

**ONE STRAW SOCIETY GREEN BANNER**

**LOCAL FOOD DIRECTORY**

- HALFMOON BAY** (Anchor icon)
- EGMONT** (Chicken icon)
- SECHELT** (Store icon)
- GIBSONS** (Cherry icon)
- PENDER HARBOUR** (Cow icon)
- WILSON CREEK** (Fish icon)
- SUPPORT LOCAL** (Fork and knife icon)
- DAVIS BAY** (Bicycle icon)
- ROBERTS CREEK** (Apple icon)

# FARMERS, PRODUCERS & DISTRIBUTORS

## GIBSONS/LANGDALE

- BELDIS FISH BOAT** • Call or text 604.740.6370  
Local seafood for sale in Lower Gibsons on B dock. OPEN 8am-8pm, 365 days a year.
- BROOKBANK FARM** • 679 Henry Road 604.885.2159  
www.brookbankfarm.com Formerly Backyard Bounty, offers a large variety of organic vegetables and fruits grown on site and harvested ripe, available at our farm gate on the corner of Henry and Russell Road in upper Gibsons, and through the Gibsons Farm Collective online order process and Thurs afternoon pick up.
- GIBSONS PUBLIC MARKET FARMERS MARKET** • Dougall Park gibsonsfarmersmarket@gmail.com. Fridays 11am-3pm June to September.
- GOJIGO** plantbased fast food • www.gojigo.ca  
Come see us at the front of Sunnycrest Mall or visit us online and follow us on Facebook.
- THE GOOD LIFE** • tawha@dccnet.com Organic Homestead growing and selling organically grown veggies, medicinal herbs, seasonal fruits, unique plants, preserves, seeds and honey. We offer mentoring and homesteading workshops and organic catering. Products available at the Robert's Creek Farm Gate Market, Sechelt Farmers Market, Gibsons Public Market, and by email orders.
- HAPPY SEEDS FARM** • 1668 Sunshine Coast Hwy 604.762.7256  
HappySeedsFarm@gmail.com Specializing in heirloom vegetables, flowers and herbs. Currently available at our roadside farm stand, occasionally at Roberts Creek Market or join our CSA (2017) for a weekly box!
- HENRY REED PRODUCE** • 802 Henry Road 604.886.7979  
Largest producing certified organic farm on the Coast. Our farmgate is open year round, check Facebook for updated hours. Selling salad greens, seasonal vegetables, eggs and fresh chicken.
- PERSEPHONE BREWING** • 1053 Stewart Road 778.462.3007  
www.persephonebrewing.com Operates an 11acre farm and microbrewery. Producing the finest quality craft beer. We grow hops and use BC grain in every sip.
- RR7 FARMSTEAD** • 604.842.0332 www.RR7farmstead.ca  
A small farm growing select produce on the hillside of Mount Elphinstone on the edge of Gibsons, B.C. Find us Wednesdays at the Roberts Creek Farm Gate Market.
- SEAWEEDES HEALTH FOOD STORE** • 927 Gibsons Way 604.886.1522 www.seaweedshealthfood.com  
Organic & local produce & grocery, bulk, meat, herbs, bakery, food to go. Open 7 days a week. Delivery available.
- SUNCREEK FARM** • 1312 Russell Road (off Henry Road) 604.886.7872 Freerange eggs and naturally grown heirloom produce available at farm gate and local farmers markets.
- THYME OF YOUR LIFE** • 1154 Boyle Rd 604.628.7622  
info@thethymeofyourlife.com Biodynamic Farm located in beautiful Gibsons B.C. producing handmade soap, organic herbs, and organic produce. We bottle our very own extra virgin olive oil right here in B.C. Open 10am-7pm, Mon-Sat.



## ROBERTS CREEK

- AMBROSIA ORGANIC LIVING** • Unit 2, 1059 Roberts Creek Rd. 604.885.2580 • www.ambrosiaorganicliving.com  
Offering organic groceries, produce, meats, dairy, supplements, body care, books, art and giftware. Open Mon-Sat 10-6, Sun 11-5.
- CHRISTMAS ROAD FARM** • 604.885.5734  
pat\_walker@sunshine.net We sell fresh organic produce at the Roberts Creek Farm Gate Market, the Sechelt Market and the Artisans Market. Please like us on Facebook.
- COASTAL ORGANICS** • 604.885.3101  
www.coastalorganics.comedelivery.com Small business delivering top quality, certified organic produce to the Sunshine Coast since 1997. Keeping organic food affordable for everyone. Committed to sourcing local product.
- CURRY IN THE CREEK** • 604.886.7036 www.curryinthecreek.com  
Healthy Indian fusion food using the best local and organic ingredients available. Private workshops and catering available. Pick up at Roberts Creek Community Hall Thursdays, 3-6 pm.
- EASTER EGG FARM & EXOTIC FRUIT NURSERY** • 2546 Miles Road 604.886.1712 Exotic Fruit Nursery offers uncommon winterhardy fruit trees, bushes and vines as well as workshops/tours at our exotic fruit orchard. Please contact us ahead for an appointment. Like us on facebook.

- FARM GATE MARKET** • Roberts Creek Hall Parking Lot farmgateinfo@gmail.com Midweek market for local, organic food. Every Wednesday year round 3 - 6 pm.
- THE FOREST ATRIUM** • 778.7085.610 dswilsons@gmail.com  
Small scale plant nursery featuring native plants. Available by appointment only.
- GUMBOOT CAFÉ** • 1057 Roberts Creek Road 604.885.4218  
If only the walls could speak! This heritage building contains the most laid back of cafes ~ go in for an organic cup of coffee and something sweet, or maybe a pint of micro brew and a slice of pizza or a bowl of vegan soup. M-F 7am-6pm, Sat-Sun 8am-6pm.
- GUMBOOT RESTAURANT** • 1041 Roberts Creek Road 604.885.4216 Focusing heavily on organic ingredients, and catering to those interested in a range from buffalo burgers or tofu to pasta and wild fish in a cozy atmosphere. Featuring produce direct from Gumboot Gardens! Open Mon-Thurs 10am-8:30pm, Fri-Sun 9am-9pm.
- JEAN'S ORGANIC FOOD CLUB** • 604.885.2442  
Best quality certified organic produce, groceries, bulk & more. Local produce when available. Open Mon-Sat, 10am-6pm. Call for directions.
- ROLLING EARTH FARM & RETREAT** • 2930 Day Road 604.885.6311 info@rollingearth.ca www.rollingearth.ca  
A farming and wilderness experience with group accommodation, local and organic catering and programming options. Retreat into adventure.

- CRAIGHAVEN FARM** • Day Rd, Roberts Creek 604.740.0370  
Seasonal fruits, berries, vegetables, nuts and eggs.
- ROBERTS CREEK HONEY CO.** • robertscreekhoney@gmail.com  
robertscreekhoney.com Local seasonal honeys (wildflower, blackberry or Fireweed) and certified organic Saskatchewan honey. Also Honegar, chocolate, cinnamon and chai honeys; propolis tincture and limited quantities of bees wax. Our products are available at Farmer's Markets, Black Berry Shop, Ambrosia Health Food and Roberts Creek General Store.

- SEABREEZE APIARIES** • 2737 Lower Road 604.886.7006  
alcobbin@telus.net. Call to buy honey.
- SHADOBLIX FARM** • 2225 Oldershaw Road • 604.886.2693  
www.shadoblixfarm.ca • info@shadoblixfarm.ca Eggs, seasonal produce and herbs, tea blends, spice mixes and preserves available at farm gate and local farmers markets. Farm gate open dawn to dusk year round.
- SHARKEY'S FISH LOCKER** • 1397 Roberts Creek Road 604.885.0844 sparhawk@telus.net Fresh and frozen wild salmon, halibut, cod & shrimp; deli smoked fish and more including fish & chips to go. Open 7 days a week 11am -7pm.
- SLOW SUNDAY FARMER'S & ARTISAN'S MARKET** • Roberts Creek. In the park behind the library, from 11-2pm, music is from 2:30-4. Runs from June 26 through Sept 18. Activities (board games, sketching, art, & more) will also be running under the maple tree in the Heart of the Creek.



## WILSON CREEK/DAVIS BAY

- COUNTRY HAVEN** • Tyson Road Fresh organically grown produce, herbs and flowers available at the Roberts Creek Farm Gate market.
- DRAGONFLY SEEDS** • Blower & Tyson Rd. 604.885.6070  
Seasonal, frozen and preserved vegetables and fruit, seeds and plant starts year round. Available at Roberts Creek Farm Gate Market
- DRAGON FIRE BAKERY** • dragonfirebakery@hotmail.com  
We offer a wide variety of organic fresh bread and baking. Sourdough, multigrain, wheat and gluten free options, chocolate croissants, pesto twists, pick your favourite! Find us at the Sechelt Farmers Market and Roberts Creek Farm Gate Market.

## SECHELT & AREA

- ARTISANS WAY ORGANICS** (AKA Arriba Raw Chocolate + Better Butters) • 306.262.5948  
artisanswayorganics@gmail.com We offer the highest quality, locally made fresh and organic raw chocolate, organic nut and seed butters, and much more. Find our products at the Sechelt Farmers market, Roberts Creek Farm Gate Market, Gibsons Landing Market, Gibsons Public Market, Ambrosia, Good Stuff Health Foods, Coast Naturals, WOW Art Gallery.
- BUTCHERS DAVE'S MEAT MARKET** • 5580 Wharf Ave 604.885.3909 Family farm raised pork (100 mile) & chicken free from growth hormones & steroids. Alberta grain fed beef, local free run eggs when available, and sausages made on the premises by Butcher Dave himself so he knows what's in them!
- CASPIER CATERING** • Martin & Melodie Casella caspier@live.com 604.993.0103 "Where we cater to your needs". All world fusion cuisine. We source locally when possible. Catering of any size. Please contact for more information.
- FLEUR MICRO FARM** • 5670 Trident Street 605.885.9641  
fleurmicrofarm@gmail.com Veggie starters, seeds, seasonal produce (especially Mexican, peppers, tomatillos, tomatoes, etc), flowers. Products available at the Farm Gate market. Call anytime.
- RUBY'S RUN URBAN FARMS** • 604.938.2494  
michelley@telus.net Real food. Real close. Located in Sechelt B.C. Providing fresh to market, the finest heirloom tomatoes, basil, strawberries and a variety of seasonal vegetables that are grown with integrity using all natural methods. Available for sale at Sechelt Farmers Market, Roberts Creek Farm Gate and local green grocers.
- SECHELT FARMERS AND ARTISANS MARKET** Downtown Sechelt www.secheltmarket.org  
farmanagerssechelt@gmail.com Every Saturday April to September, 9am-2:30pm. Farmers, hot food and artisans.
- SECHELT FISH MARKET** • #103 -5688 Cowrie Street 604.885.7410 Your source for Local~Fresh~Live~Wild Fish and Seafood on the Sunshine Coast. Open 7 days a week. Specialty items can be ordered, just give us a call.

## HALFMOON BAY

- GIDORA'S GARDEN** • 8066 Redroofs Rd gidorasgarden@dccnet.com Garlic, seasonal vegetables, fruit and flowers. Open April thru October.
- HALFMOON HERBALS** • 604.885.7057  
halfmoonherbals@hotmail.com Locally grown, wildcrafted, handmade, organic herbal medicines and beauty products. Available at the Sechelt Farmers Market, Roberts Creek Farm Gate Market and Jeans Organics.
- KYM'S PLANTS** • 7910 Fawn Rd kymplants@gmail.com  
Open 10am-5pm Wed-Sun. Deer resistant trees, shrubs, perennials and grasses. Organically grown veggies and plants. Like Kym's Plants on Facebook.



## GREEN BANNER HELPFUL TIPS

If in doubt, **CALL AHEAD** for hours, product availability and directions.

**BE RESPECTFUL** of farmers, as their businesses are often their homes.

Remember to **BRING CASH AND SHOPPING BAGS OR BASKETS** to the farm gates and farmers markets.

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## WHY SUPPORT LOCAL FOOD SYSTEMS

With an increase in transportation costs, climatic effects, the loss of agricultural land reserves to development, and a decrease in local food production, we are at a time where creating a strong local food system is increasingly important.

**SUPPORTING LOCAL** has many health, economic, environmental and social benefits.

## HOW TO SUPPORT LOCAL SYSTEMS

- ATTEND** your local Farmers Markets and Farm Gates listed in this brochure
- JOIN** a Community Supported Agriculture program (CSA). CSA's help your local farmers purchase seeds and prepare their land for growing. In return you get your own food box every week during the growing season!
- VOTE** with your dollars, buy local whenever possible and encourage grocers to purchase from local farmers and producers.
- BUY** local seeds and seedlings and grow your own produce. Save your seeds each season for sharing with the community and for future growing.
- EAT** what is in season and preserve food.
- SHARE** food growing skills

**BE DIVERSE! EAT AND GROW A VARIETY OF FOODS.**

## PENDER HARBOUR & EGMONT

- GLADIATOR WILD SEAFOOD** • 4387 Francis Peninsula Rd Pender Harbour 604.740.1747 antillae@telus.net  
www.gladiatorwildseafood.ca Sustainably harvested, top quality, wild BC seafood available in the walkin freezer (anytime), and at local Farmers Markets (Sechelt, PH, Farm Gate). Coast wide delivery also available.
- OAK TREE MARKET** • 12875 Madeira Park Rd 604.883.2411 sales@oaktreemarket.ca  
We are a general store. Specializing in fresh local meats and vegetables. Also we make our own fresh products.
- PENDER HARBOUR FARMERS AND ARTISANS MARKET** Highway 101 across from Garden Bay Road. Every Sunday in July & August 10am-3pm.
- ROOSENDAL FARMS** • 5819A Garden Bay Rd 604.883.9910  
Tomato, cucumber, peppers, basil, seasonal produce.



## COMMUNITY GARDENS

**JUBILEE COMMUNITY GARDEN** • GIBSONS  
Calvary Baptist Church - 711 Park Road 604.886.2611  
Garden plots are still available, call anytime for details.

**ROBERTS CREEK HEART GARDENS** • ROBERTS CREEK  
www.gaiacraft.com/heartgardenscampus  
The Heart Gardens is a community Permaculture demonstration site and living classroom which features native plants with a history of use by Coastal First Peoples.

**7ALISH COMMUNITY GARDEN** • SECHELT  
Sechelt First Nation, 5545 Sunshine Coast Hwy. This project hosts two community gardens promoting GMO free organic produce, companion planting, featuring traditional herbs. We offer workshops and fresh produce for our meals on wheels program and deliver seasonal organic vegetables to our elders and community members. Volunteer opportunities are available.

**OCEAN VEGETABLES COMMUNITY GARDEN** • SECHELT  
Ocean Ave. Between Cowrie and Dolphin St.  
oceanvegetables@onestraw.ca A free to harvest community garden featuring annual and perennial vegetables, herbs and fruits. Volunteer opportunities are available, please email for information.

## FOOD ASSISTANCE PROGRAMS

**BELLIES AND BABIES** • Canadian Prenatal Nutrition Program 604.885.5881 ext. 227 mberman@sccss.ca This program provides two weekly hot lunch groups, cooking and nutritional information, support for breastfeeding and baby's first foods. **Gibsons and Area Community Centre** on Mondays 11am-1pm, **Sechelt Inlet Office** on Tuesdays 11am-1pm.

**GIBSONS SALVATION ARMY FOOD PROGRAM** • GIBSONS  
Unit 5682, Gibsons Way 604.886.3665  
**Harvest of Hope Food Bank** A monthly box is available for registered clients of the Salvation Army. Food bank days are Wed and Thurs 11am-12pm each week.  
**Bread and Produce:** Mon-Fri (except holidays) 11am-12pm.  
**Hot Lunch Program:** Tues and Fri 11:30am.

**PENDER HARBOUR FOOD BANK**  
12891 Lagoon Road • 604.883.2270 scfoodbank@sccss.ca  
Open every second Monday, 12:00-12:30pm.

**SUNSHINE COAST FOOD BANK** • SECHELT  
5657 Lamprey Lane, 604.885.5881, ext. 240 scfoodbank@sccss.ca  
**Food Bank Days:** Every Tues and Wed, 11am-1pm  
**Donations:** Mon-Fri, 9am-4pm at the Sechelt Inlet Office.

**VANCOUVER COAST HEALTH MEALS ON WHEELS** • SECHELT  
5630 Inlet Avenue, Sechelt 604.741.0726 Delivers nourishing meals to homebound people. Available on various days depending on the area. Mon-Fri, 8:30am-4:30pm.

## ONE STRAW SOCIETY CONNECTS AND EMPOWERS SUNSHINE COAST RESIDENTS TO CULTIVATE RESILIENT FOOD SYSTEMS AND COMMUNITY

One Straw Society umbrellas several amazing initiatives. Learn more and find a place to participate by visiting these websites or email them directly.

**COAST CANNING COOPERATIVE**  
coastcanningcooperative.ca

**FOOD POLICY COUNCIL**  
fpc@onestraw.ca

**GROW YOUR OWN DINNER**  
gyod@onestraw.ca

**SUNSHINE COAST FRUIT TREE PROJECT**  
fruittreeproject@onestraw.ca

**SUNSHINE COAST IN TRANSITION**  
sunshinecoastintransition.wordpress.com  
ttsunshinecoast@gmail.com

**SUNSHINE COAST SEED SAVING COLLECTIVE**  
www.sunseeds.ca

**OCEAN VEGETABLES COMMUNITY GARDEN**  
oceanvegetables@onestraw.ca  
www.onestraw.ca/oceanvegetables

**JOIN ONE STRAW !**  
**ONESTRAW.CA**  
info@onestraw.ca

## OUR SUPPORTERS

