

MANIFESTO

BUILDING A STRONG LOCAL ECONOMY AROUND SUSTAINABILITY, HEALTH AND EQUITY

- ENHANCING YOUR CONNECTION TO THE LAND AND UNDERSTANDING OF WHERE YOUR FOOD COMES FROM
- BUILDING CONNECTIONS AND COMMUNITY
- SUPPORTING LOCAL FARMERS TO EARN A LIVING WAGE
- LEARNING ABOUT LOCAL FOOD CULTURE; THE HISTORY, STORY AND HERITAGE OF YOUR FOOD
- COMMITTING TO SUPPORT BRANDS WITH INTEGRITY
- EDUCATING SELF AND OTHERS ABOUT LOCAL FOOD SOURCING
- SUPPORTING A CIRCULAR ECONOMY AND DIVERSION OF FOOD WASTE
- SUPPORTING SUSTAINABLE FOOD PRACTICES
- PROMOTING EQUITABLE ACCESS TO HEALTHY NUTRITIOUS FOOD FOR ALL PEOPLE



EAT LOCAL FOOD GUIDE

2023



EXPLORE LOCAL FOODSCAPES

SUPPORT LOCAL ECONOMY

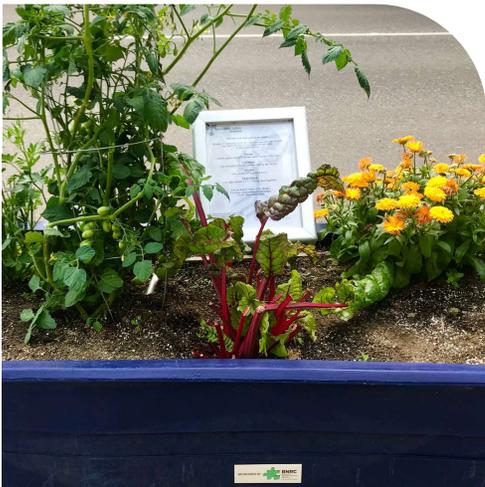
LEARN BASIC GARDENING SKILLS

EAT LOCAL 2023

Who's Your Farmer?

In and around Brandon we have food growers and sharers who pour their heart and soul into offering the best food for Manitobans.

Incredible Edible Brandon is proud to support our local food economy, businesses and community and it is our pleasure to share these local resources with you.



THIS PUBLICATION HAS BEEN PRODUCED BY:



SPONSORED BY:



Brandon Neighbourhood Renewal Corporation

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www.bnrc.ca
@incredibleediblebrandon

WORKSHOPS & MORE

ASSINIBOINE FOOD FOREST

VARIOUS WORKSHOPS & TOURS THROUGHOUT THE YEAR
SYRUP, ORCHARD, & WILD FOOD
FOODFORESTASSINIBOINE@GMAIL.COM

INCREDIBLE EDIBLE BRANDON

INCREDIBLE EDIBLE ROUTE
(SEE ATTACHED MAP)

WESTMAN GARDENERS BRANDON

ONLINE EVENTS & RESOURCES
FACEBOOK: WESTMAN GARDENERS BRANDON

ONLINE WEBINARS

MYCOMMUNITY.BRANDON.CA

BRANDON FOOD COUNCIL

BRANDON FOOD BULLETIN
FACEBOOK & INSTAGRAM: BRANDON FOOD COUNCIL

POLLINATOR WEEK

THIRD WEEK OF JUNE
WWW.BEECITYBRANDON.COM

CITY OF BRANDON

COMMUNITY GARDENING
RECREATION@BRANDON.CA

HARVEST MOON

FARM TOURS & WORKSHOPS
FACEBOOK: HARVEST MOON SOCIETY

FRUIT SHARE BRANDON

VOLUNTEER COMMUNITY PICKS
FRUITSHAREBRANDON17@GMAIL.COM

NATIONAL GARDEN DAY

SATURDAY BEFORE FATHERS DAY
JUNE 17TH



GROW & CELEBRATE

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GROWERS & SHARERS



AND PROGRAMS



SAMARITAN HOUSE MINISTRIES INC.

Offers a large community garden that provides people with the opportunity to create and sustain a healthy food source for themselves and their family. They also work on food waste diversion through their food program and accept local food/produce when possible. Facebook & Instagram: Samaritan House Ministries Inc. www.samaritanhouse.net exec@samaritanhouse.net 204-726-0758



Food Rescue

FOOD RESCUE STORE

Food Rescued from going to the landfill. 719 Rosser Ave. Facebook: Brandon Food Rescue Thursday and Friday 3-6pm and Saturday 10am-4pm Sunday 1pm-3pm



HELPING HANDS SOUP KITCHEN

Westman's Soup Kitchen that provides nutritional meals Monday-Friday all year long. The program focuses on food waste diversion and using locally sourced food whenever possible. Facebook: Helping Hands Centre of Brandon Inc. 204-727-4635



BEE U

Brandon University is proud to host the first urban honey bee hives in the city of Brandon as they explore beekeeping on campus.

COMMUNITY GROUPS



BEE CITY BRANDON

Bee City is a committee of volunteers dedicated to preserving, protecting, and promoting pollinators. They focus on education, promotion & awareness, habitat preservation & creation, and creating partnerships. Facebook & Instagram: Bee City Brandon
www.beecitybrandon.com
beecitybrandon@gmail.com

ASSINIBOINE



ASSINIBOINE FOOD FOREST INC.

A non-profit organization that focuses on regenerating & conserving bio-diverse ecosystems, producing healthy food sustainably for humans and wildlife, and connecting students of all ages with a thriving natural landscape. Facebook & Instagram: Assiniboine Food Forest
www.assiniboinefoodforest.com
foodforestassiniboine@gmail.com
204-728-6278

FOOD FOREST

FRUIT SHARE BRANDON

A non-profit group that relies on volunteers to pick large quantities of local fruit. Volunteers are allowed a small portion, with the majority of the harvest going to local community organizations. Fruit is sometimes processed into jellies, jams, juice, and sauces. If you have fruit to share or would like to volunteer contact Kathy at:
fruitsharebrandon17@gmail.com
204-761-5000



MARKETS & HUBS



THE GLOBAL MARKET

Farmers Market with local producers, artisans and entertainers. Every Saturday starting May 13th, 10am-3pm, in the Re-Fit Building 23-12th St. www.communityhealthandhousing.com Facebook: Global Market Brandon, MB



BRANDON FARMERS MARKET CO-OP INC.

Operating hours are Fridays all year from 9am-4pm inside the Town Centre and Saturdays from June to October 9am-1pm in the parkade. Local producers and vendors. www.brandonfarmersmarket.com Facebook: Brandon Farmer's Market 800 Rosser Ave.



HARVEST MOON LOCAL FOODS

Harvest Moon Local Foods is a partnership between farmers and eaters. Become a part of this grass roots initiative to reinvent a more sustainable food system! harvestmoon.localfoodmarketplace.com Orders are placed online once a month to be picked up in Brandon at The Green Spot.



MARKET AT THE RIVERBANK

Summer long Farmers Market at the Riverbank. Every Saturday starting June. 12, 9am-2pm Facebook: Market at the Riverbank 545 Conservation Drive

VEGGIES

GREEN RABBIT FARMS

Brandon, MB. Katy Powell. CSA food basket with fresh organic produce, micro greens, pea shoots, baby salad greens, mushrooms, and canning, frozen and dehydrated goods. Also now selling rabbits! Available at The Global Market.
Facebook: Green Rabbit Farms
(204) 724-0070 or greenrabbitfarms@gmail.com

KLASSE WOODS NATURAL FARM

Austin, MB. Darlene Klassen and Family. Organically grown vegetables, grass-fed beef, & pasture raised chickens.
Orders may be picked up every Wednesday afternoon 3:30-5:30 pm July & September at The Green Spot (1329 Rosser Ave E) or September to June bi-weekly on Wednesdays from 4:30-5:15pm.
www.klassewoodsnaturalfarm.com
(204) 526-2861 or klassewoodsnaturalfarm@gmail.com

BROWN SUGAR PRODUCE

Brandon, MB. Stephanie Dillon and Jon & Teri Jenkins. Fresh seasonal veggies available
www.brownsugarproduce.com
Facebook & Instagram: Brown Sugar Produce
(204) 901-2800 or sales@brownsugarproduce.com

MAD DOG PRODUCE

Plumas, MB. Janelle Vachon. Fresh, local produce. Partnering with Brown Sugar Produce for weekly market June-August at Lady of the Lake
maddogproduce@gmail.com
www.maddogproduce.ca

EXPLORE OUTSIDE OF THE CITY



THE HONEY HOUSE BAKERY & CAFE

Located in Rivers, MB. The Honey House Bakery and Café has a wide selection of dishes, many made scratch. With honey for purchase from their own local honey farm.
547-2nd Ave Rivers, MB

FARMHOUSE 50

Located in Minnedosa, MB. Farmhouse 50 is locally owned and believe in the wholesome benefits of made from scratch baking and cooking and love for high quality coffee.
50 Main St N, Minnedosa, MB



FOXTAIL CAFE

Located in Wasagaming, MB. Foxtail Cafe is a rustic dining and wood fired pizza experience. Comprises a 3-season outdoor kitchen, restaurant, and quaint indoor café. The rustic nature of the construction is echoed in the décor, as well as in the ingredients used in the food- natural, local, and crafted with care.
Manitoba 10 and, Victor Ave, Wasagaming, MB



SAWMILL TEA & COFFEE CO

Located in Boissevain, MB. Sawmill is a wonderful place to relax with friends. Quaint ambiance, serving up a array of homemade pies & tarts, burgers, pizza, and sandwiches. They are a not-for-profit community cafe, open to everyone, and have been in operation for over a decade!
296 S Railway St, Boissevain, MB





PLACES TO EAT



FORBIDDEN FLAVOURS

Locally roasted coffee beans, Fairtrade organic coffee and locally grown and made products. 1060 18th St, The Town Centre and at Brandon University

- Local syrup, honey & more!



CHEZ ANGELA

Westman's local-first, from-scratch bakeshop with artisan breads, authentic pastries and home cooked lunch.

www.chezangela.ca
Facebook & Instagram: Chez Angela
29-C 10th Street

- local pea shoots, honey, & ready made meals with local ingredients



THE DOCK ON PRINCESS

Restaurant featuring and celebrating locally sourced ingredients, including meat and veggies.

www.thedockonprincess.com
1133 Princess Ave

LADY OF THE LAKE

Delicious selection of savory, sweet, local, and handmade lunches and treats! Made with Blue Hills bread, local veggies, meat, and eggs.

www.ladyofthelake.ca
204-726-8785
135B 17th St N.

- locally produced honey & sauces



VEGGIES

EMERALD EARTH FARM

Brandon, MB. A colourful selection of local veggies. Located at the Green Spot (1329 Rosser Ave. E.)
emeraldearthfarm@gmail.com

GEMMA'S GARDEN

Brandon, MB. Located 6 km east of Brandon on HWY #1 turn south at 105W (Curtis Road) Second driveway on the left. Available at the Farm Monday-Thursday 4pm-8pm and at the Global Market Saturdays 10 am- 3 pm, May & June. Gemma at gemma@inetlink.ca or (204) 726-0839, Gemma's Garden Produce on Facebook.

WILLOW LANE GARDENS

Brandon, MB. Alan Plett & Family. A wide variety of vegetables: lettuce, asparagus, tomatoes, eggplant, peas, string beans, beets, carrots, tomatoes, corn, potatoes, okra, kale, watermelon and more!

Available at the Global Market and deliver to Brandon.
alanshan@live.ca or (204) 730-4488

DMB GREENHOUSES

Baldur, MB. Bedding plants and fresh vegetables
Order online through harvestmoon.localfoodmarketplace.com
dbm4549@mymts.net or (204) 535-2182

CRANBROOK GARDENS

Brandon, MB. Jeanette Enns. Fresh vegetables, baking, jams and pickles
Available at Brandon Farmers Market Co-op Inc. (204) 763-4888

HONEY

ED'S HONEY

Strathclair, MB. Unheated, pure, creamy honey that melts in your mouth.
Order via phone or email.
Fengler.nadja@gmail.com or
Home: (204) 365 2890 Cell: (204) 868-5558

BYGARSKIS HONEY FARM

Brandon, MB. Locally produced honey.
Available at Safeway, Two Farm Kids Natural Foods, Obermaier's Sausage & Meats, Sobey's West, Sobey's Extra, Forbidden Flavours. www.bygarskishoneyfarm.ca
bygarskihoney@gmail.com or (204) 726-4177

RICHMOND HONEY FARM

Cypress River, MB. Candles and honey.
Order online through harvestmoon.localfoodmarketplace.com
Instagram and Facebook @RichmondHoneyFarms
Richmondhoneyfarms@gmail.com or
(204) 743-2373

BLOOMIN' PRAIRIE HONEY

Carmen, MB. Family operated honey farm in Southern Manitoba, providing unpasteurized honey all year long. Bulk orders and bring your own container program available.
Facebook: Bloomin' Prairie Honey Ltd.
Call (204) 745-2410

PLACES TO SHOP



HERITAGE CO-OP

646 6th St.

- Locally sourced produce, syrups, and honey

THE GREENSPOT

Everything for your home and garden.
www.greenspotbrandon.com
1329 Rosser Ave. E.

- Treesblood Maple Syrup, honeys, sauces, and meat

LINDENBERG SEEDS LTD

803 Princess Ave.

- Local heritage seeds, plants and gardening supplies.

HEDLEY'S HEALTH HUT

www.healthhutbrandon.ca

Shoppers Mall, 1570 18th St.

- Fresh peanut butter made in house, local flax products, honey, energy bars, hemp seeds and more!

TWO FARM KIDS NATURAL FOODS

www.twofarmkids.com

565 34th St.

- Local honey & been pollen, eggs, meat, syrup, oils, rice, quinoa, garlic, grains, fermented goods, hemp products, and more!

CROWS GENERAL STORE

A one of a kind ice cream shop in Brandon MB.

33 17 St. East

- Treesblood Maple Syrup

SPECIALTIES

REAL GARLIC

Oak Lake, MB. Green Garlic, Garlic Scapes, Fresh Garlic and Cured for winter eating as well as seed garlic for planting. Online ordering available through harvestmoon.localfoodmarketplace.com Available at 2 Farm Kids in season. Delivery to Brandon. Facebook & Instagram: Real Garlic realgarlicmb@gmail.com

NOTRE DAME CREAMERY

Notre Dame, MB. Old fashion style butter made with a conventional butter churn. Online ordering available through harvestmoon.localfoodmarketplace.com www.notredamecreamery.com ndcream@bothwell.com or (204) 248-2212

TREESBLOOD FARM MAPLE SYRUP

Brandon, MB. Large maples are tapped so that the sweet maple water can be collected and boiled in the sugar shack, producing a beautiful and delicious local maple syrup. Syrup tours are available in spring in partnership with Assiniboine Food Forest. Treesblood maple syrup is sold at The Green Spot, Crow's General Store and Forbidden Flavours as well as through Luna Field Farm on-line. Dave Barnes at barnes@wcgwave.ca or (204) 728-6278

BRENDA SPARROW

Sugar free baking (sourdough bread, biscuits and waffles), jams & jellies, perennials, and fresh fruit. Available at Market at the Riverbank valleyrimgirl@gmail.com or (204) 761-6501

GRAINS & FRUIT

POLLOCK FARMS

Pat and Larry Pollock
Brandon, MB. Organic spelt grain ready to mill or for cooking or seeding. Stone ground whole grain spelt flour, sifted spelt flour, spelt flakes and spelt bran. Please phone ahead to place an order. Pollock.farms@gmail.com or (204) 728-7672

DERUYCK'S TOP OF THE HILL FARM

Treherne, MB. Buckwheat, Oats, Rye, Flax, Millet, Spelt, Wheat and packaged products. Order online through harvestmoon.localfoodmarketplace.com dderuyck@mymts.net or (204) 526-2066

PRAIRIE QUINOA

Portage La Prairie, MB. Quinoa. Order online through harvestmoon.localfoodmarketplace.com www.prairiequinoa.ca

GRAND VALLEY STRAWBERRIES

We are a strawberry farm located just outside of Brandon, MB. www.grandvalleystrawberries.ca gvstrawberries@gmail.com or (204) 728-8453

TAMARACK FARMS

Riding Mountain, MB. Locally & Organically grown Einkorn wheat, quinoa, and quinoa products (flour, pancake, brownie, soup mix). www.tamarackfarms.ca



MEAT & EGGS

HODGINS FARM

Lenore, MB. Grass-fed beef, pastured pork, pastured chickens and turkeys, and Lamb. Natural raw honey, free range eggs. Delivers to Brandon
www.hodginsfarm.com
Facebook & Instagram: Hodgins Farm MB
(204) 838-2285 or hodgins_lisa@hotmail.com

CIRCLE H FARMS

Brandon, MB. Specializes in forage developed breeding stock and gourmet quality, grass-fed beef.
Facebook: Circle H Farms
www.shaverbeef.com
204-724-0936

SOLAR NUTRITION

Focus on regenerative farming. A wide selection of pork, bison, and beef products. A selection of soaps, candles, lip balm and dog treats also available.
Facebook: Solar Nutrition
solar.nutrition.info@gmail.com
204-740-0376

HENRY MEATS

Local butcher shop specializing in British cuts of meat, sausages, and pastries.
Facebook: Henry Meats MB
(204) 727-2830



MEAT & EGGS

OBERMAIER'S SAUSAGE & MEATS

A range of beef, pork, bison, elk, lamb, pickerel and over 50 different kinds of in-store made sausages,
www.obermaiers.ca
222 Rosser Ave

HOWPARK FARMS

Brandon, MB. Grass fed, organic beef available for purchase in Packages (Variety, Grill, Bulk Ground Beef) or Bulk orders (full, halves, quarters) for your freezer.
www.howpark.ca/beef
Order form available on website. Free delivery to Brandon.
info@howpark.ca or (204) 725-1006

RT FARMS

Gladstone, MB. Grassfed lamb.
Online ordering available through
harvestmoon.localfoodmarketplace.com
Rt23farms@hotmail.com or (204) 872-2458

SWAN LAKE FIRST NATION

Swan Lake, MB. Local bison stew, steak, ribs, bones and roasts.
Online ordering available through
harvestmoon.localfoodmarketplace.com

LUNA FIELD FARM

Belmont, MB. Pasture raised chicken, pork, beef and egg share. Delivery to Brandon
www.lunafieldfarm.com
info@lunafieldfarm.com or (204) 537-2299