

North Kootenay Lake Markets for local food

Who	Where	Currently offering	Would like local
Windsor Creek Lodge Jesse Nixon (250)369-2244	Trout Lake	nothing available	meat and veggies
White Grizzly Lodge Carole (250)366-4306	Meadow Creek	has several local sources, variety of full meal plans as well as	high quality, inspected where required, depends on menu
Lakewood Inn Susan Stark (250)353-2395	Shutty Bench	has large garden, seasonal items	milk, cheese, butter, possibly others
Blue Belle Bistro & Beanery Christa Paige 250-353-7361	Kaslo	seasonal root veggies in various daily specials and soups	salad mixes, romaine, variety of veggies for menu
Theresa's Theresa May (250)353-2115	Kaslo		sandwich tomatoes, long english cukes, red sweet onions
Sunnyside Naturals Hannah, Betty and Slava (250)353-9667	Kaslo	all seasonal produce available	seasonal fruits, nuts, grain
Landmark Bakery Robert (250)353-2250	Kaslo	n/a	shelled walnuts, hazelnuts, raspberries, strawberries, blackberries, huckleberries

Who	Where	Currently offering	Would like local
Cornucopia Molly Semenof (250)353-2594	Kaslo	all seasonal produce 	romaine, head lettuce, green summer squash, pickling cukes, peas, beans,
Treehouse Roni (250)353-2955	Kaslo		head lettuce, romaine, red peppers, tomatoes
Front St. Market Rick & Robin (250)353-2331	Kaslo	seasonal root veggies	whatever is available and meets market needs
Eric's Meat Market Doug (250)353-2436	Kaslo	free range, organic, mostly coastal	local meats that meet regulations
Kaslo & Area Food Security Project Aimee Watson (250)353-7691	Kaslo	We have a broad program that offers all sorts of food security initiatives such as Food to Families, farmer crop planning, to our Lawns to Gardens project. See www.nklcss.org under food security for more information.	
Feed Your Soul Foods Dawna Whitney (250)353-2189	Mirror Lake	healthy, homemade falafel's, bliss balls, lentil loaf, cookies ect...	yes, contact

Who

JB's Pub &
Restaurant
Rob Clarke
(250)353-7716

Where

Woodbury

Currently offering

local as much as
possible, veg mostly, BC
meat

Would like local

more local meat



Date last revised
April 7, 2008