

Eat Local Comox Valley

A guide to eating fresh, local food in the Comox Valley



WHAT IS EATING LOCAL?

When we talk about local food, it's all about keeping it as close to home as possible! According to the Government of BC, any item that's produced or processed in the province can be considered local.

We are lucky in the Comox Valley. We have an incredible variety of foods right in our backyard, and we should celebrate that!

Focus on foods grown, produced and processed here in the Valley, from Fanny Bay, Denman and Hornby Island, all the way to Black Creek and the Oyster River.



WHY EAT LOCAL?

Eating local foods is a sustainable, ethical and nourishing choice that supports you and our community now and into the future.

By investing in local food, you contribute to food security and support local farms, ensuring that future generations can enjoy access to fresh, seasonal produce.

Buying local food:

- Reduces transportation emissions and food waste
- Supports farmers to continue to grow more varied and plentiful harvests using sustainable practices
- Ensures that employment safety standards and environmental regulations are upheld
- Multiplies the value of your dollar within the community
- Cultivates relationships with your community
- Ensures your food is fresh, flavourful and nutritious





HOW TO EAT LOCAL



Discover local food producers, from fresh eggs or vegetables to honey or seafood, through the resources provided here.

Many local retailers offer locally grown and produced items.

Next time you're at the grocery store, deli or specialty store, don't hesitate to ask the staff to highlight products sourced from the Comox Valley!

Comox Valley Grower's Guide

A guide to local producers, featuring baking, dairy, honey, meat, poultry, seafood, and farmers, along with a map of Comox Valley farms and products.

CVFM Vendors List

Profiles of Comox Valley Farmers' Market vendors, including their products and services.

CV Farmers Institute Members

Member profiles from the Comox Valley Farmers Institute, showcasing their products.

Comox Valley Directory - Farms

A locally-owned and managed directory listing nearly 50 farms in the region.

Comox Valley Farmstands & Fishers

A community-managed Facebook group for local farmstands and fishers to share their hours and product availability.

Experience Comox Valley - Food & Drink

Directories of farms, markets, bakeries, and restaurants in the Comox Valley.

Comox Harbour | Dockside Sales Newsletter

An email newsletter notifying you of fresh seafood arrivals and availability from local fishermen.

Strathcona Food Map

A list of growers and producers in the Strathcona Region.

BC Abattoirs List

A list of provincial abattoirs organized by regional district, detailing available locally-raised meats.

BC Farm Map

An interactive map to find farms, farm stands, CSA programs, u-pick berries, and local food on Vancouver Island by region.



This guide was created by the CVFPC in partnership with LUSH Valley.