

Meat Your Maker

March 21, 2015 - Winter Farmers Market

Where does your meat come from? Terms like local, ethical, grass-fed, organic, organic-fed, free range can quickly become confusing...

Learn about the meat you are eating by talking directly to the farmers who are raising it. Our meat producers will tell you how their animals are raised or caught, what their lives are like, what they eat, and how they end up at the market. These family farmers, ranchers & fishers know their animals better than anyone and are happy to answer your questions.

Blue Comet Seafoods

Salmon, tuna, halibut, lingcod, rockfish, sablefish

Oceanwise | www.bluecometseafoods.ca

Markets: KERR, KITS, TL, YT, WE, MSS, MP, HP, WM

Empire Valley Premium Beef

Grass fed and finished beef & lamb

www.empirevalleybeef.com

Markets: KITS, TL, WM

Estevan Tuna Co.

Tuna, shrimp

Oceanwise | www.bctuna.com

Markets: KITS, TL, WM

Forstbauer Family Natural Food Farm

Organic beef

www.forstbauer.com

Markets: KITS, TL, WE, WM

Fresh Off The Boat Ocean Foods

Salmon, halibut, lingcod, rockfish, sablefish, shrimp

Oceanwise | www.freshofftheboat.ca

Markets: TL, HP, WM

Gelderman Farms Ltd.

Quality pork

www.geldermanfarms.ca

Markets: TL, WE, WM

Goldwing

Free range beef, chicken, pork, duck, turkey, goose

Markets: TL, KITS, WE, MP, WM

Greendale Meats

Beef, chicken, pork, duck, turkey, lamb

Markets: KERR, HP, WM

Hopcott Premium Meats

Grass fed beef, sausages, smoked meats

www.hopcottmeats.ca

Markets: Yaletown

K & M Farms

Pasture-raised chicken & turkey

www.pastureraisedpoultry.ca

Markets: Winter Market

Lamington Heritage Farm

Pastured chicken, duck, goose, lamb, pork

Markets: Winter Market

Langley Organic Growers

Organic chicken

Markets: KITS, TL, WE, YT, WM

Outwest Ranches

Naturally raised beef, sausages, tripe

Markets: Winter Market

Rockweld Farm Ltd.

BCSPCA certified chicken

www.rockweldfarm.com

Markets: KERR, TL, YT, MSS, HP, WM

Sawmill Bay Shellfish Company Ltd.

Clams, scallops, mussels, oysters

Oceanwise | www.sawmillbay.ca

Markets: KITS, TL, HP, WM

Sleeping Mountain Organic Farm

Organic turkey

www.farmfreshorganics.ca

Markets: KITS, TL, WE, YT, WM

Skippers Otto's CSF

Salmon

Oceanwise | www.skipperotto.ca

Markets: TL, WM

Urban Digs Farm

Pasture raised pork & duck

www.urbandigsfarm.com

Markets: MSS, WM

Vale Farms Grassroots Ltd

Organic beef & lamb

www.valefarms.com

Markets: KERR, MSS, MP

Wenger Sheep Farm

Grass fed lamb

Markets: KITS, TL, WM

KERR - Kerrisdale, KITS - Kitsilano, TL - Trout Lake, YT - Yaletown,
WE - West End, MSS - Main St. Station, MP - Mount Pleasant,
HP - Hastings Park, WM - Winter Market

Download our full Local Food Directory
www.eatlocal.org/local-food-directory

