

For more foodie inspiration visit us at [explorecrestonvalley.com](https://explorecrestonvalley.com) or share your own experiences with us on Facebook or Instagram with the hashtag #explorecrestonvalley!

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! You might need to clear some space in your luggage or car, because you won't leave empty handed!

Today the people of the Creston Valley continue to share a deep love of the land and work hard to preserve and conserve 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 your tastes. For those who want to experience the farm first-hand then booking a U-Pick, taking a farm tour or doing a tasting at one of the many breweries, distilleries and wineries is also a must!

### Creston's Vibrant Food & Wine Scene Now

grow into the colourful "patchwork" of farms and fields that then onward, the Creston Valley would continue to thrive and orchards that the area eventually became famous for. From cedars were cleared and replaced by farms and the fruit floor into farmlands. On the east side of the valley (present Kootenay River and surrounding wetlands to convert the valley is now the Town of Creston before gradually drying the immigrants settled the bench above the floodplains in what settlers by steamboat and rail. Arriving in the 1880's, these transformation with the arrival of European and American However, this natural landscape would undergo a radical

### The Rich History of the Creston Valley Area

land of abundance.

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

### Explore Creston Valley Farm & Food

To the Yagan Nuʔkʷiy tribe of the Ktunaxa First Nations, the valley's once immense floodplains have been home since time immemorial. Travelling along the area's lakes, rivers and wetlands in their sturgeon-nosed "Yaksunt" canoes, the Yagan Nuʔkʷiy people harvested wild rice, fished, and hunted plentiful herds of Elk and Deer.

## CRESTON VALLEY

### FARM & FOOD MAP





Discover more about the Creston Valley!

[ExploreCrestonValley.com](https://ExploreCrestonValley.com)





### COLOUR LEGEND

Discover more about each business by finding the corresponding colour and number on the directory on the reverse side. Each category has its own colour!

- Farms & Orchards
- Farmers' Market
- Markets & Fruit Stands
- Artisan & Butcher
- Restaurants
- Wineries
- Distilleries & Breweries
- Greenhouses & Nurseries
- Grocery Stores





