

## Farmer’s Markets

### Ragley Farm

See Farm Listings (over) for details.

### Shadow Mountain Farm

Sun, 10:00–4:00 pm, 4901 Sooke Rd.

Phone Kit Warren 250-889-0880 for details.

Preserves, baked goods, meat and produce.

### Shirley Farmer’s Market

Every Sun, May to Sept, 10:30–3:30 pm

Christopher Lucas 250-900-8817 shirleymarket@gmail.com

### Sooke Country Market

Every Sat, mid-May to Sept, 10:00–2:00 pm.

Downtown Sooke, Otter Point Rd. and West Coast Rd.

Fresh local produce from our local farms.

## Food Box Programs

### EMCS Good Food Box program

6218 Sooke Rd.

Reta Vasey, rvasey@sd62.bc.ca or call 250-642-6371 for delivery information and costs.

### Good Food Box

T’Sou-ke Band Hall, 2154 Lazzar Rd., Sooke

Christine George 250-642-3957

Organic and non organic fruit and vegetable boxes. Paid for at the Sooke Health Unit. Pick up at T’Sou-ke Band Hall monthly.

### ALM Organic Farm and Silver Cloud Farm

provide food box programs – see Farm Listings for details.

## Garden Centres

### Double D Gardens

1958 Maple Ave. S., Sooke

Karen Longland 250-642-5469 ddgardens@shaw.ca

Vegetables and unique perennials. Deer and drought tolerant plants.

### Sooke Country Market – locally grown plants. Sat, May–Sept.

### Westburn Garden Centre and Landscape Supplies

2036-D Idlemore Rd., Sooke

Kathie 250-642-4689

Wide selection of fruit trees, berries, herbs, vegetables. West Coast Seeds, BC organic fertilizer.

## Community Gardens

### CASA Community Garden

2145 Townsend Rd., Sooke

Toni Tata – Garden Committee 250-642-6977 ttata@sfrs.ca

A multi-purpose community garden for families and local social agencies.

Community kitchen offered. Volunteers welcome.

### Edward Milne Community School Garden

6218 Sooke Rd., Sooke

We are an organic school based group of teenagers and adults, with raised beds, a greenhouse, fruit trees and a herb garden. If you would like to help out in any way, please contact Pia Carroll at 250-642-5211 extn. 1142.

### Ladybug Garden and Greenhouse

6072 Sooke Rd., Sooke

250-642-3949 or 250-642-3957

Freshly grown organic indigenous and non-indigenous foods.

T’Sou-ke Nation’s Community Gardens and Community Workshops.

### Sunriver Community and Allotment Gardens

2380 Phillips Rd., Sooke

250-642-4342 info@sookefoodchi.ca

Over 70 allotment plots. Volunteers welcome for orchard, greenhouse growing for community.

## Gardening Education

### CASA (Co-operative Assn of Service Agencies)

105–2145 Townsend Rd., Sooke

CASA Reception 250-642-6364

CASA community garden and community kitchen. Call for information.

### Edward Milne Community School

6218 Sooke Rd. www.emcsprograms.ca

Heather Walsh, School Coordinator 250-642-6371 hwalsh@sd62.bc.ca

Rose Steele, Program Coordinator 250-642-6371 rsteele@sd62.bc.ca

Chickens 101, greenhouse construction, seed saving, plant propagation, winter gardening and growing amazing tomatoes. Cooking classes and Good Food Box program.

### Sooke Children’s Garden Club

Anne Boquist 250-642-3798

aboquist@shaw.ca

Children ages 3 and up have fun learning about growing flowers, vegetables and herbs. We meet monthly from spring to fall for workshops and sharing plants and seeds. The club is free for families thanks to the support of our community. Let’s Get Growing!

### Sooke Garden Club

Bill Dryden, President

William.dryden@ualberta.ca

Talks and demonstrations on gardening/horticulture-related topics by qualified speakers. Workshops if sufficient interest. Scheduled parlour shows (member exhibits). Special social events. \$15 membership fees – anyone can join if over 12 yrs old.

### Westshore Centre for Learning and Training

2139 Sooke Rd., Colwood 250-391-9002

learnforlife@sd62.bc.ca www.learnforlife.ca

Local farmer Candace Thompson offers workshops on organic gardening, composting, edible landscapes and small space growing.

## Free/Low-Cost Food

### Food for the Soul at Knox Presbyterian Church

2110 Church Rd., Sooke

Monthly program.

Call for dates and details 250-642-4124

### Meals on Wheels

2037 Shields Rd., Sooke

Alma Anslow 250-642-2184

Fresh and frozen meals delivered Mon, Wed and Fri, 11:00–12:30 pm.

Meals prepared locally by volunteers. New volunteers welcome.

### Sooke Community Breakfast Program

Sooke Baptist Church

7110 West Coast Rd., Sooke

Sharon Priest 250-642-3221 spriestcounselling@shaw.ca

Full breakfast Mon and Wed, 7:30–9:00 am.

### Sooke Crisis and Referral Centre

2043 Church Rd., Sooke Margaret Travers 250-642-0215

Emergency food supplies. Coffee, tea and snacks.

Mon to Fri, 10:00–1:00 pm.

### Sooke Food Bank

Sooke Community Hall

2737 Shields Rd., Sooke

Ingrid Johnston 250-642-7666

One hamper per month available to Sooke residents on the first three Thursdays of the month, 9:30–3:00 pm.

### Vital Vittles

Holy Trinity Anglican Church

1962 Murray Rd., Sooke

Shirley Roodbol 250-642-3172

Free nutritious and tasty lunch, coffee and conversation.

Fri, 11:30–1:00 pm. Everyone welcome. Food locally donated.

Staffed by volunteers.

## Food Outlets

### Bill’s Food and Feed Store

5611 E. Sooke Rd., East Sooke 250-642-1888

Groceries including local eggs and produce.

Open 7 days a week from 9:00–8:00 pm

### West Coast Natural Foods

6716 West Coast Rd., Sooke 250-642-4011

www.westcoastnaturalfoods.com

Seaweed, soap, produce and eggs. Open Mon to Sat.

## Eating Out

*The following restaurants make every attempt to purchase and offer local food.*

### Coastal Kitchen Café

Parkinson Rd., Port Renfrew 250-647-5545

Local produce, fish, seafood including crab, halibut and salmon.

Breakfast, lunch and dinner daily. Spring to autumn.

### Little Vienna Bakery Café and Marketplace

6-6726 West Coast Rd., Sooke 250-642-6833 www.littleviennabakery.com

Locally sourced, organic ingredients. Tues to Sat, 9:00–5:00 pm.

### Markus’ Wharfside Restaurant

1831 Maple Ave. Sooke 250-642-3596

www.markuswharfsiderestaurant.com

Local produce, seafood, poultry, eggs. Dinner Tues. to Sat., 5:30–9:00 pm.

### Point No Point Resort

10829 West Coast Rd., Shirley 250-646-2020

www.pointnointresort.com

Local produce, seafood and produce. Dinner Wed to Sun. Lunch daily.

### Port Renfrew Hotel Restaurant and Pub

Parkinson Rd., Port Renfrew 250-647-5541

Local sockeye salmon. Breakfast, lunch and dinner daily in summer.

### Shirley delicious Cafe

Cappuccino Bar - Bakery - Deli-Market

2794 Sheringham Point Rd., Shirley 778-528-2888

Local produce, poultry and baking. Winter hours 7:00 am–7:00 pm daily.

Summer hours 7:00 am–10:00pm daily.

### Sooke Harbour House

1528 Whiffen Spit Rd., Sooke 250-642-3421 www.sookeharbourhouse.com

Local produce, meat, poultry, fish, seafood, eggs.

Dinner daily. Sunday lunch.

### Stick in the Mud Coffee House

6715 Eustace Rd., Sooke 250-642-5635 www.stickinthemud.ca

Local produce, eggs. Light meals daily.

### Sushi on the Sea

6669 Horne Rd., Sooke, wharf 250-642-6669 cell 250-744-4908

www.sushionthesea.com Local produce, tuna/crab.

Dinner Fri and Sat, 2 sittings, 6:00 and 8:00 pm.

### Celebrating 100 Years

### Sooke Fall Fair Association

Supports agricultural activities

in the Sooke Region. For information,

contact Sooke Fall Fair Association

P.O. Box 291, Sooke, BC V9Z 0S9

**Sooke Fall Fair – weekend after Labour Day** www.sookefallfair.ca



[www.sookefoodchi.ca](http://www.sookefoodchi.ca)

Sooke Region  
**Food CHI**  
SOCIETY

# 2013 Sooke Region Food & Farm Guide



## Fresh food & local farm products

Sooke Region Food Community Health Initiative (CHI) Society is pleased to present the 2013 Food and Farm Guide. This resource highlights farms, markets, restaurants, retails stores and social agencies offering locally grown food and farm products, from East Sooke to Port Renfrew.

### Why buy local?

- Most produce is harvested within 24 hours of being sold, so it is fresh and nutritious.
- Buying local supports Sooke’s agricultural economy and saves precious energy.
- You get to know the growers who produce the food you share with your family, friends and customers.

Sooke Region Food CHI Society and its members sponsor a number of projects and programs that further our goal of a secure food future for Sooke. Events include an annual farm tour in August, “Grow-a-Row” programs, annual Seedy Saturday, fruit tree gleaning, and coordinating the Sunriver Community and Allotment Garden site.

For information on events or about volunteering with Food CHI, visit: [www.sookefoodchi.ca](http://www.sookefoodchi.ca).

Sooke Region  
**Food CHI**  
SOCIETY



# Farms

*Please call ahead for hours and product availability.*

● Farm Gate ▲ Market ◆ Phone or email ■ Box Program + Stores

## ALM Organic Farm ▲ ■

3680 Otter Point Rd., Sooke  
Mary Alice Johnson and Marika Nagasaka 250-642-2131 or 250-642-3671  
www.almfarms.org www.fullcircleseeds.com  
Heritage farm producing Certified Organic vegetables, herbs, flowers, seedlings, eggs and pork. Offering workshops in organic gardening and food production, check website for current offerings. Annual seedling sale last Saturday in April. Home of Full Circle Seeds, growing our own organic herb, flower and vegetable seeds. **Sooke Country Market, Moss Street Market** and **weekly Box Program** Jan to Dec.

## Artemis Estate Farm ◆

6738 East Sooke Rd., East Sooke  
The Mortons 250-642-5018  
gmorton630@gmail.com  
Seasonal fresh vegetables from our fields and greenhouse.  
**Call ahead or email** for availability.

## Barefoot Farm ●

2263 Kemp Lake Rd., Sooke  
Amy Rubidge 250-642-1527  
good2gro@yahoo.ca  
Free-range, veggie-fed, antibiotic/hormone free eggs. Unusual daylilies.  
**Farm gate sales** year round.

## Bella Terra Farm ◆

2360 Kemp Lake Rd., Sooke  
Sylvia Hancock and Jill Winstanley  
sylhancock@hotmail.com or sj.home@shaw.ca  
Poultry, beef, produce in season and cheeses.  
**Contact us** for farm share information.

## Bennett Farms ◆

3081 Goudie Rd., Sooke  
Bill Bennett 250-642-2611  
Beef, 1/4 and 1/2 sides, hamburger. Local sales, **phone orders**.

## Cackleberry Hill Farm ◆

2620 Kemp Lake Rd., Sooke  
Shirley and Dave Sell 250-642-3434  
Organic eggs, meat chickens, layer heritage chicks, heritage turkeys, guinea fowl, heritage geese, lamb, rabbit, hair sheep (St. Croix and Dorper X), smoked duck, organic apples, plums, home-baking by order.  
**Sooke Country Market** and **phone orders**.

## Cross Point Farm ◆

2598 Sunnybrae Rd., Shirley  
Chuck Minten 250-646-2077  
minten@uniserve.com  
Working historic farm. Sheep, eggs and plants. Call ahead for availability.

## Daisy Farm ●

4939 Sooke Rd., Sooke  
Diane Wilson 250-642-6565  
daisyfarm@shaw.ca  
Produce and eggs, strawberries/raspberries.  
**Farm gate** Open 7 days/week 11:00 am–dusk.

## Dakini Tidal Wilds +

Amanda Swinimer folk herbalist 250-818-4633  
dakinitidalwilds@yahoo.com  
www.dakinitidalwilds.com  
Locally harvested seaweeds and natural herbal products.  
Certified herbalist and Marine Biologist (B.Sc.).

## Eagle Paws Organics, Chipperfield Farm ▲

6850 East Sooke Rd., East Sooke  
Candace Thompson 250-642-2595  
cantho@telus.net  
Certified organic produce, gourmet salad greens, braising greens, vegetables, seeds, plants, flowers and preserves. Agricultural consultant (online fee for service), Edible Art Garden designer/landscaper. Direct to local restaurants and **Moss Street Market**.

## Forest Green Llamas and Alpacas +

4188 Otter Point Rd., Sooke  
Barrie Hanslip 250-642-2549  
bhanslip@shaw.ca  
Llama and alpaca sales, boarding and breeding alpacas.  
Raw fibre at farm, yarn and finished products at **Duncan storefront**.

## From the Garden . . . At French Beach ◆

Christine Hopkins 250-646-2177  
info@from the garden.net  
www.fromthegarden.net  
Registered Aromatherapist. Pure essential oils, wild crafted seaweed products, organic toxin-free creams, herbal products and Honestly teas.  
**Shop on line, by phone** or **fax**.

## Happy Valley Lavender and Herb Farm ●

3505 Happy Valley Rd., Langford, BC V9C 2Y2  
Lynda and Michael Dowling 250-474-5767  
lynda@happyvalleylavender.com  
www.happyvalleylavender.com  
Lavender plants are only the start! Our Nursery and Garden Shop opens April to September. Plus ~ “Off the Farm” Landscaping services.  
Our Lavender blooms in JULY.

## Hawthorne Hill Farm ● ◆

3475 Otter Point Rd., Sooke  
Bonnie Cooke 250-642-3436  
cbcooke@shaw.ca  
Bedding plants and herbs. Fresh cut and dried flower arrangements (weddings). Raspberries (fresh and frozen). **Roadside stand** and **phone orders**.

## InishOge Farm ◆

6698 Helgesen Rd., Sooke  
Steve Unger and Mary Coll 250-642-4792  
www.inishoge.ca  
Organically grown fruits and vegetables, turkey, chicken, pork and eggs. Permaculture workshops. **Phone orders**.

## Inlet Creek Farm ◆

5418 East Sooke Rd., East Sooke  
Al and Nancy Evans 250-642-4613  
Organic chickens and eggs. Blueberries in season. **Phone orders**.

## Menagerie Farm and Rootree Wellness ◆

821 Seedtree Rd., East Sooke  
Debbie Qayum 250-642-2648  
debbieqayum@shaw.ca  
Eggs, chickens, pheasants, seasonal vegetables. Soup mixes, herbal teas, and bath salts, soaps, vinegars. Use mature manure, no chemicals/sprays.  
**Phone orders**.

## Mrs. Lewers Farmhouse ▲ ◆

5526 Sooke Rd., Sooke  
Ellen Lewers 250-812-2830  
mrslewersfarmhouse@shaw.ca  
Berries, apples, seasonal produce, chicken and eggs.  
Jams, jellies, pies and bread by order or on market days.  
**Saturday on-farm market 9:00 am–2:00 pm. Phone** or **email orders**.

## Orveas Creek Organics ◆

Clark Rd., Sooke  
Glyse and Paul Clarkston 250-642-2232  
glyse@telus.net  
Turkeys, chickens and eggs. Organic (not certified) produce, raspberries, blueberries, strawberries in season. Use own manure, no fertilizer or pesticides. **Phone orders**.

## Ragley Farm ●

5717 East Sooke Rd., East Sooke  
Rob and Josephine Hill 250-642-7349  
ragley@telus.net  
Wide selection of organic vegetables, berries and eggs. Bread, muffins and pies baked in wood-fired oven. Jams, jellies and chutneys. Vivi’s fresh-cut flowers. **Saturday on-farm market**, serving coffee, muffins and soup. April to Dec. 11:00 am–2:00 pm (coffee at 10:30).

## Red Earth Farm ▲

7885 East Glen Place, Sooke  
Lindsey Snelling and Matt Nelson 250-642-5883  
Fresh veggies, fruits, herbs, baking and free-range eggs, pesticide free.  
**Sooke Country Market**.

## Roche Cove Llamas ◆

East Sooke  
Stacey Scharf 1-866-642-1795 or 250-642-1795  
rochecovellamas@shaw.ca  
www.rochecovellamas.com  
Llamas, raw wool, yarn, handmade hats, scarves, clothing, and jewelry.  
Bed and Breakfast. **By appt. only**.

## Roger Hodgkins ◆

250-642-5330  
Producing and selling hay. **Phone orders**.

## Silver Cloud Farm ▲ ■

2707 Anderson Rd., Sooke  
Teresa Willman 250-642-4516  
silvercloudfarm@gmail.com  
Certified organic vegetables and fruit. **Box program** and **Sooke Country Market**.

## Three Sisters Farm ▲ ◆

Nancy Bennett,250-642-0401  
nvbennett@shaw.ca, www.three-sisters-farm.com  
Specializing in heirloom produce, seeds, seedlings. Bantam chickens – Old English Game, Silkie frizzle. Selling chicks, chickens and hatching eggs. On occasion renting hatching space in incubator. Preserves for sale: jams, jellies, pickles, etc. – all pH tested in accordance with VIHA guidelines. Sales at **Sooke Country Market, Metchosin Chicken Swap, ASAAC** and by **appointment**.

## Tugwell Creek Honey Farm and Meadery ● ◆

8750 West Coast Rd., Sooke  
Dana LeComte and Bob Liptrot 250-642-1956  
info@tugwellcreekfarm.com  
www.tugwellcreekfarm.com  
Mead, honey, wax, soap, wool, jelly, honeycomb. **Mead tasting room:** May–Sept: Wed–Sun, noon–5:00 pm. Oct–April: Sat–Sun, noon–5:00 pm. Closed January. Mead and honey for sale at local restaurants and stores.

## West Coast Wild Seafoods ◆

1977 Caldwell Rd., Sooke  
John Jenkins 250-642-4186  
250-888-9856 (cell)  
coldfish@shaw.ca  
Albacore tuna, canned/fresh frozen fillets. BC wild spot prawns frozen at sea.

## Winterbourne Farm ▲

6531 Country Rd., Sooke  
Carol Harding 250-642-7166  
carolharding@shaw.ca  
Honey, jams and jellies from local produce, beeswax candles, seasonal garden produce including garlic. **Sooke Country Market**.

## Woodside Farm

Working historical farm (No off-street sales.)  
7149 West Coast Rd., Sooke

