



SIGN UP NOW FOR OUR

Summer CSA weekly veggie box program!

16 WEEKS OF *Certified Organic* VEGETABLES

SPACE IS LIMITED!

MERVILLEORGANICS.CA OR VISIT US AT THE COMOX VALLEY FARMERS' MARKET



From the *Comox Valley* **Farmers' Market** **Fresh** *to Your Table*



BRINGING LOCAL FOOD
TO LOCAL FOLKS SINCE 1992



PRODUCE

MEAT

BAKING

PLANTS

& MORE

inside

Meet the Farmers:

Food Security in the time of COVID-19

Market Fresh Recipe:

Food for Thought with NVICA

Market News:

Saturday Market

We are outside at
the CV Exhibition
Grounds every Saturday
9:00 AM- 1:00 PM



cvfm.ca



THE COMOX VALLEY RECORD



**Active Comox Valley will be at the
Farmers Market June 13, 2020**



**We are hosting an
interactive PLAY
zone with games &
prizes from 9-1 PM.**

Food Security in the time of COVID-19

Vancouver Island and the Comox Valley enjoy conditions such as mild climate, available water and arable

land that allow farmers to grow produce almost year-round. According to the Vancouver Island Eco-

nomie Alliance, in the 1950's local farmers produced as much as 85% of the Island's food supply. This number has significantly decreased to 5-10% due to increase in volume of imported food, the decrease in the younger generations interest in food production, increase in population, increase cost of land and the increase in urbanization to name a few. Our lack of local food security has become more evident in recent times especially with the effects of climate change (drought and wildfires) in California and the global pandemic that we are currently experiencing. Food supply is strained and demand is high.

Living on an Island our food supply is further compromised as we are vulnerable to transportation disruptions, leaving only a two to three-day supply of food in the event of supply chain disruptions.

Your local growers are rising to meet the need. We are proud of the work they are doing to grow extra food and ensure it gets to the local community. The capacity to increase food production locally is one of many actions that will aid in strengthening food security in the Comox Valley. Although change needs to happen at a policy level, there are many other ways you can help increase food security.



Grow Food: Big or small, urban gardens not only increase local food production but can help build community and reduce fossil fuels associated with larger scale operations.

Buy Local: Buying direct from farmers decreases the transportation, distribution, packaging and delivery footprints while providing the customer with fresher, longer lasting, more nutritious and often better tasting produce. The more you buy this year increases the

amount of food grown and the number of farmers who will grow food for their community next year. While you may not see the results in one season, you will see the results year after year.

Supporting businesses who purchase from farmers also helps strengthen the local economy.

Food security is an issue at the local, provincial, federal and global level but any step that can be taken to help is a step in the right direction.



Excess Produce in your Garden?
GROW -A- ROW
Plant & grow an extra row of your favourite veggies and donate the harvest to the The Comox Valley Food Bank

1-1491 McPhee Ave, Courtenay
250.338.0615

CONTACT US: comoxvfb@shaw.ca



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Food for Thought

Inspired Tips for Using Scraps

By Chef Lesley Stav,
President of the
North Vancouver
Island Chefs Assoc.

- Whisk leftover mashed potatoes or rice into vegetable, beef, chicken, or tomato soup, they add flavor and act as a thickener making for a filling meal.
- The steamed, roasted or grilled vegetables that you served as a side dish one-night can be turned into a pureed soup with an immersion or regular blender. Cook together with onions, celery, garlic and season with fresh herbs. Add 3 or 4 cups stock; simmer until vegetables are tender and purée.
- Season to taste with salt and pepper, and finish the soup with a bit of pesto, olive oil or croutons.
- Freeze vegetable peels and scraps in a re-sealable plastic bag. When full, use the contents to make stock.
- When culling root vegetable seedlings save the tender vegetable tops for salad. Larger, tougher

greens – including stalks – can be fine diced, added to stir-fries or sautéed in olive oil with a touch of garlic. Chopped greens of all sorts can be tossed into soup, scrambled eggs, omelets or quiche. Freeze and use in smoothies. Use tender radish greens in place of spinach for a creamed soup.

- Add greens (beet tops/arugula/spinach/kale) to still-warm pre-simmered beans, lentils, grains, or roasted veggies, and the heat of the pot will gently wilt them. To ensure that they don't become soggy stir them in just before serving.
- Add wilted greens to the bottom of a bamboo steamer to impart flavor to fish and chicken.
- Pulse leftover stale bread/buns in a food processor to make breadcrumbs then freeze. Use from frozen for coating baked or fried fish.
- Make croutons from leftover French bread or bagels cut up into bite-sized pieces. Toss in a gen-

erous amount of olive oil along with dried herbs and minced garlic. Layout on sheet pan and toast in 350 F oven until golden brown.

- Save Parmesan rinds to drop into pasta sauce or infuse risotto, soups, stocks or stews. Store these flavour bombs in the freezer.
- Egg whites freeze well for later use in meringue desserts or as an addition to an omelet.

- Zest and juice lemons/limes/oranges and divide zest and juice into ice cube trays. Transfer the frozen cubes to a freezer safe Ziploc bag and store in the freezer for later use.
- Vanilla beans - after scraping out the seeds use the spent pods to infuse sugar. Makes an excellent sweetener for everything from coffee to baked goods.

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Market News

We have moved outside

We are currently located outside at the CV Exhibition Grounds.

COVID-19 and the Farmers' Market

The Province of B.C., has defined essential services in the COVID-19 response and recovery. This list includes "retail: grocery stores, convenience stores, farmers markets ..."

We will work with authorities and other stakeholders to ensure that we are providing you with a variety of physical and virtual options to access fresh, local and nutritionally dense food at the highest level of safety.

We have made some significant changes to make the market safe and simply a grocery store. For more information see our website (cvfm.ca)

Online Store

Our new online store is now open! This online platform is meant to complement our "on the ground" farmers market, not replace it. Although we are still adding product to the store, you can expect to find the same great selection you know and love. You can find our store on our website. Happy Shopping!

What's Coming to the Market?

Check out the "See What's New" button on our website to find out what products will be coming to the market.

Upcoming Events:

Over the next several months we will be having some fun events such as Food Fest, Customer Appreciation Day, Farmer Appreciation Day, raffles and so much more. Stay tuned for more information.

Can one desire too much of a *Good Thing?*

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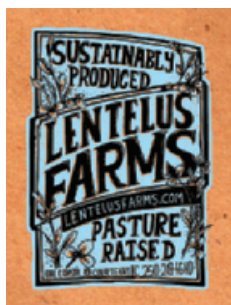
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Our 8 week CSA Delivery program is expanding! Pre-pay for 8 weeks, choose mild, spice or smoothie blend. We then start planting, growing and harvesting fresh Microgreens the day upon delivery straight to your door

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The Comox Valley's year round supply of tasty free ranged meat, eggs, fresh sourdough bread, wildflower honey and vegetables.

Keeping our Farm Stand Safe for Everyone! Home Delivery Coming Soon

Open Every Saturday 10:00am to 4:30pm Now taking Weekly On Line Orders

250-218-4640 Comox Bay Farm Stand, 1300 Comox Rd, Courtenay lentelusfarms.com
1% of all sales donated to Ducks Unlimited for conservation projects in the Comox Valley.

A Message to our Customers

Currently, we are all in the midst of an extraordinary situation and at Courtenay Canadian Tire, we have taken steps to protect the health and safety of our staff and you, our customers.

We have reduced our operating hours to 10am-6pm daily. In order to help facilitate physical distancing, we will allow up to 40 customers in the store at any time. We are actively monitoring physical distancing with reminders throughout the store, markings in the checkout lane as well as a friendly reminder from our management team whenever required.

If you prefer not to shop in the store, we now offer “curbside pickup”. You can shop online and have your order delivered to your vehicle at a pre-arranged time. Upon arrival, park in one of the designated spots, call the number provided and we will bring it out to you. There is no charge to take advantage of this service. We also continue to offer delivery of online orders directly to your home or in store pick up.

Courtenay Canadian Tire is committed to providing the essentials you need in the safest manner possible. We respectfully ask that if you are feeling unwell that you refrain from visiting us in order to protect yourself, other customers and our staff.

We will all get through this together.



DRIFTWOOD MALL 2801 Cliffe Avenue, Courtenay

Hours: OPEN 10AM-6PM DAILY

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