

# Let's get COOKING

## RESOURCES

### ***Local Food Retailers***

[Thompson-Shuswap Buy Local! Buy Fresh! Map](#)

[BC Association of Farmers Markets](#)

### **Clearwater Farmers Market**

Anne Baker

tel: 250-674-3444

email: [schoolcreekfarm@gmail.com](mailto:schoolcreekfarm@gmail.com)

<https://www.facebook.com/clearwaterfarmersmarket/?fref=ts>

### **Forest House Wellness Centre**

Sharon Neufeld

717 Clearwater Village Rd.

Clearwater, B.C., V0E 1N1

tel: 250-674-2538

email: [info@foresthousewellness.ca](mailto:info@foresthousewellness.ca)

<http://foresthousewellness.ca/>

<https://www.facebook.com/ForestHouseWellnessCentreAndGardens/?fref=ts>

### **Organic Garden Market**

Janet or Amy Ziorio

436 Clearwater Station Road

Clearwater, BC

tel: 250-674-3779

**Carl's Market**

Brian & Brenda Carl  
272 McLure Ferry Road  
Mclure BC V0E 2H0  
tel: 250-672-9366  
home: 250-672-5795  
email: [brian\\_carl@xplornet.com](mailto:brian_carl@xplornet.com)

**Rooted by the River Nursery**

Jeff & Andrea Lamond  
56 Clearwater Station Road  
Clearwater, BC  
tel: 250-674-4089 or 250-674-7111  
home: 250-674-4047  
email: [info@rootedbytheriver.ca](mailto:info@rootedbytheriver.ca)  
web: [www.rootedbytheriver.ca](http://www.rootedbytheriver.ca)

**School Creek Farm**

Anne Baker  
1110 Barber Road  
Clearwater, BC  
tel: 250-674-3444  
email: [schoolcreekfarm@gmail.com](mailto:schoolcreekfarm@gmail.com)

**Watersmeet Farm**

Jerrard and Donna-Kay Brown  
309 Kamloops Street, Barriere BC  
(across the tracks at the end of Lily Road)  
tel: 250-672-5159  
email: [jerdonbrown1@gmail.com](mailto:jerdonbrown1@gmail.com)

**MacLennan Farms**

Warren or Clyde MacLennan  
1154 E. Yellowhead S. Hwy 5  
Clearwater, BC  
tel: 250-674-1281  
Web: <https://www.facebook.com/macLennanfarms/>

### **Aveley Alpine Lamb**

Ian & Karen Moilliet  
2721 Birch Island, Lost Creek Road  
Vavenby, BC, V0E 3A0  
tel: 250.676.9574  
fax: 250.676.9575  
email: [sales@aveleyranch.com](mailto:sales@aveleyranch.com)  
web: <http://www.aveleyranch.com/>

### **Daily Grain**

Kris Olson  
email: [daily.grain.bread@gmail.com](mailto:daily.grain.bread@gmail.com)  
<https://www.facebook.com/DailyGrainBread/>

### **Cabot Homestead Natural Products**

tel: 250.674.1775  
email: [cabothomestead@gmail.com](mailto:cabothomestead@gmail.com)  
<http://cabothomestead.wixsite.com/home>



## **GARDENING, COMPOSTING AND SEED SAVING**

[Seeds of Diversity - Canada](#)

[BC Seeds](#)

[Clearwater Planting Guide](#)

[Victory Garden](#)

[Sprouting Seeds](#)

[TNRD Composting Guide](#)

### ***Community Gardens and Clubs***

#### **Clearwater (see Community Garden page for more info)**

Yellowhead Community Services  
612 Park Dr., Clearwater, BC  
250-674-3530

#### **Avola**

Bob Jensen  
250-678-2320

#### **Blue River**

Caroline Lachapelle  
581-999-2453

#### **North Thompson Garden Club and Barriere Community Garden**

Liz Gilbertson

**Phone:** 250-672-9337

**Email:** [jamesgil@telus.net](mailto:jamesgil@telus.net)

**Website:** [http://www.bcgardenclubs.com/clubs/north\\_thompson\\_valley\\_garden\\_club.html](http://www.bcgardenclubs.com/clubs/north_thompson_valley_garden_club.html)

#### **Central North Thompson Rod and Gun Club**

Ron & Gwen Anderson

phone: 250-674-3768

<http://cntrodandgunclub.weebly.com/>

### ***Recipes and Food Preservation***

[National Center for Home Food Preservation](#)

#### **Lending Cupboard (see the “lending Cupboard” page for more info)**

250-674-3530

# GENERAL INTEREST

[Dirt! The Movie](#)

## ***Food Banks, Soup Kitchens and Community Kitchens***

### **Clearwater and District Food Bank**

742 Clearwater Village Rd

Clearwater, BC

250-674-3402

### **Soup Kettle (see “Soup Kettle” page for more info)**

Homemade soup and a bun by donation at the Elks Hall

Fridays, 11 AM – 1 PM (October – May)

### **Neighborhood Kitchen (see “Neighborhood Kitchen” page for more info)**

612 Park Dr.

Thursdays (October – May)

250-674-2600 for more info

### **Good Food Box (see the “Good Food Box” page for more info)**

250-674-2600