

This project was undertaken by Thompson Rivers University students in Geography 3990, Sustainability in Action.

We wanted to showcase local food options, to help people connect with the food they eat, and cut down on the greenhouse gas emissions associated with food transport.



# Local Food, Local Farmers



Interested in buying local food?  
Don't know where to get it?

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Check out this catalogue of locally available options!

## Why buy Local?

Local foods offer an opportunity to reduce the amount of emissions produced when transporting food, compared to the global food system. Often local food is packaged in more reusable containers, compared to grocery store packaging. It supports the local economy, and can encourage the implementation of environmentally sustainable projects within the community.



## Kamloops Farmers' Markets:

### **Saturday Market:**

Saturdays 8:30am-12:30pm

April to October

200 Block of St Paul Street, and the  
Stuart Wood Schoolyard



### **Wednesday Market:**

Wednesdays 8:30am-1:30pm

May to October

400 Block of Victoria Street

### **Winter Market:**

Saturdays 10:00am-2:00pm

November to February

Mt Paul Community Food Centre,  
140 Laburnum Street



## Butler Urban Farm:



This Urban farm is currently managed by the **Kamloops Food Policy Council**. In the **Spring and Summer**, volunteers can participate in organized harvests that provide produce for food programs and organizations around Kamloops.

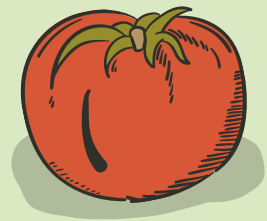
Volunteers also get a share of the produce harvested! During the operating season of the farm, there are available hours where community members can harvest their own food.

### Contact:

butlerurbanfarm@kamloopsfoodpolicycouncil.com

Check out the **Kamloops Food Policy Council's website** for more information about the Butler urban farm this spring!  
**Kamloopsfoodpolicycouncil.com**

## Local Produce:



### Rivendell Gardens

**Product:** Vegetables, Peppers, Potatoes, Garlic

**Availability:** May to October

**Purchase at:** The Kamloops Farmers Market

**Contact:** RivenDellBob@gmail.com

### Windy Acres Family Farm

**Product:** Bread, Pastries, Eggs, Produce

**Availability:** April to October

**Purchase at:** 6808 Ashcroft Rd. Savona, BC, and the Kamloops Farmers' Market

**Favorite recipe:** Sourdough Bread

**Email:** windyacresf7@gmail.com

### Jong's Vegetable Garden

**Product:** Vegetables

**Availability:** June to October

**Purchase at:** The Kamloops Farmers' Market

**Favorite recipe:** Roasted Vegetables

**Contact:** 250-546-3720

## Local Baked Goods:

### Baking By Sandi

**Products:** Baking, Muffins, Pie

**Availability:** Year Round

**Where to purchase:** Kamloops' Farmers Market

**Favorite recipe:** Strawberry rhubarb pie



### Brynns Bakery

**Product:** Bread, Baked goods, Vegan options

**Availability:** Year Round

**Purchase at:** 424 Victoria St

**Favorite recipe:** Sandwiches

**Contact:** hello@brynnsbakery.com



### Brava Greens

**Product:** European Fried Bread with various toppings

**Availability:** Year Round

**Purchase at:** The Kamloops Farmers Market

**Favorite recipe:** Brava greens' garlic style topping

**Contact:** bravagreens@runbox.com

## Local Drinks:

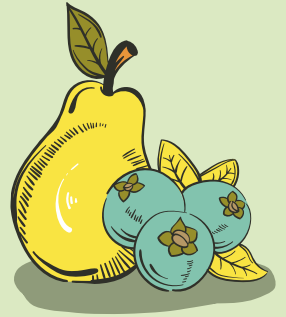
### Crannog Ales

**Product:** Beer

**Availability:** Year Round

**Purchase at:** 706 Elson rd Sorrento bc, and the Kamloops Farmers' Market

**Contact:** www.crannogales.com



### Kmk Living Inc.

**Product:** Kombucha, Jun, Water-Kefir

**Availability:** Year Round

**Purchase at:** The Kamloops Farmers' Market, Nature's Fare, Nutters everyday naturals

**Favorite Recipe:** Kombucha and Alcohol

**Contact:** yourfriends@kinkliving.ca, instagram: @kinkliving

