

South Central Kootenay markets for Local Food

Who	Where	Currently Offering	Would Like
New West Trading Co. (250)-442-5342	Grand Forks	local breads, any seasonal veg, roasted locally coffee, herbs	more garlic, carrots, beets
Grand Forks Farmers Market www.bcfarmersmarket.org	Grand Forks	made in BC farmers market- see website for location; mid-May to mid-Oct. Tues. & Fri. mornings	
Mother Nature's Sharon Tarasoff (250)365-7750	Castlegar	health food store offering variety of herbs	
Robson Market (250)-365-3796	Robson	Sundays 8-11:30am	
Ferraro Foods (250)-368-5558 (250) 362-5206	Trail Rossland	local veg when available	
The Cookshoppe Dennis Cook & Paulette Mercier (250)-368-9292	Trail	whole grains & nutrimill, as well as bosch kitchen machine	



Date last revised
April 7, 2008