



# GROW ARROW LAKES

Connecting you with the food you eat and the people who grow it, produce it and provide it!

This local food guide features the incredible farms, producers, markets and grocers in the Arrow Lakes region. Support your local agriculture sector by buying local from them this season.

From small-scale veggie farms and medicinal herbalists to honey producers, roasteries, wineries and craft cideries - we're here to build a strong local food economy centred around sustainable practices and healthy local food.

[WWW.NADB.CA/GROWARROWLAKES](http://WWW.NADB.CA/GROWARROWLAKES)



We wish to acknowledge all who have come before us on this land, those who feel connected to it, and care for it, so that it continues to nourish us all.



# GROW ARROW LAKES

Download the map AND: meet our farmers & producers at: [www.nadb.ca/growarrowlakes](http://www.nadb.ca/growarrowlakes)

Find more Arrow Slokan Farm to Table options: [www.arrowslokan.com/farm-to-table](http://www.arrowslokan.com/farm-to-table)

Learn more about Slokan Valley Grown: [www.slokanvalley.com/grown](http://www.slokanvalley.com/grown)



Photo credits: Kari Medig, Mitch Winton, Dave Heath, Lee Orr, Ali Becker, Matt LeBlanc, DESIGNFARM.ink

## GROCERS

- 13 **Hill Top**  
109 Alexander Road, Nakusp
- 14 **Valley Foods**  
215 Broadway Street, Nakusp
- 15 **HomeGrown Market & Juice Bar**  
320 Broadway Street, Nakusp

## MARKETS

- 11 **Old Firehall Collective**   
90 5th Avenue NW, Nakusp | SAT  
[oldfirehallcollective.com](http://oldfirehallcollective.com)
- 12 **Nakusp Farmers Market**   
Broadway St, Nakusp | SAT  
[nfm-100091.square.site](http://nfm-100091.square.site)

## MUSHROOMS

- Jean's Mushroom Station**  
Nakusp | Wild mushroom buying, sales & harvesting  
250-265-1925 | [hewat@telus.net](mailto:hewat@telus.net)

The Nakusp and Area Development Board (NADB), in partnership with Arrow Slokan Tourism, have created this food guide to celebrate regional agriculture and create a fun (and delicious) way to explore Arrow Lakes! When using this guide, please remember that things can change. When making plans, check online and/or contact businesses to confirm operating hours.

Visit [centralkootenayfood.ca](http://centralkootenayfood.ca) for the Central Kootenay Farm & Food Directory. Many thanks to CKFPC for their work!





# ARROW LAKES FARMS

## Burton Community Garden

Lakeview Park Road, Burton | Vegetables + herbs  
burtonfa@outlook.com

## 1 Caribou Creek Market Gardens

235 Clark Drive, Burton | Vegetables, herbs, bedding plants, ornamental shrubs, seeds, freeze-dried and dehydrated food. | 250-265-7120 for hours of operation

## Chicken Dynasty

Nakusp | Beef, pork, eggs | malibu6@telus.net

## 2 Fire Valley Farm

305 Jordan Road, Edgewood | Pork, lamb, chicken and turkey. Livestock sales available | firevalleyfarm.ca

## Fox Farm

Summit Lake | fayefox222@outlook.com | 250-265-4393

## 3 Fraser's Market

4250 Hwy 6, East Arrow Park | Market garden vegetables, herbs, perennials, hops, small fruits, baked goods and pantry items. Handcut fries, ice cream and take-away  
frasersmarket.ca

## 4 HomeGrown Farms

580 Billings Road, Nakusp (Crescent Bay) | Market garden and fruit (plums, apples, pears, hazelnut, berries). U-Pick  
homegrownnakusp@gmail.com

## Intentional Peasants Farm

Rural Edgewood | Field vegetables, subscription box  
250 269-7595

## McCormack Farm

Burton | Grass-fed beef, pastured eggs and pork, blueberries, walnuts, hazelnuts | 250-265-8786

## Nakusp East Farms

Nakusp | Pork, chicken, turkey, eggs, garlic, microgreens  
nakusp.east.farms@outlook.com

## 5 Pomona Gardens

5470 BC 6, Burton | Fruit, veggies, lamb, honey and cider  
BurtonCityCider.ca

## Spicer's Farm

Nakusp | Market gardens | 250-265-4474

## The Good Life Farm

Burton | Wholesale cut flowers | thegoodlifefarm.ca

## Whatshan Valley Farm & Apiary

Rural Edgewood / Whatshan Valley | Mixed produce and honey | malgorzata@explorenet.com 250-265-8741

# PRODUCERS

6 **Burton City Cider** @ f WED + SAT- SUN  
5470 Hwy 6, Burton | All natural crafted cider  
BurtonCityCider.ca

7 **Bush Berry** @ f  
114 2nd Ave NW, Nakusp | Loose leaf tea | bushberry.ca

## Nakusp Roasterie

Nakusp | Coffee roaster | nakusproasterie.com

8 **Mountain Top Coffee Co.** @ f DAILY 7-6  
109 Broadway Street, Nakusp | Coffee pH enhancer  
mountaintopcoffeeco.com

## Mithril Meadery

Nakusp | Mead | 250-301-7000

## TastyTimes Vegan Eatery

Nakusp Saturday Market | Plant based comfort food  
TastyTimes.ca

9 **Valley of the Springs Winery** @ f

890 Alexander Road, Nakusp | Grapes and wine  
valleyofthespringswinery.com

10 **Jennifer Chocolates**

91 4th Ave. NW, Nakusp | jenniferchocolates.com

## Wild Earth Medicinals

Arrow Park | Herbal products & seeds  
wildearthmedicinals.ca

## Wild Kootenay Honey

Nakusp | Honey producer, hive + queen sales  
wkhoney@outlook.com



North to Revelstoke

to Kaslo

Shelter Bay

Galena

Halcyon

6

Arrow Lake

4 7 8 9 10 11 12  
Nakusp 13 14 15

Arrow Park

3

Summit Lake

Hills

1

5

6

Burton

Arrow Lake

Fauquier

2 Edgewood



- = OPEN TO PUBLIC VISITORS
- = FIND US ON SOCIAL MEDIA
- = SEASONAL FARMSTAND
- = ANNUAL FOOD EVENT
- = MUSHROOM BUYERS



Home of the Garlic Fest

New Denver South to Slokan

\*See Slokan Valley Grown Map for more regional listings

[WWW.NADB.CA/GROWARROWLAKES](http://WWW.NADB.CA/GROWARROWLAKES)

