



# Chirothots

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## Where To Buy Local and Organic

FOR UPDATES ALL SUMMER ON  
RECIPES AND GREAT LOCAL FINDS



Local food tastes so amazing, is better for your health, supports our local economy and producers, and is better for the environment. Try to focus on eating **all natural every time, local where possible, and organic where possible**. I find that if you shop to find the best sources, and buy bulk, you can eat local and organic for very similar cost to heavily sprayed foreign food. Suzie and I are foodies, meaning we love great quality food from many cultures. After shopping around a lot, and eating a lot, here are our recommendations on where to find the best quality and price!

### FRUITS & VEGETABLES

1. I often mention **Urban Harvest** as our top choice all year round. Their normal service is delivery of the best organic produce to your door which is amazing. Every Saturday morning they sell off their un-delivered produce at reduced prices. Check out [www.urbanharvest.ca](http://www.urbanharvest.ca) **Nature's Fare** and **Choices** have been our back up source of organic fruit and vegetables for years but **Quality Greens** and **Sunshine Market** both have increasing local and organic produce too.
2. The **Farmer's Market**. Here are our favorite organic booths although there are more every year! **Forbes Farms** from Oliver has amazing quality and earlier season but it is slightly more costly. **Sproule and Sons** is great as well and it is from Winfield so you can get your favorite fruit a little later in the season. Both the above booths sell by the box for about half the cost per pound. Buy peaches, berries, melons, etc. and **freeze them** for healthy local, organic fruit all year round for far less than the cost of non-organic fruits in winter. **Stepney Hills Farms and Greencroft Gardens** are great growers of organic veggies. Vine ripened unsprayed local veg/fruit is better than foreign organic produce!

### BREADS & GRAINS (not necessary for health, but OK occasionally and better if whole or freshly milled into flour)

1. **Wolfgang and Quails Farms**. Both these people are dedicated to growing their own organic grains and milling it into flour. Buy rolled oats days after being rolled, wheat flour, fresh spelt flour to replace wheat flour, etc... Both are at the farmer's market. Spelt pizza crusts for \$3 at Quail farms are great frozen for unannounced guests.
2. **Almond Flour and Coconut Flour**. These are our main flour replacements but you need to use recipes that call for them. Our website and facebook page have many. [www.nuts.com](http://www.nuts.com) is cheapest for large orders of almond flour. Costco has organic coconut flour. Other cheaper almond flour is too coarse or not fresh enough (it goes off easily) to get good results.
3. **Okanagan Grocer**. We have found that this artisan bakery does an amazing job of using century old sourdough and fermentation in their well-sourced grains to create many easily digestible European style wheat breads without the side effects of conventional grains. Friday they do an especially low gluten fermented loaf. They are the only wheat breads that are healthier than most gluten free options! **True Grain in Summerland** does similar organic hand milled fermented loaves.

### HEALTHY MEATS & FISH

1. The only healthy red meats are 100% grass fed and finished beef, bison, and wild meat. This is available fresh and well priced at **Choices** and **Johnny's**. Make sure it is **grass fed and finished!** It is available frozen from **Nature's Fare**, and **Abaco Health** but buying it by the piece is quite expensive. Buy a half or quarter of a grass fed cow from the above and **freeze it**. Grain changes the fat completely so organic grain fed beef is NOT as good as grass fed and finished. Grass fed and finished beef is getting more popular and more easily available fresh, cook to medium rare and accept the more wild flavour.
2. Wild salmon is a great source of essential fats and protein but can be high in mercury. Choosing pink, chum or sockeye salmon ensures it is less toxic as they feed on plankton not other fish. Buying it by the fillet is fairly expensive, especially when it is not in season. The alternative is to stock up on salmon when it is in season and freeze it. When it is in season you can buy the whole fish for a fraction of the cost per pound of a fillet. **Codfathers** is our favorite fish shop and they will even fillet it into meal size portions, vacuum pack it and freeze it for no extra cost! Canned is great too!
3. Eggs need to be from **Free Range** chickens eating mainly grass and insects outside. If they have grain feed they get lazy and only eat grains. The yolk should be rich and orange not pale. Urban harvest and choices carry good eggs as do many of the organic vegetable vendors at the farmers market. A distant 2<sup>nd</sup> best are Free run (indoor grain fed, non caged birds).

### DAIRY (not necessary for health, OK if unpasteurized raw milk as in some cheeses, or from grass fed cows)

1. **Jerseyland Organics** is a great local source of grass fed, raw milk dairy cheeses, yogurts, etc. Available at **Nature's Fare**, **Abaco**, **Urban Harvest** and the **Farmer's Market** along with unpasteurized goat and sheep cheese.
2. **Choices, Nature's Fare and Urban Harvest** all stock unpasteurized (raw milk) cheeses as do European delis like **Valoroso**.

### NUTS AND SEEDS

1. Raw walnuts and macadamians are the best nuts to eat regularly. Pumpkin and sunflower seeds are good in moderation. **Real Raw Food** is the best place to buy your nuts, seeds, coconut oil, etc. Order online from [www.realrawfood.com](http://www.realrawfood.com) or see them at **Urban Harvest** the 3<sup>rd</sup> Sat. of each month. The quality is amazing!

### BEER AND WINE (Obviously not needed for health, moderation is important)

1. If beer is craft brewed it only contains 4 ingredients (barley water yeast hops) with no artificial preservatives. Large breweries add preservatives, antifreeze and all sorts of other stuff so stick to craft beer! Organic is best!
2. Organic wine still contains sulphites, but no chemical residue from sprays, etc. Small local or European wineries tend to be better for less chemical use. Try sulphite and yeast free wine at **Silver Sage winery** in Oliver.

### EATING OUT

I avoid chains where possible as they usually produce the food in a huge centre, freeze it and ship it so you are getting reheated food. **Raudz** restaurant is my favorite restaurant in town as it is all natural, very local and organic and has less expensive meals (grass fed beef burger, baked fish and chips, etc..) as well as high end meals. More healthy farm to table restaurants and cafes with fresh local food are popping up regularly. Most fast food is GMO corn based crap so avoid it at all costs!