

Medicine Hat & Area Local Food & Producers Directory



Table of Contents

Dried Beans.....	1
U-Pick Farms.....	2-3
Greenhouses, Market Garden Stalls, & Farmgate Sales.....	4-5
Abattoirs, Meat, & Eggs.....	6-8
Honey Producers.....	9
Farmer’s Markets.....	10
CSA’s (Community Supported Agriculture).....	11
Wholesale Food Clubs or Food Boxes.....	12
Specialty Food Markets.....	13-14

Compiled July 2018

To have any changes or additions made, please call 403-502-6096 or email communityfoodconnections@gmail.com

Dried Beans

Viterra Bean Cleaning Plant – Bow Island

Although they don't have a retail store, they do stock 10kg bags of beans for sale in their office for \$25.

Pinto beans - This medium-sized bean is a staple in the diets of Mexico and the American Southwest. Pintos can be found in chili, refried beans, and many dips.

Great Northern White beans - Great northern beans are a type of white bean that is very popular throughout North America. They typically have a delicate flavor and are somewhat small in size, making them ideal additions to soups, stews, and casseroles. A number of cooks will also prepare them on their own as a savory side dish. They share many characteristics with other white beans, like cannellini and navy beans, and can often be used interchangeably.

Black beans - Black Beans are medium to small, oval shaped beans with a shiny black coat or skin, a small white eye or spot, a creamy white interior, and a pleasant mushroom-like flavor which some cooks have described as "earthy" or "meaty." The beautiful glossy black color is actually a dark purple and is retained even when cooked. They are a staple in South American, Mexican, and Caribbean cuisines. Black beans are widely used in salads, dips, and stews, and in thick soups, especially in Cuba, Puerto Rico, Brazil, and Spain.

Small red beans - Called red beans in China and Japan, from where they likely originated, the Small Red Beans are small, deep red, and oval shaped. These are a sweet bean, often used in desserts. While the skins can be tough, the inside is tremendously smooth.

U-Pick Farms

Larry & Beth Slack

Raspberries and mixed vegetables - U-pick by appointment only.

Phone: 403-526-3669

Location: 12107A RR60; 4 km S of TransCanada Highway on Southridge Drive.

Bel Air Meadows

Boyne and Double Delight raspberries, sold by weight not by bucket. U-pick by appointment.

Phone: 403-529-1699 or 403-928-1133 (can also text this number) to book your appointment.

Hours: 8:00am to 6:00 pm

Cash only. Non-certified organic.

Location: First right after the light blue "Use Respect" sign, Range Road 60, 1-2 km South of Southridge Drive

Facebook: Bel Air Meadows

Prairie Berry Orchard

Sour Cherries and Saskatoons.

Phone: 403-866-3929

Location: 7022 Township Road 120, Cypress County

Green Valley Saskatoon Farm

Saskatoons at the beginning of July and Raspberries at the middle of July. U-pick by appointment only.

Phone: 403-488-3676

Location: 11204 Highway 41 South towards Elkwater on the right hand side.

Erna's Berry Farm

Saskatoons, black currants, sour cherries, raspberries, rhubarb

Open from Monday to Saturday 8:15am-6pm; June-September. Open until dark during U-pick hours. Restaurant located on site.

Phone: 403-977-0496

Location: Corner Highway 3 and Highway 879 West of Bow Island.

Facebook: Erna's Berry Farm and Country Cafe

Clayton & Kim Hodgson

Raspberries. \$10/bucket. U-pick by appointment.

Phone: 403-866-4072

Location: North of Bow Island, 110030 Range Road 110

Save Our Soils Farm

Strawberries and raspberries. Beans, Beets, Cabbage, Carrots, Corn, Cucumbers, Peas, Potatoes, Summer Squash, Winter squash, Zucchini, Kale, Swiss chard, Garlic, Dill, summer savoury. U-pick by appointment.

Phone: 403-977-7405

Location: 3/4 miles west of Rolling Hills Community Hall, 0.5 miles N on RR14-0. White shed on left hand side.

Website: www.albertafarmfresh.com

Antelope Creek Berry Farm

June bearing strawberries for the first half of July, and Saskatoons mid July. U-pick by appointment only.

Phone: 403-362-3842

Location: 161011 Township Road 184 - Brooks, Alberta

Facebook: Antelope Creek Berry Farm

Greenhouses, Market Garden Stalls & Farmgate Sales

Many greenhouses in the area have an area or room open to the public where you can purchase off-sales, produce that they are selling at a reduced cost to local customers. Payment is made into lock boxes on an honour system, as these areas are not staffed. The produce available varies from greenhouse to greenhouse but typically includes: peppers, cucumbers, tomatoes, eggplants, butter lettuce, etc.

Ruben Greenhouses Ltd.

1740 Gershaw Dr SW, across from the airport beside the Nissan and the Tempo in Medicine Hat. Open 8am-9pm.
703 Broadway Avenue West, Redcliff. Open 8am-9pm.
Facebook: Ruben Greenhouses Ltd.

Westland Fresh Produce

22 - 6 street NW, Redcliff
Facebook: Westland Fresh Produce

BioTech Greenhouses Ltd.

202-9th St NE, Redcliff
Facebook: BioTech Greenhouses Ltd.

The Veggie Hut

2nd Avenue NW, between 7th and 8th St. NW, Redcliff
Facebook: The Veggie Hut

The Cucumber Man Ltd.

8 6 St SW, Redcliff
Facebook: The Cucumber Man LTD

P & C Farms

12108 Range Road 55, Cypress County – South of Boundary Road on 13th Avenue SE, Medicine Hat

Rolling Acres Greenhouse

1550 South Boundary Road, Medicine Hat - Across from the entrance to Desert Blume

Windmill Garden Centre

920 1 St SW, Medicine Hat
Website: www.windmillgardencentre.com
Facebook: Windmill Garden Centre and Butterfly House

The Market Centre

912 South Railway, Medicine Hat
Website: www.marketcentremedicinehat.com
Facebook: The Market Centre

Huber's Farm Market

Sells a large variety of vegetables which they grow themselves. Cash or cheque only. Fresh Salsa line and pickled products as well.

Dates: July-October

Hours: 9am – 5pm

Location: At the corner of Broadway and 8th St. Northwest. 860 Broadway Avenue West, Redcliff

Phone: 403-548-7203

Facebook: Huber's Farm Market

Cazes' Fruit Stand

Seasonal fruit during the summer months

1356 Trans Canada Way Southeast, in the Leon's Furniture Parking Lot

Facebook: Cazes' Fruit Stand Ltd

Heller Boys Corn

Farmgate Sales & Farmer's Market

Phone: 403-548-4982

Location: Seven Persons

Facebook: Heller Boys Corn

Abattoirs, Meat & Eggs

Kosher meats – only sold in a select number of grocery stores in Calgary and Edmonton. The nearest grocery stores to Medicine Hat are:

Sobeys Bridlewood - 2335 162 Ave SW, 100, Calgary
Safeway Glenmore Landing - 1600 90 Ave SW, Calgary
Southport Superstore - 10505 Southport Rd SW, Calgary

Halal meats – Medicine Hat Superstore carries a selection of Halal meat & dairy products.

Alberta Prairie Meats

Halal Butcher – closest Halal butcher to Medicine Hat
101 Railway Avenue, Duchess, Alberta
Phone: 403-378-4123
Email: albertaprairiemeats@gmail.com
Website: www.albertaprairiemeats.ca

Blackburn Meats

Contact: Bernard Blackburn
Phone: 403-504-1678
Email: blackburnmeats@xplornet.ca

Deerview Meats Ltd

Contact: Perry & Chris Deering
Phone: 403-527-2221
Email: info@deerviewmeats.com
Website: www.deerviewmeats.com
Facebook: Deerview Meats

Deluxe Meats & Seafood Ltd.

525 C# Washington Ave. SE, Medicine Hat
Contact: Randy & Denise
Phone: 403-527-8634
Email: deluxemeats@hotmail.ca
Website: www.deluxemeatsandseafood.ca
Facebook: Deluxe Meats & Seafood Ltd.

Premium Sausage

141 Mildred St, Seven Persons, AB
Contact: Mark & Debbie Penner
Phone: 403-832-2224
Email: premium@telus.net
Website: www.premiumsausage.ca
Facebook: PREMIUM SAUSAGE (2009) INC.

Prairie Pearl's Homestead

Pasture raised lamb or chicken. Selling whole animals only. Delivered for butcher by Deerview or Blackburn Meats in August and October.

Phone: 306-297-6457

Facebook: Prairie Pearl's Homestead

River View Hogs and Hens

Outdoor, naturally, humanely raised pigs and poultry. Located just North of Rattlesnake reservoir.

Phone: Eric 403-580-0975 Jen 403-581-3543

Email: riverviewhogs@gmail.com

Facebook: River View Hogs and Hens

Sweet Shade Ranch

Goat meat. Located down the Black & White Trail.

Phone: 403-952-6333

Hidden River Ranch

Heritage poultry & waterfowl, Katahdin sheep, Jersey Angus cows. Eggs available for pick-up in Medicine Hat. Call for more details.

Phone: 306-662-4469

Email: hidden.river@outlook.com

Website: www.hiddenriverranch.weebly.com

Facebook: Hidden River Ranch

TLC Farms & Lynn's Country Kitchen Catering

Naturally raised pork, beef, chicken and eggs. Catered wholesome meals prepared with local food for any number of people, large or small.

Phone: 403-832-2541

Facebook Group: TLC Farms

Macpherson Meats

Provincially inspected pasture raised pork, organic grass finished angus beef, and pasture raised chicken & turkey.

Phone: 403-952-1122

Email: macmeatis@netago.ca

Website: www.macphersonmeats.com

Facebook: MacPherson Meats

Arrowhead Ranch

Naturally raised beef

Phone: 403-878-4397

Website: www.arrowheadnaturalbeef.com

Cattle Creek Ranch

Naturally raised beef

Phone: 403-502-2975

Website: www.cattlecreekranch.ca

Greentree Wellness Centres

Organic beef, chicken and pork from Macpherson's Meat.

Phone: 403-528-2299

Website: www.greentree.ca

Facebook: The Greentree Wellness Centres Inc

Medicine Hat Meat Traders

Soft Alberta Beef Jerky available at Farmer's Markets & local grocery stores

Phone: 403-488-1344

Location: 5016 Township Road 132, Cypress County

Website: www.mhmt.ca

Facebook: Medicine Hat Meat Traders

Honey Producers

Norio's Honey Farm

Honey available for purchase at the farm. \$3/lb if you bring your own container. Containers are also available for sale at the farm.

Phone: 403-528-2841

Location: 188 Charles Street, Dunmore, AB.

Sweet Pure Honey

Phone: 403-594-4254

Website: www.sweetpurehoney.ca

Facebook: Sweet Pure Honey

Fat Bee Honey Ranch

Phone: 403-979-7879

Website: cypresshillshoney.wordpress.com

Facebook: Fat Bee Honey Ranch

Farmer's Markets

Medicine Hat Farmer's Market

Dates: May - October

Hours: Saturdays 9am -1pm

Location: Cypress Centre Fieldhouse or Pavilion (Use the same entrance for both buildings) on the Stampede Grounds

Website: www.mhstampede.com/annual-events/farmers-market

Facebook: Medicine Hat Farmers' Market

Market in the Park

Dates: May - September

Hours: Wednesdays 4-8pm

Location: Pioneer Village on the Stampede Grounds

Website: www.mhstampede.com/annual-events/farmers-market

Facebook: Medicine Hat Farmers' Market

Market @ Medalta

Dates: Every Thursday, May - October

Hours: 4:30pm – 8pm

Location: 713 Medalta Ave SE

Facebook: The Market at Medalta

Rite Downtown Farmers Market

Dates: Daily from 12pm-4pm - July-October

Location: 635 2nd St. SE

Facebook: Rite Downtown Farmers Market

CSA's (Community Supported Agriculture)

“Community-supported agriculture, commonly referred to as a CSA model, is a system that connects the producer and consumers within the food system more closely by allowing the consumer to subscribe to the harvest of a certain farm or group of farms. It is an alternative socioeconomic model of agriculture and food distribution that allows the producer and consumer to share the risks of farming.

In return for subscribing to a harvest, subscribers receive either a weekly or bi-weekly box of produce or other farm goods. This includes in-season fruits and vegetables and can expand to dried goods, eggs, milk, meat, etc. Typically, farmers try to cultivate a relationship with subscribers by sending weekly letters of what is happening on the farm, inviting them for harvest, or holding an open-farm event. Some CSAs provide for contributions of labor in lieu of a portion of subscription costs.” - Wikipedia

Neubauer Farms

Email: nneubauer@xplornet.com

Phone: 403-580-9654

Website: www.neubauerfarms.ca

Facebook group: Neubauer Farms

Wholesale Food Clubs or Food Boxes

Amy's Pantry – Amy Martens

Wholesale fruit & nut sales.

Pick up in Seven Persons or delivery to Medicine Hat

Email: amyspantry@live.ca

Facebook: Amy's Pantry

Sun Country Market – Janice Thiessen

Local organic vegetable seconds, local non-organic vegetable produce, Washington fruit. Pick up weekly in Bow Island or delivery every 2-4 weeks to Medicine Hat.

Email: suncountrymarket@gmail.com

Veg-N-Out Farms Inc.

1-12311 RR 63, Medicine Hat, Alberta

Phone: 403-979-1801

Greenhouse veggies delivered to you. Place your order by email or text message.

Facebook: Veg-N-Out Farms Inc.

Good Food Club

Not-for-Profit Wholesale Produce Purchasing Club

The Good Food Club is a wholesale produce purchasing club run by volunteers and open to anyone in Medicine Hat and area. Members can order one or more boxes per month of whichever sizes they choose. Every dollar of your box payment goes towards the purchase of produce for the box. Pick-up day is the 2nd Tuesday of each month.

Boxes are available in three sizes:

Small (\$10) feeds 1-2 people for approximately 1 week.

Medium (\$15) feeds 3-4 people for approximately 1 week.

Large (\$20) feeds 5-6 people for approximately 1 week.

The contents of a box varies each month depending on what is in season, what is available, and the cost of produce.

\$30 annual fee for non-volunteers OR \$10 fee for volunteer members with a minimum of 8 hours of volunteering throughout the year. After June 30th the memberships are half-price. College students and members who pick up at the Food Bank have their memberships waived. Membership guidelines & volunteer positions are listed in detail on our website.

Depot locations include: Hillcrest Church, Medicine Hat College Student Association, REDI Enterprises, Community Health Services, Y's Choice Wellness, McCoy High School, Elm Street School, École Les Cyprés, Food Bank, Redcliff Public Library. Please see our website for a full listing of addresses and pick-up times.

Orders & payment for the following month can be made on or before the last Tuesday of the month. Orders & payment can be made on our secure website with credit card or PayPal, or with cash or cheque at the Community Health Unit, McCoy High School, Medicine Hat College Student Association office, REDI or the Redcliff Public Library.

Phone: 403-502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca/club

Facebook: Community Food Connections Association

Specialty Food Markets

Ukrainian Food Mini Mart

Address: 526 A 3rd St SE, Medicine Hat

Phone: 403-793-7815

Website: www.ukrainianfood.store/shop

Facebook: Ukrainian Food Mini Mart

Grace International Market

Filipino Market with some Mexican products

Address: 7-3307 Dunmore Rd SE, Medicine Hat In the Ross Glen Business Park

Phone: 403-487-0314

Facebook: Grace International Market

T P Asian Canadian Market

Address: 393 Aberdeen St SE, Medicine Hat

Phone: 403-526-8980

Starlite Convenience Store & Asian Market

Address: 541 Allowance Ave SE, Medicine Hat

Phone: 403-654-0343

Facebook: Starlite Convenience Store & Asian Market

Pasta-Bilities

Imported Italian, French and German food products

1290 Trans Canada Way SE, Medicine Hat

Phone: 403-528-4441

Zucchini Blossom Market and Café

Imported Italian food products

50 - 3 St NE, Medicine Hat

Phone: 403-526-1630

Website: www.zucchini Blossom.com

Facebook: Zucchini Blossom Market & Cafe

Island Mexican Store

Address: 149 5 Ave West, Bow Island, AB

Hours: 8:30am-6pm Monday-Saturday

Phone: 403-545-6670

Africa Super Market

Address: 344 8 St E, Brooks, AB

Phone: 403-362-3599

Sam's Oriental Market

Filipino market with some African products

Address: 316 Cassils Rd W, Brooks, AB

Phone: (403) 501-2741

Brooks Grocery

Filipino, Mexican and African Groceries

Address: 330 2 St W #2, Brooks, AB

Phone: (587) 270-0024