



Your Local Food Guide

SFU LOCAL FOOD PROJECT

*Eat Fresh
Eat Local*

The SFU Local Food Project

The SFU Local Food Project is a Sustainable SFU project in collaboration with The Centre for Sustainable Community Development and Local Solutions

The project is funded by Environment Canada's EcoAction program and supported by the SFU Sustainability Advisory Committee.

The project has three main goals:

1. To increase awareness of the linkage between food miles and GHG emissions
2. To encourage both institutional and individual purchasers to choose local foods
3. To promote urban agricultural activities and alternative food distribution models within the campus

If you are interested in learning more check out our website at www.sfu.ca/~sustain/projects/local_food.html or contact us at sustain@sfu.ca

Local Food on Campus

Simon Fraser Student Society Pub

The pub now offers a weekly local food special on Mondays.

Simon Fraser Student Society Highland Coffee Shop and Ladle

The coffee shop and Ladle serve local soups, sandwiches and fair trade coffee. Ask for their local options.

Chartwells Dining Services

The Residence cafeteria now offers a daily local sustainable special and all other cafeterias offer a weekly local food special and a weekly organic special.

Natures Garden Organic Deli

Natures Garden serves breakfast lunch and dinner items. You can get local organic sandwiches, muffins, soup, chili and organic fair trade coffee. Check out their website for more information at <http://naturesgardenorganicdeli.ca/menu.html>

Ask your favorite restaurant or coffee shop on campus if they serve local foods.

Let them know you would like to purchase local from them

What's in Season?

Eating foods that are in season can help you eat more local produce each month reducing the distance your food travels. When you eat seasonally you support local farmers while eating fresher more nutritious food. Its also a great way to try new foods and experiment with new recipes. You don't need to eat only what is in season each month. The best thing to do is try to integrate a seasonal fruit or vegetable into a couple of your meals each day.

What's in season in January?

Apples, Cabbage, Pears, Rosemary, Sage, Turnips, Winter Squash.

What's in season in February?

Apples, Cabbage, Pears, Rosemary, Sage, Turnips.

What's in season in March?

Apples, Pears, Rosemary, Sage.

What's in season in April?

Apples, Chives, Pears, Rhubarb, Rosemary, Sage, Spinach.

What's in season in May?

Apples, Chives, Radish, Rhubarb, Rosemary, Sage, Spinach, Turnips.

What's in season in June?

Apples, Cauliflower, Cherries, Chinese Vegetables, Chives, Cilantro, Lettuce, Peas, Potatoes, Radish, Rhubarb, Rosemary, Sage, Salad Greens, Spinach, Strawberries, Thyme, Turnips.

What's in season in July?

Apricots, Basil, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cherries, Chinese Vegetables, Chives,

Cucumbers, Kale, Lettuce, Peas, Peppers, Potatoes, Radish, Raspberries, Rhubarb, Salad Greens, Spinach, Strawberries, Summer Squash, Swiss Chard, Tomatoes, Turnips.

What's in season in August?

Apples, Apricots, Basil, Beans, Beets, Blackberries, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chinese Vegetables, Chives, Cilantro, Corn, Cucumbers, Currants, Garlic, Kale, Lettuce, Melons, Onions (sweet), Peaches, Pears, Peppers, Plums, Potatoes, Radish, Raspberries, Salad Greens, Shallots, Spinach, Strawberries, Summer Squash, Swiss Chard, Tomatoes, Turnips.

What's in season in September?

Apples, Basil, Beans, Beets, Blackberries, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chinese Vegetables, Chives, Corn, Cucumbers, Currants, Garlic, Kale, Lettuce, Leeks, Melons, Onions (sweet), Onions (cooking), Pears, Peppers, Plums, Potatoes, Pumpkins, Radish, Raspberries, Salad Greens, Shallots, Spinach, Strawberries, Swiss Chard, Tomatoes, Turnips, Winter Squash.

What's in season in October?

Apples, Beans, Beets, Blackberries, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chives, Corn, Cranberries, Garlic, Kale, Lettuce, Leeks, Onions (sweet), Onions (cooking), Pears, Peppers, Potatoes, Pumpkins, Radishes, Salad Greens, Swiss Chard, Tomatoes, Turnips, Winter Squash.

What's in season in November?

Apples, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Garlic, Leeks, Onions (cooking), Pears, Rosemary, Sage, Thyme, Turnips, Winter Squash.

What's in season in December?

Apples, Brussels Sprouts, Cabbage, Garlic, Pears, Rosemary, Sage, Turnips, Winter Squash.

Food Preservation

Eating seasonally can be aided considerably by good planning and preparation. One way to eat your favorite foods all year round without the additional food miles is to preserve them. Below are some links to resources for food preservation that will help you get started.

National Center for Home Food Preservation

www.uga.edu/nchfp

How-tos and recommendations for canning, pickling, freezing, making jams & jellies and more. Very informative and user friendly

Clemson Extension

hgic.clemson.edu/Site3.htm

Collection of how-tos in PDF or HTML format. Detailed instructions, including a chart of the amount of jars produced per quantity of vegetable or fruit

Canning Pantry

www.canningpantry.com/canningtechnique.html

Easy to navigate with a large collection of resource links. You can also purchase supplies here.

Penn State University

www.foodsafety.psu.edu/preserve.html

Home food preservation, focus on food safety

Farm Folk/City Folk

www.ffcf.bc.ca/SecretsfromtheFarm.html

Very useful home preservation guide with vegetable/fruit specific instructions. Also has basic storage guide.

Home Canning

<http://www.homecanning.com/can/>

Step by step instructions and recipes. Online ordering of supplies. Also in french

Culinary Cafe

www.culinarycafe.com/Canning.html

Vegetable and fruit specific instructions and recipes. Very informative.

Associated Content

http://www.associatedcontent.com/article/21210/the_perfect_way_to_freeze_fresh_vegetables.html

Excellent article on how to effectively freeze fresh produce

Preserve Food

www.preservefood.com/index.shtml

Site dedicated to preserving food. Info on freezing, canning, drying and vacuum sealing. Also has a message board

University of Missouri Extension

muextension.missouri.edu/explore/hesguide/foodnut/gh1503.htm

Very informative page about freezing produce with vegetable specific instructions. Also has information about thawing.

Manitoba Agriculture

www.gov.mb.ca/agriculture/homeeccbc03s04.html

Canadian site, informative with vegetable and fruit specific how tos

University of Florida

http://edis.ifas.ufl.edu/TOPIIC_Preserving_Vegetables

Extensive food preservation side. Info on canning, pickling, drying, and freezing.

Grocers

The following grocers are locally owned and are known to supply local sustainable food products. Looking for more grocers that supply local sustainable food in your area? Check out <http://www.eatwellguide.org/>

Coquitlam Thrifty Foods

<http://www.thriftyfoods.com/common/index.html>
Austin Station 2662 Austin Avenue
1-800-667-8280

Capers Community Markets

www.capersmarkets.com
3277 Cambie Street, Vancouver
Store: 604-909-2988
STORE HOURS: 8am - 10pm

Choices Markets

www.choices-market.com
Choices In The Park
6855 Station Hill Drive
Burnaby, BC V3N 5B8
Phone: (604) 522-6441
Fax: (604) 522-6421

Uprising Breads

<http://www.uprisingbreads.com>
1697 Venables Street, Vancouver, BC V5L 2H1

Granville Island Public Market

http://www.granvilleisland.com/en/public_market

East End Food Co-Op

1034 Commercial Drive
Vancouver, BC V5L 3W9

Urban Delivery

Urban delivery programs reduce the number of car trips to the supermarket which reduces the amount of greenhouse gas emissions associated with your weekly shopping trip. Urban delivery is very convenient, saving time and money usually spent on driving from home to shopping centre and back.

Small Potatoes Urban Delivery

Phone (604) 215-7783

Email: info-van@spud.ca

website: <http://www.spud.ca>

Blue Moon Organics

Delivers: Coquitlam, Port Moody, Port Coquitlam, Maple Ridge, Burnaby, Pitt Meadows

Tel: 604-462-8822

Hotline: 604-519-4995

website: www.bluemoonorganics.com

Green Earth Organics

1864 Triumph Street,

Vancouver, B.C.

Canada. V5L 1K2

ph: 604.708.2345

24HR hotline: 604.708.5969

info@greenearthorganics.com

Ladybug Organics Delivers:

604-513-8971

bugus@ladybugorganics.com

Market Open Daily. Mon-Fri. 11-5pm. Sat. 10-4pm

Serving all locations in the Lower Mainland.

Market: #1B 9525 189th St. Surrey

Farmers Markets

Shopping at farmers markets is a great way to access local and reduce your consumption of well travelled food. When you shop at a farmers market you get to meet the farmers who produce your food and you can ask them questions about their production methods. You can also try new foods and purchase some of the freshest produce available.

BC Association of Farmers Markets

<http://www.bcfarmersmarket.org/web/index.htm>

Coquitlam Farmers Market

<http://makebakegrow.com/>

Dogwood Pavillion parking lot

624 Poirier Street (Poirier and Winslow)

The 2007 season will start on May 13th

Your Local Farmers Market Society Vancouver

<http://www.eatlocal.org/>

Winter Farmers Market at the Wise Hall

1882 Adanac St at Victoria Drive.

10am - 2pm- First Saturday of the month -

November 4, December 2, January 6/07, February 3/07, March 3/07, April 7/07

Holiday Market at Heritage Hall

3102 Main St. at East 15th 10:00 am to 5:00 pm December 8th & 9th, 2007

East Vancouver at Trout Lake Community Centre:

East 15th & Victoria Dr. 9:00 am to 2:00 pm Saturdays

May 19-October 6

Riley Park at Nat Bailey Stadium:

30th & Ontario St. 1:00 pm to 6:30 pm Wednesdays
June 6-October 24

West End at Nelson Park:

Comox Street between Bute and Thurlow. 9:00 am to 2:00 pm
Saturdays June 16-October 6

Granville Island Farmers' Market

<http://www.granvilleisland.com/en/node/459>

1585 Johnston Street, Granville Island

Vancouver, BC

Tel: 604-666-6477

9 am - 6 pm, Thursdays, May - October

UBC Farm Market Vancouver

http://www.landfood.ubc.ca/ubcfarm/market_garden.php

Next market: late May, 2007

Every Saturday from 9am to 1pm, May to October

White Rock Farmers' Market

<http://www.whiterockfarmersmarket.ca/>

Our summer market is held every Sunday morning

9am - 1pm June - October at the 1400 block of George

Street - White Rock. Our Indoor Winter market held at the

Elks Hall , is the first Sunday of the month, November - May

(except Jan, Feb) 10am - 1pm.

Artisan Market North Vancouver & West Vancouver

<http://www.northshorefarmersmarkets.com/>

Lonsdale Quay Farmers' Market On the East Plaza at Lonsdale

Quay and Shops, 123 Carrie Cates Court, Foot of Lonsdale,

North Vancouver Every Sat 10am to 3pm First Saturday in

May to last Saturday in October.

U-Picks

U-Picks are farms that allow you to pick your own produce for a reduced price. This means you can get the freshest produce by picking fruits and vegetables right from the trees and fields! For more U-Pick listings go to <http://www.bcfarmfresh.com/productlist.asp> or visit our website at www.sfu.ca/~sustain/projects/local_food.html

K B F Nursery and Farm Market

40040 No. 3 Road Abbotsford 604.852.9033 604.852.4432
Large farm with assorted vegetables and berries. U-pick raspberries, strawberries, and blueberries. Also sell fruit trees. Open June to October.

Maan Farms

www.maanfarms.com 3 locations: (1) 1508 Townline Road, (2) 1136 McKenzie Road, (3) 790 McKenzie Road, Abbotsford 604.852.5722 604.852.5738 maanfarms@shaw.ca
U-Pick raspberries, strawberries and blueberries. Pumpkins when in season. Open June to August, pumpkins til October. Check which berries are at which location. Also pies, jellies and Okanagan fruits.

The Apple Barn Pumpkin Farm Ltd.

www.applebarn.ca 333 Gladwin Road, Abbotsford 604.853.3108 604.853.2394 loren_john@shaw.ca U-pick apples and pumpkins. Also prepared products. Open September to October.

Willow View Farms

288 McCallum Road, Abbotsford 604.854.8710 604.854.8710 Fruits and vegetables. U-pick apples, plums, corn and Rhubarb. Open July and September to December.

Krause Berry Farms

www.krausebrothersfarms.com 6179 - 248th Street, Aldergrove, 604.856.5757 604.856.5794 krausefarms@telus.net Assorted berries. U-pick strawberries, raspberries, blackberries, and blueberries. Also, vegetables, potatoes, pumpkins and tree fruits. Prepared jams, pies and such also. Open mid-June to mid-October and Christmas season.

Country Bumpkins Berry Farm

41510 No. 3 Road Chilliwack, 604.823.6844 604.823.6844 mboot@telus.net Strawberries, raspberries, and blueberries and pears. Also sell fresh Okanagan fruits. Open June to October. U-pick during June only.

Forstbauer Natural Food Farm

www.forstbauer.com 49350 Prairie Central Rd. & U-pick at 7496 Gibson Rd. Chilliwack 604.794.3999 604.794.3999 farm@forstbauer.com Organic blueberries, vegetables, potatoes, squash, honey, eggs and beef. Also sell organic Okanagan fruits and golden flax products. Open year-round, but please phone ahead. U-Pick blueberries only.

Bissett Farms Ltd. and Westham Island Estate Winery

www.westhamislandwinery.com 2170 Westham Island Road Delta 604.946.7139 604.946.7136 bissettl@telus.net Berries and Wine. Will deliver wine. Farm open June to August, winery open year-round.

Ellis Farms

4690 Kirkland Road, Delta 604-946-4393 Strawberries. Call ahead for availability and hours of operation.

Emma Lea Farms Ltd.

41510 No. 3 Road Chilliwack, 604.823.6844 604.823.6844 mboot@telus.net Assorted berries. Also, potatoes and vegetables. Open June to August.

Home Gardens

Growing your own food can be very rewarding and can also save you money on your monthly grocery bill. Growing food at home is yet another way to reduce the distance your food travels from garden to plate. Below are some useful resources for starting a balcony or backyard garden.

Style at Home: Planning a Balcony Garden

<http://www.styleathome.com/styleat home/client/en/HO-MEGARDEN/DetailNews.asp?idNews=2778&idSM=177>

Offers a list of ten things to consider before getting started on a balcony garden

Clemson Extension

www.hgic.clemson.edu/factsheets/HGIC1251.htm

Information about Container Vegetable Gardening. Provides how-to for growing small-space vegetables such as carrots, beets and lettuce. Informative; however, area specific info may not be relevant to this region.

Global Garden

www.global-garden.com.au/gardenbegin_veg1.htm

Free internet gardening magazine. Focus is on backyard gardening, but with a small section on container gardening. Information written accessibly with tips for beginner gardeners, but less detail.

Simple Gifts Farm

www.simplegiftsfarm.com/containervegetablegardening.html

Information is accessible, but less useful for beginner gardeners. Gives less detail about which types of containers and soils work well. Also has info on Vertical Vegetable Gardening

Arizona Cooperative Extension

www.ag.arizona.edu/pubs/garden/mg/vegetable/container.html

Section from Chapter 10 of the online Arizona Master Gardener Manual. Produced by the Cooperative Extension, College of Agriculture at the University of Arizona. Very informative with a detailed chart listing planting requirements and harvest specifics for an assortment of vegetables. Written accessibly with guides on appropriate container types, soils, fertilizer, watering and planting methods. Also a section on indoor container vegetable gardening for winter (or lack of balcony).

Oregon Cooperative Extension

www.extension.oregonstate.edu/catalog/html/grow/grow/container.html

Operated by Oregon State University. Part of a larger site dedicated to home gardening. Very informative with explicit how-to instructions, a diagram, and video demonstration on starting seeds indoors (on the "Planting Guidelines" page). Fertilizer page offers info on both conventional and organic fertilizers. Regional information provided for Oregon state is relevant to BC climate.

Garden Guides

www.gardenguides.com/TipsandTechniques/container.htm
Online gardening help site, section on container gardening. Detailed and informative. List matching vegetable type to container type. Not region specific. Online seed sales.

Container Veggie Garden

www.containerveggiegarden.com

Site dedicated to container gardening. Pretty useful with a step-by-step guide aimed at beginners, a Canadian hardiness zone map, and a free container gardening newsletter.

Learn More

Eat Well Guide

Local sustainable food directory-just type in your postal code and find local food at your fingertips!

<http://www.eatwellguide.org/>

Sustainable Table

Great resource for information, tools and links including recipes, cooking tips and more!

<http://www.sustainabletable.org/>

Farm Folk/City Folk

Learn about local sustainable food, and get great resources and local food links

<http://www.farmfolkcityfolk.ca/>

BC Food Systems Network

The Network was formed in September, 1999, to link people all over the province involved in community-level action related to food.

<http://www.fooddemocracy.org/index.html>

The Rams Horn

A monthly journal of food system analysis

<http://www.ramshorn.ca/index.html>

Vancouver Food Policy Council

<http://www.vcn.bc.ca/vfpo/>

Hundred Mile Diet Stories in The Tye

<http://thetye.ca/Series/2005/06/28/100Mile/>

Slow Food Vancouver

Slow Food Vancouver is part of the Slow Food International Movement, an association of over 80,000 members in over 100 countries.

<http://www.slowfoodvancouver.com/index.php/C22/>

City Farmer

Canada's Office of Urban Agriculture. Includes photo step by step resources on gardening and worm composting

<http://www.cityfarmer.org/>

Community Food Security Coalition-Farm to college

Resources and statistical information from North American university farm to college projects

www.farmtocollege.org

The Seasonal Cook

An urban farm-groupie's adventures in buying, cooking and eating the freshest food she can find

<http://seasonalcook.blogspot.com/>

Wikipedia Local Food

Information on the background and politics of local food

http://en.wikipedia.org/wiki/Local_food

World Watch Food Page

Information on factory farming, local food politics and resources

<http://www.worldwatch.org/node/3938>

SFU Food Bank

Donate some locally produced food to help out your fellow students!

<http://www.sfu.ca/studentlife/community/foodbank/>



SFU Local Food Project

Website

www.sfu.ca/~sustain/projects/local_food.html

Email

sustain@sfu.ca

Phone

604-291-4704