



FARMERS' MARKETS *of Nova Scotia*





Certified Member
Farmers' Markets
of Nova Scotia

NOVA SCOTIA FARMERS' MARKETS 2015

1 Alderney Landing Farmers' Market
2 Ochlockney St, Dartmouth
Saturday, 8 am - 1 pm &
Sunday 11 am - 3 pm
(year round)

2 Amherst Downtown Farmers' Market
9 Bechtel Street, Uxas Dan
Friday, 10 am - 2 pm
(Apr through Dec)

3 Annapolis Royal Farmers and Traders Market
Town Centre, St George St
Saturday, 8 am - 1 pm
(May to Oct)
Wednesday 10 am - 2 pm
(July & Aug)

4 Annapolis Royal Winter Farmers' Market
Historic Gardens, 441 Sault
George St
Saturday, 9 am - noon
(mid Oct to mid May)

5 Antigonish Farmers' Market
4-H Barn, James St
Saturday, 8 am - 1 pm
(May through Aug)
Saturday, 9 am - 1 pm
(Sept through Dec)

6 Argyll Farmers' & Artisanal Market
Hay 308, Tuxton (see Archives)
Thursday 3 pm to 6 pm
(mid June to Thanksgiving)

7 Baddeck & Area Community Market
Community Centre,
526 Chebucto St
Wednesday 11 am - 2 pm
(June to Oct)

8 Beaver Bank Elmsac Market
1583 Beaver Bank Road, Halifax
Sunday 1 pm - 5 pm
(year round)

9 Bridgetown Farmers' & Traders Market
Justice Park, 232 Granville St
Tuesday, 10 am - 2 pm
(mid May to Oct)

10 Bridgewater Farmers' Market
685 King St, between Empire
& Dominion
Saturday, 9 am - 1 pm
(June to Oct)

11 Cape Breton Farmers' Market
340 Keltic Drive, Sydney River,
By-Pass Exit 5A and Colesworth Rd
Saturday, 8:30 am - 1 pm
(year round)

12 Cape North Farmers' Market
Cabot Flea Hall, 20428 Cabot Trail
Saturday, 10 am - 1 pm
(mid June to mid Oct)

13 Chester Seaside Farmer & Artisan Market
20 Smith Road, Old
Train Station
Friday, 10 am - 2 pm
(June to Thanksgiving)

14 Marché du village de Chéticamp
15118 Cabot Trail, beside the
church and school
Saturday, 10 am - 1pm
(end of June to end of Sept)

15 Greenwood Mall Farmers' Market
Greenwood Mall, 963 Central
Avenue, Greenwood
Thursday noon - 4 pm
(year round)

16 Halifax Seaport Farmers' Market
Pier 20, 1209 Marginal Rd
Mon - Fri, 10 am - 5 pm
Saturday, 7 am - 3 pm
Sunday 9 am - 3 pm
(year round)

17 Hammonds Plains Farmers' Market
St. John's Anglican Church,
2187 Larry Ulick Blvd
Thursday 2:30 pm - 6:30 pm
(year round)

18 Historic Farmers' Market (Halifax)
1496 Lower Water St
Saturday, 7 am - 1 pm
(year round)

19 Hubbards Farmers' Market
Hubbards Bns and
Community Park, 57 Hay 3
Saturday, 8 am - 12 pm
(May to Oct & Holiday Markets)

20 Inverness Village Market
Cottage Workshop Building,
46 Lower Railway St
Saturday, 11 am - 2 pm
(July 4 to Aug 20)

21 Kentville Farmers' Market
Centre Square
Wednesday 10 am - 2 pm
(mid May to Oct)
Town Hall Rec Centre,
350 Main Street
Wednesday, 10 am - 2 pm
(mid Oct to May)

22 Les Marchés de la Baie
3255 Route 1, Bellefleur Cove,
beside the wharf
Saturday, 10 am - 2 pm
(May 30 to Sept 20)

23 Lockeport Farmers' Market
Seacaps Park
Friday, noon - 4 pm
(May 22 to mid Sept)

24 Lunenburg Farmers' Market
Lunenburg Community Centre
Thursday 8 am - noon
(door May to Jan)
Thursday, 8:30 am - noon
(door Jan to May)

25 Mabou Farmers' Market
186 Mabou Harbour Rd
Sunday, 11 am - 2 pm
(June to Oct)
Dec Holiday Markets at
Dalbrae Academy

26 Musquodoboit Harbour Farmers' Market
Eastern Shore Community
Centre, 67 Park Rd
Sunday, 9 am - 1 pm
(year round)

27 New Glasgow Farmers' Market
Riverfort Dome, 115 Jary St
Saturday 8:30 am - noon
(May to Nov & Holiday Markets)

28 New Ross Country Farmers' Market
Ross Farm Museum,
4568 Route 12
Saturday 9 am - 12:30 pm
(June to Thanksgiving)

29 North Mountain Market
3201 Long Point Rd, Harbourside
Saturday 9 am - 1 pm
(May 30 to Oct 10)

30 Partners for Care Farmers' Market at the QEII
Centennial Building,
1276 South Park SE
Friday 10 am - 2 pm
(year round)

31 Port Hawkesbury Community Market
Chic Centre, 606 Reeves St
Schedule TBA. Please visit
pnhmarket.ca for details.

32 Privateers Farmers' Market
Privateer Park, Upperpool
Saturday 8 am - noon
(May 9 to mid Oct)

33 Pugwash Farmers' Market
10224 Durham St,
beside the library
Saturday 8:30 am - 1 pm
(May to Thanksgiving &
Dec Holiday Market)

34 Riverport Community Market
Riverport Community Centre,
70 Lower Lahave Rd
Sunday, 10 am - 2 pm
(June 7 to Oct)

35 Shelburne Farmers' Market
Guild Hall on Malden Lane, on
the waterfront
Saturday 9 am - 1 pm
(May 30 to Oct 10)

36 Tantallon Village Farmers' Market
Redmond's Shopping Plaza,
5209 St. Margaret's Bay Rd
Tuesday 2 pm - 6 pm
(June to Oct)

37 Tatamagouche Farmers' Market
Crescent Square, 41 Cresney Rd
Saturday 8 am - noon
(Feb through May)
Saturday 8 am - 1 pm
(end of May to Labour Day)

38 Truro Farmers' Market
Old Fire Hall, corner of Prince
and Young (downtown Truro)
Saturday 8 am - 1 pm
(April to Christmas)
Market Fare Dinners
(first Wed, June through Sept)

39 West Dublin Market
20 Hazy Lake Rd
Saturday 9 am - 1 pm
(March to Dec)

40 Windsor Farmers' Market
Waterside Coach House,
6 King Rd, Extension
Saturday, 10 am - 2 pm
(June to Dec)

41 Wolfville Farmers' Market
DeWolfe Building, 24 Elm St
Saturday 8:30 am - 1 pm
(year round)
Wednesday, 4 pm - 7 pm
(June to Dec)

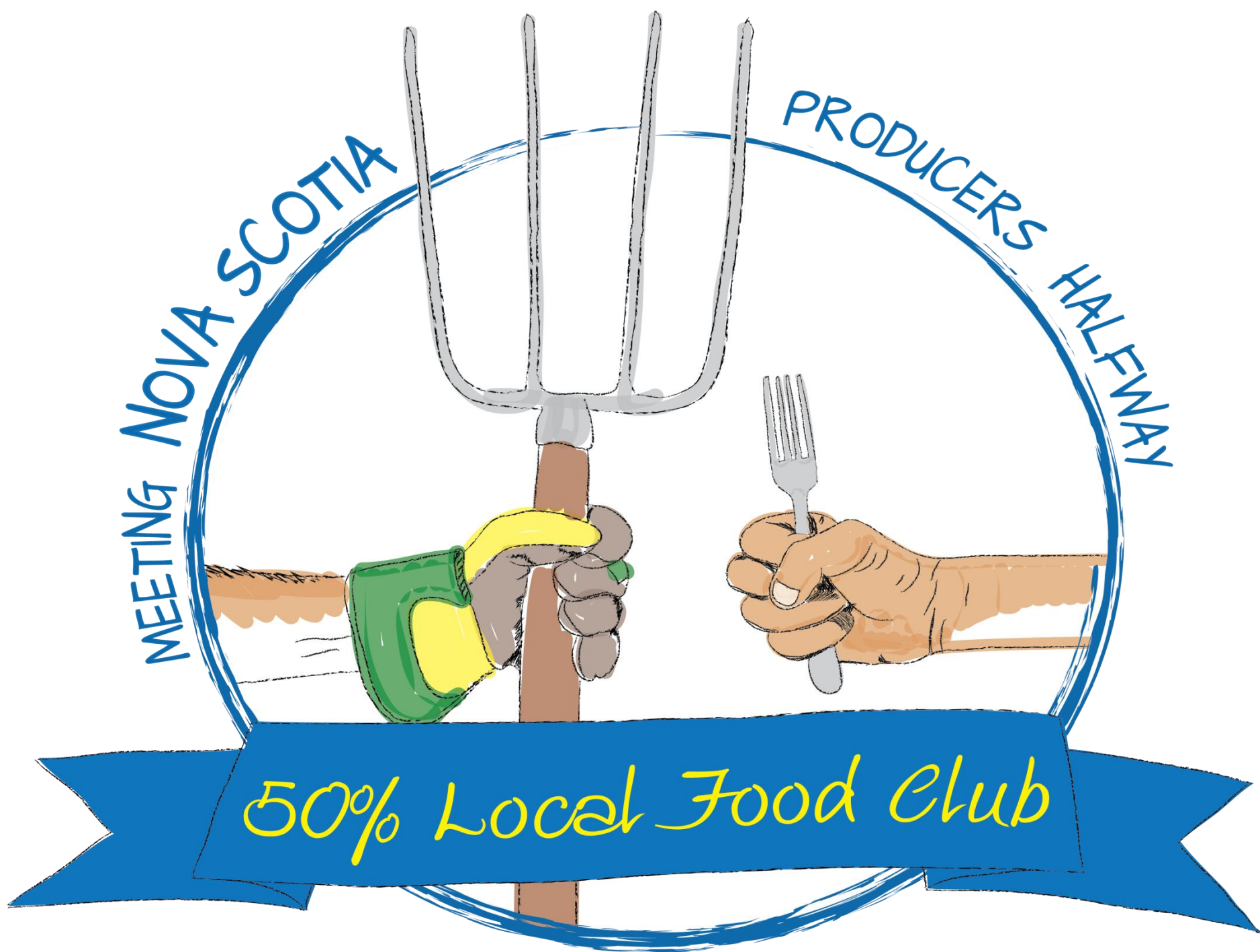
42 Woodville Farmers' Market
Woodville Community Centre,
342 Bligh Road
Tuesday 4 pm - 7 pm
(end of May through Nov)

43 Yarmouth Farmers' Community Market
15 Hazethorne St, ground level
Saturday 9 am - 1 pm
(year round)
Mid-week Market
(late June to Sept & Dec
Holiday Markets)



Nova Scotia's Certified Farmers' Markets proudly adhere to a *make it, bake it, grow it policy.*





Starting September 2014

Frugal Local Food Ideas
By Alicia Lake [@cblocaldiet.ca](http://cblocaldiet.ca)

Find Food! - In Cape Breton there are lots of great berries and other edibles to find in the wild. Turn a family hiking trip into a berry picking trip or start looking at dandelions as the first salad greens! Look for a book on wild edibles at the library.

Grow Food! – Whether it is container gardening, a plot at the community garden or something much larger, growing your own food is an effort that will be rewarded. Start off small with transplants and a few good books and in no time at all, your thumb will be green.

Make Friends with your farmers! – Farmers are not only a great source for food, they also know a lot about cooking and preserving foods. Sometimes farmers are willing to trade labour for food. This is a really great way to get kids involved in growing too. Come to the farmers markets and make friends.

Plan your meat! – Meat can be one of the most expensive parts of your meal and we don't need to eat as much as we do. Cook larger portions such as a whole chicken on a day that you have more time; save portions for other dishes. Having cooked meat will make a week day meal much faster and easier to prepare. Develop a group of recipes that work together, scan some cookbooks for ideas!

Buy in season and preserve – Many foods lend themselves to buying when in season and canning or freezing. This can create incredible savings and provide you with more nutritious food sources in the off season. Remember, there are a lot of uses for those strawberries that are available for a few hours of picking at any of the u-picks around Cape Breton!

Invest in a freezer! – I cannot emphasize this enough! It may seem like a big expense but it will pay off

50% Local Food Club

We're loving local this September – and you can too!



This September marks the start of something wonderful – the 1st annual Nova Scotia 50% Local Food Club! Whether you're already passionate about eating locally or new to the idea, be a part of this awesome initiative. How? Great question! The first step is to register, making the commitment to source 50% of your diet for the month of September locally. From there, browse the website for recipes, retailers and resources – there's plenty including events across the province to bring folks together. Bon appetit!



Knowing the
STORIES
behind the food.

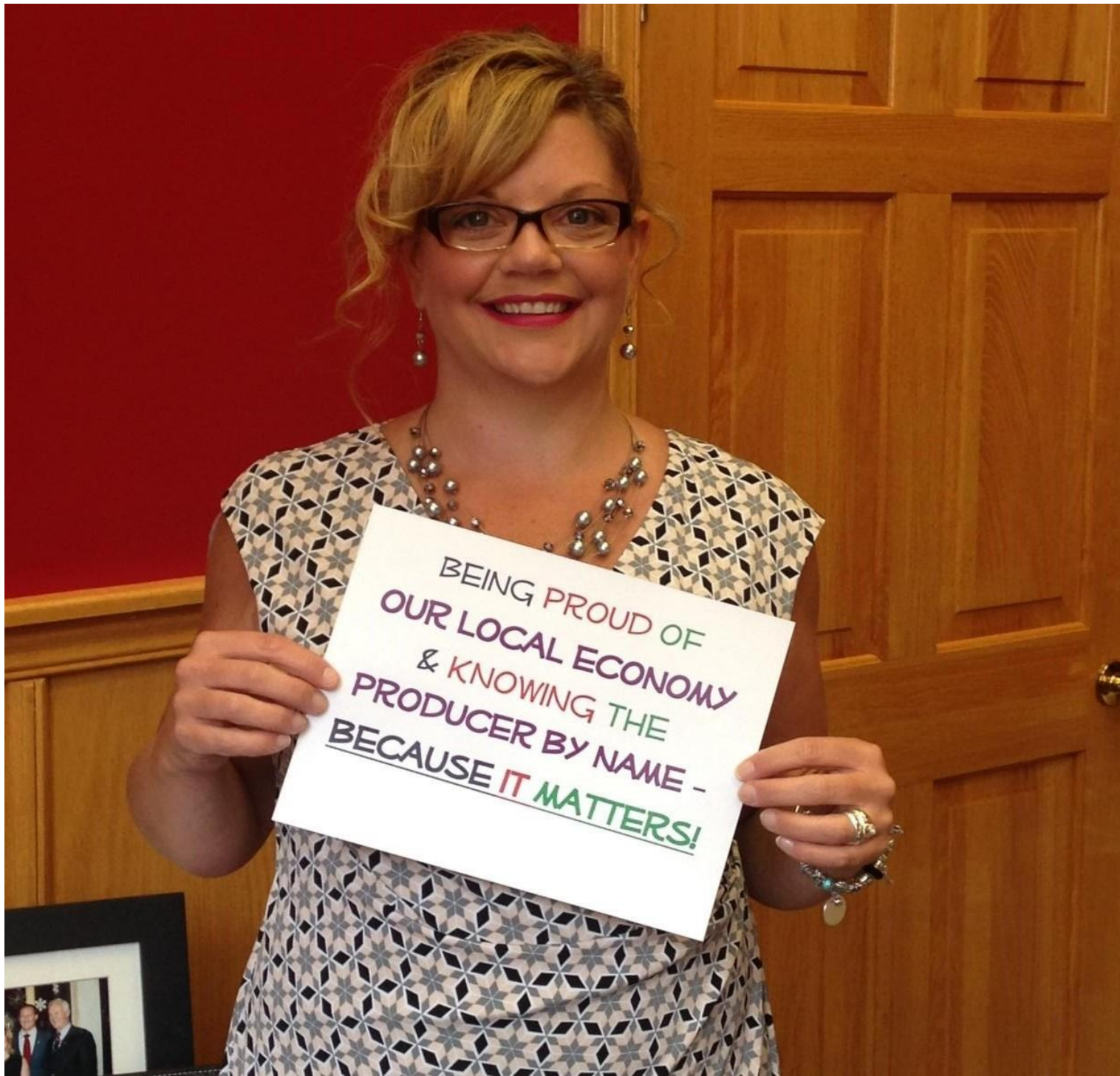
"local"
knowing my farmer
and how they
produce it!





"LOCAL" =
knowing and trusting
the people who
produce my
food.

[#localfoodclub](#)



BEING PROUD OF
OUR LOCAL ECONOMY
& KNOWING THE
PRODUCER BY NAME -
BECAUSE IT MATTERS!

Meeting Nova Scotia Food Producers Halfway – Starting September 2014



Home

Welcome to the 50% Local Food Club, a month-long initiative to increase consumption and purchasing of local foods in Nova Scotia. Why? To support our food producers and farmers, strengthen the local food movement in our province, and simply celebrate food. The 50% Local Food Club provides participants with the resources, support and inspiration necessary to incorporate 50% local food into their diet, and at the same time, connect them with other community members who share a passion for great tasting food.

[Click here to join the club!](#)

This website is a wealth of information – all you'll need to find local food retailers and restaurants as well as nearby activities, and to connect with other members of the 50% Local Food Club in your region.

Regional Connections: Every region will have an on-the-ground coordinator/s to organize events, troubleshoot and bring people together. You can expect potlucks, restaurant meet-ups, farmers' market tours, cooking classes and much more!

[Click here](#) to learn more about your regional coordinator/s.

Recipes: Here you will find an outstanding recipe index for your month-long local food adventure right here as well as a [one-week sample meal plan](#) with plenty of nutritional and sourcing information.



PAGES

[About](#)

[Press Release](#)

[Updates](#)

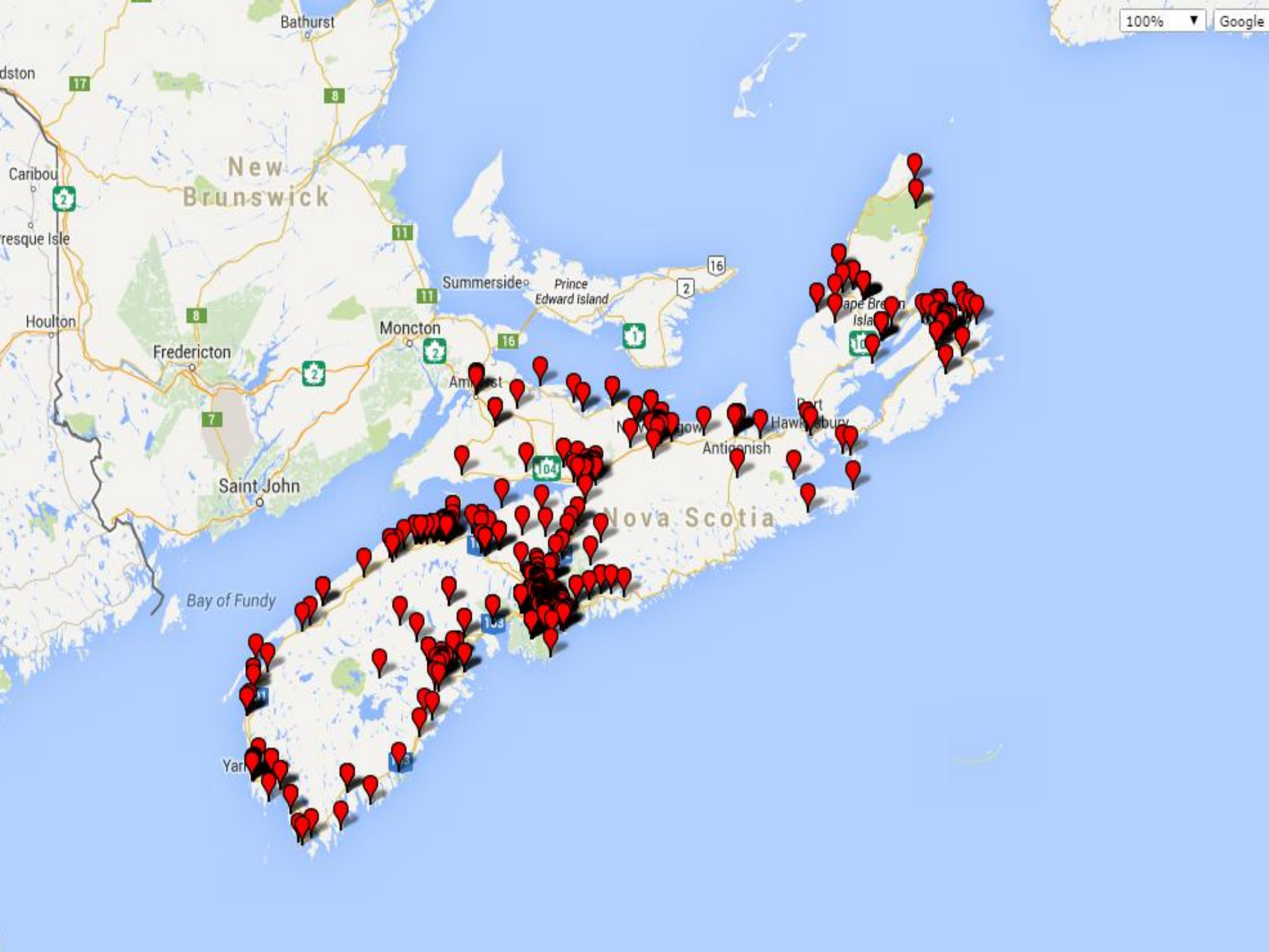
[Who We Are](#)



Reserved



BlackRock Bistro



50% LOCAL FOOD CLUB



FARMERS' MARKETS
of Nova Scotia

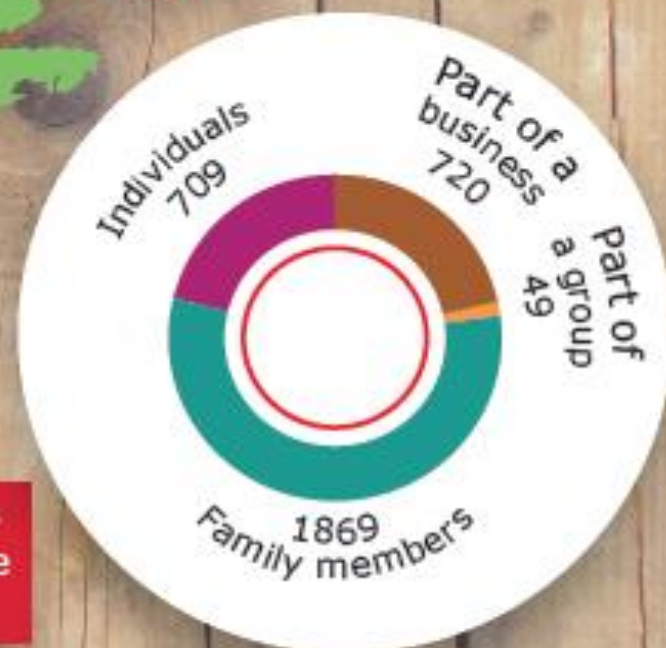
This past September, Farmers' Markets of Nova Scotia and a coalition of local food organizations asked Nova Scotians to step up to the plate and commit to sourcing 50% of their diet locally for the entire month. Individuals, families, businesses, organizations and government took the challenge and the 50% Local Food Club was born.

More than **half** of those involved participated as a family.



* The number of registrations per region is not the same as the total number of participants as many individuals registered as a family or group.

More than **3000*** Nova Scotians of all ages from all regions of the province came to the table!



I want to enjoy a fresh, healthy food regime



I want to support our local economy and small businesses



I want to be more engaged in my community and meet new people



I am interested in trying new foods and recipes



I want to raise awareness of the importance of eating locally produced foods



I want to support our local food producers and farmers



What were your motivations for joining the 50% Local Food Club?



- 17 and under ● 430
- 18 to 24 ● 118
- 25 to 34 ● 383
- 35 to 44 ● 439
- 45 to 54 ● 381
- 55 to 64 ● 315
- 65 and up ● 174

What's on YOUR buy local list?

meat

vegetables

bread

carrots

apples

fruit potatoes

chicken

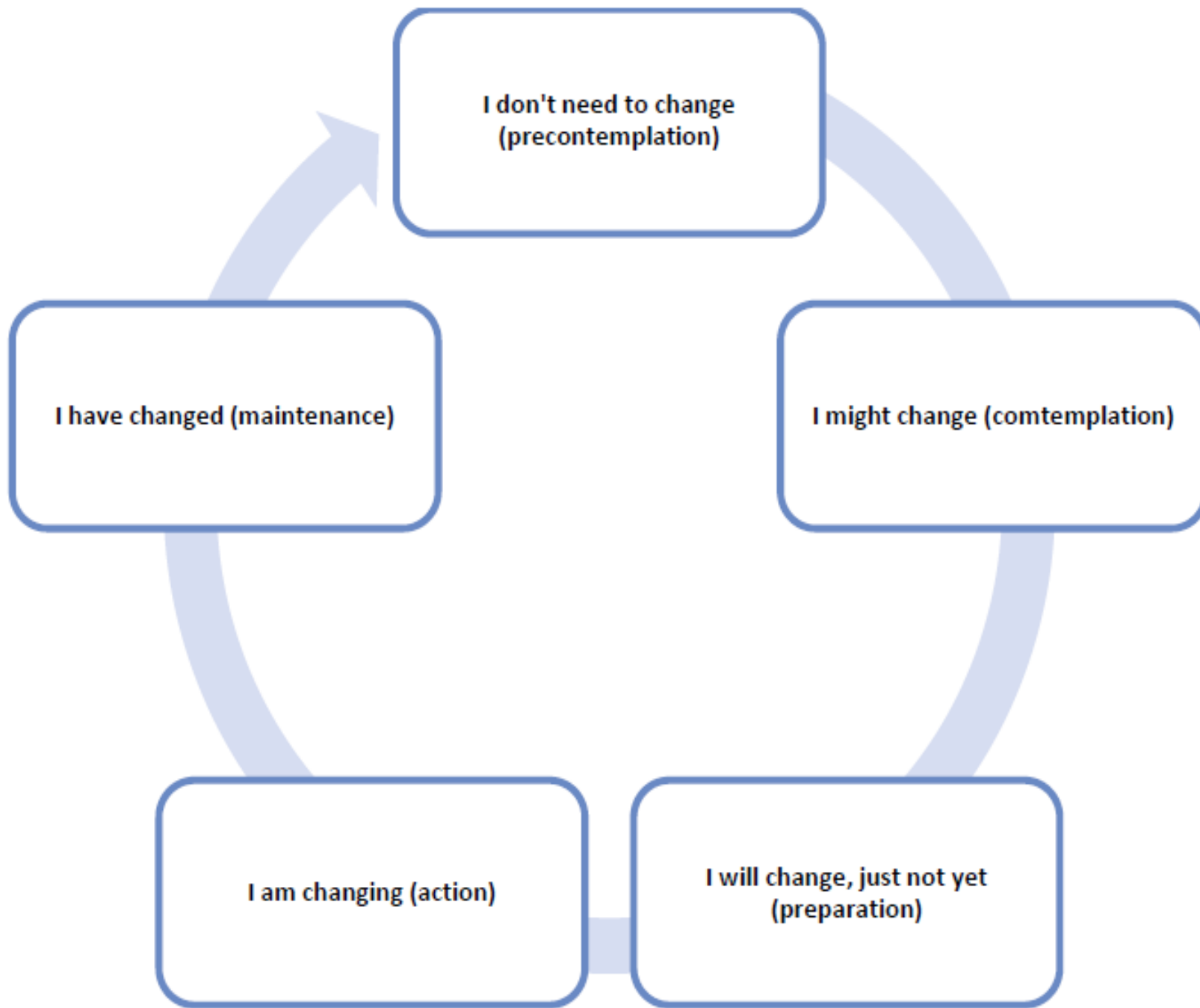
honey

beef

veggies

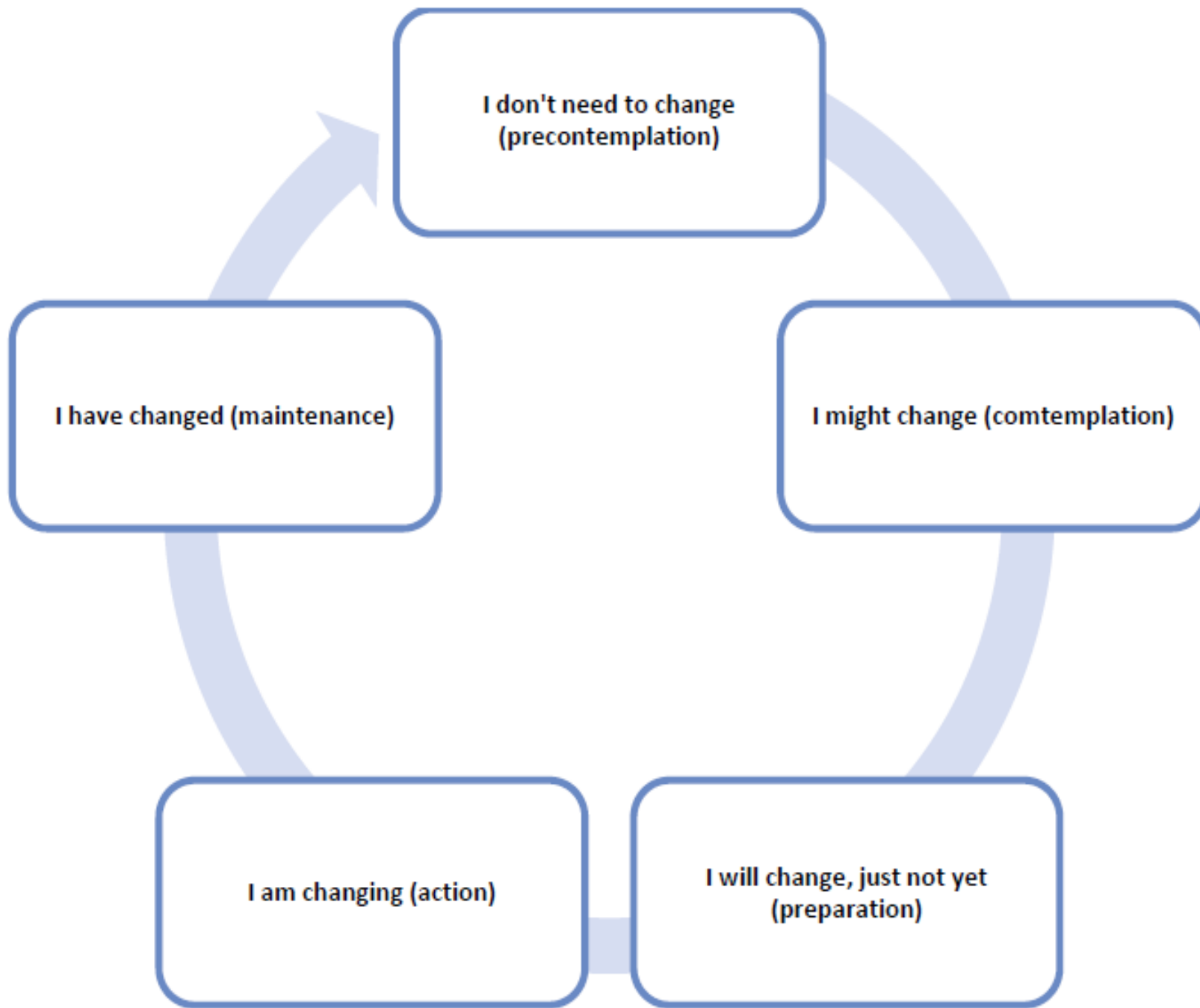
dairy milk

eggs



What did you learn?





FRESH FARMERS' MARKET FACTS



Through business incubation, entrepreneurial opportunity, the creation of jobs, and the circulation of money locally, farmers' markets fuel local economy.

Nova Scotia households, on average, spend **\$117⁰⁰** on food per week. The average market shopping group spent **23%** of their budget at the farmers' market on the day of the study.



The number of farmers' markets in Nova Scotia has grown **3-fold** within the last decade.

highest

Nova Scotia has the number of farmers' markets per capita in **Canada**.



For the full report contact



**FARMERS'
MARKETS**
of Nova Scotia

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FarmersMarketsNovaScotia
 @MarketFreshNS



CULTIVATING COMMUNITY ECONOMY

Nova Scotia Farmers' Markets Economics Impact Study 2013



**FARMERS'
MARKETS**
of Nova Scotia

Nova Scotia's farmers' market sector has grown **3-fold** within the last decade. We are now home to the highest number of farmers' markets per capita in Canada.



21 of Nova Scotia's **40+** farmers' markets participated in this economic impact research by collecting information from market patrons on one market day between mid-July and the end of August 2013.

Per Customer Spending at Markets



Per Customer Spending at Markets and Surrounding Businesses



Research Sample

21

farmers' markets participated

9

large markets (>40 vendors)

7

medium markets (20-39 vendors)

5

small markets (<20 vendors)

3004

market 'shopping groups' responded*

* A shopping group is defined as a group shopping & managing their money together (ie. a couple, family, single person).

One Market, One Day

The average farmers' market welcomed 1373 adult shoppers on the day of the study, each individual spending \$16.50 at the market, resulting in

\$22,654.50

circulating in the local economy from just one farmers' market on just one day.

Key Economic Findings

Each week, Nova Scotia's 40+ farmers' markets welcome **MORE THAN 55,000** adults.

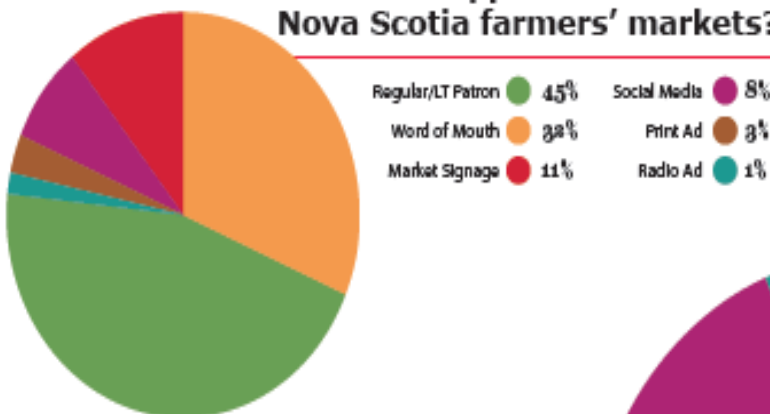
The average Nova Scotia farmers' market served

1,373

On average, each farmers' market shopper spent **\$16.50** at the market on the day of the study.

Each market shopper also spent an average of **\$15.37** at surrounding local businesses with their market visit.

How do shoppers hear about Nova Scotia farmers' markets?



Why are people shopping at Nova Scotia farmers' markets?

Support Local Food Movement

45%

It's a fun experience 30%
Support Small Business 20%
Convenience 8%
Low Prices 2%



A Day in the life of

LUNENBURG FARMERS' MARKET

Twenty-one of Nova Scotia's 40+ farmers' markets participated in the 2013 Economic Impact Study by collecting information from market patrons on one market day during the summer season.*



LUNENBURG FARMERS' MARKET

2,562 
DAILY SHOPPERS*

Per Customer Spending
AT MARKET AT AREA SHOPS* COMBINED

$\$23.87 + \$18.80 = \$42.67$

\$61,154.94



AT MARKET

\$48,165.60



AT AREA SHOPS*

\$109,320.54



COMBINED

Daily Market Economic Impact

www.farmersmarketsnovascotia.com

* This information is part of a larger report that can be accessed through Farmers' Markets of Nova Scotia.
* For the purpose of the Economic Impact Study, only adult market visitors were counted towards attendance.
* Market shoppers were asked about their spending at surrounding businesses on route to and on route from the farmer's market.

A Day in the life of

MABOU FARMERS' MARKET

Twenty-one of Nova Scotia's 40+ farmers' markets participated in the 2013 Economic Impact Study by collecting information from market patrons on one market day during the summer season.*



**Mabou
Farmers
Market**

Local Foods & Crafts

Sundays 11-2

546 
DAILY SHOPPERS*

Per Customer Spending
AT MARKET AT AREA SHOPS* COMBINED

\$18.49 + \$10.15 = \$28.64

\$10,095⁵⁴



AT MARKET

\$5,541⁹⁰



AT AREA SHOPS*

\$15,637⁴⁴



COMBINED

Daily Market Economic Impact

A Day in the life of

PUGWASH FARMERS' MARKET

Twenty-one of Nova Scotia's 40+ farmers' markets participated in the 2013 Economic Impact Study by collecting information from market patrons on one market day during the summer season.*



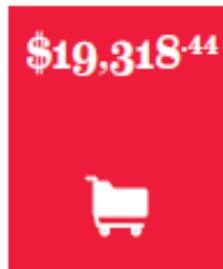
1,374 
DAILY SHOPPERS*

Per Customer Spending
AT MARKET AT AREA SHOPS* COMBINED

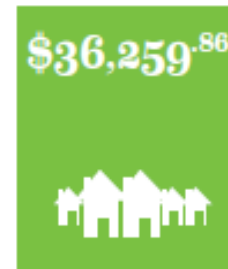
$\$12.33 + \$14.06 = \$26.39$



AT MARKET



AT AREA SHOPS*



COMBINED

Daily Market Economic Impact

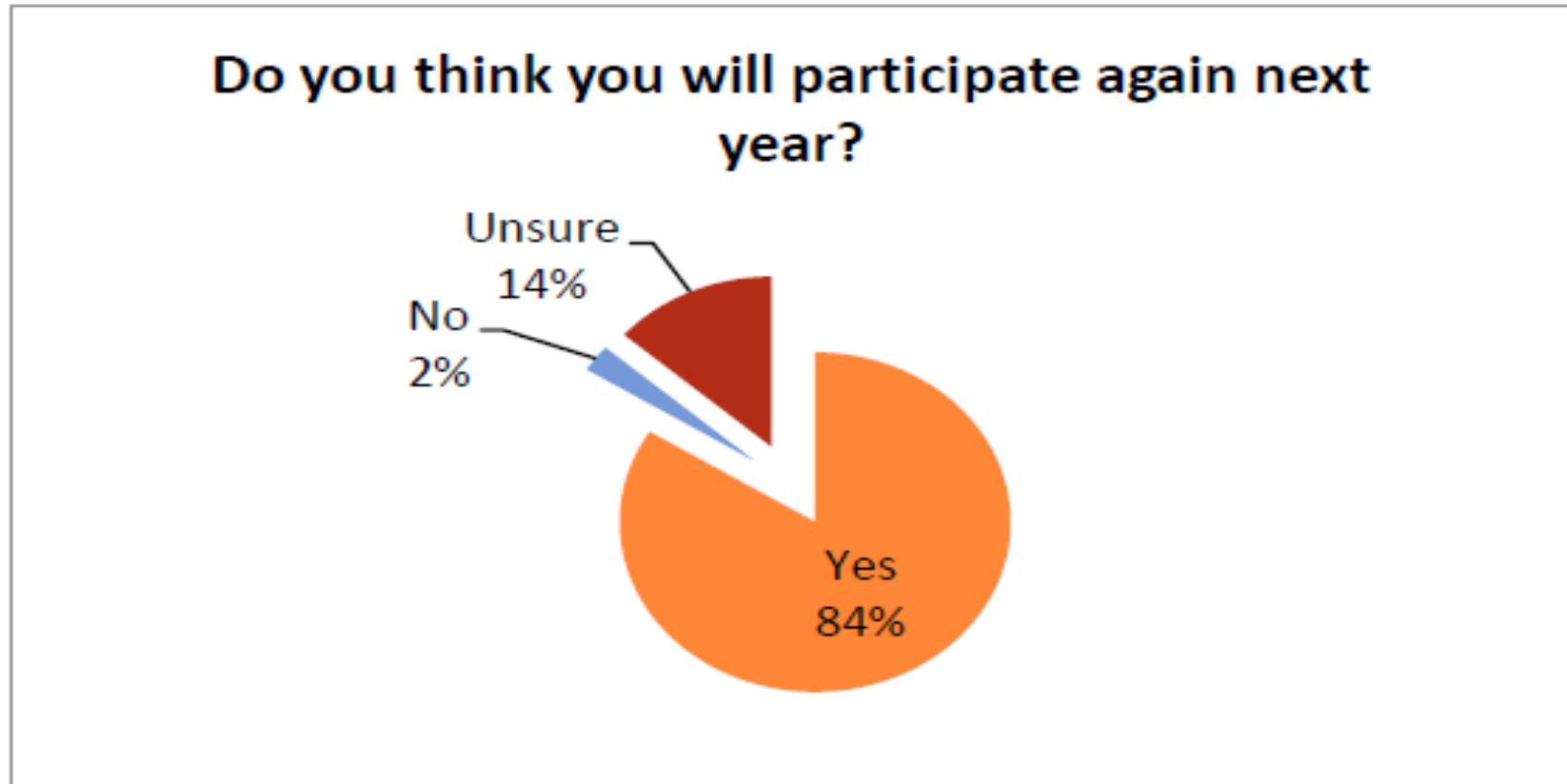
www.farmersmarketsnovascotia.com

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CONTINUED PARTICIPATION



“It was a good way to challenge our family to think about where our food comes from.”

“Yes, I will participate as I think it helps to share the word about the importance of buying local.”

“Hopefully I will be buying more than 50% of my groceries locally by next year. Great initiative!”



**“I became more
dedicated to local
and organic than
even before.”**



**FARMERS'
MARKETS**
of Nova Scotia

This past September, Farmers' Markets of Nova Scotia and a coalition of local food organizations asked Nova Scotians to step up to the plate and commit to sourcing 50% of their diet locally for the entire month. More than 3,000 individuals took the challenge.









**Cereal Killer
Stout Jelly**

*The Spruce Brewing's cereal stout
makes some things, think of
anything on the shelf a beautiful
thing. It's about as good as you
can get for breakfast - on toast!*

*Handmade at our Cape Breton
brewery with the Spruce Brewing's
organic stout, pure organic cane
sugar, pectin, & spices.*

Brewery takes page from Bell's book

ERIN POTTIE CAPE BRETON BUREAU

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Comments Average: 5 (4 votes)



Big Spruce introduces Silver Tart, based on inventor's raspberry syrup recipe





BIG
SPRUCE

BREWING

32oz.

Local, Craft Beer
Made in Seattle