

CRESTON VALLEY FARM & FOOD MAP

Explore Creston Valley Farm & Food

and mild temperatures, the Creston Valley has always been a land of abundance. and so much more! With its fertile soil, clean mountain water Welcome to the land of Milk, Honey, Cherries, Cheese, Wine

The Rich History of the Creston Valley Area

and wetlands in their sturgeon-nosed "Yaksumit" canoes, the Yaqan Nu ?kiy people harvested wild rices, fished, and hunted plentiful herds of Elk and Deer. time immemorial. Traversing along the area's lakes, rivers valley's once immense floodplains have been home since To the Yaqan Nu Skiy tribe of the Ktunaxa First Nations, the

then onward, the Creston Valley would continue to thrive and grow into the colourful "patchwork" of farms and fields that is now the Town of Creston before gradually dyking the Kootenay River and surrounding wetlands to convert the valley floor into farmlands. On the east side of the valley (present day Erickson, Lister and Canyon) dense stands of ancient cedars were cleared and replaced by farms and the fruit orchards that the area eventually became famous for. From tedw ni znielqbooft edt ebove the doode the strengimmi settlers by steamboat and rail. Arriving in the 1880's, these reansformation with the arrival of European and American However, this natural landscape would undergo a radical

Creston's Vibrant Food & Wine Scene Now

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tasting at one of the many breweries, distilleries and wineries is also a must! hand then booking a U-Pick, taking a farm tour or doing a your tastes. For those who want to experience the farm first-Today the people of the Creston Valley continue to share a deep love of the land and work hard to preserve and conserve while producing some of the world's best when it comes to food and wine experiences. From the award-winning Creston Valley Farmers' Market to quaint fruit stands and charming local restaurants, it's easy to find something fresh to satiate local restaurants, it's easy to find something fresh to satiate

because you won't leave empty handed! You might need to clear some space in your luggage or car, We invite you to use this Local Food and Wine Map to explore the Creston Valley's rich food and wine scene. But be warned!

For more foodie inspiration visit us at <mark>explorecrestonvalley.com</mark> or share your own experiences with us on Facebook or Instagram with the hashtag #explorecrestonvalley!



Farms & Orchards

1. Blue Canoe Orchards

This family-owned orchard offers a unique "rent-a-cherry-tree" program, allowing you to pick your own tree! Traditional U-Pick also available for smaller quantities. Cherries ready late July/early August. Call ahead to check availability and book your tree! 3403 Beam Rd • 250-946-6145 bluecanoeorchards.com

2. Blueberry Patch Farms

This farm grows spray and pesticide free blueberries, strawberries, fresh cut flowers and lavender. Stop by for U-Pick berries or purchase pre-picked berries, frozen berry pies, fresh cut flowers, lavender, preserves and more at the farm store.

2782 20 St • 250-428-4647 blueberrypatch.ca

3. Duck Lake Saskatoon Berries

Stop by this family-owned Saskatoon berry farm in early July for U-Pick from 6am-6pm. Conveniently located on the same property and owned by the same lovely folk at Wynndel Craft Distilleries.

1331 Channel Rd • 250-866-5226

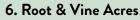
4. Flamenco Farms

This family-run farm sells fresh fruit, vegetables, berries seasonally and eggs year round at their stand. Their U-Pick cherries and raspberries in August is also a perfect activity for a relaxed family outing. 2642 Erickson Rd • 250-254-0357

5. Kootenay Meadows Farm

Drop by the on-farm cheese shop to sample and pick up their organic-certified cheese, milk, curds and more. You can also peek inside the barn to meet the cows, watch a milking or take a pasture walk.

3071 16 St • 250-428-9655 kootenaymeadows.com



This family-run farm in Wynndel raises Berkshire and Mangalitza pork on pasture specializing in sausages and charcuterie salami. Farm stand sales, self-serve pick up and farm tours can be arranged via email or by phone. 1249 Duck Lake Rd • 250-402-8475 rootandvineacres.ca

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7. Spectrum Farms

Located in Erickson, the farm is a social enterprise employing and supporting persons with disabilities. Fruits and vegetables as well as eggs from the farm are available at their store. Call ahead to check hours and availability of produce. 849 Erickson Rd • 250-402-8008

spectrumfarms.ca

8. Sutcliffe Asparagus Farm

The largest asparagus producer in British Columbia. Drop by the Sutcliffe family's farm store to buy fresh asparagus during the growing season. But be quick! The asparagus season is usually from the beginning of May to early June.

1252 Indian Rd • 250-428-2734 sutcliffefarms.com

9. Swan Valley Honey

Visit the Kootenay's best-known beekeeping operation, producing honey from Creston's rich fields, wild flowers and surrounding forest and mountains. Pick up some of their honey including comb honey, beeswax and other products from the hive.

220 Placsko Rd • 250-866-6861 honeybeezen.com

Farmers' Market

Creston Valley Farmers' Market

This award winning market offers a year-round selection of fruits, vegetables, meat, eggs, honey, baked goods, preserves, as well as local wines, ciders and spirits.

From April to October the outdoor market runs every Saturday morning from 9am to 1pm and is a flurry of activity. *Note that for 2023 the outdoor market will be located beside Millennium Park on 16th Avenue. The outdoor market will return to its previous location beside the Visitors Centre on Northwest Boulevard in 2024.



The market then moves indoors to the Creston & District Community Complex, where it runs weekly from Thanksgiving weekend in October until December. From January to March the market then operates monthly.

10. Summer 2023 Location: 215 16 Ave S 11. Summer 2024 Location: 121 NW Blvrd 12. Winter Location: Creston & District Community Complex

877-347-5235 • crestonvalleyfoodactioncoalition.ca/farmersmarket

14. Faraman Farms

grains and fresh juice!

@FaramanFarm on FB

3111 BC-3 • 250-402-3056

15. J&B Smagh Fruit Stand

Located on Highway 3 in Erickson

Come on down and taste for yourself!

3851 BC-3 • 250-428-1490

16. Marar Orchard

Markets & Fruit Stands

13. Creston Fruit Market This large seasonal market in Erickson carries an abundance of locally grown fruit, vegetables as well as some other tasty eats! Pull through as well as some other tasty eats. For such as a parking also makes this an easy pit stop for RVs. 3016 BC-3 • 250-428-0032 creston-fruit-market.business.site

Located in Frickson's orchard district, this

fruit stand sells local cherries, peaches, plums,

pressed apple cider. Stop by between June and

fruit and vegetable stand sells their own fresh

vegetables, apples, as well as their own fresh-

October to pick up your fruit, veggies, bulk



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Operated by the Nowaselski family, this small seasonally-open fruit stand sells local fruits, vegetables and more, grown and harvested on their family's orchards and farmlands throughout Erickson. Pull through parking available for RVs. 2928 BC-3

20. Wloka Farms Fruit Stand Operating July until often the following January, Wloka Farms Fruit Stand offers only local produce grown on their farm and other farms in the Valley. Pop in to meet the famously friendly Frank, Barb and their fantastic crew. 3524 BC-3 • 250-428-0510 @WlokaFarmsFruitStand on FB

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3 (Č) (produce grown in the Creston Valley, including cherries, peaches, plums, blueberries, and more!





site. Stop by their market during the Summer and Fall to pick up some fresh veggies or fruits to take home with you!

3409 BC-3 • 250-254-1188 marar-orchards-fruit-stand.business.site

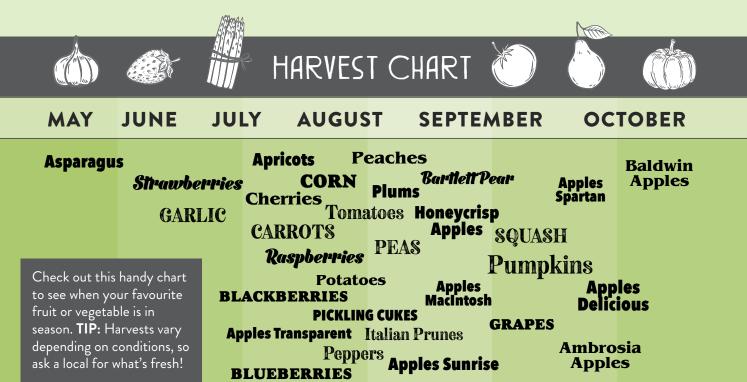


TABLE CUKES



SYMBOL LEGEND

Discover where each business is located by finding the corresponding colour and number on the map on the reverse side. Each category has its own colour! LOCAL (\bigcirc) \bigcirc GOODS Fruit Meat Cheese/Dairy Eggs Bread/Flour Vegetables Î $\left(\mathbf{T} \right)$ (**7** Coffee **Plants/Flowers** Wine **Spirits** Honey Beer SERVICES U-Pick Self-Guided Tour Sales Guided Tour Dining Tasting **OPERATION** Storefront By Appointment Pop-Up/Farmgate (袾) SEASON Fall Winter Summe Spring Year-round









17. Margo's Orchard

This small, seasonal outdoor fruit stand located along Highway 3 in Erickson specializes in local fruits grown without the use of sprays. Famous for their easygoing, friendly staff and generous samples.

2813 BC-3 • 250-428-9782

18. No's Orchard

19. Two Scoop Steve's Market Garden This market garden in Yahk grows vegetables for use at the Yahk Mountain Café and also

available for sale at their produce stand, located on-site. 8707 Johnson Road • 250-424-5166

twoscoopsteve.com

D'Anjou Pear

Artisan & Butcher

21. Famous Fritz Meats & Deli

This local European-style butcher shop specializes in producing their own sausages, ham, and bacon, making everything from scratch to ensure that only the best ingredients are used. They also carry a number of local products at their shop. 1420 Northwest Blvd • 250-428-9055 famousfritz.ca

22. Kootenay River Beef at Paul's Superette

Local shop selling high quality Kootenay River Beef from the Vanderloos family farm in West Creston, whose herds are pasture-fed and raised with care.

2005 Canyon St • 250-428-2037

23. Lark Coffee Roasters

This small, specialty coffee roaster carefully curates its own unique and flavourful coffee blends. Come pick up a batch or try a sample at their new roastery located in the heart of downtown Creston! 237 11 Ave N • 250-254-1325 larkcoffee.ca

Restaurants 🛑

24. Golden Flour Bakery

A family-owned scratch bakery using many local ingredients such as eggs, flour, microgreens and spice mixes, and local produce when available. The bakery also has breakfast and lunch options to go with their baking. 1025 Canyon St • 250-428-9345 thegoldenflourbakery.com

25. Jimmy's Pub & Grill

Located in downtown Creston, this familyowned pub and grill makes everything in-house from scratch, using a number of locally sourced items including local beef, seasonal vegetables as well as local wine, beer and spirits. 1418 Canyon St • 250-428-2225 crestonhotel.com/jimmys-pub-grill

26. I&J Fusion

This charming restaurant serves a selection of delicious and often gluten-free Asian fusion cuisine - prepared daily and using a variety of fresh and seasonal local ingredients. Located at the Creston Valley Mall. 14-1000 Northwest Blvd • 250-428-2077 @IJFusion on FB

27. Real Food Cafe

A casual dining experience using local, in season produce with almost everything made from scratch. Beautiful, non-smoking, dog friendly patio. Amazing desserts, local wines, homemade lemonade, great specials and friendly staff. 223 10th Ave N • 250-428-8882 realfoodcafe.ca

28. Retro Café

A charming European inspired café known for it's locally-sourced breakfasts and lunches such as crêpes, quiches, grilled sandwiches, homemade soups, exquisite desserts and wholesome treats. Stop by and say Bonjour! 1431 NW Blvd • 250-428-2726 retrocafe.ca

29. Yahk Mountain Cafe/

Two Scoop Steve's Located beside the famous Yahk Soap and Candle Company, this seasonal café offers yummy lunches using a variety of locally sourced meats, veggies and bread as well as produce from their own on-site market garden. 8707 Johnson Road • 250-424-5166 twoscoopsteve.com



Wineries

30. Baillie-Grohman Estate Winery Visit this popular winery for a guided tasting with knowledgeable staff, or stay for a wine flight with a delicious, locally-sourced charcuterie board. Enjoy the beautiful landscape of this family-run estate winery.

1140 27 Ave S • 250-428-8768 bailliegrohman.com

31. Red Bird Estate Winery

9 Red Bird Estate Winery is a boutique familyowned and operated winery, producing small lot wines that represent the Kootenays. They are open May long to September long weekend for tastings on a first come first serve basis. 1046 Lamont Rd • 250-254-8885 redbirdwine.com

32. Skimmerhorn Winery

Located in the heart of Erickson, the winery provides complimentary tastings of their wines with a charcuterie menu on their stunning patio overlooking the vineyards and rugged Skimmerhorn mountains.

1218 27 Ave S • 250-428-4911 skimmerhorn.ca

33. Wynnwood Estate Cellars

Located north of Wynndel, this winery sits above Duck Lake on its east shore. Mineral rich soil provides complexity to their distinctive wines that reflect the terroir of this unique site.

Offering tastings and tours. 5566 BC-3A • 250-866-5155 wynnwoodcellars.com

Distilleries & Breweries

34. Columbia Brewery

Original home of Kokanee Beer, the Columbia Brewery offers seasonal summer guided tours of the brewery. Throughout the rest of the year, The Kokanee Beer Gear Store offers a selection of beer to sample or take home. 1220 Erickson Rd • 250-428-1238 @ColumbiaBrewery on FB



locally-owned craft brewery to sample some truly delicious beer in their cozy tasting room or out on the sun-drenched patio. Open 7 days a week. 125 16 Ave N • 250-431-8624 wildnorthbrewery.ca

36. Wynndel Craft Distilleries

Using a variety of local fruits and without any artificial flavours, this distillery produces a variety of schnapps, brandies, liqueurs and gins. Drop by their tasting room or book a tour in advance.

1331 Channel Rd • 250-866-5226 wynndelcraftdistilleries.ca

Nurseries

37. Brittany's Flower Farm bouquets from their farm grown flowers. delicious warm beverage from the Good Coffee Company next door. 1132 27 Ave S • 250-402-9222 brittanysflowerfarm.com

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A full-service home and garden centre, carrying a huge selection of bedding plants adapted for the local climate, and experienced staff who can help. Locally grown produce also available in season. 1403 Erickson Rd • 250-428-5262 morrisflowersbc.com

39. Palmer Greenhouses

Located in Erickson, Palmer Greenhouse is a quaint family-owned greenhouse specializing in potted and hanging flowers. Visit the seasonally operating greenhouse to explore their colourful collection of flowers to take home with you. 2619 BC-3 · 250-428-5154

40. Vinland Nursery

This family-owned nursery carries a variety of seeds, trees and shrubs, bedding plants, fruit trees and bushes, perennials, vegetable/herb starts as well as a variety of cherries, apples, apricots, and peaches grown on-site. 2915 BC-3 • 250-428-2062 vinlandnursery.ca



41. Pealow's Your Independent Grocer Located in downtown Creston, Pealow's carries a wide selection of local products throughout the year, including produce, dairy, meat and more. 1501 Cook St • -250-402-6020

42. Save On Foods Creston Valley Mall.







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Greenhouses & 📒

This flower farm is a wonderful resource for dazzling, colourful and tastefully designed Select a custom bouquet while you sip on a

38. Morris Flowers Greenhouse









Grocery Stores

Proudly carrying a wide selection of local products throughout the year, Save On Food Creston is conveniently located at the

3, 1000 Northwest Blvd • 250-428-2555

