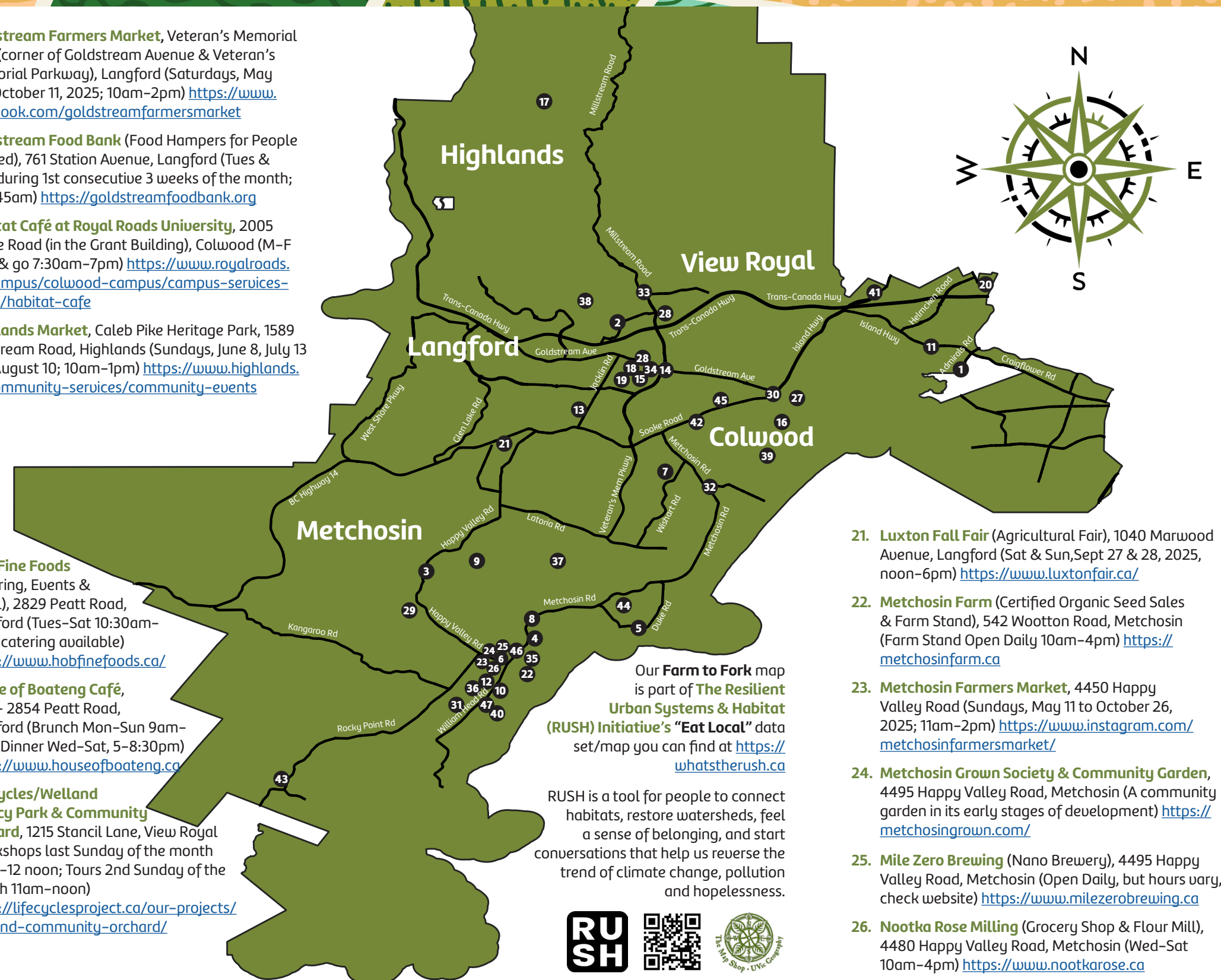


1. **A Kinder Cup** (Coffee Shop), 1503 Admirals Road, View Royal (M–F 5am–5pm; Sat/Sun 8am–5pm) <https://www.facebook.com/akindercup/>
2. **Babka**, (Cafe/Bistro/Shop), #116–832 McCallum Road, Langford (Sat/Sun 10am–4pm) <https://www.instagram.com/babka.bakery.house>
3. **Bees Please Farms** (Farm selling Eggs & Honey/ Hive Hosting & Chicken Rentals), 4061 Happy Valley Road, Metchosin (by appointment) <https://beespleasefarms.com>
4. **Bilston Creek Farm** (Farm selling Lavender-based products and experiences), 4185 Metchosin Road, Metchosin (hours vary seasonally) <https://bilston.ca>
5. **Blue Haze Farm** (Farm Stand), 3817 Duke Road, Metchosin (self-serve apples, berries, tomatoes, persimmons and figs) <https://www.facebook.com/BlueHazeFarm/>
6. **Broken Paddle Coffee House**, 4480 Happy Valley Road, Metchosin (M–F 8am–2pm; Sun 9am–3pm; Closed Sat) <http://brokenpaddle.ca>
7. **Colwood Garden Society & Community Garden** (Community Allotment Garden), 3300 Wishart Road, Colwood <https://www.facebook.com/ColwoodGardenSociety/>
8. **Crazy Cookie House** (Roadside Stand), 4105 Metchosin Road, Metchosin (Fri–Sun 9am until the cookies are gone!) <https://crazycookie.ca>
9. **Ewe View Farm** (Direct Farm Sales – Lamb and Pork), Chalister Court, Metchosin (by appointment; 250.580.4039)
10. **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/
11. **Four Mile Brew Pub**, 199 Island Highway, View Royal (Daily 11am–11pm) <https://fourmilehouse.com>
12. **Gathering Sage Medicinal Herb Farm**, 4488 William Head Road, Metchosin (Thurs–Sat 10am–4pm) <https://gatheringsagefarm.com>
13. **Glen Willow Plant Exchange**, 950 Glen Willow Place (middle of roundabout of the cul de sac), Metchosin <https://www.facebook.com/groups/622440633206532>

14. **Goldstream Farmers Market**, Veteran's Memorial Park (corner of Goldstream Avenue & Veteran's Memorial Parkway), Langford (Saturdays, May 3 to October 11, 2025; 10am–2pm) <https://www.facebook.com/goldstreamfarmersmarket>
15. **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>
16. **Habitat Café at Royal Roads University**, 2005 Sooke Road (in the Grant Building), Colwood (M–F grab & go 7:30am–7pm) <https://www.royalroads.ca/campus/colwood-campus/campus-services-maps/habitat-cafe>
17. **Highlands Market**, Caleb Pike Heritage Park, 1589 Millstream Road, Highlands (Sundays, June 8, July 13 and August 10; 10am–1pm) <https://www.highlands.ca/community-services/community-events>
18. **HOB Fine Foods** (Catering, Events & Retail), 2829 Peatt Road, Langford (Tues–Sat 10:30am–6pm; catering available) <https://www.hobfinefoods.ca/>
19. **House of Boateng Café**, #105– 2854 Peatt Road, Langford (Brunch Mon–Sun 9am–3pm; Dinner Wed–Sat, 5–8:30pm) <https://www.houseofboateng.ca>
20. **Lifecycles/Welland Legacy Park & Community Orchard**, 1215 Stancil Lane, View Royal (Workshops last Sunday of the month 10am–12 noon; Tours 2nd Sunday of the month 11am–noon) <https://lifecyclesproject.ca/our-projects/welland-community-orchard/>



21. **Luxton Fall Fair** (Agricultural Fair), 1040 Marwood Avenue, Langford (Sat & Sun, Sept 27 & 28, 2025, noon–6pm) <https://www.luxtonfair.ca/>
22. **Metchosin Farm** (Certified Organic Seed Sales & Farm Stand), 542 Wootton Road, Metchosin (Farm Stand Open Daily 10am–4pm) <https://metchosinfarm.ca>
23. **Metchosin Farmers Market**, 4450 Happy Valley Road (Sundays, May 11 to October 26, 2025; 11am–2pm) <https://www.instagram.com/metchosinfarmersmarket/>
24. **Metchosin Grown Society & Community Garden**, 4495 Happy Valley Road, Metchosin (A community garden in its early stages of development) <https://metchosingrown.com/>
25. **Mile Zero Brewing** (Nano Brewery), 4495 Happy Valley Road, Metchosin (Open Daily, but hours vary, check website) <https://www.milezerobrewing.ca>
26. **Nootka Rose Milling** (Grocery Shop & Flour Mill), 4480 Happy Valley Road, Metchosin (Wed–Sat 10am–4pm) <https://www.nootkarose.ca>

27. **Northern Breeds** (Farm under development with experimental products and occasional sales), 2763 Rosebank Road, Colwood
28. **Parachute Ice Cream** (Locally sourced ingredients featuring seasonal flavours), #129 – 735 Goldstream Avenue, Langford (Open Daily noon–8pm) <https://www.parachuteicecream.com>
29. **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/>
30. **Pilgrim Coffee House**, #105 – 1910 Sooke Road, Colwood (Mon–Sat 8am–4pm) <https://www.facebook.com/PilgrimCoffeeHouse/>
31. **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>
32. **Royal Bay Bakery** (Featuring Local & Seasonal Ingredients), 3337 Metchosin Road, Colwood (Tues–Sat 6am–5pm) <https://royalbaybakery.com>
33. **Ryes and Shine Craft Distillery**, #103 – 2323 Millstream Road, Langford (Wed–Sun noon–7pm) <https://www.ryesandshine.ca>
34. **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/>
35. **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>
36. **Sunrise Cottage Farm** (Farm Stand Featuring Tree Seedlings and Nursery Plant Stock), 4652 William Head Road, Metchosin (Sat & Sun, Apr to Dec)
37. **Table Nineteen** (Featuring Local and In-Season Ingredients), Olympic View Golf Course, 643 Latoria Road, Colwood (Open Daily 11am–9pm) <https://www.tablenineteen.com/victoria>

38. **Take a Break Foods** (ONLINE Value-Added Comfort Foods Made with Local Ingredients), Langford <https://takeabreakfoods.com>
39. **The Farm at Royal Roads University** (Research, Food Security Workshops, Food Production for Community Partners & Students On Campus), 2005 Sooke Road, Colwood <https://thefarmatroyalroads.ca/>
40. **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>
41. **The Nest Café**, #1021 – 2311 Watkiss Way View Royal (Open Daily 8am–4pm) <https://www.instagram.com/thenestcafevictoria/?hl=en>
42. **The Rose Pub**, 692 Ledsham Road, Colwood (Wed–Sun; hours vary) <https://www.therosepublichouse.com>
43. **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>
44. **Urban Forage** (ONLINE Artisan Heat & Serve Meals & More Made with Local Ingredients), Metchosin <https://urbanforage.ca>
45. **West Shore Food Share** (Free Food for Food Insecure Members of the Community), Parking Lot, Church of the Advent, 510 Mount View Avenue, Colwood (Fridays noon–1pm Only; a grassroots community collaboration)
46. **White's Greens** (Farm Stand Selling Fruits, Vegetables, Eggs and Occasionally Chicken and Meats), 4290 Metchosin Road, Metchosin (Saturdays 10am–4pm) <https://www.facebook.com/people/Whites-Greens/100068700320659/>
47. **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/?_rdr

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!

The map is part of ReImagine West Shore's **Farm to Fork** community food security collaboration with the **District of Metchosin**, **City of Colwood**, the **RUSH Initiative**, the **University of Victoria's Geography Department Map Shop** and other community groups passionate about local agriculture and food.

Learn more about ReImagine West Shore's **Farm to Fork Initiative** and check out the online version of our map at: <https://reimagineus.ca/farm-to-fork/>



Sign-up for **FREE** Workshops to Get Growing & Preserving **YOUR** Local Foods & Flavours

ReImagine West Shore offers **FREE** workshops to help support your own food growing, preparing and preserving journey.

Learn more and sign-up at: <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.

2025