

News from CFS and our Community



Our mission is to be ambassadors for the planet while building community and encouraging good health, unity and resilience.

We proudly offer a huge selection of high quality organic, non-GMO, ethically and locally sourced products in a unique market style shopping environment.

We embrace diversity, encourage conversations and celebrate our differences. Thank you so much for your continued support, your open hearts and your patronage.



Celebrating Spring...

- Welcome New CFS Members
- CFS Online Anniversary Draw
- Fabulous Farm Store Draws
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Welcome New CFS Members



Our customers mean the world to us!

Founded in 1993, we have been serving the Cowichan Valley for 30 years. We are known for our friendly, knowledgeable service, and our genuine care for our community and our customers.

Each department offers an incredible selection of organically grown and non-GMO foods and we work closely with local farmers and producers to support our community and provide the freshest whole and health-sustaining foods to our customers.

You will also find a plethora of planet friendly products for food storage, zero waste lunches, outdoor adventures and household comforts like salt lamps, candles, baskets, sacred stones, and all you need to create a home that nourishes your mind, body and soul.

We are grateful for the support and encouragement of our members over the years, now and always.

In Community,
Nicolette and The Community Farm Store Team

CFS Online Anniversary Draw

No fees! No minimum orders! And to celebrate 30 years, a chance to win one of our raffle baskets!

Just take a moment to share one of your favourite memories of shopping at



Share your favourite Community Farm Store memory for your chance to win an awesome prize!

Community Farm Store - add your story to the Additional Comments section of the online order form.

We will draw our next winner on our upcoming Customer Appreciation Day - Thursday, March 30th!

Take grocery shopping off your to-do list and shop online. Visit [CFS Online](#) to get started.

Fabulous Farm Store Draws



To celebrate our 30th anniversary this year, we'll be holding a Customer Appreciation on or around the 30th of every month. Join us for demos, draws, and wellness talks all year long. Enter in store or on our social media channels and share a favourite memory of the Farm Store

for your chance to win. Thank you to our generous vendors for donating the baskets!

New to the Community Farm Store



New SoYoung

Sweet new patterns for the springtime! Made from durable, washable linen to last for years of adventure. **SoYoung** is a Canadian and female owned brand of thoughtfully-made lifestyle goods on a mission to make personal wellness sustainable, stylish and self-empowering. Hurry in to get your pick - they are in limited quantities.



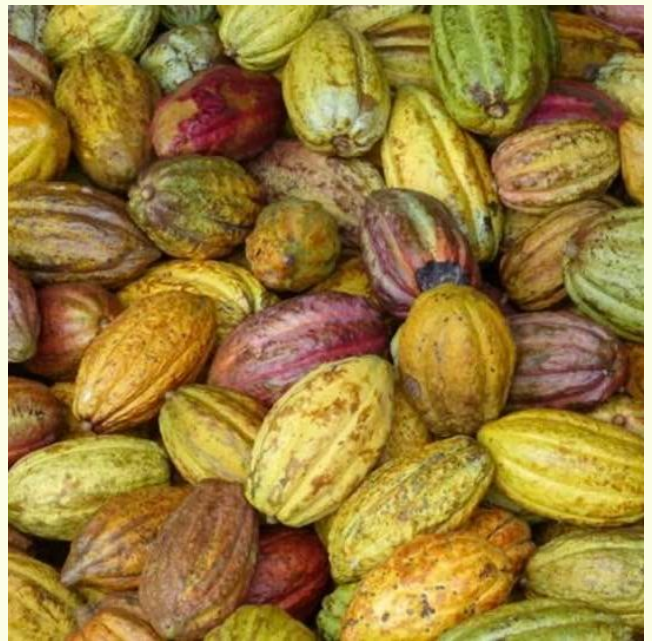
Paradise Mountain Organic Coffee

Shade grown high in the mountains of Thailand and roasted at the same elevation in the Canadian Rockies, [Paradise Mountain](#) coffee is produced with the highest levels of organic certification and bird friendliness, and its production supports 200 communities. Did we mention that the coffee is amazing? Find their medium, dark, Estate Blend, decaf blend, and Angel's Espresso beans in the CFS Pantry.



The Drift Candied Salmon

We're thrilled to offer [The Drift](#)'s delicious candied salmon in our freezer, in both traditional maple and garlic maple varieties. Sweetened with organic cane sugar and organic maple syrup, this local treat is truly a taste of the west coast. Stock up for Easter!





Black Jaguar Chocolate

We have an amazing new collection of bean-to-bar chocolate bars produced on Cortes Island! **Black Jaguar Chocolate** uses cacao from the Bosawás Biosphere Reserve in Nicaragua, one of the largest remaining tropical rainforests, where it is hand harvested from carefully selected and cultivated trees and directly traded from small scale farmers. Once the beans arrive to Cortes, they are gently toasted, winnowed, and stone-ground, preserving the complex fruity and floral flavours. Find their Dark, Milk, Mayan Traditional Blend, and 100% bars in our Wall of Chocolate, and their outstanding drinking chocolate in the CFS Pantry!

Down the Produce Aisle



Farmgate Microgreens

Locally grown organic microgreens! Microgreens are the earliest stage of a vegetable plant's

development, after the sprouting stage. They are “living foods” – purposefully utilized in their most nutritious and delicious state. Microgreens are up to 40X more nutrient-dense than mature greens like broccoli. They can help boost your immune system, lower inflammation, and improve gut health



Green Beans

These organically grown beauties would be tasty sauteed with butter and garlic, tossed into a soup or stir fry, or transformed into a savoury green bean gomaе (recipe near the end of the newsletter).



Snap & Snow Peas

Fresh and crisp, peas just taste like springtime! Add them to your stir fries, rice bowls, and lunch boxes for a nice crunchy snack. Both are a great source of fiber, plus they're packed with manganese, vitamin C and folate. An awesome veggie for the immune system and bones, as they also boast a healthy dose of vitamin K, which has been shown to aid in the creation of new bone cells.



Forager's Galley Antler Reishi Growing Kit

Known commonly as the 'Mushroom of Immortality' in Chinese, Reishi is a highly esteemed medicinal mushroom thought to promote longevity and overall health. [Foragers Galley](#) growing kits include myceliated substrate and detailed instructions to make it easy for anyone to grow these healing fungi at home.



Scalding on Granny Smith Apples

You may have noticed blemishes called sun scalding on the Granny Smith apples recently. It's a perfectly natural occurrence - [read on](#) to learn more. The delicious taste and texture is not affected at all.

Spring Cleaning



Open a window and let the sunshine and fresh air in! It's time to clean and de-clutter. Here at the CFS, we have effective, non-toxic cleaning products for everything - laundry, windows, bathrooms, floors, dishes and more. You don't need chemicals to deal with tough stains, grease, odours, bacteria, and mold! We're proud to carry products to keep your house spotless, while being kind to the Earth and all her creatures.



The Bare Home Laundry & Dish Soaps

The Bare Home's products are effective and clean for the environment, plus they're refillable! Each product is biodegradable, phosphate free, dye free, never tested on animals, and only scented with high quality essential oils. By using refillable products in your home, you're contributing to the elimination of single use plastics. Refilling with one three liter box replaces six bottles going to landfill. Savour that sunshine and get started on spring cleaning!



Plastic Free

We have an awesome selection of durable [Sayula](#) brushes to tackle any task. Made in Mexico, their products are biodegradable and use plant species that naturally grow in the region, don't require much water or use of harmful practices, like the use of pesticides and fertilizers. They work directly with rural communities to help them improve their quality of life by providing stable income and fair prices that directly benefit people in these communities.



Reusable & Refillable

We carry glass spray bottles! These are great for all those DIY cleaning and air freshening recipes - (see below). Visit the cleaning section of the CFS Pantry to find our full selection of planet friendly accessories.



Citric Acid for Cleaning

Did you know that citric acid is excellent for cleaning? Citric acid kills bacteria, mold, and mildew, making it great for general disinfecting and cleaning. It's also effective at removing soap scum, hard water stains, calcium deposits, lime, and rust. Also, it serves as a preservative in many cleaning solutions. Lemon juice contains 5 - 8% citric acid and is often used in green cleaning.

Citric acid is used in several cleaning products, such as auto cleaning products (e.g., wheel and radiator cleaners), metal cleaners, oven cleaners, dishwasher cleaners, all-purpose cleaners, soap-scum removers, bathroom cleaners, tub & tile cleaners, carpet cleaners, dish soaps, laundry detergents, air fresheners, window cleaners, stain removers, and dishwasher rinse aids. [Read on](#) to learn more.



All-Purpose Citrus Cleaner

Don't just compost those orange (and lemon) peels! Use them to make a super effective yet inexpensive cleaning solution. Simply keep the peels in a big jar and top with white vinegar. Once your jar is filled with peels, let it hang out for at least 2 weeks in a cool, dark place.

When you're ready to use it, strain out the peels and discard. Dilute one part of the orange vinegar with 2 parts water for an outstanding all-purpose cleaner that can tackle just about any surface - even your oven!

Customer Memories



From Maria ~ I first came into the store when I was pregnant with my first child! I had just moved to BC (to Salt Spring Island) and was 8 months pregnant at the time. I was eagerly searching for natural remedies for my home birth, and came all the way to the farm store (I was definitely waddling by that point!) to grab some essentials as we heard y'all had great things!

I had my baby a few weeks later and only made it back to the store again when he was a few months old. The beautiful staff at the store all remembered me from weeks past, and were so kind and encouraging to me as a new mom! It felt like I had community in those lovely beings. We've been coming back over regularly since then for the past seven years!

Happy Easter



With a lovely early April Easter this year, we can look forward to fresh blooms in the garden and warm sunshine for our egg hunts.

We have lots of delicious, fair trade goodies for hiding and basket fillin, and we're well stocked with **Baraka's** wonderful baby baskets - the perfect size for little hands to collect their treasures.





Easter Treats

The bunny has arrived! Choose from **Camino's** amazing Hazelnut Praline Chocolate Eggs, **YumEarth** Gummy Fruits or Giggles, **Lesser Evil** Organic Sugar Cookie Popcorn, **Hammond's** Organic Lollipops, organic jellybeans, or **Denman Island Chocolate** Bunnies! Tuck everything into a beautiful new **So Young** lunch box or backpack, or a lovely little **Baraka** baby basket.



Locally made Denman Island Chocolate bunnies go fast! We suggest getting yours early to avoid disappointment



Springtime Candles

Adorn your Easter table with locally made Beewick'd Beeswax Candles in sweet springtime shapes. Visit the [Freya-Sophia Waldorf Store](#) next door in the Sol-Centre for lovely felted eggs and bunnies, wooden filling eggs, Pysanky supplies, egg dyeing kits, crafts, and so much more.



Natural Egg Dyeing

Celebrate springtime with beautiful, handmade Easter Eggs! Why use chemical-laden colourings when you can make gorgeous colours and patterns at home using things you already have on hand? Often white eggs are preferred as they hold colour best.

Natural Dyes:

- Blue on White Eggs/Green on Brown Eggs - 1 cup chopped red cabbage per cup of water.

Add just enough water to cover the cabbage.

- Red - 2-3 pounds of red beets, unpeeled and cut into one inch chunks. Add just enough water to cover.
- Lavender or Red - 1 cup red onion skins per cup of water.
- Pink on White Eggs/Maroon on Brown Eggs - 1 cup shredded beets per cup of water.
- Orange on White Eggs/Rusty Red on Brown Eggs - 1 cup yellow onions skins per cup of water.
- Yellow - 2 tbsp ground dry turmeric per cup of water.
- Beige/Taupe on White Eggs - 1/2 cup of ground coffee per 4 cups of water.

Instructions:

1. Combine water and dye matter (cabbage, onions, coffee...) and bring to a boil Reduce heat to a simmer and cover for 15-30 minutes. The dye is ready when it is a few shades darker than required. Dip a little onto a white dish to check colour.
2. Let cool and strain the pulp out. It's okay if there are small bits left, this will add variation in colour.
3. Add 1 tbsp of vinegar per cup of strained liquid to set dye. Leave eggs in dye longer for stronger colour.

We look forward to helping you find everything you need to celebrate Spring. Happy Easter!

Get Nourished at the CFS Cafe



The CFS Cafe is open **Tuesday-Saturday from 10-4:30 (kitchen closes at 3)** for delicious housemade sandwiches, soups, salads, poke bowls, falafel bowls, pasta (above), ramen, Mezze

boards, coffees, and more. We will continue to stock all of our CFS Housemade favourites in our Grab & Go Cooler, and you can always add any of these to your online order. Look out for new offerings in the spring!



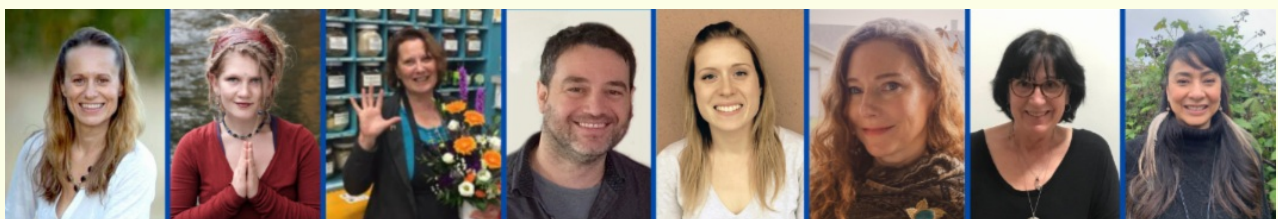
Grab & Go for Easy Meals

Pick up the Cafe's amazing plant based Caesar dressing, housemade croutons, and one of these big, beautiful heads of organic romaine from the CFS Produce Aisle for an easy meal. Elk Ragu has returned to the Grab & Go offerings, too!



The CFS Cafe now has 2 sizes for your in store beverages...because a small Chicken Chai Latte just isn't enough!

CFS Wellness Department



The CFS Wellness Advisory Team is a unique group of compassionate, knowledgeable, and committed Holistic Health Care professionals. Setting the bar high, in the health-food industry, is our on-going mission. We strive to meet each of our customers where they are at, in their

uniquely individual journeys, with friendly curiosity and humility. Our enthusiastic team is stacked with credentials in Holistic Nutrition, Herbology, Reflexology, and Energy Medicine. We strive to stay up-to-date with the latest leading-edge research that can help us to serve our customers and community to the best of our ability. It is our collective calling to serve and we are always here to help!

Monthly Wellness Talks are Back

We are excited to be hosting wellness talks on the CFS Mezzanine once each month for all who wish to come! Please see posters in store for details. Yarrow Willard, CIH will be presenting our next talk on Thursday, April 20th from 4-5pm on the topic of Modern Medicinal Mushrooms. \$10 registration. Sign up at the Wellness Desk.

All of our products can also be purchased via [CFS Online](#).

Did you miss our latest Wellness newsletter? Don't miss out! [Head here](#) for the latest products and health guidance to help you be your healthiest self.



CFS for the SOUL

CRYSTALS • BOOKS • ORACLE DECKS • GIFTS

A curated collection of crystals, books, oracles, and locally crafted treasures for your sacred space. Come see what's new!



A new shipment of Himalayan salt lamps has arrived, with lots of sizes and shapes to choose from. Salt lamps add such a lovely ambiance and can help keep energy clear in your space.



The long awaited return of the cute little stone animals is over! We're fully restocked on all the favourites...



Loving this Luna edition of the Ethereal Visions tarot deck - the shimmery rainbow iridescence on each card is so magical! Come check out our other new decks and pull a card for a special message, just for you.

New Hours

Beginning April 1st, our hours will change to 12-5 Monday-Friday and 10-5 on Saturday. If you would like to shop at CFS for the Soul before it opens for the day, please ask us at the Admin desk and we will happily open it up for you!

Extend Your CFS Discount

Community Farm Store Members can extend their monthly member discount to save 15% on purchases* at CFS for the Soul!

How it works:

1. Complete your shop downstairs & redeem your monthly member discount.
2. Bring your receipt upstairs to extend the 15% discount to your crystal store purchase*
Not a member yet? [Sign up today](#) to receive a discount on a future purchase!

Discount reimbursements will not be issued. Not valid on sale items. Valid for same day purchases only.

CFS for the Soul Hours

Monday - Saturday 10-5
Closed Sundays & Holidays
Good Friday, April 7th 10-5
Closed Easter Monday, April 10th

Follow us on [Facebook](#) and [Instagram](#) to stay up to date with all the magic!

CFS Bulk



Buying in Bulk

How's that pantry looking? We're all stocked up with big bags of rice, grains, beans, and flour, so come pick up your favourites at the best price. Not seeing what you need in store? Take advantage of your CFS Membership and order what you need with us at Customer Service.



CFS Bagged Easter Treats

We have so many yummy treats bagged in house, too! From chocolate covered cacao nibs, espresso beans, cranberries, and toffee pistachios to jellybeans, wine gums, dried fruit, and sunny fruit slices, our team has everything ready to make your Easter incredible.



Homemade German Soft Pretzels

This is an easy recipe for homemade soft pretzels. They turn out absolutely delicious - chewy on the outside and soft and fluffy on the inside! Serve them with the easy and delicious Beer Cheese dip for a great snack. This recipe makes 12 pretzels.

Ingredients:

For the dough

- 4 cups flour all purpose
- 1 tablespoon instant dried yeast
- 1 tablespoon brown sugar
- 1 teaspoon sea salt
- 4 tablespoons unsalted butter softened
- 1 1/4 cups milk preferably at room temperature
- Topping: Vancouver Island sea salt flakes or CFS Everything Bagel Seasoning

Brine

- 1 quart water
- 1/2 cup baking soda
- 1 tablespoon salt

Directions:

Make the dough

1. Mix dough: Place flour, yeast, sugar and salt in the bowl of your stand mixer fitted with the dough hook and combine well. Add butter, then start the mixer on low and slowly pour in the milk as the mixer works. Let the dough knead on low speed for 5 minutes, or until it forms a smooth dough.
2. First proof: Shape into a tight ball, place back in the bowl and cover with a clean tea towel. Let sit at room temperature until doubled in size (about 40mins - 1 hour).

Shape the pretzels

1. Divide dough: Once dough is ready, punch it down and divide it into 12 equal pieces.
2. Shape: Roll each piece into a roughly 20inch long strand that's slightly thicker in the middle. Twirl the ends together 3x, then fold down to shape a pretzel.
3. Second proof: Shape all pretzels and place on 2 lined baking sheets. Cover with tea towels and proof for another 20 minutes, or until slightly puffed up.

"Brine" and bake

1. Prep: Preheat oven to 360°F.
2. Make "brine": Combine 1 quart of water, baking soda and salt in a high-sided pot. Bring to a boil, then take off the heat.
3. Dip pretzels: Using a slotted spoon, dip each pretzel into the solution for 15-20 seconds, making sure it's fully submerged. Drain well on the spoon, then place back on the lined baking sheets.
4. Bake: Sprinkle the "brined" pretzels with sea salt flakes, sesame, CFS Everything Bagel Seasoning, cheese... whatever you enjoy, then bake for 20 minutes in the preheated oven until deeply golden brown.

Finish

1. Brush for shininess (optional to make them shiny): IMMEDIATELY after taking the pretzels out of the oven, brush them with water, milk or half and half.
2. Cool: Transfer the pretzels to a wire rack to cool completely.

Beer Cheese Dip

Ingredients:

- 4 tablespoons unsalted butter
- ¼ cup all-purpose flour
- 1 cup lager beer
- 1½ cups half & half
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon garlic powder
- Scant ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 4 oz (1 cup) shredded Cheddar cheese
- 4 oz (1 cup) shredded Gruyère cheese
- 1 tablespoon chopped fresh chives, for serving (optional)

Instructions:

1. Melt the butter in a medium saucepan over medium heat. Add the flour and whisk until the flour is completely absorbed. Continue cooking, whisking constantly, for 1 minute.
2. While whisking constantly, slowly pour in the beer and half & half. Whisk in the mustard, Worcestershire sauce, garlic powder, salt, and cayenne pepper. Bring the mixture to a

- boil, whisking constantly, then reduce to a simmer and continue cooking, whisking frequently, until thickened enough to coat the back of a spoon, about 3 minutes.
3. With the heat on low, add the cheeses a handful at a time, whisking between each addition, until the cheese is fully melted before adding more. Taste and adjust seasoning, if necessary. Transfer the dip to a serving bowl and sprinkle with fresh chives, if using. Serve immediately.
 4. Leftover beer cheese can be covered and refrigerated in an airtight container. Reheat gently on the stovetop over medium-low heat, whisking frequently, until warmed through. Enjoy!

Visit the CFS Apothecary



New Spice Blends

We have two tasty seasoning blends to try from the CFS Apothecary! The Steak & Chop Blend is fantastic for red meats or hearty grilled mushrooms. The new Taco Seasoning is free from tomato, salt, and sugar, but still packed with amazing flavour.

From the Land of Tea



New from Two Hills Tea

Find these new offerings from [Two Hills Tea](#) in the Apothecary.

Blue Matcha Earl Grey

Is it really matcha? No. Traditional green matcha is made from micro-milled green tea flakes, also known as sencha. Blue matcha, on the other hand, is made from 100% micro-milled butterfly pea flowers! The result is an ultra-fine, whiskable, vibrant blue powder, hence the common name 'Blue Matcha'.

Generously scented with a bergamot oil that's truly special, sourced from Calabria, Italy and cold-pressed into liquid gold. This deliciously aromatic, citrusy, sunny, and pleasant oil transforms our blue matcha into an unbelievably fragrant treat. A visual and gustatory delight almost too beautiful to consume. Almost.

Fermented Spiced Chai

The health benefits of fermentation, coupled with an enticingly sweet, mellow, woody flavour, make fermented tea a no-brainer for your daily routine.

Contains:

Organic dark tea (*camellia sinensis*), organic chai blend (cinnamon, star anise, cardamom, pepper, ginger, cloves, nutmeg)

Fermented Black Tea

Contains:

Organic dark tea (*camellia sinensis*)

The Freya-Sophia Waldorf Store



In contrast to a complicated world let's keep things at home simple and beautiful. Let us help you to imagine new traditions that are nourishing for the whole family. Our store is a colourful, tranquil, and an inspiring "portal" to warmth, wonder and wisdom. Find us tucked into the Sol-Centre, adjacent to The Community Farm Store.



We are overflowing with adorable Easter items! Puppets, wooden eggs, dye kits, wind up bunnies and chicks, books, wooden animals, beeswax candle eggs, an extensive selection of Ukrainian egg dyeing supplies, and so much more. It really is magical in here!



Creating a Nature Table

From [Sarah's Silks](#)

A nature table is a celebration of the season and a beautiful way to make space for treasures you find outside. Whether you're using it as a sensory learning tool for little ones or simply love nature in your home, they are a great way to brighten up a room!

We have collected rocks and wrapped them in jewel tone wool yarn. Simple crafts with found treasures can be a great project for the whole family. The rocks are nestled in an old bird's nest that we knew was abandoned. When hunting for treasure in nature it is important that we aren't disturbing the creatures who live around us!

A candle on your nature table is a lovely way to bring light into the space. Candles create warmth all year round. Flowers are a staple for nature tables. Whether they are a full bouquet of wild flowers or simple dandelions, flowers bring color and joy to your nature table. Art that has been collected or hand made is a great way to inspire creativity. By making something lovely for your nature table, little ones can look forward to displaying something they are proud of creating.



Did you miss us in the Cowichan Valley Voice? [Head here](#) for our latest pages!

FSWS Hours

Open Monday - Saturday 10-5

Closed Sundays & Holidays

Open Good Friday, April 7th 10-5

Closed Easter Monday, April 10th

We are here to help and to support.

We are happy to accommodate requests for mail orders or curbside pickups.

To contact us at the store, email freyasophiawaldorfstore@gmail.com.

Follow us on [Facebook](#) for updates.

Recipes



Green Bean Gomae

A simple way of dressing vegetables that will become your favourite! Toasted sesame seeds form the basis of this salty, sweet, and addictive sauce for green beans and other vegetables.

Ingredients:

- 1 pound green beans
- 1/4 cup white sesame seeds + 1/2 tbsp for garnish
- 1 1/2 tsp honey
- 2 tbsp tahini
- 3 tbsp coconut aminos or tamari/soy sauce
- 1 tbsp water (more or less depending on consistency)

Directions:

1. Remove the tops of the green beans and cut them into 2 inch long pieces. Bring a pot of water to a boil and cook the green beans for 3 to 4 minutes until they are tender but not mushy. Remove from the heat, place in a strainer and rinse them in cold water to stop them from cooking further.
1. Place the sesame seeds in a frying pan (with no oil) on medium heat and toast them for 3-5 minutes, stirring continually. The sesame seeds will become toasted and begin to turn a golden brown colour.
2. Put the toasted sesame seeds in a pestle and mortar or spice grinder until they are broken down into a crumbly mixture. Don't worry if there are some seeds that are still whole, the overall texture of the mixture should just be crumbly.
3. In a bowl combine the honey, tahini, coconut aminos and ground sesame seeds and whisk together. Depending on the consistency you may need to add in a splash of water to thin it out.
4. Transfer the cooled beans to a bowl and pour the sauce overtop. Give them a stir to ensure they are all well coated in the sauce and then sprinkle with the remaining 1/2 tbsp sesame seeds as a garnish before serving.



Easy Springtime Frittata

Frittatas come together so easily. With just a few ingredients and a pan, you'll get a breakfast

worth slicing into. This recipe can be easily modified to use ingredients that are in the fridge.

Ingredients:

- 6 large eggs
- 1/3 cup heavy whipping cream
- 1/2 tsp salt, adjust to taste
- 1 cup grated mozzarella cheese
- 1/2 cup goat cheese
- 1/2 cup cherry tomatoes
- 1/2 cup bell pepper, red, orange or yellow
- 1 cup arugula
- 1 tbsp unsalted butter
- 1 tsp fresh herbs, for garnish

Directions:

1. Preheat the oven to 400F. Whisk eggs, heavy cream and salt until you get a smooth and even texture. Set aside.
2. Cut tomatoes in half. Chop bell peppers into small pieces.
3. Melt butter and coat the sides of the baking dish with it. Spread vegetables evenly on the bottom of the pan.
4. Pour over the egg mixture. Sprinkle the cheese on top. Using a fork, distribute the cheese around a little to incorporate it into the eggs. Bake for 15 to 17 minutes, or until the edges are set and the top is lightly browned.
5. Remove from heat and carefully transfer to a serving platter and cut into wedges. Serve warm or enjoy at room temperature.

Coming Soon...



New Klean Kanteen

We have a fun shipment on the way, with new kids' designs, camping mugs, TK Wide coffee cups, food canisters, and more!



Eatlove Fuel for Life

These just may be the best peanut butter cups we've ever had. Find both their organic peanut butter and coconut cups (not vegan - sweetened with honey) in our Wall of Chocolate soon!



New Simply Organic Spices

Look forward to four new spices from Simply Organic - rosemary, garlic salt, ground coriander, and dill weed. Find them in the Apothecary soon!

Events & Announcements



Customer Appreciation Day

Thursday, March 30th

Join us for a fun day celebrating 30 years of service! We'll have demos, samples, draws, and more. Plus, all shoppers will receive a complimentary 30th Anniversary notepad!



SOULFUL SATURDAY
@ CFS for the SOUL
APRIL 8th, 2023

TAROT READINGS W/CELINA LAVENDAR
11-4PM ON THE MEZZANINE
30 MINS- \$65 / 1HR- \$99

EMAIL: CELINA.LAVENDAR@GMAIL.COM
TO BOOK YOUR SPOT

  @CFSFORTHE SOUL

MODERN MUSHROOM MEDICINE

WITH HERBALIST
YARROW
WILLARD CI.H.

IN-PERSON SEMINAR
THURSDAY, APRIL 20TH | 4-5PM PT



Learn how to support immune system intelligence, mental wellness and whole-body vitality with medicinal mushrooms. With centuries of clinical evidence and decades of scientific research, mushrooms are quickly becoming a preferred choice for addressing many chronic health conditions of our time.

Join Yarrow Willard, CI.H (The Herbal Jedi) in exploring the folklore, science and healing power of the world's top functional mushrooms as food and medicine.

In this seminar, you'll learn:


- The top 5 mushrooms for supporting immunity and stress resilience
- The best growing and extraction methods to unlock their healing potential
- Dosage, safety and best practices
- How to easily add medicinal mushrooms to your daily routine



\$10 registration fee. All attendees will receive a \$10 Gift Card to the Community Farm Store.

TO REGISTER:
Please sign up in-store
or call (250) 748-6227
to reserve your spot.



 HARMONIC ARTS

LOCATION:
The Community Farm Store
5380 Trans-Canada Hwy
Duncan, BC
V9L 6W4

Inspiration

**“SPRINGTIME IS THE
LAND AWAKENING.
THE MARCH
WINDS ARE THE
MORNING YAWN.”**

-Lewis Grizzard





The Community Farm Store Hours

Monday - Saturday 9-6

Closed Sunday

Good Friday ~ April 7th 9-6

Easter Monday ~ April 10th 10-6

Thank you for choosing organic!





The Community Farm Store Organic Health and Whole Food Market

Proudly serving the community since 1993



#2, 5380 Trans Canada Hwy.
Duncan, BC V9L 6W4
Phone: 250-748-6227
FAX: 250-748-6292

Contact
Us



The Community Farm Store | 5380 Trans Canada Highway, Duncan, V9L 6W4 Canada

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