

# 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

## LOCAL FOOD GUIDE EATING

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.

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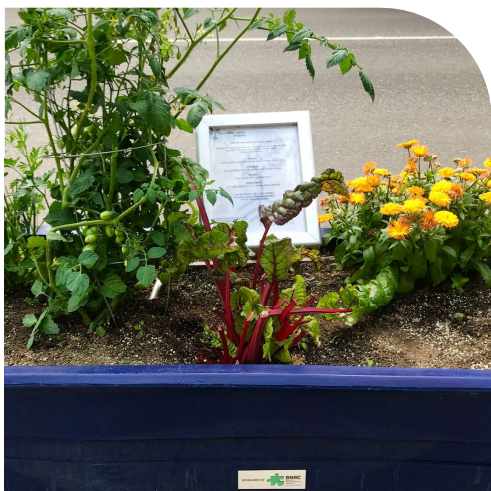


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### Brandon Neighbourhood Renewal Corporation

440 Rosser Avenue  
Brandon, MB R7A 0K3  
community@bnrc.ca  
204.729-2490 ext. 104  
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](http://www.samaritanhouse.net)  
[exec@samaritanhouse.net](mailto: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](http://www.beecitybrandon.com)  
[beecitybrandon@gmail.com](mailto: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](http://www.assiniboinefoodforest.com)  
[foodforestassiniboine@gmail.com](mailto:foodforestassiniboine@gmail.com)  
204-728-6278

## 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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](mailto: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](mailto:alanshan@live.ca) or (204) 730-4488

### DMB GREENHOUSES

Baldur, MB. Bedding plants and fresh vegetables  
Order online through [harvestmoon.localfoodmarketplace.com](http://harvestmoon.localfoodmarketplace.com)  
[dbm4549@mymts.net](mailto: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, Sobeys West, Sobeys Extra, Forbidden Flavours. [www.bygarskishoneyfarm.ca](http://www.bygarskishoneyfarm.ca)  
[bygarskihoney@gmail.com](mailto:bygarskihoney@gmail.com) or (204) 726-4177

## RICHMOND HONEY FARM

Cypress River, MB. Candles and honey.  
Order online through [harvestmoon.localfoodmarketplace.com](http://harvestmoon.localfoodmarketplace.com)  
Instagram and Facebook @RichmondHoneyFarms  
[Richmondhoneyfarms@gmail.com](mailto: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](http://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](http://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](http://www.twofarmkids.com)  
565 34th St.  
• Local honey & bees 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](http://harvestmoon.localfoodmarketplace.com). Available at 2 Farm Kids in season. Delivery to Brandon. Facebook & Instagram: Real Garlic [realgarlicmb@gmail.com](mailto: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](http://harvestmoon.localfoodmarketplace.com) [www.notredamecreamery.com](http://www.notredamecreamery.com) [ndcream@bothwell.com](mailto: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](mailto: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](mailto: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](mailto: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](http://harvestmoon.localfoodmarketplace.com) [dderuyck@mymts.net](mailto:dderuyck@mymts.net) or (204) 526-2066

## PRAIRIE QUINOA

Portage La Prairie, MB. Quinoa. Order online through [harvestmoon.localfoodmarketplace.com](http://harvestmoon.localfoodmarketplace.com) [www.prairiequinoa.ca](http://www.prairiequinoa.ca)

## GRAND VALLEY STRAWBERRIES

We are a strawberry farm located just outside of Brandon, MB. [www.grandvalleystrawberries.ca](http://www.grandvalleystrawberries.ca) [gvstrawberries@gmail.com](mailto: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](http://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](http://www.hodginsfarm.com)  
Facebook & Instagram: Hodgins Farm MB  
(204) 838-2285 or [hodgins\\_lisa@hotmail.com](mailto: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](http://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](mailto: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](http://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](http://www.howpark.ca/beef)  
Order form available on website. Free delivery to Brandon.  
[info@howpark.ca](mailto:info@howpark.ca) or (204) 725-1006

## RT FARMS

Gladstone, MB. Grassfed lamb.  
Online ordering available through  
[harvestmoon.localfoodmarketplace.com](http://harvestmoon.localfoodmarketplace.com)  
[Rt23farms@hotmail.com](mailto: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](http://harvestmoon.localfoodmarketplace.com)

## LUNA FIELD FARM

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