

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



2024



**EXPLORE LOCAL
FOODSCAPES**

**SUPPORT LOCAL
ECONOMY**

**LEARN BASIC
GARDENING SKILLS**

WORKSHOPS & MORE

Harvest Moon

Farm tours & workshops
Facebook: Harvest Moon Society

Incredible Edible Brandon

Incredible Edible route
(see attached map)

National Garden Day

Saturday before Fathers Day (June 15th)

Online Webinars

mycommunity.brandon.ca

Pollinator Week

Third week of June
www.beecitybrandon.com

Westman Gardeners Brandon

Online events & resources
Facebook: Westman Gardeners Brandon

EAT LOCAL 2024

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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WE ♥ LOCAL

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GROW & CELEBRATE

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WORKSHOPS & MORE

Assiniboine Food Forest

Various workshops & tours throughout the year
Syrup, orchard, & wild food
foodforestassiniboine@gmail.com

Brandon Food Council

Brandon food bulletin
Facebook & Instagram: Brandon Food Council

City of Brandon

Community gardening
recreation@brandon.ca

Fruit Share Brandon

Volunteer community picks
fruitsharebrandon17@gmail.com

The Green Spot School Tours

30 minute garden center tour followed by a 30 minute session where they plant a pot of annual flowers to take home

The Green Spot Season Workshops

Hosted in the spring and winter to create seasonal patio planters or porch pots, table center pieces, and more with staff guidance

AND PROGRAMS



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.

Food Rescue Grocery Store

800 Rosser Ave.

Food rescued from going to the landfill.
Facebook: Brandon Food Rescue
Wednesday and Thursday 12pm-6pm,
Friday 1pm-6pm, Saturday 10am-4pm.



Food Rescue

Helping Hands Soup Kitchen

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



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. Also works 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



GROWERS AND SHARERS



MARKETS & HUBS



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!

Orders are placed online once a month to be picked up in Brandon at The Green Spot.

harvestmoon.localfoodmarketplace.com

Market at the Riverbank

Summer long Farmers Market at the Riverbank.

Every Saturday starting June. 8, 9am-2pm

Facebook: Market at the Riverbank
545 Conservation Drive



COMMUNITY GROUPS

ASSINIBOINE



FOOD FOREST

Assiniboine Food Forest Inc.

NPO focusing 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

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



Fruit Share Brandon

Non-profit group relying on volunteers to pick local fruit for local community organizations. Fruit is sometimes made into jams, jellies, juice, and sauces. If you have fruit to share or would like to volunteer, contact Kathy at:

fruitsharebrandon17@gmail.com

(204) 761-5000



GRAINS & FRUIT

Deruyck's Top of the Hill Farm

Treherne, MB. Buckwheat, flax, millet, oats, rye, spelt, wheat, and packaged products. Order online through harvestmoon.localfoodmarketplace.com.

dderuyck@mymts.net

(204) 526-2066

Engrained Flour Co

Cardale, MB. Regenerative agriculture while providing customers with passion and transparency.

info@engrainedflour.ca

Grand Valley Strawberry

Brandon, MB. Strawberry farm.

www.grandvalleystrawberries.ca

gvstrawberries@gmail.com

(204) 728-8453



GROW &
CELEBRATE

GRAINS & FRUIT

Pollock Farms

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
(204) 728-7672

Prairie Quinoa

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

Tamarack Farms

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

PLACES TO SHOP

FARMHOUSE 50

• COFFEE • EATERY • STOREHOUSE •



Farmhouse 50

50 Main Street North, 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.

Foxtail Café

Manitoba 10 and Victor Avenue, Minnedosa, MB
Foxtail Café is a rustic dining and wood fired pizza experience. Comprises a 3-season outdoor kitchen, restaurant, and quaint indoor café.

The Honey House Bakery & Cafe

547 2nd Ave, 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.



Sawmill Tea & Coffee

296 S Railway St, 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 café, open to everyone, and have been in operation for over a decade!



PLACES TO SHOP

Kuiper's Family Bakery

1411 1st Street

Facebook & Instagram: KuipersBakery

- Fresh baked goods, fun loving staff, and sticky buns

Lindenberg Seeds LTD

803 Princess Avenue

- Local heritage seeds, plants, and gardening supplies

Two Farm Kids Natural Foods

565 34th Street

www.twofarmkids.com

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

HONEY

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

Bygarskis Honey Farm

Brandon, MB. Locally produced honey. Available at Forbidden Flavors, Obermaier's Sausage & Meats, Safeway, Sobeys Extra, Sobeys West, and Two Farm Kids Natural Foods.

www.bygarskishoneyfarm.ca

bygarskihoney@gmail.com or (204) 726-4177

Ed's Honey

Strathclair, MB. Unheated, pure, creamy honey that melts in your mouth. Order via email or phone at

Fengler.nadja@gmail.com, Home: (204) 365-2890, or Cell: (204) 868-5558.

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

MEAT & EGGS

Boyd's Beef

Forrest, MB. Uses regenerative agriculture and holistic management practices.
info@boydsbeef.ca or (204) 724-7019

Circle H Farms

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

Henry Meats

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

Hodgins Farm

Lenore, MB. Free range eggs, grass-fed beef, lamb, natural raw honey, as well as pastured chicken, pork, and turkey. Delivers to Brandon.
www.hodginsfarm.com
Facebook & Instagram: Hodgins Farm MB
hodgins_lisa@hotmail.com or (204) 838-2285

PLACES TO SHOP

Crows General Store

33 17th Street East
A one-of-a-kind ice cream shop in Brandon, MB.
• Treesblood Maple Syrup

The Greenspot Home and Garden

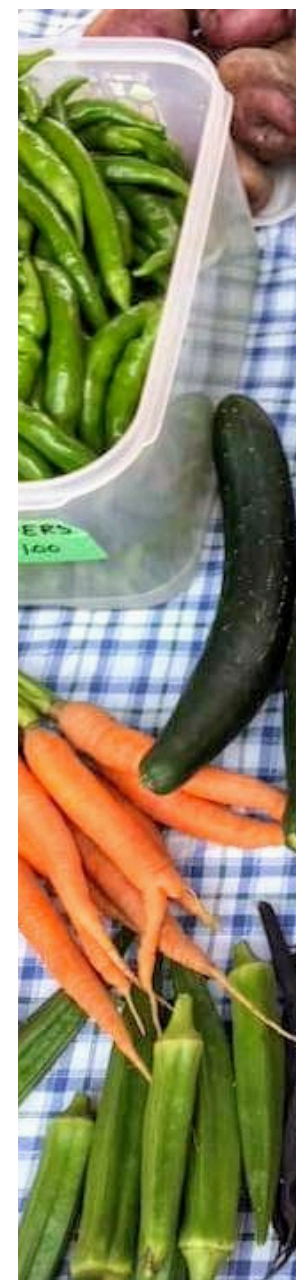
1451 Rosser Avenue East
Everything for your home and garden.
www.greenspotbrandon.com
• Boyds Beef, Engrained Flour, Forbidden Flavors Coffee, Steve's Farm Fresh Pork, and Treesblood Maple Syrup

Hedley's Health Hut

Shoppers Mall, 1570 18th Street
www.healthhutbrandon.ca
• Energy bars, fresh peanut butter made in-house, hemp seeds, honey, local flax products, and more!

Heritage Co-op

646 6th Street
• Locally sourced honey, produce, and syrups



PLACES TO EAT



Chez Angela

29-C 10th Street
Westman's local-first, from-scratch
bakeshop with artisan breads, authentic
pastries, and home cooked lunch.
www.chezangela.ca
Facebook & Instagram: Chez Angela



The Dock on Princess

1133 Princess Avenue
Restaurant featuring and celebrating
locally sourced ingredients, including
meat and veggies.
www.thedockonprincess.com



Forbidden Flavours

1060 18th Street and The Town Centre
Locally roasted coffee beans, Fairtrade
organic coffee, and locally grown and
made products.



Lady of the Lake

135B 17th Street North
Delicious selection of handmade, local,
savory, and sweet lunches and treats!
Made with Blue Hills bread, eggs, local
veggies, meat.
www.ladyofthelake.ca or (204) 726-8785



The Secret Garden Café

In The Green Spot beside a koi pond in
our tropical garden. Enjoy a delicious
sandwich, or a mouthwatering bowl of
soup, or a sweet treat from the bakery!
www.greenspotbrandon.com/general-6
Facebook: SecretGardenCafeGreenSpot

MEAT & EGGS

Howpark Farms

Brandon, MB. Grass-fed, organic beef available for purchase in
packages (bulk ground beef, grill, variety) 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

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

Obermaier's Sausage and Meats

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

RT Farms

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

MEAT & EGGS

Solar Nutrition

Focus on regenerative farming. A wide selection of beef, bison, and pork products. A selection of soaps, candles, lip balm, and dog treats also available.

Facebook: Solar Nutrition
solar.nutrition.info@gmail.com
(204) 740-0376

Steve's Farm Fresh Pork

Oakburn, MB. Breakfast pork patties, gluten free products, sausage, smokes. All antibiotic and hormone free.

sy5411@mymts.net
(204) 234-5653

Swan Lake First Nation

Swan Lake, MB. Local bison bones, ribs, roast, steak, and stew.

Online ordering available through
harvestmoon.localfoodmarketplace.com

PLACES TO DRINK



Black Wheat Brewing Company

402 10th Street

A tasting room and local brewery that serves locally brewed unique craft beers for Brandon and Westman communities.

<https://blackwheatbrewing.ca/>
Facebook & Instagram:
blackwheatbrewing



The Double Decker by Guinness Tavern

Experience the best of both worlds: the warmth of a good old-fashioned pub, and the sophistication of an upscale bar.

<https://thedoubledecker.ca/>
Facebook: GuinnessTavern

- Burgers, event bookings, Indian food, salads, sandwiches, wings

Section Six Brewing Co.

They value connection, creativity, and quality while focusing on creating a healthy environment for customers and staff alike.

<https://section6brewing.ca/>
Facebook & Instagram:
Section6Brewing



A graphic on a dark teal background. Three golden wheat stalks with oval-shaped leaves rise from a brown rectangular base. To the right of the base is a solid red heart. The text 'WE LOVE LOCAL' is written in white, bold, sans-serif capital letters across the brown base.

WE LOVE
LOCAL

SPECIALTIES

Brenda Sparrow

Sugar free baking (biscuits, sourdough bread, and waffles), jams & jellies, perennials, and fresh fruit. Available at Market at the Riverbank.

valleyrimgirl@gmail.com or (204) 761-6501

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

Real Garlic

Oak Lake, MB. Cured garlic for winter eating, fresh garlic, garlic scapes, green garlic, and seed garlic for planting.

Available at 2 Farm Kids in season. Delivery to Brandon. Online ordering available through

harvestmoon.localfoodmarketplace.com

Facebook & Instagram: Real Garlic

realgarlicmb@gmail.com

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 to produce 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 Crow's General Store, Forbidden Flavours, and The Green Spot as well as online through Luna Field Farm.

Dave Barnes at barnes@wcgwave.ca or (204) 728-6278

VEGGIES

Brown Sugar Produce

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

Cranbrook Gardens

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

DMB Greenhouses

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

Emerald Earth Farm

1329 Rosser Avenue East at The Green Spot in Brandon, MB. A colourful selection of local veggies.
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 10am-3pm in May & June. Gemma at gemma@inetlink.ca, Gemma's Garden Produce on Facebook, or (204) 726-0839.

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
greenrabbitfarms@gmail.com or (204) 724-0070

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 3:30-5:30pm 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
klassewoodsnaturalfarm@gmail.com or (204) 526-2861

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

Willow Lane Gardens

Brandon, MB. Alan Plett & Family. A wide variety of vegetables: asparagus, beans, beets, carrots, corn, eggplant, kale, lettuce, okra, peas, potatoes, string beans, tomatoes, watermelon, and more! Available at the Global Market and deliver to Brandon. alanshan@live.ca
(204) 841-0597 or (204) 730-4488