

What's Cookin' on the West Shore: GO LOCAL Food Update Summer 2009

Submitted by Cindy Moyer

Farmers' Markets

Whether you're craving the amazing flavours of freshly harvested produce or on the lookout for local honey and beautiful handcrafted works, the WestShore's Farmers' Markets are the place to go. They offer a delicious slice of community with colourful displays of farm-fresh food, and are a treasure trove for day-trippers in search of groovy, boutique, bioregional 'stuff'. The WestShore is home to several markets, each a unique and worthwhile destination.

Colwood Farmers' Market, Wednesdays, 4 to 7pm, to Sept 30, Juan de Fuca Recreation Centre www.colwoodmarket.com

This market artfully fuses urban and rural in this unique afternoon market offering perfect for picknicking and home to the Colwood GO LOCAL Tomato Challenge!

Goldstream Station Market, Saturdays, Saturdays, 10am to 2pm, to Oct 17, Bryn Maur Road in Downtown Langford (next to the Library)

www.goldstreamstationmarket.ca

Cycle, stroll or ride the trolley to the centre of town for a taste of a bustling European marketplace.

Metchosin Market, Sundays, 11am to 2pm, to Oct 25, Metchosin Municipal Grounds <http://www.metchosinfarmersmarket.blog.com>

The WestShore's most beloved farmers' market can be found in bucolic Metchosin and features great farm-fresh food, live music, and local culture. A great day trip!

West Shore Teaching Garden

West Shore students are selling vegetables and plants this summer on Wednesdays at the Colwood Farmer's Market (4-7pm at the JDF Rec Centre), and are looking for garden volunteers to join them on Wednesday afternoons from noon to 3:30 pm to help with the harvesting. The garden is located at 2139 Sooke Rd in Colwood.

Learn more about the great work of the West Shore Teaching Garden when you click www.learnforlife.ca

RRU and Food -

RRU Invites you to Talk Non-Timber Resources - A research project at Royal Roads University is underway to help to improve our understanding about how and why consumers choose local foods and other locally produced and harvested products. Focus groups are slated for August 13, 17, 18, 20. Please contact Sheldon Kitul at sheldon.kitul@royalroads.ca for more information.

Social Enterprise at Esquimalt Lagoon

Essencia at Esquimalt Lagoon has created a Victory Garden for 2009! This is an idea modeled after the victory gardens in the United Kingdom, during WWII, which produced food for a war-torn world. This war is different. We are fighting to create food self-sufficiency for Vancouver Island, and reduce the carbon footprint that it takes to feed us, by growing and eating food produced closer to home. Doing our bit to combat climate change can be as simple as checking out what is going on at the lagoon. Drop in and learn how you can grow some of your own food, preserve your harvest and the local fruits and vegetables produced in our region. Talk to Sandy McCairns at 250-412-4498 or email victorygarden@essenciavillage.ca with your questions, or to set up a time to visit the garden, located at the end of Heatherbell Road overlooking Esquimalt Lagoon, a beautiful place to visit any time. www.essenciavillage.ca

Colwood Collaboration Cultivates GO LOCAL GO GREEN Hub

The Colwood Community Place Pilot Project officially kicked off with the launch of their website www.colwoodcommunityplace.ca which aims to provide a "one stop shop" for all things sustainable in the City of Colwood and other spots on the West Shore, including local food. They're starting things off with a survey to help establish levels of service to guide their efforts to help people reduce green house gas emissions. The project is a collaboration involving the City of Colwood, Colwood Farmers' Market Society and the West Shore Chamber of Commerce, with support from a variety of community sponsors.

Colwood Community Green Map - Following in the steps of other great local Green Maps, the City of Colwood now joins Highlands and Metchosin in a grassroots effort to map this remarkable jewel of a community which features a rich First Nations history, two national historic sites, an internationally acclaimed university, unmatched recreational facilities, and a growing cultural precinct. The map is an undertaking of the Colwood Community Place Pilot Project and the Colwood Arts Network. Once produced and available online, the map will serve as a vibrant and evolving platform for celebrating the past, present and future of this remarkable oceanfront homeplace.