









Columbia Valley food and FARM

LOCAL FOOD GUIDE

YOUR SOURCE FOR EVERYTHING LOCALLY GROWN, RAISED, MADE, SOLD, AND SERVED

DEVELOPED AND PUBLISHED BY COLUMBIA VALLEY FOOD + FARM



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A LITTLE ABOUT US

COLUMBIA VALLEY FOOD AND FARM is a not-for-profit dedicated to supporting **COLUMBIA VALLEY GROWN AND MADE** food. We aim to help cultivate a thriving and equitable local food system. To support our region's growers and makers, we publish this annual guide with the goal of engaging producers and connecting them with consumers. With gratitude we work from the unceded land of Ktunaxa and Secwépemc peoples and the chosen home of the Métis.

HELP US GROW! Consider making a contribution to support this guide and other projects that promote local food production and access. Visit us at foodandfarm.ca.

COLUMBIA VALLEY FARMERS' MARKET TRAIL

Your route to outdoor markets, valley-wide, all summer long.

Cover photography and guide design by Chelsea Girimonte, Food and Farm Coordinator.

THANK YOU TO OUR GUIDE SPONSORS AND ADVERTISERS FOR HELPING TO KEEP IT LOCAL!

COLUMBIA VALLEY Community Economic Development

COLUMBIA VALLEY CHAMBER OF COMMERCE

Kootenay Savings kscu.com

THE OUTDOOR LEARNING STORE OUTDOORLEARNINGSTORE.COM

KOOTENAY & BOUNDARY FARM ADVISORS

WINDERMERE DISTRICT FARMERS' INSTITUTE

COLLEGE OF THE ROCKIES

Columbia Basin trust

Home hardware building centre

Regional District of East Kootenay

Community Futures East Kootenay

LOCAL INDIGENOUS FOODWAYS

WRITTEN BY ALISON BELL

The Columbia Valley has provided sustenance to First Peoples for more than ten thousand years. At one time, large salmon runs were harvested from the Columbia River, deer and elk were hunted sustainably by both the Akisqnuk and Shuswap peoples, as well as the Stoney Nakoda Nation. In addition, the valley provided wild berries, edible plants, medicinal plants, and clear-running water within a vibrant food system that existed for centuries.

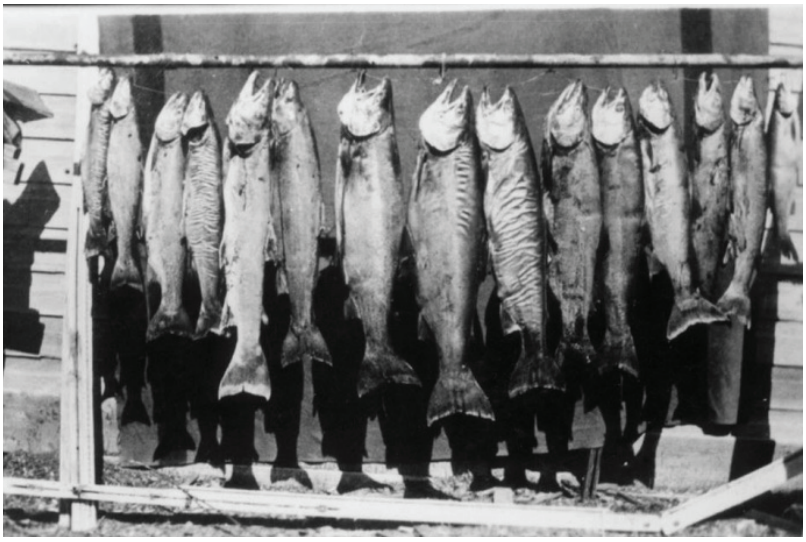
With the arrival of European settlers and the establishment of Dominion of Canada boundaries in the late 1880s, land use and hunting rights came under control of the Canadian government. Initially, the office of the Commissioner of Indian Affairs worked in partnership with the First Nations, respecting their long-standing hunting arrangements. Sadly, with the development of the railway, the increasing arrival of new settlers, over-hunting and the further colonization of First Peoples, the 1895 agreement unravelled.

Colonization also affected access to salmon. For thousands of years, salmon were culturally, spiritually, nutritionally, and economically central to the First Peoples of the Columbia Valley. Salmon, primarily Chinook, swam from the headwaters of the Columbia River at Columbia Lake to the ocean and back again, to spawn each autumn. Chinook were also known as June Hogs because some were close to 100 pounds and swam amongst other salmon during the June run. The run happened in the waters of the Columbia River at what is now Athalmer. It is said that the run was so plentiful it was possible to cross the river on their backs.

All that changed in the 1940's when the Grand Coulee dam was built in Washington state, ending the salmon migration and a way of life. Instead of fishing and providing fresh salmon for the community in ways that upheld their culture, the Akisqnuk and the Shuswap were now expected to rely on government-issued Prem, a canned meat product, to sustain them through the year.

Though the effects of settlers on Indigenous food access and practices have been devastating, food remains integral to the culture of the local communities. From harvesting and gathering principles to culinary techniques, many maintain a unique connection to food and land that continues today.

If you'd like to learn more about local Indigenous foodways, visit foodandfarm.ca to download our guide, Nourish Columbia Valley.



Chinook "June Hog" Salmon. Photograph provided by the Shuswap Band.



Soopolallie or soapberry, harvested across the BC Interior from May to August, depending on eleveation and latitude.

COLUMBIA VALLEY READING RESOURCES

WRITTEN BY THE OUTDOOR LEARNING STORE

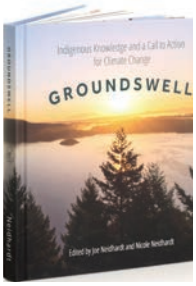
If you want to dive deeper into understanding food, climate, and the environment, or build better relationships with your place or local Indigenous people, then check out these top resources for the Columbia Valley Community.

The School Garden Curriculum: An Integrated K-8 Guide



From seasonal garden activities to inquiry projects and science-skill building, this book will help children develop organic gardening solutions, a positive land ethic, systems thinking, and instincts for ecological stewardship.

Groundswell: Indigenous Knowledge and a Call to Action for Climate Change



Groundswell is a collection of stirring and passionate essays from both Indigenous and non-Indigenous writers that present a compelling message about how traditional Indigenous knowledge and practices can and must be used to address climate change.

Ktunaxa Ethnobotany Handbook



This small field guide titled '?a-kxam'is q'api qapsin' (All Living Things) features 23 common BC plants, including beautiful colour images, description, habitat, and traditional uses by the Ktunaxa people.

THE OUTDOOR LEARNING STORE
OUTDOORLEARNINGSTORE.COM

FOR MORE RESOURCES VISIT OUTDOORLEARNINGSTORE.COM



GROW NEW SKILLS AT COLLEGE OF THE ROCKIES

The College of the Rockies, Invermere Campus, offers a multitude of programming in the food sector including courses in cooking, gardening, harvesting, beekeeping, preserves, flowers and plant arranging, plant medicine, Foodsafe certification, nutritional courses, and more.

The campus also delivers a full-time academic program in Hospitality Management. This two-year diploma consists of practical, hands-on experience that employers seek, combined with academic and business courses to excel and grow one's career.

COTR.BC.CA | 250-342-3210
INVERMERE@COTR.BC.CA

COLLEGE OF THE ROCKIES

Kootenay Savings and our members have been working together for over fifty years to nurture our communities, protect our environment and create a better world. Join us today and experience a better way to bank.



Kootenay Savings
kscu.com | 1.800.665.5728



AGRICULTURE AND THE WINDERMERE DISTRICT FARMERS' INSTITUTE

Potatoes grown at the Invermere Experimental Farm in 1914.

A local legend claims that British settlers were tricked into coming to the Columbia Valley by Randolph Bruce, an engineer and land developer, who supposedly sent photos of apples tied to willow branches as a ruse to attract settlers. We don't know for sure if this is true, but Bruce did go on to spearhead the establishment of the Windermere District Farmers' Institute and one of the earliest experimental farms in Canada. Located right in Invermere, the farm produced varieties of apples, pears, plums, currants, and other fruits and vegetables, some of which were sold to the Banff Springs Hotel in the early 20th century.



A view from the historic barn at the Agri-Park Farmers' Market, located at the Invermere crossroads. The market is held Wednesdays May - September.Photograph by Chelsea Girimonte

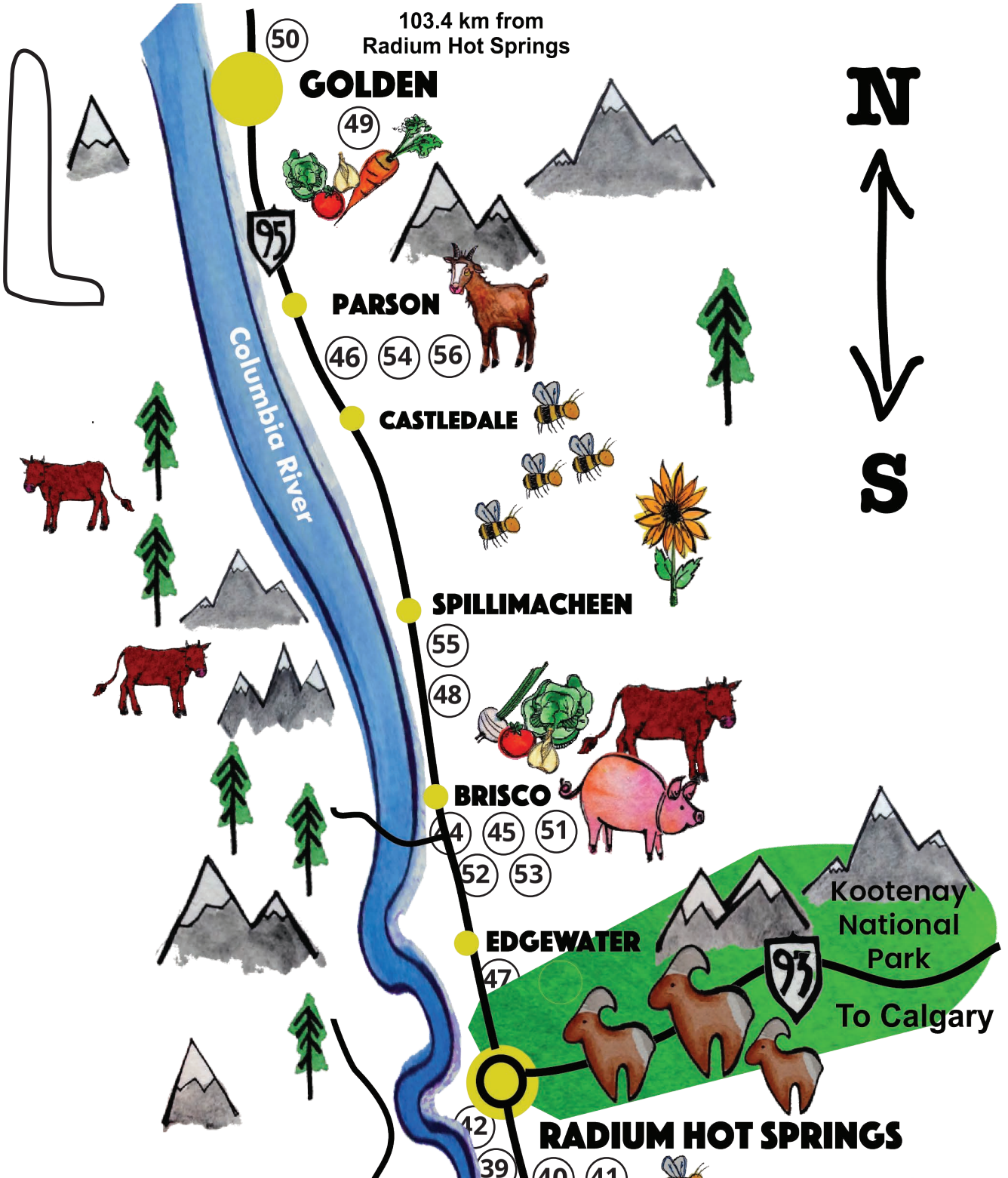
While the Invermere Experimental farm no longer exists, the Windermere District Farmers' Institute is one of the oldest farmers' institutes in British Columbia and still represents the needs of the agricultural community from Canal Flats to Golden. Their membership is comprised of farmers, ranchers, and food growers. The Institute owns the 20-acre Agri-Park, located at the crossroads leading into Invermere.

The Agri-Park is a busy little corner of our Valley. It is home to the Windermere Valley Saddle Club, a non-profit horse club that encourages and educates youth about horsemanship. An animal feed and supply store, Town & Country, is also open for business at the Agri-Park, as well as an abbatoir which processes local beef, lamb, and pork.

On Wednesdays, the Agri-Park Farmers' Market draws both locals and seasonal visitors. It's certified by the British Columbia Association of Farmers' Markets and features hyper-local meat, eggs, and produce, all grown and raised within 150km. Additionally crafstman, chefs, and bakers come out to sell their goods in the historic barn.

LOCAL FOOD MAP

YOUR ROUTE TO ALL THINGS COLUMBIA VALLEY GROWN AND MADE




Columbia Valley
food
and FARM
Wilmer
INVERMERE
Lake Windermere
WINDERMERE
FAIRMONT HOT SPRINGS
Columbia Lake
CANAL FLATS
SKOOKUMCHUK
TO CRANBROOK
eagle ranch tr
athalmer rd
panorama dr
james chabot
prov park
7th ave
13th ave
12th st
13th st
4th ave
15th ave
downtown
kinsmen
beach
93
95

LOWER COLUMBIA VALLEY



1. DOWNEY FARM

Our goats, pigs, and chickens, ethically raised outdoors without hormones or antibiotics, produce some of the best tasting goat's milk, pork, eggs, and chicken around.

FAIRMONT
250-270-0862
downey7@shaw.ca
FIND US: On-Site Pick Up by Appt.



2. FAIRMONT FARMERS' MARKET

On Sundays in July and August from 10am - 2pm, you'll find a variety of vendors and makers in the heart of Farimont's shopping and dining.

FAIRMONT
4992 Fairmont Frontage Rd
@fairmonthotsprings farmersmarket

3. FROM SCRATCH A MOUNTAIN KITCHEN

A market bistro that thrives on seasonal ingredients created into delicious dishes by our talented chefs for you to enjoy with us or take home.

FAIRMONT
8-5019 Fairmont Resort Rd
250-345-0008
fromscratchfood.com
@fromscratchamk

4. THE LOCAL COFFEEHOUSE

THE LOCAL coffeehouse offers homemade baking, delicious breakfasts and lunches, locally roasted coffee, and friendly service!

FAIRMONT
2-4992 Fairmont Frontage Rd
236-525-2001
localcoffeehouse.ca
@thelocalcoffeehouse



5. J2 RANCH MEAT SHOP

Located in the heart of the Kootenays, we are committed to providing the best quality, ethical meats. We specialize in Kootenay Wagyu, Angus, Aubrac, Bison, and eggs.

CANAL FLATS
4957 Burns Ave
250-349-5874
j2ranch.com
@thej2ranch



Locally owned and operated, Invermere Home Hardware is your gardening and outdoor living headquarters. If you're thinking about starting your own vegetable garden this season, look no further than Home Hardware.

Home hardware building centre

9980 Arrow Rd | Invermere | 250-342-6908 | invermerehardware.ca | @invermerehardware

WINDERMERE

6. EDIBLE ACRES FARM + CAFE

A five acre, certified organic vegetable farm, farm-to-table cafe, and plant nursery. Check for seasonal hours.

WINDERMERE
1681 Hwy 93/95
250-342-3236
winderberry.ca
@edibleacresfarm
FIND US: On-Site, Farmers' Markets, Local Retailers



7. HOPKINS HARVEST

A year-round speciality market, carrying seasonal BC-grown produce, artisan products, and prepared foods, including coffee and wood-fired pizza.

WINDERMERE
1645 Hwy 93/95
778-526-5162
hopkinsharvest.com
@hopkinsharvest

8. MERCHANT'S CORNER

A seasonal outdoor market put on by the good folks at Hopkins Harvest, featuring local artisan crafts and makers.

WINDERMERE
1645 Hwy 93/95
778-526-5162
merchantscorners@hopkinsharvest.com
@hopkinsharvest



9. OLD BLUE TRUCK FARM

A small regenerative farm with a passion for soil health. Growing vegetables, fruit, and eggs. Farm stand open seasonally.

WINDERMERE
1076 Swansea Rd
oldbluetruckfarm@gmail.com
@oldbluetruckfarm
FIND US: On-Site Farm Stand, Farmers' Markets

10. SERENITY FARM

A family friendly farm offering farm visits, events, kids camps, and more. Check website for seasonal hours.

WINDERMERE
4825 The Dell Rd
250-341-5216
serenity-farm.ca
@serenityfarmcv
FIND US: Retail, U-Pick, On-Site Pick Up by Appt.

11. SU CASA MEXICAN KITCHEN

Authentic Mexican Cuisine in a family-friendly environment, food cooked with love, and only the freshest ingredients. Using local when possible.

WINDERMERE
1465 Hwy 93/95
778-526-9593
@sucasamexicankitchen

12. WEAVER'S BEE COMPANY

Our family business offers raw unpasteurized honey in several blossoms, as well as fresh berries and fruits that have been pollinated by our honey bees. Farm stand open seasonally.

WINDERMERE
1065 Swansea Rd
250-270-1402
weaversbeeco.com
@weaversbeeco
FIND US: On-Site Farm Stand, Farmers' Markets, Retail

DID YOU KNOW?

The term CSA stands for Community Supported Agriculture. It's a subscription you pay to farms, up front, to support them in the off-season. In return, you receive weekly produce boxes throughout the growing season. Local farms; Edible Acres, Old Blue Truck, and Patty's Greenhouse; all offer CSA subscriptions!

INVERMERE

14. AG VALLEY FOODS

Community grocery store devoted to providing top quality products, sourcing local, and, above all, outstanding customer service.

INVERMERE
906 7th Ave
250-342-3330
agvalleyfoods.com
@agvalleyfoods



15. AGRI-PARK FARMERS' MARKET

Quality, local, and freshly harvested. Running Wednesdays from 3 to 6:30pm May 18 - September 28, 2022. Opposite Copper Point Resort in the Agri-Park!

INVERMERE
553 Hwy 93/95
@agriparkfarmers

16. ARROWHEAD BREWING

Invermere's only local craft beer brewery. All Arrowhead beer is brewed in small batches containing zero preservatives or additives, non-pasteurized.

INVERMERE
481 Arrow Rd
778-526-2739
arrowheadbrewing.ca
@arrowheadbrew

17. BEGGINNINGS BREAKFAST AND BRUNCH

A community-based breakfast and brunch restaurant, offering an extensive cocktail and drink menu including craft beers, handcrafted cocktails and Prosecco.

INVERMERE
1310 7th Ave
236-527-2124
begginnings.com
@begginningsbrunch

18. BIRCHWOOD RESTAURANT

A mountain casual dining experience with a unique and relaxing outdoor summer patio and winter atrium. We offer a variety of seasonal menu options. Our menu and wine selections are carefully chosen from local producers.

INVERMERE
722 13th Ave
250-342-0606
birchwoodinvermere.com
@birchwoodinvermere



19. CIRCLE MARKET + CAFE

We are a one-stop shop where you can find grocery, household, and personal items that are good for your health and the planet! We are proud to offer an extensive supplement selection and zero waste market.

INVERMERE
926 7th Ave
250-342-2552
@circleinvermere

20. EAGLE RANCH RESORT

Fine dining restaurant and lodging with a focus on local produce and the finest beef, game, wine, and seafood.
Huge heated patio with amazing views!

INVERMERE
9581 Eagle Ranch Tr
250-342-0562 ext. 2211
eagleranchresort.com
@eagleranchresort

21. ELEMENTS RESTAURANT

A year-round restaurant, using locally grown B.C. produce, vegetables and more. For an elevated dining experience, find us at Copper Point Resort.

INVERMERE
760 Cooper Rd
250-341-4002
copperpointresort.com
@copperpointresort



22. THE DILLY

We are a local food truck bringing good food and good vibes to the Valley! We love brunch, lunch, tacos and treats and make everything fresh in 'truck'!

INVERMERE
3rd Ave
250-341-7559
thdillyfoodstruck.com
@thedillyfoodtruck



23. FUZE FOOD

Healthy, made-to-order, fresh salads, wraps, rice bowls, smoothies, and treats. Vegan, gluten free, dairy free and vegetarian friendly! Eat in or takeout.

INVERMERE
315 3rd Ave
250-342-0209
fuzefood.com
@fuzefood



24. GROUNDSWELL NETWORK SOCIETY

Community greenhouse and gardens creating a living classroom. Come and grow with us! Year-round produce, workshops, rental beds, and seedlings.

INVERMERE
1535 14th St
250-342-3777
groundswellnetwork.ca



25. HOMESTEAD HARVEST

We are a small veggie farm with a big heart, located beside the Legacy Trail. We honour the land on which we organically grow a variety of veggies! We sell from our on-site farmstand.

INVERMERE
2331 13th St
250-342-5859
@homestead_harvest



26. INVERMERE BAKERY

A European-inspired café established in the Columbia Valley in the 1950's. Artisan breads, micro-roast coffee, and baked goods made fresh every morning are just a few of the things that bring people through our door.

INVERMERE
1305 7th Ave
250-342-9913
invermerebakery.com



27. INVERMERE FARMERS' AND ARTISTS' MARKET

Find over 80 vendors every Saturday, 9am - 1pm, from mid-June to mid-September. Make it, Bake it, Grow it, Raise it!

INVERMERE
Downtown
Lakeview Parking Lot
@invermerefarmers andartistmarket
invermerefarmersmarket.com



28. KICKING HORSE COFFEE

Deep, dark and delicious coffee. Roasted right in the Rocky Mountains for over 25 years. Kicking Horse Coffee is good coffee for good people. All Organic and Fairtrade. Wake Up & Kick Ass. Found throughout the Columbia Valley or online.

INVERMERE
kickinghorsecoffee.ca
@kickinghorsecoffee



29. KONIG MEAT AND SAUSAGE COMPANY

A wide range of fresh and BBQ-ready meats, specialty sausages (such as our famous western bratwurst), delicatessen products, prepared foods and gourmet or imported groceries. Be sure to check out our local meat freezer!

INVERMERE
1210 7th Ave
250-342-9661
konigmeats.com



30. SAUNDERS FAMILY FARM

Custom charcuterie boxes and boards, grab & go lunch, homemade desserts, local coffee and honey, merchandise, and of course our gourmet jams and unique spicy jellies.

INVERMERE
109 Industrial Rd #2
250-342-9283
saundersfamilyfarm.ca
@saunders_family_farm

31. SCHONI BREAD

Quality artisan bread with irresistible flavor, texture, aroma, and unique crust. Products are entirely baked in an authentic stone oven, pre-heated with wood.

INVERMERE
1650 Johnston Rd
250-342-7590
woodovenbread.ca
FIND US: On-site, Circle Market, Restaurants

32. SMOKEHOUSE 93

Quality Canadian meats prepared with care, rubbed with the finest seasonings, smoked low and slow to produce a product that falls off the bone, melts in your mouth and just tastes damn good.

INVERMERE
526 Hwy 93/95
250-342-9593
slowsmokedbbq.ca
@smokehouse_93

33. STOLEN CHURCH COFFEE AND GELATO

Family owned and operated since 2004. Micro-roasted coffee and handmade artisanal gelato, homemade soups, sandwiches, and baked goodies. Open Daily.

INVERMERE
1045 7th Ave
250-688-0561
stolenchurch.com
@stolenchurchgelatocoffee

34. TAYTON BAY SPIRITS

We produce an innovative and flavourful line of infused spirits and ready-to-serve cocktails. Stop by for a free tour and tasting!

INVERMERE
1701 6th Ave
778-526-5205
taytonbayspirits.com
@taytonbayspirits

35. TRADING POST

We are a specialty food and kitchen store located in downtown Invermere. With top quality local and import products, we have something for everyone.

INVERMERE
#111 - 809 7th St
778-526-4818
@tradingpostspecialityfoods

36. ULLR BAR

Fresh ingredients, sourced as local as possible. Cocktails and ales. Come and join the fun!

INVERMERE
722 13th St
778-526-5113
ullrbar.com
@ullrbar

37. WILD MOUNTAIN CHOCOLATE

Wild Mountain Chocolate is a bean-to-bar chocolate maker established to make a difference by purchasing ethically sourced, organic cocoa beans.

INVERMERE
778-526-5200
wildmountainchocolate.com
@wildmountainchocolate

RADIUM HOT SPRINGS



38. ZEHNDER BEEF

Natural, local beef, free of antibiotics and hormones, raised on the open range west of Lake Windermere. Government-inspected, custom cut, wrapped, and delivered halves and quarters.

INVERMERE

250-688-0713

FIND US: On-Site Pick Up By Appt.



39. GALASA ADEN PRIVATE CHEF + CATERING

Bringing elevated food to the comfort of your home, to a party, or even weddings. Our unforgettable dining experiences showcase all the amazing products the beautiful Columbia Valley has to offer.

RADIUM HOT SPRINGS

@galasa_aden

galasa9aden@gmail.com

40. HELNA'S STUBE

Helna's Stube is a casual dining experience with easy elegance. We specialize in delicacies straight from Austria and surrounding areas.

RADIUM HOT SPRINGS

7547 Main St W

250-347-0047

helnas.com

@helnas_stube

41. MARKET ON MAIN

Join the Market on Main every summer Friday evening! Find homegrown goodies and handcrafted treasures, all while supporting local vendors on Main Street.

RADIUM HOT SPRINGS

7556 Main St E



Community Futures East Kootenay promotes economic development, job creation, and wealth in our region by providing small-business loans for start-ups, business purchase, and expansion. We recognize the important role food producers and processors play in terms of food security and economic growth within our area.

250-489-4536 | cfek.ca

42. RADIUM BREWERY

We are all about family and community. We pride ourselves on small batch brewing using environmentally friendly processes. We would love for you to come nd join us for a pint!

RADIUM HOT SPRINGS

7537 Main St W

250-342-326



43. TEGART FARMING

Multi-generational family farm on a journey to create a sustainable, ethical and healthy local food supply. Selling grass-fed beef and artisanal honey.

RADIUM HOT SPRINGS

250-270-0644

upper-ranch.ca

@tegartfarming

FIND US: Local Retailers, On-Site Pick Up By Appt.

UPPER COLUMBIA VALLEY



44. BRISCO BEEF

In the summer our herd of 75 cattle graze on 750 acres. We do not use antibiotics or hormones. We sell ground beef in one and five pound packages. Operating since 1962.

BRISCO
250-342-1623
brisco@winkwireless.ca
FIND US: Wholesale, On-Site Pick Up By Appt.



45. BUGABOO RANCH

Established in 1978, our 3rd generation family farm raises Angus Beef cattle free on the range in the summer and Valley-grown hay in the winter.

BRISCO
250-342-1607
@bugabooranch
FIND US: Farmers' Markets, Order By Email

46. CASTLEDALE FLOWER FARM

A local farmer-florist based business, specializing in sustainable floral design. Services include everyday bouquets and weddings and elopements.

CASTLEDALE
250-272-1881
@castledaleflowerfarm
castledaleflowerfarm.com
FIND US: Online Store, Hopkins Harvest, Daley Bread



47. COLUMBIA VALLEY LAVENDER

We are a small lavender and cut flower farm. Come enjoy our beautiful lavender field, lavender products and mountain views!

EDGEWATER
5769 Hwy 95
780-712-2939
FIND US: On-Site Farm Stand, Kootenay Artisan Co-op, Circle Market



48. FLYWAY FARM AND FOREST

Chickens and goats and gardens, oh my! We have an acre of vegetable, flower, medicine, and creative gardens; some tucked away under two large hoop houses, some overlooking the wetlands.

SPILLIMACHEEN
flywayfarmforest.com
@flywayfarmforest

49. GOLDEN FARMERS' MARKET

Local farmers, food producers, soap makers, and artisans. Market runs mid-June to end of September from 10am - 3pm on Wednesdays.

GOLDEN
Spirit Square
goldenfarmersmarket.com
@goldenbcfarmersmarket

50. MAMACITA'S EMPANADAS

Made with love. Authentic hand-made Argentine empanadas for those who crave indulgent flavours and that laid-back South American lifestyle.

GOLDEN
250-939-8649
mamacitasempanadas.com
@mamacitasempanadas
FIND US: Local Retailers, On-Site Pick Up, Farmers' Markets

51. PATTY'S GREENHOUSE

Patty's Greenhouse brings farm-to-table vegetables right to your door! Also appearing at Farmers' Markets in Invermere throughout the spring and summer.

BRISCO
250-341-1087
pattysgreenhouse.com
FIND US: Farmers' Market, Home Delivery, On-Site Pick Up by Appt.



52. PK HERITAGE FARM

Established in 2018, working for you to enjoy locally and humanely raised pork and to discover French Canadian Cuisine! Also producing eggs, produce, and tea.

BRISCO

780-966-1559

pkheritagefarmbrisco.com

@briscohogs

FIND US: On-Site Pick Up by Appt., Farmers' Market, Spilli Station Cafe



53. RIVERSIDE FARM

Riverside Farm is a small sheep operation. We raise ~150 sheep, producing lamb, yarn/wool products and breeding stock (Gotlands).

BRISCO

250-219-9443

jwssbowes@gmail.com

@riversidebrisco

FIND US: Direct Marketing, Some lamb available at Konig Meat and Sausage



54. ROCKY MOUNTAIN HONEY FARM

Celebrating 25 years, "Taste of the Valley" wild forage honey is harvested and bottled by the beekeeper. Visit our mountain farm by chance or by appt.

CASTLEDALE

4844 Arnold Rd

250-348-2043

FIND US: Local Retailers, Farmers' Markets, On-Site Farm Stand



55. SPILLI STATION CAFE AND FLYWAY MARKET

We pride ourselves in offering fresh food straight from the source. From the eggs to the bread, everything is made in house with local ingredients.

SPILLIMACHEEN

970 Hwy 95

250-346-3081

spillistationcafe.com

@spilli2020



56. VALENTE PREMIUM MEATS

We are a small family farm raising many beef cattle and some pigs as well. Are cattle are all born, raised and processed in the Columbia Valley!

PARSON

250-681-0602

@valentepremiummeats

chadvalente@gmail.com

FIND US: Wholesale, On-Site Pick Up, Online Order, Delivery to Central Location in Golden and Invermere



KOOTENAY & BOUNDARY FARM ADVISORS

The Kootenay and Boundary Farm Advisors (KBFA) provides producers with free, technical support and information from a network of specialized resources, including independent consultants and academics. KBFA supports producers to improve agricultural production and efficiency by finding solutions to farm-specific production issues, coordinating educational events, and connecting producers to information.

800-958-7174 | kbfa.ca



SCAN HERE

OR VISIT
FOODANDFARM.CA
FOR CONTEST DETAILS!

Made possible with support from the Columbia Valley Grown + Made Campaign!

EAT AND DRINK COLUMBIA VALLEY GROWN AND MADE FOR A CHANCE TO WIN FROM $2,000 IN LOCAL FOOD GIFTCARDS AND PRIZES.

COLUMBIA VALLEY GROWN

COLUMBIA VALLEY MADE

Columbia Basin trust