

Food Producers

- Farm Gate
- ▲ Market
- ◆ Contact/Online Sales
- CSA*
- + Stores
- ▼ Nursery

FISH AND SEAFOOD

Cooper's Cove Ventures Ltd ●◆

250-642-3153 / 6377 Belvista Pl., Sooke, BC V9Z 0X3
info@cooperscove.ca / cooperscove.ca
Since 1970s, Cooper's Cove is one of the oldest seafood companies in B.C. Supply live lobster, fresh, frozen fish, prawns, clams, scallops, halibut and more. Products are purchased directly from local fishermen ensuring freshness, as well as the most sustainable seafood available.

Crab Shack Sooke ◆+

250-642-4410 / 6947 West Coast Rd., Sooke, BC V9Z 0V1
info@crabshacksportfishing.com / www.crabshacksportfishing.com
Live crab, prawns, frozen local salmon, halibut, shrimp, scallops, and more. Special orders available for other seafood delights.
Hours: Wednesday to Sunday, 10:00 am to 4:30 pm

DCW Fishing Ltd. ▲◆

Nerissa and Danny Wick 250-818-0933 / 7525 Butler Rd., Sooke
dcwfshsales@gmail.com / dcwfishing.ca
Fresh fish straight from the boat to you. Sustainably managed and responsibly harvested.

Seafoam Seafoods ●◆

Pacheedaht Fishing Corporation Inc. 250-647-0050
17296 Parkinson Rd., Port Renfrew
seafoamseafood@gmail.com
authenticindigenouseafood.ca/fisheries/seafoam-seafoods
Our fisheries include a mix of salmon, groundfish, and shellfish, including Dungeness crab. Our fisheries programming includes both our modernized fish processing plant and smokery which are central to our brand, we are also responsible for a variety of salmon habitat restoration, stock rebuilding, assessment, and monitoring.

West Coast Wild Seafoods ◆

John Jenkins 250-888-9856 / elizajoye2014@gmail.com
Albacore tuna. Canned smoked and canned natural. Fresh frozen loins and fresh frozen cold smoked loins. Sell by the case of 24.

FROM THE OCEAN

Dakini Tidal Wilds ◆+

Amanda Swinimer 250-818-4633
dakinitidalwilds@gmail.com / www.dakinitidalwilds.com
Wild edible seaweeds, harvested sustainably by hand off the west coast of Vancouver Island. Two kinds of edible seaweed are available: winged kelp and bull kelp. Seaweed Tours and Workshops are available if you want to learn all about the amazing seaweeds that grow in the Salish Sea.

Saltwest Naturals ◆+

Jessica & Jeff Abel 778-977-3994 / 7585 Lemare Cres., Sooke
info@saltwest.com / www.saltwest.com
Locally hand crafted Canadian sea salt.
Go to Saltwest.ca to place an order

BUTCHERS AND VALUE ADDED

Bull & Sons Delicatessen ▲◆

Jonathan Bull 778-584-2195 / East Sooke
deli@bullandsons.ca / www.instagram.com/_bull_and_sons_deli_/?hl=en
Catering, Charcuterie Boards, Picnic Boxes, Wild Game Fabrication, Beef and Pork sales at Farmer Markets Sooke and Shirley.

Delightful by Carol ▲◆+

Carol 250-891-3105 / Sooke
delightfulbycarol@yahoo.com
Jams and other preserved foods

Island Passion ▲

Michael Furves 778-677-7421 / Sooke
islandpassion101@gmail.com
Selection of unique spicy sauces made locally in small batches with love.

JD's Sunshine Jams and Such ▲◆+

Danny Willis 250-589-2304 / 2456 Sooke River Rd, Sooke
dg124@telus.net / www.facebook.com/JDsSunshineJams
Traditional and Unique jams, jellies, vinegars, relishes, pickles and other preserves.

Vortex Spice Co ▲◆

Kyle Cheyne / East Sooke
vortexspiceco@gmail.com / www.vortexspiceco.com
Handcrafted products with a focus on black garlic and black onion, specializing in the art of transforming garlic and onion through a meticulous fermentation process.

Garden Centers

The Artisan's Garden

6689 Goodmere Rd, Sooke / www.theartisansgarden.ca

Sooke Home Hardware Building Centre

6626 Sooke Rd., Sooke / www.homehardware.ca

Sooke Soil & Landscape

2830 Ramsden Rd., Sooke / www.sookesoil.com

Community Gardens

East Sooke Community Garden

6040 East Sooke Rd., East Sooke

Edward Milne Community School Garden

6218 Sooke Rd., Sooke

Grace Gardens

Sooke Baptist Church, 7110 West Coast Rd, Sooke

Ladybug Garden and Greenhouse

T'Sou-ke First Nation
<https://www.tsoukenation.com/ladybug-garden-greenhouse/>

M'akola Community Garden (for residents only)

2075 Drennan St., Sooke

Sunriver Community Gardens

2380 Phillips Rd., Sooke / www.sunrivercommunitygardens.ca

Sunriver Heritage and Demonstration Orchard

2380 Phillips Rd., Sooke / www.facebook.com/sunriverorchard



Brass Bell Farm's heifers

Sooke Region Food & Farm Guide 2024



Fresh food & local farm products

Sooke Region Food Community Health Initiative (CHI) Society is pleased to present the **2024 Food and Farm Guide**. This resource highlights farms, farmers markets, fisheries, butchers, and other local food related businesses that offer locally sourced food and value-added 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 the Sooke region. Events include the annual Seedy Saturday and Apple Fest community event, as well as managing the Sunriver Community Orchard.

For information on local food, events or about volunteering with Food CHI, visit: www.sookefoodchi.ca



Farmers Markets

Sooke Country Market

Memorial Park, 2201 Otter Point Rd
Saturdays, 10:00am-2:00pm, Apr 20-Oct 12

Sooke Night Market

Sooke Region Museum, 2070 Phillips Rd
Thursdays, 5:00pm-8:00pm, Jun 6-Sep 5

Shirley Sunday Market

Shirley Community Hall, 2795 Sheringham Point Rd
Sundays, 11:00am-3:00pm, Jun 3-Sep 1

Gardening Education

Edward Milne Community School Society

6218 Sooke Rd., Sooke
emcsprograms@sd62.bc.ca / www.emcsprograms.ca/communityclasses

Sooke Children's Garden Club

2380 Phillips Rd., Sooke / aboquist@shaw.ca
Gardening Education

Sooke Garden Club

St. Rose of Lima Catholic Church, 2191 Townsend Rd., Sooke
sooke.gardenclub@yahoo.com / www.sookegardenclub.ca/

Vancouver Island Regional Library

6671 Wadams Way, Sooke
sooke@virl.bc.ca / virl.bc.ca/branches/sooke



Funding support provided by the District of Sooke (Sooke 2030: Climate Action Program)

* CSA: Community Supported Agriculture

Farmers

Please call ahead for hours and product availability.

- Farm Gate
- ▲ Market
- ◆ Contact/Online Sales
- CSA*
- + Stores
- ▼ Nursery

FARMS

1 ALM Organic Farm and Full Circle Seeds ●▲◆■▼

3680 Otter Point Road, Sooke / Mary Alice Johnson 778-587-9144
Heritage farm producing Certified Organic vegetables, herbs, flowers, and seedlings. Home of Full Circle Seeds, growing organic herb, flower and vegetable seeds. Farm store open on Tuesdays 3:00pm-5:00pm and Saturdays 10:00am-12:00pm.

2 Barefoot Farm ●

2263 Kemp Lake Road, Sooke / Amy Rubidge 250-642-1527
Pasture raised, veggie fed, antibiotic and hormone free eggs. Perennial plants, and seasonal produce grown without pesticides or artificial fertilizers. Gate sales year round.

3 Brassbell Farm ●◆

East Sooke / 250-642-2799
info@brassbellfarm.com / www.brassbellfarm.com
Raising rare and heritage breeds of cattle, sheep, goats, pigs and poultry in East Sooke, BC. Organically fed, pasture-raised meats and eggs available through online farm store.

4 Cast Iron Farms Co-operative ●◆

2385 Philips Road, Sooke / Farm contact: 250-642-5445
castironfarmsooke@gmail.com / castironfarm.ca
Organically grown meat and eggs.

5 Croaking Frog Farm ▲◆▼

8020 Tugwell Road, Sooke / Jana Heins-Kaemmer 778-425-2622
janasfaerygarden@hotmail.com / www.facebook.com/croakingfrogfarm
Small family farm, growing fruits and veggies to feed ourselves and others in our community.

6 Finny's Farm ●▲

10420 West Coast Road, Shirley / Sharon + Paul Wiberg 778-528-2228
paul.sharon@shaw.ca
Variety of produce, preserved foods, and fresh baked goods.

7 From the Ground Up Farmstead ●▲

2845 Kirby Creek Road, Shirley / Sonja Fogg 778-932-1904
foggsonja@gmail.com
www.instagram.com/fromthegroundupfarmstead
Variety of farm fresh produce sold at Sooke and Shirley Farmer's Markets

8 Goose River Farm ▲◆

Sooke / Ryan LeBlanc 250-588-0963 / Ryanleblanc86@gmail.com
www.facebook.com/GooseRiverFarmSooke
Farm fresh vegetables, including salad mixes, microgreens, also sell berries and eggs

9 InishOge Farm ●◆

6698 Helgesen Road, Sooke / 250-642-4792
info@inishoge.ca / www.inishoge.ca
InishOge is a homestead and heritage farm. We organically raise chicken, turkey, pork and berries. We are home to the annual Sooke Pumpkin Patch in October. We provide space for wilderness programmes and groups.

10 Livin' the Dream Farm ▲■+▼

10069 West Coast Road, Shirley / Katie Greenwood
info@livinthedreamfarm.net / www.livinthedreamfarm.net
Signature salad mixes, microgreens, fresh produce, farm fresh teas, plant based skincare & Nursery

11 Longmeadow Farm ●▲◆■

2727 Phillips Road, Sooke / John Aalberg + Catherine Jackson 250-580-1273
catherine@longmeadowfarm.ca / longmeadowfarm.ca
Eggs, Organic fresh vegetables and fruit, plants and cut flowers. Vegetable box subscription program, online shop, farm stand and Sooke farmers market.

12 Mrs. Lewers Farmhouse ●◆▼

5526 Sooke Road, Sooke / Ellen Lewers 250-812-2830
mrslewersfarmhouse@gmail.com
Berries, apples, seasonal produce, chicken and eggs. Jams, jellies, take and bake pies. Look for new products. On-farm market Monday thru Saturday 9:00 am to 2:00 pm. Phone or email orders.

13 Orveas Creek Organics ●◆

2513 Clark Road, Sooke / Glyse + Paul Clarkston 250-642-2232
glyseclarkston@gmail.com / orveascreekhealingfarm.ca
Turkeys, chickens and eggs. Organic (not certified) produce, blueberries, strawberries, garlic, salad greens, and an assortment of vegetables in season. Use own manure, no fertilizer or pesticides.

14 Red Earth Farm ▲◆

7885 East Glen Place, Sooke
Lindsey Snelling + Matt Nelson 250-642-5883 / reearthlindsey@gmail.com
Fresh veggies, fruits, herbs, baking and free-range eggs, pesticide free. Sooke Country Market, phone or email orders.

15 Silver Cloud Farm ▲■▼

2709 Anderson Road, Sooke / Teresa Willman 250-642-4516
silvercloudfarm@gmail.com / www.silvercloudfarm.ca
Family run, small scale farm that follows the principals of organic farming, and focuses on producing a wide array of vegetables, berries and fruit. Online sales, box program and farmers markets.

16 The Greener Side Farm ▲■

Sooke / Lo Shrum 250-812-5438
thegreenersidefarm@gmail.com / www.facebook.com/thegreenersidefarm
Sustainable small scale farm offering vegetables with no pesticides or chemical fertilisers. Eggs from organically-fed chickens. Organically-fed and pasture-rotated pork. Weekly CSA - delivery or pickup.

17 Woodside Farm ●◆

7149 West Coast Road, Sooke / Mela Radtke 250-889-6638
info@woodside.farm / www.woodside.farm
Heritage farm. We grow vegetables, berries, fruit and flowers on our farm. We also sell our own hay and make our own juice in the fall. The farm hosts school visits, birthday parties, fresh food events and has a wonderful farm shop.

FLOWERS

18 Bountiful Bay Farm ▲

Sooke / Ashley Currie 250-589-6662
bountifulbayfarm@gmail.com / www.facebook.com/BountifulBayFarm
Wide variety of Dahlia tubers

19 Crooked Fir Flower Farm ●

1605 Gillespie Road, East Sooke / Sarah Buchinski 778-977-7597
crookedfirfarm@gmail.com / www.crookedfirfarm.com
Small flower farm and nursery in Sooke that sells bouquets, seasonal produce, plant starts & seeds Farm stand is stocked daily (in season). The farm also does custom orders & attends seasonal markets.

20 CrowsFoot Flower Farm ▲

2840 Kirby Creek Road, Shirley / Robyn 236-882-0369
crowsfootflowerfarm@gmail.com
www.facebook.com/profile.php?id=61557683024768
Micro-scale cut flower farm and medicinal herb farm that uses no-till, organic practices to grow plants and flowers filled with whimsy and healing.

21 Oh My Darlin' ●◆

5705 Sooke Road, Sooke / Sandy Salmon 778-838-6052
info@ohmydarlin.ca / www.ohmydarlin.ca
Small-scale blooms, grown and curated with love. We offer a thoughtful, curated palette of unique flower varieties and foliage locally grown from seed.

22 Three Chi's Acre ●◆+

6094 East Sooke Road, East Sooke / Kirst + Wendy 587-777-5531
threechisacre@gmail.com / threechisacre.ca
Small family run seed to stem flower farm, growing a variety of annual and perennial specialty cut flowers from April(ish) to October(ish). Also sell organically fed chicken eggs.

MEDICINAL HERBS

23 Wildcraft Infusions ▲◆

Sooke / Charlotte Benson 250-217-0337
wildcraftinfusions83@yahoo.com
www.instagram.com/wildcraft_herb_farm
Medicinal Herb Farm. Regenerative & Biodynamic Farm on T'Sou-ke Territories. Small batch apothecary. All things Magick.

MUSHROOMS

24 Murder Bay Mushrooms ●◆+

Becher Bay Road, E. Sooke
murderbaymushrooms@gmail.com / www.murderbaymushrooms.com
Offer a wide variety of farm grown, gourmet mushrooms. We have carefully selected the most appetizing and flavorful mushrooms that also boast surprising health benefits. Also sell Lions Mane and Oyster Mushroom grow kits.

25 The Fungus Among Us ▲◆+

Shirley
friendsofthefungi@gmail.com / www.fungusamongus.ca
Grow many varieties, both food and medicines, trying both indoor and outdoor cultivation, always keeping production hands-on, small scale, organic & chemical free. Also make tinctures and provide workshops or consultations.

NURSERIES

26 French Beach Farmer ●▲▼

2823 Woodhaven Road, Shirley / Maggie Russel
www.facebook.com/groups/876613932801122
Sell produce, homemade treats, and baked goods at the Shirley Market. Small nursery with a farm stand, advertise seedlings and bulbs become ready.

27 Glen's Garden Gallery ●▼

2420 Dixon Road, Sooke / Glen Thelin 250-642-7906
glensgardeningco@shaw.ca
Nursery plants for sale, open by appointment- e-mail or phone. An assortment of garden plants including many deer proof shrubs and perennials, berry vines (Tayberry, Loganberry, Marionberry) and potted succulent collections.



* CSA: Community Supported Agriculture