



Creston Valley Food Action Coalition

Farm Fresh Guide

2012 Season

<http://crestonfoodaction.ca>
cvfoodaction@gmail.com

Creston Valley Food Action Coalition
c/o College of the Rockies, PO Box 1978
Creston, BC, Canada, V0B 1G0

The following are initiatives of CVFAC:

Harvest Share

Farm Fresh Guide

Seed Savers

Creston Valley Farmers' Market (see back of booklet)

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The following symbols are found throughout the guide:

"O" Certified Organic

"C" Conventional (grown using conventional farming practices)

KMG= Kootenay Mountain Grown Certified Organic

GAP = Good Agricultural Practices

IPM = Integrated Pest Management

EFP = Environmental Farm Plan

Grow Your Own Food

Beltane Nursery

Bedding plants and nursery stock. Freshly picked cherries, apricots and peaches in season.
Evan Davies -- 2915 Hwy 3 Creston
250-428-2062 -- Fax 250-428-2096
beltane.nursery@shawcable.com

Brunham Farm Greenhouse

Bedding plants and a full range of perennials.
Open spring to fall.
Isabel Brunham -- 3212 Beam Rd Creston
250-428-5756 -- Fax 250-428-5756
abrunham@telus.net

Garden Hoe Farms "O" KMG

Greenhouse growers of herbs (culinary and medicinal), vegetable bedding plants, and annual and perennial flowers, baskets & greenhouse tomatoes. Retailers of Early Rise potting soil and Gaia Green Organic Fertilizers. Fresh vegetables in season. Kootenay Local Agriculture Society certified. Farm gate and Creston Valley Farmers Market sales.
Bev & Barry Timpany -- 4813 Lr Wynndel Rd Wynndel
250-866-5582
gardenhoefarms@wynndel.ca
<http://www.gardenhoefarms.com>

Itty-Bitty Seeds & Market Veg

Naturally grown in Creston. Open pollinated, heirloom, GMO-free garden seeds. Currently offering tomato, lettuce and bean seeds. Fresh vegetables in season. Tomato transplants. Visit

us at the Creston Seedy Saturday in March, the Spring Farmers' Market, or online.
ittybittyseeds@gmail.com
<http://ittybittyseeds.blogspot.com>

JR Kids Orchard and Greenhouse

Growing and retail sales of bedding out plants and pond plants. Soft and firm fruits; tomatoes and cucumbers in season.
Joy Tomlinson -- 2826 Erickson Rd Creston
250-428-5438

Marianne's Greenhouse

Bedding plants. Freshly picked berries and vegetables in season.
Marianne Knopfler -- 3621 Muzzy Rd Canyon
250-428-9540

Morris Flowers Garden Centre

Bedding plants, ornamental and fruit trees, shrubs, berries, foliage plants, nursery stock, and garden accessories.
Blueberries, strawberries, Hothouse tomatoes, and corn in season. Home of Creston Valley Farmers' Market mid-September to mid-December (see exact dates on Farmers' Market page)
Lloyd Morris -- 1403 Erickson Rd Creston
250-428-5262 -- Fax 250-428-9880

Palmer Greenhouse

Bedding plants and nursery stock.
Ruth Palmer -- 2619 Hwy 3 Creston
No contact info available.

Fruits and Vegetables: Farm Gate, Market Garden, & U-Pick

Abbey Lane Farm

Naturally grown garlic (fresh and dried), herbs, berries, fruit and vegetables. *Sales at Creston Farmers' Market or by phone.*
Joanne Gugelyk -- 979 Sinclair Rd Lister
250-428-5832

Barkman's Sunrise Farm "C", GAP certified, IPM, EFP

U-pick and we-pick strawberries; sweet corn and apple juice in season; brown free-range eggs.
Please phone ahead for appointment.
Garry & Bonnie Barkman -- 3409 Hwy 3 Erickson
250-402-6442
greenthumbbon59@gmail.com

Blueberry Hill Farm

U-pick and we-pick blueberries and other fruits.
Betty Armitage -- 911 32 Ave S Creston
250-428-8455

Castle Meadows Ltd.

Vineyard with seven varieties of grapes to grace your table or your wine cellar. Fresh, whole clusters, crushed with stems removed, or juice only.
Table grapes: Coronation Seedless Steuben Seeded.
Red Wine grapes: Marechal Foch Castel Pinot Noir St. Croix Kee Wah Din
We can provide grape products in a variety of ways: Fresh whole clusters from the vine, Crushed with stems removed, Juice only (crushed de-stemmed and pressed). Sales at farm gate.

James McLeod -- 2182 Corn Creek Rd Creston
250-428-8841
themcleods@westcreston.ca

Creston Valley Vineyard "C" IPM, EFP
Skeena cherries, Gala apples, Red Haven
peaches, New Haven peaches, Early Crest Haven
peaches, walnuts, hazelnuts.
Sandi & John Haley -- 1227 27 Ave S Creston
250-428-2423 -- Fax 250-428-2423
farmerjohnh@shaw.ca

Duck Lake Berry Orchard
U-pick saskatoons, chokecherries, red and black
currants, and jostaberries.
Hetty & Hans Vermeeren -- 1331 Channel Rd
Wynndel
250-866-5792 -- Fax 250-866-5792

Featherstone Farm "O"
Organic, biodynamic, yodic & permaculture
practices. Vegetables, herbs, orchard, native
flora & wild crafting. Dairy goats, Fjord horses,
birds, bunnies and bees with seasonal
celebrations.
Yana Siminiuk & Mike Doyle -- 1550 Granary Rd
Creston
250-402-9934
featherstone@westcreston.ca

Goat River Gardens
Tomato bedding plants, naturally grown herbs
(cilantro, basil, dill, sage, thyme, parsley, stevia,
lavender, lemon balm, lime basil, catnip, fernleaf
dill, rosemary, oregano, mint, sweet marjoram,
summer savory, sweet basil, chamomile, greek
oregano), fresh produce .
Jean Hoover -- 4340 Hwy 21 Creston
250-428-7540 -- Fax 250-428-5434
jehoover@shaw.ca

Goat River B&B "O" KMG
Certified Organic cherries. U-pick and we-pick.
Bed and Breakfast.
Sylvia & David White -- 1046 Lamont Rd
Erickson
250-428-7134
info@goatriverbnb.com

Leyh Orchard "C"
13 varieties of apples. Also apricots, peaches,
pears, cherries, prune plums.
Bill Leyh -- 2717 Erickson Rd Creston
250-428-7324
willyleyh@hotmail.com

Margo's Farm
Pesticide-free fruits: cherries, apricots, peaches,
plums, apples, pears.

Margo Beaudry -- 2813 Hwy 3 Creston
250-428-9782
jbeau8@telus.net

Moe and Mikey Farms "O" KMG
Soft fruits and vegetables. *Sales at Farmers'
Market or by phone.*
Maureen Byrne -- 4281 Canyon-Lister Rd
Canyon
250-428-4530
m_byrne@shaw.ca

The Pickle Patch
Pickle cannery – homemade tasty pickles of all
varieties: dilled, sweet, spiced, pickled eggs, and
relishes. Naturally grown produce specializing
in pickling cucumbers and other vegetables that
can be pickled. Harvest time: August 1-
September 20. Free range, farm fresh eggs.
Charlene Rast -- 973 Reclamation Rd Creston
250-428-8980 -- Fax 250-428-8980
picklepatch@westcreston.ca

Pizza Farm
Vegetable plants in spring, vegetables, sweet
corn, plums.
2616 Erickson Rd.
250-428-7234
mom.wright@yahoo.com

Rainbow Garden
Naturally grown herbs, spinach, radish, broccoli,
cauliflower, cabbage, kohlrabi, squash, potatoes,
beets, carrots, and more. Visit us at the Farmers'
Market.
Heidi Wille
250-428-9621

Romano's Blueberries "C"
Blueberries.
Virginia & Cliff Romano -- 2603 Sunset Blvd
Creston
250-428-2194 -- Fax 250-428-2194

Root and Vine Acres
Vegetables, fruits, berries, culinary herbs, eggs
and poultry, too!
Jessica Piccinin -- 2815 Erickson Rd Creston
250-402-8475
rootandvine@hotmail.com

Sanders Produce "C"
Strawberries, raspberries, melons, apples, peas,
beans, squash, sweet corn, tomatoes, peppers,
garlic and onions, wheat and flour.
Roger Sanders -- Channel Road Wynndel
4902 Canyon-Lister Rd Canyon
carol_sanders60@hotmail.com
250-428-7351

Syroteuk Farms

Cherries, blackberries, grapes, plums, pears, carrots, peas, beets, onions, kohlrabi, and basil. Flower arrangements for sale.
Jean & Merv Syroteuk -- 801 11th Ave S Creston
250-428-2994

Sun Beam Farms

Strawberries, pumpkins, hay.
Ginger & Ian Knudsen -- 875 Hwy 3 Creston
250-428-4506 -- Fax 250-428-4506

Sutcliffe Farms "C"

Asparagus in season.
Doug Sutcliffe -- 1300 Hwy 21 Creston
250-428-2734 -- Fax 250-428-0136

Waljo Organic Orchard "O"

Apples, pears, apricots, cherries, peaches, & plums.
3111 Hwy 3 Creston
No contact info available.

Eggs, Meats, Grain, & Honey**Big Rock Simmentals**

Purebred Simmentals breeding stock, beef and hay.
Larry Rast -- 973 Reclamation Rd Creston
250-428-8980

Duck Lake Bison Farm

Family-raised quality bison meat. Fresh and ground garlic. Sales at Buffalo Trails Coffee House.
Michele & Chad Staggs -- 1301 Duck Lake Rd Wynndel
250-428-5730
buffalotrails@uniserve.com

Full Circle Farm "O" KMG

Eggs, hard spring wheat, red fife wheat, rye, spelt, oats, buckwheat, peas and potatoes.
Drew & Joanne Gailius -- 3510 Lloyd Rd Canyon
250-428-9521-- Fax 250-428-9521
fullcirclefarm@shaw.ca

Golden Flax Farms

Naturally-grown golden flax seed; flax straw.
Judy & Don Bala -- 2673 24 St Lister
250-428-2837
hjbala@ymail.com

K&C Huscroft Farms

Khorasan, spelt, hard red spring wheat, rye. Premium horse hay.
Carol & Keith Huscroft -- 4150 12 St Creston
250-428-3349

Webber's Mountainside Cherries

Farm-gate sales of Lapin cherries. Hand-dipped chocolate dried cherries, dried apples, and all-natural chocolate bars with fruit.
Michele & Wade Webber -- 5293 Bosio Rd Wynndel
250-866-5573
webber@wynndel.ca

Willowbrook Farm "O" KMG

Mixed vegetables. Case lot sales available in season.
Rhonda & Merv Sloss -- 734 35 Ave N Creston
250-428-3507 -- Fax 250-428-3507
rmsloss@kootenay.com

Wynndel Lavender

Naturally grown English (angustifolia) and French (x intermedia) lavender.
250-866-5745
Brenda Lukasiewich

<http://kootenaygraincsa.ca>

King Creek Farm

Pure, local, unpasteurized "Homestead" and lavender honey. Member of Naturally Grown Herb & Spice Producers Cooperative.
Jim & Valerie Comer, Joel & Jen Comer -- 732 Wilson Rd Creston
kingcreekfarm@yahoo.ca

Kootenay Natural Meats

Grass-finished certified Angus beef, lamb and chicken.
Wendy & Dale McNamar -- 1205 15th Ave S Creston
250-428-4034
info@kootenaynaturalmeats.com
<http://kootenaynaturalmeats.com>

R&S Lawrence Farm "O"

Spelt, hard red winter wheat, soft white winter wheat, red fife wheat, lentils and oats.
Roy & Sherry Lawrence -- 325 Swan Road West Creston
250-428-7556
<http://kootenaygraincsa.ca>

Lydia's Lamb

Katahdin lamb (hairsheep) halves or whole. Farm visitors welcome.
Lydia & Hans Bissig -- 2372 20 St Creston
250-428-3365

bissigl@hotmail.com

Mountain Harvest Farm

Proud to offer KMG Certified Berkshire Pork Packs in three convenient sizes, a huge variety of Gluten, Dairy, Soy & MSG free sausages and salamis, different types of bacons, Prosciutto and other gourmet pork products. Seasonal availability.

Feeder hogs and Breeding stock available.

Kyersten & Ian Kerr -- 165 Reclamation Road
Creston
250-428-0390

R&S Meyer Farms

Chicken & beef. Sides, quarters and ground beef available. Hay of all types in small bales, delivery available.

Randy & Sheila Meyer -- 2912 28 St Creston
250-428-7013
rs_25meyer@kootenaywireless.com

Food Retailers

Baillie-Grohman Winery

Local Winery. Bring a picnic and enjoy a glass of wine with your meal.

Chardonnay, Pinot Noir, Pinot Gris,
Gewurztraminer
140 - 27th Avenue South
(250) 428-8768
<http://www.bailliegrohman.com/>

Blueberry Patch Country Market

An old-fashioned country market in a peaceful country setting. The Tea Room serves delicious lunches and desserts. U-pick strawberries, blueberries and cherries. Gift shop filled with gourmet foods and unique giftware for garden and home. New Candy Cottage with sweets, sodas and specialty treats. A family friendly farm! Open year round.

Bibiane & Michael Sproule -- 2782 20 St Lister
250-428-4647 -- Fax 250-428-4647
<http://blueberrypatch.ca>

Cherrybrook Farms

Local produce, hydroponic lettuce, dried cherries, cherry juice, cherry lemonade, candy, and lots more. Home of the Family Cherry Tree Memberships.

Caroline & Gord Martin -- 2931 Hwy 3 Creston
250-428-3030
cmartin@cherrybrookfarms.ca
<http://cherrybrookfarms.ca>

Creston Valley Bakery

Artisan bakery, proudly serving the Creston Valley

Shell's Little Greenhouse

Blue, green, pink, brown free-range eggs.

Shelley Kitto -- 1302 Lakeview Arrowcreek Rd
Creston
250-428-7274

Swan Valley Honey Bee Farms Ltd.

Honey, pollination, pollen, propolis and comb honey.

Doug Knight -- 7353 Hwy 3 Yahk
250-424-5320
dknight6@telus.net

Tarzwel Farms IPM

Beef: quarters, halves, whole, \$100 packages.
Ground beef available.

Tom Tarzwell -- 524 Williams Rd Creston
250-428-4316
tarzwell@shaw.ca

for 25 years.

Breads baked with local grains from Kootenay Grain CSA and other

Creston area farmers. Gourmet sandwiches, soups, desserts and baked

foods featuring local ingredients. No artificial preservatives. All

baking is done on the premises. Roof-top deck.
113 10th Ave N Creston

250-428-2661

Famous Fritz Meats & Deli

European sausages, smokies, & deli meats. No fillers, binders, or MSG. Natural beef, pork, chicken & buffalo. Eggs. Wild game & custom cutting.

Tom Klump -- 1420 NW Blvd Creston
250-402-9050
<http://www.famousfritz.ca>

Kootenay Alpine Cheese "O" KMG

French Alpine hard-aged cheeses, pork and ground beef.

Denise & Wayne Harris -- 3071 16 St Lister
250-428-9655 -- Fax 250-428-9642
info@kootenayalpinecheese.com
<http://kootenayalpinecheese.com>

Mountain Park Resort

Local fruits and vegetables in season. Local arts and crafts

Pam & John -- 4020 Hwy 3E Erickson
250-428-2954 -- Toll Free 1-877-428-2954
mt_park@hotmail.com
<http://www.mountainprk.com>

Ostendorf – Custom Meat Cutting

Custom cutting & wrapping for your conventional, natural, organic, or wild meats. Whole beef halves, quarters, and meat packages. K & J Ostendorf -- 1923 Highway 3A Creston 250-428-5478

Pick of the Crop Market/Italian Buffet

Fruit and vegetable stand specializing in orchard and field crops. Also gifts, ice cream, fruit pies and jams. Italian Buffet. Jean Schuler -- 2928 Hwy 3 Creston 250-428-5120 -- Fax 250-428-0134 <http://pickofthecropmarket.ca>

Skimmerhorn Winery and Vineyard Ltd.

Vineyard, winery, tasting bar, wineshop and bistro. Summer weekend tours. Marleen Hoag -- 1218 27 Ave S Creston 250-428-4911 -- Fax 250-428-7421 <http://www.skimmerhorn.ca>

Truscott Farms "C" GAP, EFP, IPM

Cherries, peaches, apricots, pears, strawberries (and U-pick strawberries), apples, market garden, produce, bedding plants, perennials, eggs, honey Barb & Bill Truscott -- 3016 Hwy 3 Erickson 250-428-4983 billtruscott@mac.com

The Great Canadian Cooking School

Entertaining cooking classes for the curious traveler. Joanne Schultz 2316 Ash Street Office: 250-428-5531 Cell: 250-428-6021 www.thegreatcanadiancookingschool.com

W-5 Meats

Custom meat cutting and wrapping. Curing, smoking, and sausage-making. Retail sales. Jim Watt -- 4978 Canyon-Lister Rd Canyon 250-428-2487 -- Fax 250-428-2487 w5meats@shaw.ca

Restaurants (Thank you to these restaurants who seek out local ingredients)**A Break in Time Caffé**

International cuisine featuring Mexican, Mediterranean, North American dishes, vegetarian specialties. Supporting local and organic growers. 1417 Canyon Street Creston 250-428-5619 <http://www.abreakintimecaffe.com>

Aldo and Co Restaurante Italiano

Fine dining and Italian cuisine. Seasonal menu featuring local flavours. 1-1821 Canyon Street Creston 250-402-6895

Buffalo Trails Coffee House

Gourmet sandwiches, soups, salads. Featuring local bison. 1215 Canyon Street Creston 250-428-5730 buffalotrails@uniserve.com

Coffee Creek Café

Vegetarian dishes, gourmet sandwiches, soups, desserts, & specialty coffee. Homemade bread. 1127a Canyon Street Creston 250-428-9511

Real Food Café

Homemade meals & specials using local produce. Delicious desserts and breads. Vegetarian &

gluten-free dishes. Smoke-free patio. 223 10th Ave N Creston 250-428-8882 realfoodcafe@hotmail.com

Retro Café

Delicious panini, sandwiches, authentic poutine, French crepes, donairs. Specialty coffee, smoothies, breakfast. Dine in or take out. 1431 NW Blvd Creston 250-428-2726

Creston Valley Farmers' Market
(An initiative of Creston Valley Food Action Coalition)

The Farmers' Market offers a unique community of growers, artisans, craftspeople, and entertainment. Bring the family and enjoy the benefits of eating fresh, eating real, and shopping local in the heart of the Kootenays eight months of the year!

May - Sept Saturday @ Millennium Park 8am – 12pm
July – Aug Mid-Week @ Chamber of Commerce & Visitors Centre 10am – 2pm
Oct - Dec Saturday @ Morris Flowers Garden Centre 10am - 2pm

Tamara Movold & Martha Boland 250-644-1096
cvfarmersmarket@gmail.com
<http://crestonvalleyfarmersmarket.ca>

The Farm Fresh Guide is produced by the
Creston Valley Food Action Coalition.
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<http://crestonfoodaction.ca>