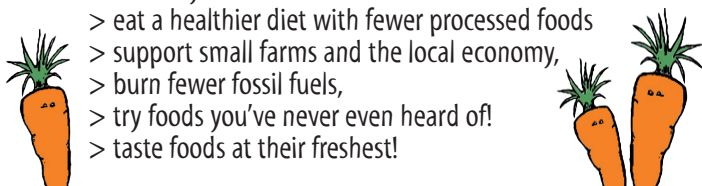


Why eat local?

Southwestern British Columbia offers incredible diversity in terms of food production. Despite this, our average meal travels 2,400 km from farm to plate – a fact that not only contributes to issues such as climate change, but also compromises our local economy and food security. Eat local and:

- > eat a healthier diet with fewer processed foods
- > support small farms and the local economy,
- > burn fewer fossil fuels,
- > try foods you've never even heard of!
- > taste foods at their freshest!



U-Picks:

Call ahead to make sure they're open and have what you want!

K B F Nursery & Farm Market, u-pick berries

40040 No. 3 Road Abbotsford 604.852.9033 604.852.4432

Maan Farms, u-pick berries and pumpkins, 3 locations:

1508 Townline Road; 1136 McKenzie Road; 790 McKenzie Road, Abbotsford. www.maanfarms.com

The Apple Barn Pumpkin Farm Ltd., u-pick apples & pumpkins

333 Gladwin Road, Abbotsford, 604.853.3108 604.853.2394

Willow View Farms, u-pick apples, plums, corn, rhubarb.

July & Sept. - Dec., 288 McCallum Road, Abbotsford, 604.854.8710

Krause Berry Farms, u-pick berries, mid Jun. - Oct., 6179 - 248th St.,

Aldergrove, www.krausebrothersfarms.com, 604.856.5757

Country Bumpkins Berry Farm, u-pick berries & pears., Jun. - Oct.

41510 No. 3 Road Chilliwack, 604.823.6844

Forstbauer Natural Food Farm, u-pick blueberries, 7496 Gibson Rd.,

Chilliwack, www.forstbauer.com, 604.794.3999

Bissett Farms Ltd., u-pick berries & winery, Jun. - Aug.

2170 Westham Island Road, Delta, 604.946.7139

Ellis Farms, u-pick strawberries, 4690 Kirkland Road, Delta

604-946-4393

Emma Lea Farms Ltd., u-pick

berries, 41510 No. 3 Rd,

Chilliwack, 604.823.6844

604.823.6844

Visit:

100milediet.org/vancouver

for more information!

**Where can I
pick some local
berries?!**



Farmers' Markets:

Abbotsford Farm & Country Market, May 12 - Oct. 6, 2007

Sat 9am - 1pm, Montrose Avenue - North of George Ferguson Way.

Chilliwack Farmers' Market, July - Aug., Fridays, 5:00 - 8:30pm

Central Park Downtown Chilliwack (end of Mill Street).

Coquitlam Farmers' Markets

Sunday Market at Dogwood Pavilion, May 13 - Oct. 28, 2007

9am - 1pm, Dogwood Pavilion parking lot, 624 Poirier Street

Wednesday Market at Ikea, Jul. 4 - Aug. 29, 2007,

2 - 6pm, Ikea parking lot, 1000 Lougheed Hwy.

Gibsons Fiddlehead Farmers' Market, Saturdays, Jun. 16 - Sep. 15

9am - 1pm, in the park behind the pool, Upper Gibsons.

Granville Island Farmers' Market, Thursdays, May - Oct., 9am - 2pm

Ladner Village Market, Sundays, Jun 10, 24; Jul 8, 22; Aug. 12 & 26

10am - 4pm, Ladner Village, 48th Avenue.

Maple Ridge Haney Farmers' Market, May 12 - Oct. 27, Saturdays,

9am - 2pm, Memorial Peace Park on 224th St., Maple Ridge.

Mission City Farmers' Market, Saturdays, May 6 - Oct. 7

9am - 1pm, Welton & 2nd Ave., Mission.

North Van., Artisan Farmers' Market, Saturdays, May 6 - Oct 28

10am - 3pm, East Plaza, Longsdale Quay (foot of Longsdale St.)

Saltspring Island Market in the Park, Saturdays, Apr. - Oct.

7am - 4pm, Ganges Village, Centennial Park, Saltspring Island

Squamish Farmers' Market, Saturdays, May - Sept.

10am - 3pm, Cleveland Ave. next to the Pavillion, Squamish.



UBC Farm Market, Saturdays, Jun. 23 - Sept. 25,

9am - 1pm 6182 South Campus Road, UBC Farm

Vancouver Your Local Farmers' Market Society

Saturdays, East Vancouver, May 20 - Oct. 7, 9am - 2pm, Trout Lake

Saturdays, West End, Jun. 17 - Oct. 7, 9am - 2pm, Nelson Park

Wednesdays, Jun. 7, Oct. 25, 1pm - Oct. 25, Nat Bailey Stadium

West Vancouver, Ambleside Farmers' Market, Sundays, Jun. - Oct.

10am - 3pm, Bellevue between 13th and 14th St., West Vancouver

White Rock Farmers' Market, Sundays, May to Oct

9am - 1pm, 1400 block, George St., White Rock

