

Medicine Hat & Area Local Food & Producers Directory



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Updated May 2020

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

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 6:00pm

Cash only. Naturally grown.

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

Erna's Berry Farm – Not in operation for 2020

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

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

Greenhouses, Market Garden Stalls & Farmgate Sales

Many greenhouses in the area have a shed or room open to the public where you can purchase off-sales, produce that they are selling at a reduced cost to local customers. Cash payment is made into lock boxes in 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, herbs, etc.

Ruben's Veggies – Open 8am-8pm

1740 Gershaw Dr. SW, Medicine Hat. Across from the airport between the Nissan dealership and the Tempo.

3158 Dunmore Rd. SE, Medicine Hat. In the parking lot by Lamble's Western Wear and The Scoreboard Lounge.

703 Broadway Avenue West, Redcliff.

Website: www.rubensveggies.ca

Facebook: Ruben's Veggies

Westland Fresh Produce

22 - 6 street NW, Redcliff. Open 8am-7pm.

Facebook: Westland Fresh Produce

BioTech Greenhouses Ltd.

202-9th St NE, Redcliff. Open 7am-9pm.

Facebook: BioTech Greenhouses Ltd.

The Veggie Hut

2nd Avenue NW, between 7th and 8th St. NW, Redcliff. Open 8am-8pm.

Facebook: The Veggie Hut

The Cucumber Man Ltd.

8 6 St SW, Redcliff

Website: thecucumberman.ca

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. Open 8am-9pm.

Windmill Garden Centre

920 1 St SW, Medicine Hat

Website: www.windmill-gardencentre.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.

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

Dates: July-October

Hours: 9am – 5pm

Phone: 403-548-7203

Facebook: Huber's Farm Market

Heller Boys Corn

Farmgate Sales & Farmer's Market

Phone: 403-548-4982

Location: Seven Persons

Facebook: Heller Boys Corn

Wild Things Microgreens

Sunflower, pea and radish as well as other rotating varieties.

Phone: 403-866-0639

Facebook: Wild Things Microgreens

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

Desert Springs Farm

Farmgate sales of microgreens, eggs, berries and assorted vegetables.

Email: hello@desertspringsmedhat.com

Phone: 403-866-6119

Website: www.desertspringsmedhat.com

Facebook: Desert Springs Farm

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, pork and chicken. Selling whole animals only. Delivered for butcher by Deerview or Blackburn Meats in August through October.

Phone: 306-297-6457

Facebook: Prairie Pearl's Homestead

Sweet Shade Ranches

Live goats for sale for butchering. Can be delivered to abattoir or you can take to the abattoir of your choice.
Located down the Black & White Trail at 5323 Township Rd. 114.
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 Ranching

Naturally raised beef.
Phone: 403-502-2975
Website: www.cattlecreekranch.ca

Dykshoorn Farms

Ethically raised pastured beef.
Phone: 403-647-7479
Website: www.dykshoornfarms.com
Facebook: Dykshoorn Farms

Greentree Wellness Centres

Organic beef, chicken and pork from Macpherson's Meats.
Phone: 403-528-2299
Website: www.greentree.ca
Facebook: The Greentree Wellness Centres Inc

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, cash only.

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.

Honey Producers

Norio's Honey Farm

Honey available for purchase at the farm. 7lbs. for \$25.

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

Available for purchase at Blondie's Green House in Dunmore, AB.

Phone: 403-979-7879

Website: cypresshillshoney.wordpress.com

Farmer's Markets

Medicine Hat Farmer's Market (Saturdays 9am-1pm) & Market in the Park (Wednesdays 4-8pm)

Dates: May - October

Location: Cypress Centre Fieldhouse or Pavilion (Use the same entrance for both buildings) on the Stampede Grounds on Saturdays, and the Pioneer Village on the Stampede Grounds on Wednesday evenings.

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

Facebook: Medicine Hat 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

Desert Springs Farm

Email: hello@desertspringsmedhat.com

Phone: 403-866-6119

Website: www.desertspringsmedhat.com

Facebook: Desert Springs Farm

Wholesale Food Clubs or Food Boxes

Amy's Pantry – Amy Martens

Wholesale fruit 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.

Phone: 403-594-9100

Email: suncountrymarket@gmail.com

Facebook: Sun Country Market

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 Thursday 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, Bridges clients, 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: St. Barnabas Church, REDI Enterprises, Community Health Services, Y's Choice Wellness, McCoy High School, Elm Street School, École Les Cyprès, 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, 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

Grace International Market

Filipino Market with some Mexican and African products.

Address: 1667 Dunmore Rd SE, Medicine Hat

Phone: 403-487-0314

Facebook: Grace International Market

Alam's Supermarket

All Halal meat. Spices from around the world (Arab, Indian & African)

#3, 303 Southridge Dr. SE, Medicine Hat

Phone: 403-427-0641

Facebook: Alam's super market

T P Asian Canadian Market

Address: 520A 4th Avenue 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

Oh My Fruit Creations

Imported Dutch Products.

421 – 3rd Street SE, Medicine Hat

Phone: 403-527-1771

Website: www.ohmyfruit.ca

Facebook: Fruit Bouquets Medicine Hat

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