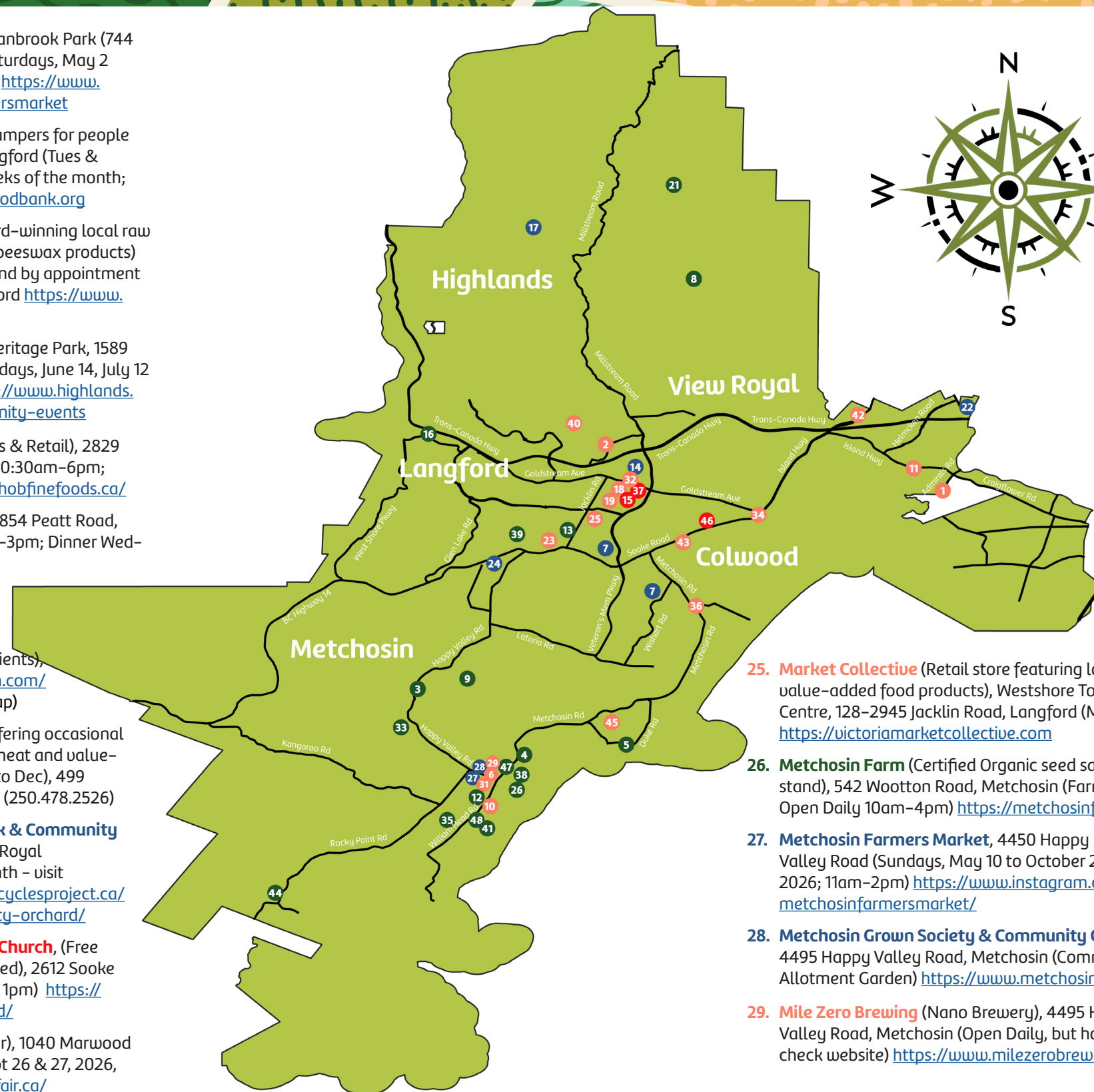


- A Kinder Cup** (Coffee Shop), 1503 Admirals Road, View Royal (M-F 6am-5pm; Sat/Sun 8am-5pm) <https://www.facebook.com/akindercup/>
- Babka** (Cafe/Bistro/Shop), #116-832 McCallum Road, Langford (Sat/Sun 10am-3pm) <https://www.instagram.com/babka.bakery.house>
- Bees Please Farms** (Farm selling eggs & honey/ hive hosting & chicken rentals), 4061 Happy Valley Road, Metchosin (by appointment) <https://beespleasefarms.com>
- Bilston Creek Farm** (Farm selling Lavender-based products and experiences), 4185 Metchosin Road, Metchosin (hours vary seasonally) <https://bilston.ca>
- Blue Haze Farm** (Farm Stand), 3817 Duke Road, Metchosin (self-serve apples, berries, tomatoes, persimmons and figs) <https://www.facebook.com/BlueHazeFarm/>
- Broken Paddle Coffee House** (Coffee Shop) 4480 Happy Valley Road, Metchosin (M-F 8am-2pm; Sun 9am-3pm; Closed Sat) <http://brokenpaddle.ca>
- Colwood Garden Society & Community Gardens** (Community Allotment Gardens), 3300 Wishart Road and Colwood Creek Park, Colwood <https://www.facebook.com/ColwoodGardenSociety/>
- EcoSense Farm Stand** (Self-serve farm stand - seasonal fruit, garden produce, potted food-producing plants), 3295 Compton Road, Highlands (Dawn to Dusk) <https://www.eco-sense.ca>
- Ewe View Farm** (Direct farm sales - lamb and pork), Metchosin (by appointment; 250.580.4039)
- Flying Dutchman Market** (Shop featuring locally grown/processed/produced products), 4569 William Head Road, Metchosin (M-F 11am-5pm; Sat/Sun 10am-5pm) https://www.instagram.com/flying-dutchman_market/
- Four Mile Brew Pub**, 199 Island Highway, View Royal (Daily 11am-11pm) <https://fourmilehouse.com>
- Gathering Sage Medicinal Herb Farm**, 4488 William Head Road, Metchosin (Thurs-Sat 10am-4pm) <https://gatheringsagefarm.com>
- Glen Willow Plant Exchange**, 950 Glen Willow Place (middle of roundabout of the cul de sac), Langford <https://www.facebook.com/groups/622440633206532>

- Goldstream Farmers Market**, Danbrook Park (744 Danbrook Avenue), Langford (Saturdays, May 2 to October 10, 2026; 10am-2pm) <https://www.facebook.com/goldstreamfarmersmarket>
- Goldstream Food Bank** (Food hampers for people in need), 761 Station Avenue, Langford (Tues & Wed during 1st consecutive 3 weeks of the month; 9-11:45am) <https://goldstreamfoodbank.org>
- Goldstream Honey Works** (award-winning local raw honey and value-added honey/beeswax products) at Goldstream Farmers Market and by appointment at 2844 Sooke Lake Road, Langford <https://www.goldstreamhoneyworks.ca>
- Highlands Market**, Caleb Pike Heritage Park, 1589 Millstream Road, Highlands (Sundays, June 14, July 12 and August 10; 10am-1pm) <https://www.highlands.ca/community-services/community-events>
- HOB Fine Foods** (Catering, Events & Retail), 2829 Peatt Road, Langford (Tues-Sat 10:30am-6pm; catering available) <https://www.hobfinefoods.ca/>
- House of Boateng Café**, #105- 2854 Peatt Road, Langford (Brunch Mon-Sun 9am-3pm; Dinner Wed-Sat, 5-8:30pm) <https://www.houseofboateng.ca>
- Indigo Bakes** (ONLINE & retail sales of frozen take-and-bake pies made with local ingredients), Langford <https://www.instagram.com/indigo.bakes/> (Not plotted on map)
- Kindwood Farm** (Hobby farm offering occasional sales of produce, eggs, poultry, meat and value-added products; lamb sales Oct to Dec), 499 Millstream Lake Road, Highlands (250.478.2526)
- Lifecycles/Welland Legacy Park & Community Orchard**, 1215 Stancil Lane, View Royal (Workshops and tours every month - visit website for schedule) <https://lifecyclesproject.ca/our-projects/welland-community-orchard/>
- Living Edge Market/Open Gate Church**, (Free grocery resource for people in need), 2612 Sooke Road, Langford (Fridays, noon to 1pm) <https://livingedge.ngo/markets/langford/>
- Luxton Fall Fair** (Agricultural Fair), 1040 Marwood Avenue, Langford (Sat & Sun, Sept 26 & 27, 2026, noon-6pm) <https://www.luxtonfair.ca/>



- Market Collective** (Retail store featuring local value-added food products), Westshore Town Centre, 128-2945 Jacklin Road, Langford (Mall Hours) <https://victoriainmarketcollective.com>
- Metchosin Farm** (Certified Organic seed sales & farm stand), 542 Wootton Road, Metchosin (Farm Stand Open Daily 10am-4pm) <https://metchosinfarm.ca>
- Metchosin Farmers Market**, 4450 Happy Valley Road (Sundays, May 10 to October 25, 2026; 11am-2pm) <https://www.instagram.com/metchosinfarmersmarket/>
- Metchosin Grown Society & Community Garden**, 4495 Happy Valley Road, Metchosin (Community Allotment Garden) <https://www.metchosingrown.ca>
- Mile Zero Brewing** (Nano Brewery), 4495 Happy Valley Road, Metchosin (Open Daily, but hours vary, check website) <https://www.milezerobrewing.ca>

- 30. **Murder Bay Mushrooms** (Farm gate, farmers market and retail sales of fresh and dried gourmet mushrooms and mushroom-infused teas, etc.), 251 Becher Bay Road, East Sooke (Daily 8am to 6pm) <https://www.instagram.com/murderbaymushrooms/> (Not plotted on map)
- 31. **Nootka Rose Milling** (Grocery shop & flour mill), 4480 Happy Valley Road, Metchosin (Wed-Sat 10am-4pm) <https://www.nootkarose.ca>
- 32. **Parachute Ice Cream** (Locally sourced ingredients featuring seasonal flavours), #129 - 735 Goldstream Avenue, Langford (Open Daily noon-9pm) <https://www.parachuteicecream.com>
- 33. **Parry Bay Sheep Farm** (Lamb, mutton, chicken, pork, hay & more!) 4335 Lindholm Road, Metchosin (Farm Store open Saturdays, noon to 3pm; also find them at the Metchosin Farmers Market and various retail outlets) <https://parrybaysheepfarm.com/>
- 34. **Pilgrim Coffee House**, #105 - 1910 Sooke Road, Colwood (Mon-Sat 8am-4pm) <https://www.facebook.com/PilgrimCoffeeHouse/>
- 35. **Roaming Raven Farm** (Farm gate sales of produce, eggs, poultry, meat & value-added products), 642 Taylor Road, Metchosin (by appointment and you can also find them at the Metchosin Farmers Market) <https://www.roamingravenfarm.com>
- 36. **Royal Bay Bakery** (Featuring local & seasonal ingredients), 3337 Metchosin Road, Colwood (Tues-Sat 6am-5pm) <https://royalbaybakery.com>
- 37. **Salvation Army Connection Point Church and Resource Centre** (Emergency hampers, bread shelf and free food fridge for people in need), #103 - 737 Goldstream Avenue, Langford (Tues & Thurs 9:30am-3:30pm; closed from 12-1pm; Wed & Fri 1-3:30pm) <https://saconnectionpoint.ca/>
- 38. **Sea Bluff Farm** (Year-round farm stand featuring Certified Organic vegetables & fruits), 565 Wootton Road, Metchosin (Farm Stand Tues & Sat 9am-6pm) <https://www.seablufffarm.com>
- 39. **Shalebank on Loch Glen Place** (Home garden stand featuring herbs and seasonal produce), 968 Loch Glen Place, Langford (Seasonal, starting mid/late July; Thurs-Sun, noon-7pm) <https://www.facebook.com/shalebankfarm>

- 40. **Take a Break Foods** (ONLINE value-added comfort foods made with local ingredients), Langford <https://takeabreakfoods.com>
- 41. **The Local Food Box** (Community Food Box Subscription Program with a range of Metchosin products), 4645 William Head Road, Metchosin (Weekly pick-ups June to October) <https://www.thelocalfoodbox.com>
- 42. **The Nest Café**, #102 - 2311 Watkiss Way View Royal (Open daily 8am-4pm) <https://www.instagram.com/thenestcafevictoria/?hl=en>
- 43. **The Rose Pub**, 692 Ledsham Road, Colwood (Wed-Sun; Hours Vary) <https://www.therosepublichouse.com>
- 44. **Umi Nami Farm** (Farm gate and box program specializing in Certified Organic Japanese vegetables and some western produce), 961 Matheson Lake Park Road, Metchosin <https://uminamifarm.com>
- 45. **Urban Forage** (ONLINE artisan heat & serve meals & more made with local ingredients), Metchosin <https://urbanforage.ca>
- 46. **West Shore Food Share** (Free food for people in need), Parking Lot, Church of the Advent, 510 Mount View Avenue, Colwood (Fridays noon-1pm only; a grassroots community collaboration)
- 47. **White's Greens** (Farm stand selling fruits, vegetables, eggs and occasionally chicken and meats), 4290 Metchosin Road, Metchosin (Opens daily at 9:30am; closing times vary) <https://www.facebook.com/people/Whites-Greens/100068700320659/>
- 48. **Wind Whipped Farm** (Farm gate sales of a wide range of vegetables and some fruit), 4645 William Head Road, Metchosin (Open Daily June to the end of October 10am-5pm; November to May Fri-Sun 10am-5pm) https://www.facebook.com/WindWhippedFarm/?_rd=1

LEGEND

- = Farm/Farm Stand/Garden Gate Sales
- = Restaurant/Café/Retail Sales
- = Farmers Market/Community Garden/Agricultural Fair
- = Free Food Resources for People in Need

ReImagine West Shore Community

Our **Farm to Fork** map is intended to help connect more people with local food and our growing region's terrific food producers and processors, events and opportunities to learn how to grow, prepare and preserve more of your own foods, too!

Check out the online version of ReImagine's **Farm to Fork** map: <https://reimagineus.ca/farm-to-fork/>



Join us for a Community Potluck Social on August 1st

Saturday, August 1, 2026: 5-8pm
St. Mary's Church, Metchosin

FREE; Must Bring a Dish to Be Shared
(main, side, salad, dessert) **Space is Limited;**
Pre-registration is Required



We're collaborating with **Food Day Canada** and the **Island Chefs' Collaborative** to celebrate local food together with neighbours, friends, and new faces at a warm, family-friendly potluck where we turn local ingredients into a sharing table of international dishes.

Bring a dish inspired by your culture, your travels, or a recipe you've always wanted to try —made (as much as possible) with ingredients grown, raised, baked, or crafted close to home.

Visit **ReImagine's Events Page** to register for the **Potluck** and learn more about the **FREE workshops** we offer year-round on how to grow, prepare, and preserve your own food! <https://reimagineus.ca/events/>



Thank you to our generous community sponsors and supporters.




Farm TO Fork

Metchosin & West Shore

Connecting folks with local food, flavours and experiences on the growing West Shore.

2026