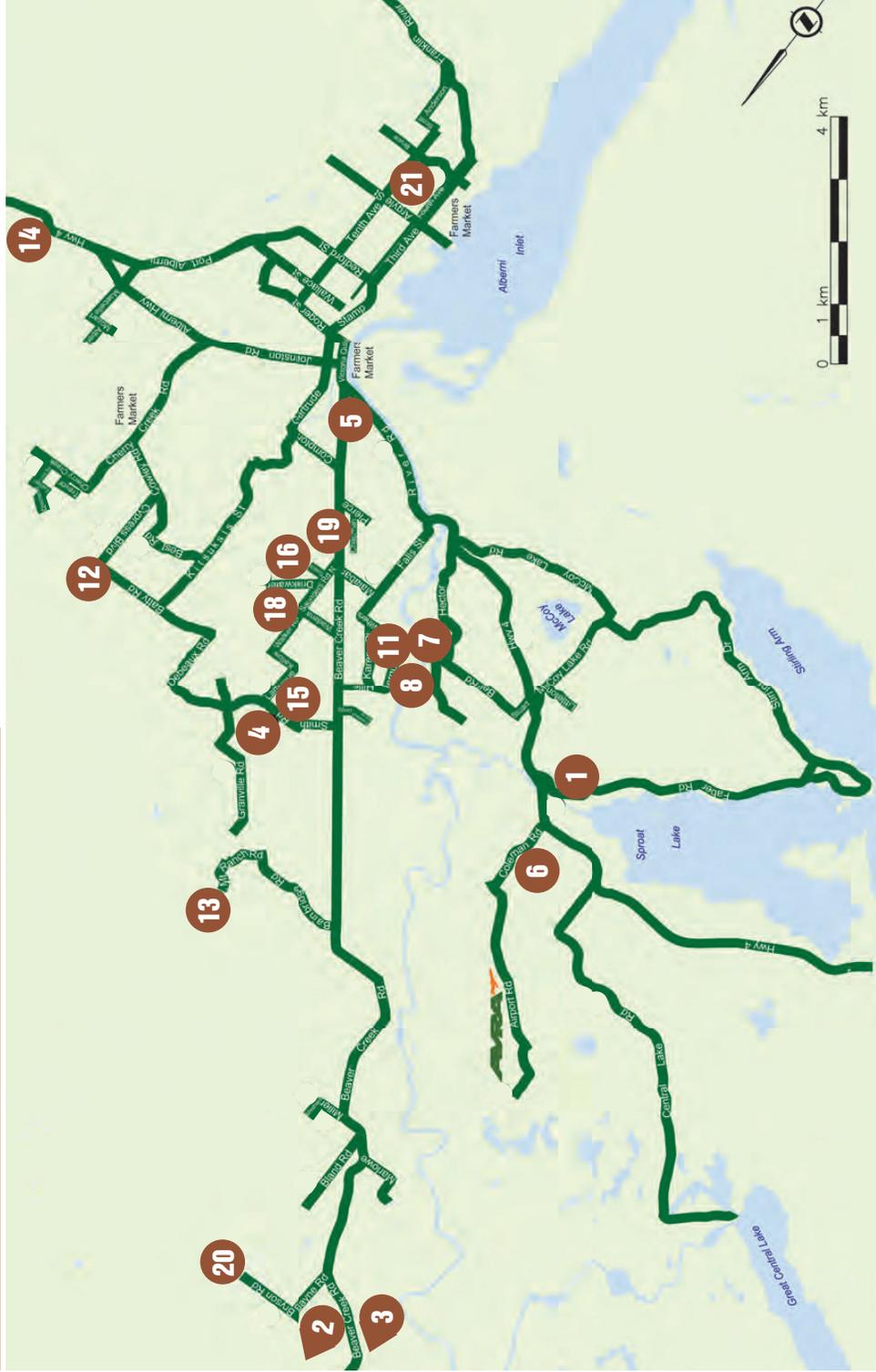
Friday's 12-6, Saturday and Sunday's 10-2
 May 5th through September 30th.
 3135 2nd Ave, Port Alberni

This small footprint market is located in the heart of the uptown community, close to the water and a short walk from the local shops. The market provides REAL products to REAL people in a simple old fashioned way, with a pay forward positive attitude. Products range from local produce, eggs, meats, cheeses, baked goods and more, to the esoteric and handcrafted.

During the off-season, the market moves indoors, next door at 3147 2nd ave, and sells products with a shelf life like jams, jellies, pickles, coffee, honey, and fresh eggs.

uptownurbanmarket@yahoo.ca
 250-720-5470

Local Farm Map



1. Avalon Blueberry Farm
2. Beardale Farm
3. Beaufort Rainbow Farm
4. Bob's Place
5. CMHA Healthy Harvest Farm
6. Coleman Meadows Farm
7. Collins Farm/Arrowvale Campground
8. Cottonwood Farm
9. Cox Lake Farm
10. Crackin Yolks Farm
11. Eden Tree Farm and Gardening
12. Leda Organic Farm
13. The Lee Farm
14. Lettuce Be Micro-Greens
15. Potter's Produce
16. Rain Valley Farm
17. Simples
18. Sun Rae Acres
19. Steller Jay Farm
20. Stonehaven Farm
21. View Street Market

Community Gardens Guide



A Community Garden is a shared green space which is maintained by community members for their use and enjoyment. Many different models exist; following is a sampling of what is available in our region.

Dry Creek Community Garden

Corner of 4th and Napier Street, Port Alberni

This new community garden in Port Alberni is a project of the Young Professionals of Port Alberni. Rental plots are available.

Janette Cormier - 250-720-7240 or cormier.ja@gmail.com
<http://ypalbernivalley.ca/>

The Maaqtusiis Muuschim Garden

Ahousat, Flores Island

Started in 2012, this garden is a community effort to help offset cost of food and travel as we are a remote community accessible only by boat or plane. We have a green house and garden area and the elders and schools have been very involved helpful. We aim to bring: HEALTHY FUN, FOOD SECURITY, ECONOMIC VIABILITY, EDUCATION, PRIDE, AND SO MUCH MORE TO AHOUSAHTS TABLE!

Maaqtusiis Muuschim Garden Contacts
Sacheen Pointe mamazonscreations@gmail.com
or **Joe James Rampanen** jrampanen@gmail.com

Āuḷcamis Community Garden

Macoah Community at Toquaht Bay

Now two years old, this garden was established for food security and fresh foods in the community. Plots are available for annual fee.

Kirsten Johnson - kirstenj@toquaht.ca

Tofino Community Garden

Tofino Botanical Garden, 1084 Pacific Rim Highway

At the beautiful Tofino Botanical Gardens, this established community garden has 8 plots and is a project of the Tofino Community Food Initiative.

tofinolocalfood@yahoo.ca
www.tofinocommunityfoodinitiative.com

Hesquiaht Community Garden

Coordinator-Lisa Sabbas
250-670-1101
lisa@hesquiaht.ca

Yuuḷu?iḷ?ath (Ucluelet) First Nation

700 Wya Road, Hitacu

A new community garden with raised beds in the heart of Hitacu.

Contact Debbie Mundy
250-726-7342

Learning in the Garden

- Marcus Lobb



Educational gardens have become increasingly popular in North America over the past decade.

On Vancouver Island alone we have more than 20 documented school garden programs and the number is increasing each year as organizations such as Farm to Cafeteria continue to offer start-up grants aimed at increasing local food consumption in schools.

The potential of educational gardens for learning is vast and never ending. Some schools will choose to make the learning be entirely edible, but other schools will choose to grow medicinal plants, or pollinator plants, or even showcase native plants. These decisions are often due to budget, as well as number of volunteers available to help maintain the garden. Obviously native plants require a lot

less attention, but this does not mean they are not useful teaching tools.

Here is a brief list of simple activities that any educator or parent can do with a group of children in a garden setting.

Observation Skills: Harvest a bunch of different leaves or flower petals in the garden in advance. Then in small groups send them out to find the plant that the leaves originated from.

Geography and Art: Take note of all the plants in your garden, and then have them research the country or origin of the plant and color little flags that will be placed in the garden or attached to the plant's sign.

Math: Have kids keep track of the growth of a select plant in the garden with measurements taken each week. They can track this info on graph paper, and determine the weekly, monthly and yearly

growing patterns of each species.

Art: Painting signs for the garden, or simply hosting a group in the garden to draw and color.

Writing: Take a trip to the garden and have the kids write a magical story involving the plants as the main characters in the story and the garden as the land in which they exist.

For those who are interested in turning your local schoolyard into an edible education space, there are numerous grants and agencies available to offer funding and technical support. One of the best sites to visit in North America is the Evergreen website (www.evergreen.ca/get-involved/resources/). This website has a vast amount of resources for educators as well as a list of funding sources.

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SEPT 7, 8, 9 & 10
at the Fall Fair Grounds



Preserving the Harvest

You've stocked up on the freshest produce available, your fridge is stuffed, and your garden just keeps producing. **Now what???** There are many ways to preserve the best of the season and keep local food on your table year round. Following are a few options.

Freezing

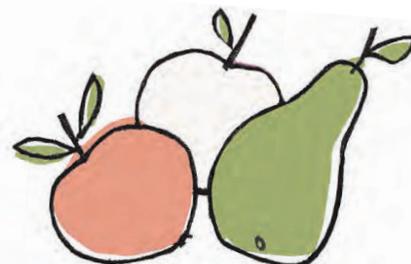
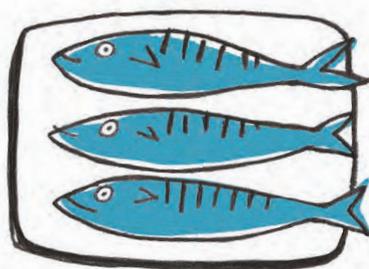
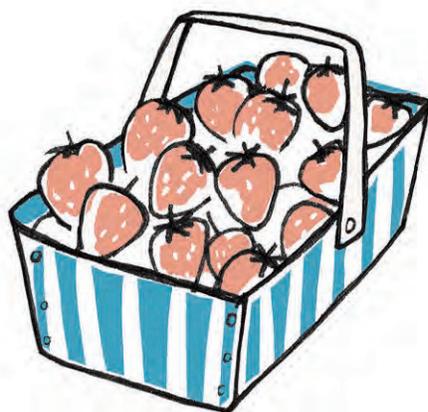
At the height of the season, it's easy to take a load off by freezing surplus and delaying more intensive processing until a quieter time. The biggest down side is the need for continued energy consumption and the risk of total meltdown if the power shuts down.

Use for:

- Fresh fruits, meats, fish, grains, and vegetables

Tips:

- Blanch vegetables to preserve color and nutritional value by quickly submersing in boiling water.
- Lay out small or sliced fruits or blanched vegetables on cookie sheets. Once frozen, transfer into plastic bags or glass jars. You'll be able to use them piece by piece.
- It's easy to pit fruits once they've been frozen. Just thaw out the fruit and separate the pits from the mush.



Drying

Second to freezing for ease, there are many ways to dry the season's harvest. Drying retains a significant amount of nutritional value, and can even be done without any special equipment.

Use for:

- Fresh fruits, vegetables, even meats and fish

Tips:

- Experiment! Use a standard dehydrator, lay out items in the sun between window screens, build a solar dryer, place racks by your wood stove, or hang herbs from your ceiling. You know how hot your vehicle gets in the sun, right? Try driving around for a few days with a tray of sliced fruit in the backseat!
- Get creative. Dry fruit or vegetable purees on parchment paper then roll up to make homemade leathers. You can even add yogurt, nuts, seeds, and spices. Think blueberry yogurt or pumpkin pie leather!
- The lower the drying temperature, the more nutritional value retained. At the same time, it needs to be warm enough to prevent the growth or spoilage organisms. Take extra care with meat or fish, and follow a recipe or the guidance of an expert.

Fermenting

Second to freezing for ease, there are many ways to dry the season's harvest. Drying retains a significant amount of nutritional value, and can even be done without any special equipment.

Use for:

- Fruits, vegetables, juices, tea, milk, even fish or meat!

Tips:

- Fermenting happens - that bucket of fruit will turn into wine with very little care and prompting. While it may seem imposing to beginners, fermenting is extremely safe, because the lactic acid bacteria created kills off other organisms.
- Saukraut and Kimchi let you create delicious ferments from whatever is available. All that is needed is a vegetable, or mix of vegetable, and salt.
- You can save money making your own yogurt, apple cider vinegar, and wine!
- The probiotics in fermented foods are extremely good for your own guts, and can even increase the nutrient content of the food.

Cold Storage

Many products can be stored through the winter in proper conditions. Cold temperatures, some ventilation, and proper packing required.

Use for:

- Fruits and vegetable, ferments (including meats)

Tips:

- Make sure produce is clean and free of physical damage. Eat or otherwise process damaged pieces, or they will contaminate the rest when they spoil.
- Place in storage as quickly as possible after harvest. Some fruits, like many varieties of apples, store longest if they are harvested before being fully ripe.
- Some products should not be stored together. Onions, cabbages, apples, and banana for example, can transfer odors and/or ethylene (a gas which promotes ripening)

Did you notice what's missing from this list?

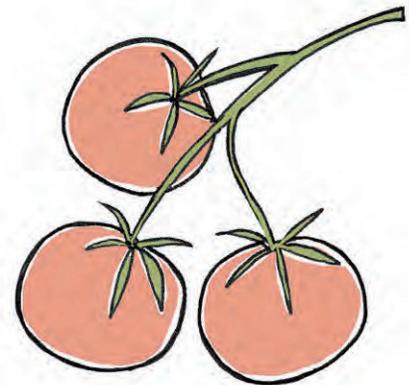
Canning!

Jams, jellies, peaches, applesauce, chicken, fish, soups...the list goes on and on. Pressure or boiling-water bath canning are often the first preserving method that come to mind, but they needn't be. While long lasting and versatile, they require specialized equipment and pose a higher risk if done incorrectly.

In all cases, use good quality produce and look for specific instructions or recipes online. Plenty of information is available! Check in the Port Alberni Parks and Recreation Guide, at the Friendship Center, or with local businesses and friends for courses and training.

Heather Shobe,

Eden Tree Farm and Gardening





Oyster Facts!

- Oysters filter 1.3 gallons/hour, they can help maintain the balance of a marine ecosystem by reducing excess algae and sediment that can lead to low oxygen levels and harm other marine life
- Oysters have been eaten by humans since prehistoric times and cultivated at least since the times of the Roman Empire.
- Oysters get their flavor from the environment, because oysters filter so much water they develop a flavor of their environment.
- Oysters are rich in vitamins and nutrients. Oysters contain a variety of vitamins and nutrients including zinc, calcium, magnesium, protein, selenium and vitamin A. They also contain especially high levels of vitamin B12, iron and monounsaturated fat, the "healthy" kind that is found in olive oil.
- Oysters extract carbon dioxide from the ocean doing their part to help curb climate change.
- All of which are good reasons you will feel awesome about eating oysters!!

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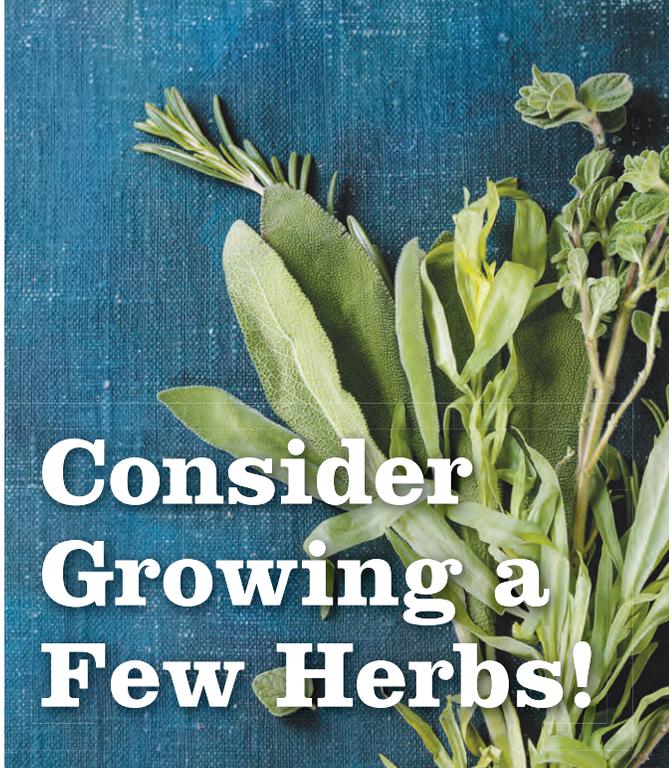
www.edentreefarm.ca
www.facebook.com/EdenTree
heather@edentreefarm.ca • 250-724-2175

See Parks & Rec Guide for upcoming workshops.
 Always available by appointment, tours on request.

Growing with the Alberni Valley!

Alberni Valley NEWS

250-723-6399 • www.alberniavalleynews.com



Consider Growing a Few Herbs!

By Marie Knoll

Generally speaking, culinary herbs are all relatively easy to grow, given minimal requirements with bountiful results.

Basil

With over 60 varieties to choose from, find one or two that is right for you and get growing.

- Plant after all danger of frost has passed in a sunny location, with good drainage and fertile soil. Fertilize regularly.
- Basils come in both culinary and medicinal varieties. It has anti-inflammatory properties and may provide useful for conditions like rheumatoid arthritis and inflammatory bowel syndrome. Good source of vitamin A and an excellent source of vitamin K
- Great companion plant with tomatoes, increasing yields and flavour.
- Containers well and can be grown as a houseplant.

Chives/garlic chives

One of the most ancient of herbs! The first record of chives dates back 4000 years in China when Marco Polo reported of his culinary appreciation of it.

- A frost hardy perennial, it is one of the first plants to send up tasty shoots in the spring.
- Part sun/part shade – fertile garden soil with good drainage. Chives are not a greedy plant, so once a year fertilizer application is more than sufficient.
- Companion plant to carrots, and tomatoes and is a friend to all Brassicas.

Thyme

Woody, frost hardy perennial that prefers a hot dry location in full sun.

- Leaves can be harvested fresh for use throughout the summer. Flavour is most intense right before flower. Dried thyme is more pungent than fresh. It is a great immune system booster.
- Pinch out growth tips to encourage side shoots.
- Thyme aids in the digestion of high fat foods. Thyme tea is a common preparation for sore throats and cough.
- Companion plant to cabbages repelling the cabbage worm. Containers well.

Rosemary

Woody, long lived perennial. (20 years or more) Full sun well drained soil.

- Like other Mediterranean herbs, such as thyme and lavender, rosemary does not take well to heavy pruning.
- Wait until new growth appears and cut back to lower ones. Provide good air circulation and good drainage and lots of water.
- Rosemary containers well but like to “live alone”.
- A tea made from the leaves is known to help relieve symptoms of a cold and headache. Stimulates hair growth and is believed to stimulate live activity and improve blood circulation.
- Companion plant to cabbage, beans, carrots and sage. It attracts bees and butterflies.

Oregano

No pasta sauce or pizza would be complete without the wonderful flavour and aroma of oregano. Easy to grow hardy perennial (well here on the coast anyways), likes full sun, well drained soil.

- Do not overwater as leaf tips will turn brown and only fertilize once a year.
- Companion plant with most crops, but, especially good for cabbage, or any of the Brassicas. Good for grapes and cucumber also.
- Harvest at any time but, the flavour is most intense right before flowering.
- Like thyme, the flavour intensifies with drying.

Crop Planting Timeline

While tradition dictates garden planting on the May long weekend, we can safely extend the growing season in the Alberni Valley. West Coast Growers and those with a greenhouse or cold frames can extend the season even further.

Choose the season, and scroll through the list of what you can plant!

| Early (February - April) | Mid (May-July) | Late (Aug-Nov) |
|--|--|--|
| Asian Greens (March-Late May) | Basil (Mid-may to mid-June) | Asian Greens (Aug to Sept) |
| Beets (Mid April to mid-Aug) | Beans (Mid-May to mid-July) | Beets (Mid-April to mid-Aug) |
| Broccoli/Cauliflower/Cabbage (March-May) | Broccoli/Cauliflower/Cabbage (Late June to late July) | Carrots (Late Mar to mid-Aug) |
| Carrots (Late Mar to mid-Aug) | Buckwheat (May-August) | Clover (mid March - mid Oct) |
| Clover (mid March to mid Oct) | Celery Seedlings (Mid-May to mid-June) | Corn Salad (Mid Sept to late Oct) |
| Kale (March to Mid-July) | Clover (Mid March - mid Oct) | Fall Rye/Winter Wheat Cover Crop (Mid Aug to late Oct) |
| Kohlrabi (April to mid-May) | Corn (Late May to mid-June) | Fava Bean (Sept to mid-Nov) |
| Leeks (April to mid-June) | Cucumber Seedlings (late May to mid-June) | Garlic (Mid Sept to early Nov) |
| Lettuces (April to Late August) | Eggplant Seedlings (Late May to mid-June) | Kohlrabi (Mid-July to mid Aug) |
| Onion Sets (March-April) | Kale (March to Mid-July) | Kohlrabi (Mid-July to mid-Aug) |
| Parsley (Mid-April to late May) | Leeks (April to Mid-June) | Parsley (Mid-July to late Aug) |
| Parsnips (Late Mar to mid-July) | Parsnips (Late Mar to mid July) | Radishes (Late Aug to late Sept) |
| Peas (Mid-Feb to mid-May) | Pepper Seedlings (Late May to mid-June) | Spinach (late July - late Aug) |
| Potatoes (Mid March to mid June) | Potatoes (Mid March to mid June) | Swiss Chard (Mid-April to mid-Aug) |
| Radish (March-May) | Melon (Late-May to mid-June) | |
| Spinach (March to mid-May) | Squash (Late May to mid-June) | |
| Swiss Chard (Mid-April to mid-Aug) | Swiss Chard (Mid-April to mid-Aug) | |
| Turnips (April to Late July) | Tomato Seedling (Mid-May to June 15) Turnips (April to Late July) | |

The Last Ram Standing – Keeping “Local” European Mouflon Genetics Alive

A European mouflon (*Ovis Orientalis Musimon*) ram named “Buoy” is finally getting his chance in the breeding spotlight. Born on the Durmuller Farm and raised on a small Cherry Creek hobby farm with his brothers, Buoy is the last known European mouflon of a small closed herd which was originally brought to Port Alberni in the 1990s by two different families (Bruneau and Durmuller). The Bruneau family owned “Beaufort Farms”, a lovely 50 acre property from 1981 to 2006 and the Durmuller Farm, a beautiful 40 acre property, which has been operational from 1980 to today. Both families raised fallow deer and European mouflon purchased from a breeder (Gary Cleggett) in Southern BC. It is said that both species of animals had been trapped and relocated by a team including Mr. Cleggett on Spieden Island, USA. The wild herds were imported to Spieden Island (then renamed to “Safari Island”) by John Wayne who purchased and flew the

herds directly from Sardinia, Italy to raise and hunt on the Island. The Bruneau and Durmuller families phased out of raising mouflon (the Durmullers continue to raise fallow deer and sell local hay) leaving Buoy and his brothers the last of this genetics to remain in Port Alberni. Buoy may be a long way from his original European homeland, but he remains “home”, here in the Alberni Valley with the hope of his genetics carrying on for future generations to enjoy.

European mouflon were introduced about 7,000 years ago in Corsica and Sardinia. The mouflon is thought to be one of the two ancestors for all modern domestic sheep breeds. Mouflon are regal and deer-like in looks and nature. They have striped faces, white tail patches and underbellies, and body coats ranging in colour from fawn to mahogany with dark back-stripes. Rams develop long, dark manes and white saddle patches on their sides. Adult males weight



approximately 120 lbs and females 100 lbs. Males are horned, females are polled and occasionally horned. Their native habitats are steep mountainous woods near tree lines with migration to lower altitudes in winter months. In Canada, the mouflon are classified as domestic sheep. Mouflons yield lean, delicate-flavoured bright red meat with none of the “muttony” flavour that some people dislike. Some have even referred to mouflon tasting like a delicious “meat-cloud”.

- submitted by Crackin Yolks Farm

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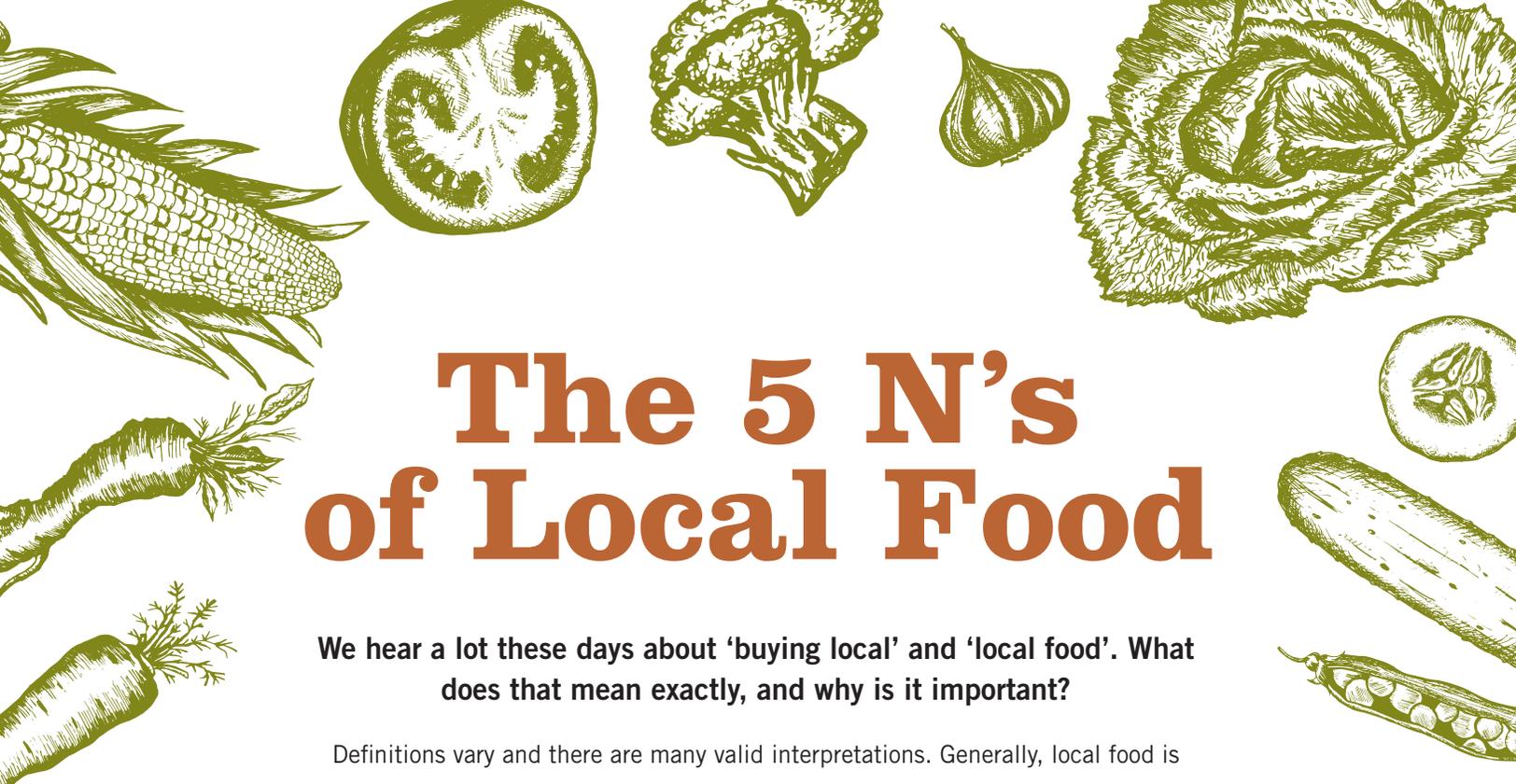


778.421.0899 
4662 Margaret St



What's In Season?

| | January | February | March | April | May | June | July | August | September | October | November | December |
|----------------------|---------|----------|-------|-------|-----|------|------|--------|-----------|---------|----------|----------|
| Apples | • | • | • • | | | | • | • • | • • | • • | • | • |
| Asparagus | | | | • | • • | • • | | | | | | |
| Beans | | | | | | | • • | • • | • • | • • | | |
| Beets | • | • | | | | | • | • • | • • | • • | • | • |
| Blackberries | | | | | | | • | • • | • • | | | |
| Blueberries | | | | | | | • | • • | • • | • | | |
| Broccoli | | | • | • • | • • | • • | • • | • • | • • | • • | • | |
| Cabbage | • | • | • • | • • | • • | • • | • • | • • | • • | • • | • | • |
| Carrots | • | • | • | | | | • • | • • | • • | • • | • | • |
| Celery | | | | | | | • • | • • | • • | • • | | |
| Cherries | | | | | | • • | • • | | | | | |
| Cucumbers | | | • • | • • | • • | • • | • • | • • | • • | • • | • | • |
| Garlic | • | • | • • | | | | • • | • • | • • | • • | • | • |
| Grapes | | | | | | | | • | • • | • | | |
| Greens/Salads | • | • | • • | • • | • • | • • | • • | • • | • • | • • | • | • |
| Kale | • | • | • • | • • | • • | • • | • • | • • | • • | • • | • | • |
| Leeks | • | • | • • | • • | • • | • • | • • | • • | • • | • • | • | • |
| Onions | • | • | • • | • • | • • | • • | • • | • • | • • | • • | • | • |
| Peas | | | | | | • • | • • | • • | • • | • • | • | |
| Pears | | | | | | | | • • | • • | • • | • | • |
| Peppers | | | | | | | | • • | • • | • • | | |
| Plums | | | | | | | | • • | • • | • | | |
| Potatoes | | | | | | • • | • • | • • | • • | • • | • | • |
| Pumpkin | • | • | | | | | | | • • | • • | • | • |
| Raspberries | | | | | | | • • | • • | • • | • • | | |
| Rhubarb | | | | • • | • • | • • | | | | | | |
| Squash | • | • | | | | | • • | • • | • • | • • | • | • |
| Strawberries | | | | | | • | • • | • • | • • | • | | |
| Sweet Corn | | | | | | | | • • | • • | • | | |
| Tomatoes | | | | | | | • • | • • | • • | • • | • | • |



The 5 N's of Local Food

We hear a lot these days about 'buying local' and 'local food'. What does that mean exactly, and why is it important?

Definitions vary and there are many valid interpretations. Generally, local food is grown within the region, distributed through a local system, and contributes to the development of a self-reliant and resilient food network.

Edna Cox describes the benefits of local food with the following '5 N's' concept:

Naked:

Naked??? Yup, no packaging! Local food reduces or frees us from plastic packaging, sticky labels, grocery bags, twist ties, aluminum cans, styrofoam trays, and all that jazz. No manufacturing required and no resultant garbage. Visit a local farmers' market with a reusable bag or bin, and you won't have to peel those stickers off your apples!

Natural:

Natural foods are minimally processed and contain no artificial chemicals, additives, hormones, or fillers. They're as straight up as can be. In addition, smaller-scale growers within local systems are typically very concerned with and sensitive to environmental issues. They live with and want to protect the same air, water, and earth as you do. They are business people and families not industrial corporations.

Neighbourly:

A strong social network is one of the foundations of a resilient and sustainable community. Farmers' Markets are a wonderful place to socialize, meet people, and engage with the community. Buying locally helps to keep our communities viable - and strong - economically as well. Support your local farmers - they will remember you when times get tough!

Nearby:

Our global market and food system means that products are routinely shipped across the world before landing in local grocery stores. Those bananas may have racked up more air miles than you! Long distance transport adds up to a pretty big carbon footprint. If that doesn't convince you, think what would happen if a rise in cost, political upheaval, or natural disaster interrupted the global supply chain. Instead of driving across or out of town, take a short trip to your closest farm gate or market. Better yet - hop on your bike, or walk!

Nutritious:

There is no doubt about it. Agricultural products lose nutrition daily following harvest. Sugars turn to starches and vitamin content decreases. Produce that is purchased freshly picked will last much longer in your refrigerator and taste much sweeter and more delicious. It is all related to the nutritional density of the food.

Whether you buy from a local farmer, glean from a neighbour, or plant seeds in the ground yourself, the benefits of eating locally ripple far beyond how cool you sound when you talk about it. Those fresh and tasty local foods are a powerhouse of nutrition, but they also contribute to the economic, environmental, and social structure of a thriving and sustainable community.

Heather Shobe, concept by Edna Cox

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stands for...

**LOCALLY
INVESTED**

**COMMUNITY-
MINDED**

**LIFETIME
MEMBERSHIP
BENEFITS**

**Our profits
are your profits.**

Alberni Co-op Returned over the
last 6 years to its Members:

| | | | |
|-----------|----------|----|------|
| \$946,517 | Returned | in | 2014 |
| \$963,644 | Returned | in | 2013 |
| \$843,120 | Returned | in | 2012 |
| \$737,688 | Returned | in | 2011 |
| \$621,598 | Returned | in | 2010 |
| \$536,979 | Returned | in | 2009 |

LIFETIME MEMBERSHIP BENEFITS

If you're a member, you're an owner.
Your Co-op membership offers you
high-quality products and services
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