### Kelowna Farm to Table – The Path to Your Plate

Here in Kelowna, farmers and chefs take pride in their commitment to guality and share a passion for locally grown food. Because our farms and restaurants are so close together, chefs can pick products at just the right moment to create tasty works of art, all in the same day. Visit an artisan farm during the day, then experience how local chefs turn fresh, local products into delicious meals.



### FARM TO TABLE



INCLUDES: KELOWNA | LAKE COUNTRY WEST KELOWNA | WESTBANK FIRST NATION

### 16. Vineyard Terrace Restaurant at CedarCreek Estate Winery

The perfect setting to enjoy wine, food, and a wonderful vista. Our dishes showcase local, seasonal ingredients at their freshest.

Open May-Sept Daily: Lunch & Dinner From 11 am

5445 Lakeshore Road | t 778-738-1027 cedarcreek.bc.ca

#### 17. Waterfront Wines

A sophisti-casual, cozy, award-winning restaurant with tasty food made with fresh, seasonal, Okanagan flavours

# FARMS



### 2. Arndt Orchards

1. Arlo's Honey Farm

Eniov a fun and authentic farm experience at our u-pick cherry orchard. Growing quality cherries since 1946

Early-Jul To Mid-Aug

1555B Teasdale Road | t 250-765-9568 arndtorchards.com

#### **3. BC Tree Fruits Cooperative Market**

Home to fresh fruit grown by over 430 member growers. Okanagan vegetables available in season.

Open Daily Year Round Mon-Sat 9 am-6 pm | Sun 10 am-5 pm

826 Vaughan Avenue | t 250-763-8872 bctreefruits.com





### 4. Caldwell Heritage Farm

Meet the hens and collect your own farmfresh eggs.\* Agricultural heritage exhibit. Nedding and special event venue.



4275 Goodison Road | t 250-469-2203 caldwellheritagefarm.com \*supplies limited

### 5. Carmelis **Goat Cheese Artisan**

170 Timberline Road | t 250-764-9033

Fruits & Vegetables

t 250-860-2557 | cell 250-575-7806

Select fresh-picked fruits and vegetables,

homemade hot sauce, butter chicken sauce,

carmelisgoatcheese.com

6. Don-O-Ray

uices, jams, and tasty snacks.

Open Daily 9 am-7 pm

3443 Benvoulin Road

\*based on availability

Unique, handmade goat cheese and gelato with rich flavours and natural ingredients. Organized tours for groups of eight or more.\*

Open Daily Mar-Apr: 11 am-5 am | May-Aug: 10 am-6 pm Sept-Oct: 11 am-5 pm | Nov-Feb: Closed



meadow vista



12. Kelowna Farmers'

Apr-Oct: Wed & Sat 8 am-1 pm Nov-Mar: Sat 9 am-1 pm (Parkinson Rec Centre)

Summer/Fall: Corner of Springfield & Dilworth t 250-878-5029 kelownafarmersandcraftersmarket.com

13. Meadow Vista Honey Wines

Taste the Okanagan's Best Honey Wine (aka mead), pick seasonal fruit, play a game of bocci, or enjoy a picnic lunch on the patio!

May-Oct: Open Daily 10 am-5 pm Nov-Apr: Mon-Fri 10 am-5 pm/Weekends 12 pm-5 pm

3975 June Springs Road | t 250-862-2337 meadowvista.ca

#### 14. Okanagan Lavender & Herb Farm

Find your balance. Stroll through our gardens or sit at our aromatherapy bar. It's all about an earthly experience that is calm and centering.

May 1-Thanksgiving: Open Daily Oct 10-Dec 16: Tues-Sat

4380 Takla Road | t 250-764-7795 okanaganlavender.com

#### 15. Okanagan Wine & Orchard Museum

Visit a heritage packinghouse, explore the Okanagan Wine and Orchard Museum, and shop for locally produced tastes and treasures.

Open Year Round | Tues-Sat 10 am-5 pm Sun 11 am-4 pm | Mon Closed

1304 Ellis Street | t 778-478-0325 kelownamuseums.ca

### **16. Pioneer Country Market**

Delicious fresh lunches, renowned handmade pies, fresh baked goods daily, and our famous preserves made with local fruits and vegetables.

Feb-Dec: Mon-Sat 9 am-4 pm



### 6. Krafty Kitchen + Bar

Cuisine by Chris Shaften of Top Chef Canada, local wines, seasonal cocktails, chef's table menu, and the West Coast's only hip-hop brunch!

Sat-Sun & Holiday Mondays 10:30 am-10 pm

281 Lawrence Avenue | t 250-868-7228 kraftykitchen.ca

### 7. Lakeside Dining at Hotel Eldorado

Nothing beats "The El's" Lakeside Dining Room, Boardwalk Patio, and El Bar – all featuring local, seasonal, and organic products.

Open Daily 7 am-Close Boardwalk Patio: Seasonal May-Sept

500 Cook Road | t 250-763-7500 eldoradokelowna.com

#### 8. Old Vines Restaurant at Quails' Gate Winery

Consistently recognized as one of BC's top restaurants. Fresh flavours, exceptional wine, and beautiful vistas await.

Open Daily | Lunch & Dinner From 11 am Reservations Recommended

3303 Boucherie Road, West Kelowna t 250-769-2500 | oldvinesrestaurant.com

### 9. RauDZ Regional Table

RauDZ menus reflect organic, sustainable, and naturally-raised ingredients. Fresh, local, comfortable

Open Daily From 5 pm

raudz.com

1560 Water Street | t 250-868-8805



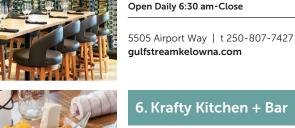












Mon-Fri 12 pm-10 pm





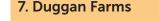












facebook.com/DonORayFarms

Berries, fruits, and vegetables — enjoy picking your own, or we can do the work for you.

Open Jun-Oct | Phone For Hours

2651 Camp Road, Lake Country 250-766-2628

8. Father Pandosy



#### Original buildings and artifacts. Open Apr To Nov Seven Days A Week - Dawn To Dusk

3685 Benvoulin Road | fatherpandosy.com

**Mission & Museum Site** 

Kelowna's birthplace and BC interior's first

permanent European agricultural settlement.

### 9. Gambell Farms

Select fresh-picked fruits and vegetables from our 30-acre farm. We also sell honey, fruit pies, scones, and preserves. Interac®

Jun To Early-Nov: Mon-Sun 9 am-6 pm

12133 Okanagan Centre Rd E, Lake Country t 250-766-4036 | 250-766-3131 (off season) pengam@telus.net



Foodism events, weddings, accommodation, farm, market, bakery and café which use our gardens and orchards for ingredients.

Jun: 8:30 am-5:30 pm | Jul-Aug: 8 am-8 pm Sept-Oct: 8:30 am-5:30 pm

15690 Pelmewash Pkwy in Oyama, Lake Country t 250-548-3444 | gatzkeorchard.com

### **11. Hillcrest Farm Market**

Offering farm fresh fruits and veggies, a café with delicious Indian and Western cuisine, and modern luxury at our bed & breakfast.

May-Sept: Open Daily Oct-Apr: Closed Tuesday



#### 17. Quality Greens Farm Market

Choose from a broad selection of high quality, local products at their peak of freshness. Visit our West Kelowna and Lakeshore locations too.

**Open Year Round** Mon-Sat 8 am-7 pm | Sun 9 am-6 pm

101-1889 Spall Road | t 250-979-1380 qualitygreens.com

1. 19 Okanagan Grill + Bar at Two Eagles Golf Course

West Kelowna's ultimate choice for casual dining.

Fresh local ingredients, friendly staff, extensive

wine list. Largest patio on the Westside.

Lunch & Dinner Daily: 11 am-10 pm

t 250-768-3133 | dine19.com

2. Bellissimo! Pizza

delivery. Outdoor seating mid-May to Sept.

May-Sept: Mon-Fri 4 pm-9 pm/Weekends 12 pm-9 pm

4125B Spiers Road | t 250-862-8332

& Catering Company

We offer an eclectic and relaxed escape for

breakfast and lunch. We cater breakfast, lunch.

Wed-Fri 7:30 am-2:30 pm | Weekends/Stat Holidays

8:30 am-2 pm | Catering: Seven Days A Week

524 Bernard Avenue | t 250-862-3517

4. Bonfire Restaurant

at The Cove Lakeside Resort

ndulge in Executive Chef Brian Fowke's fresh,

ocally-inspired cuisine complemented by his

Culinary Garden & extensive Okanagan wine list.

Bellissimopizzakelowna.com

3. Bohemian Café

cocktail parties, and dinners.

bohemiancater.com

Open Daily 7:30 am-Close

Oct-Apr: Sun-Thurs 4 pm-8 pm/Weekends 4 pm-8:30 pm

**Open Year Round** 

TABLES











Open Daily Lunch: 11:30 am-2pm | Dinner: 5 pm-8:30 pm 4–10058 Highway 97, Lake Country

11. Routes Grill

t 250-766-0777 | routesgrill.com

### 12. Smack DAB at Manteo Resort

A lively kitchen and bar located on Kelowna's largest lakeside patio. Open daily for breakfast buffet, lunch, and dinner.

We offer contemporary, regional comfort food

in a casual and cozy atmosphere. Our menu

changes seasonally with an all-local wine list.

#### Open Daily 7 am-10 pm

3762 Lakeshore Road | t 250-860-4488 smackdabmanteo.com

### 13. Sunset Organic Bistro at Summerhill Pyramid Winery

All-organic food and wine paired with warm, true hospitality will make you feel good about life!

#### Open Daily 7 am-9 pm

4870 Chute Lake Road t 250-764-8000 ext 130 | summerhill.bc.ca

### 14. Terrace Restaurant at Mission Hill Family Estate

A spectacular destination overlooking our vinevards and Okanagan Lake. Seasonally-inspired menus using only the freshest, local ingredients.

May 1-Oct 9: Open Daily Reservations Recommended

1730 Mission Hill Road, West Kelowna t 250-768-6483 | missionhillwinery.com

#### 15. The Table Café at Codfathers

A lunch stop serving fresh seafood dishes. Enjoy gluten-free, tempura-style fish and chips, and salmon BLTs. Weekend lobster and crab boils.

Tues-Sat 11 am-6 pm | Sun & Mon Closed Catering & Takeout Availa



104 -1180 Sunset Drive | t 250-979-1222 waterfrontrestaurant.ca

## WINES SPIRITS & ALES

**1.** 50th Parallel Estate 17101 Terrace View Road t 250-766-3408 | 50thparallel.com

2. Ancient Hill Estate Winery 4918 Anderson Road t 250-491-2766 | ancienthillwinery.com

**3**. Arrowleaf Cellars 1574 Camp Road t 250-766-2992 | arrowleafcellars.com

**4**. Blind Tiger Vineyards 11014 Bond Road t 250-766-0622 | blindtigervineyards.ca

5. Calona Vineyards Winery 1125 Richter Street t 250-979-4211 | calonavineyards.ca

6. CedarCreek Estate Winery 5445 Lakeshore Road t 778-738-1020 | cedarcreek.bc.ca

7. Ex Nihilo Vineyards 1525 Camp Road t 250-766-5522 | exnihilovineyards.com

8. Gray Monk Estate Winery 1055 Camp Road t 250-766-3168 | graymonk.com

9. Grizzli Winery 2550 Boucherie Road t 250-769-6789 | grizzliwinery.com

**10**. House of Rose Winery 2270 Garner Road t 250-765-0802 | houseofrose.ca

**11**. Intrigue Wines 2291 Goldie Road t 250-980-3233 | intriguewines.ca

**12.** Mission Hill Family Estate 1730 Mission Hill Road t 250-768-6448 | missionhillwinery.com

**13**. Mt. Boucherie Winery 829 Douglas Road t 250-769-8803 | mtboucheriewinery.com

**14.** Okanagan Spirits Craft Distillery 267 Bernard Avenue t 778-484-5174 | okanaganspirits.com

**15.** Quails' Gate Winery 3303 Boucherie Road t 250-769-4451 | quailsgate.com

**16.** St Hubertus & Oak Bay Estate Winery 5205 Lakeshore Road t 250-764-7888 | st-hubertus.bc.ca

**17.** Sandhill Estate Winery 1125 Richter Street t 250-979-4211 | sandhillwines.ca

**18.** Sperling Vineyards 1405 Pioneer Road t 778-478-0260 | sperlingvineyards.com

**19.** SpierHead Winery 3950 Spiers Road t 250-763-7777 | spierheadwinery.com

**20.** Summerhill Pyramid Winery 4870 Chute Lake Road t 250-764-8000 | summerhill.bc.ca

**21**. Tantalus Vineyards 1670 Dehart Road t 250-764-0078 | tantalus.ca

22. The Hatch 3225 Boucherie Road t 778-755-6013 | thehatchwines.com

**23**. The Vibrant Vine 3240 Pooley Road t 778-478-4153 | thevibrantvine.com

24. The View Winery & Ward's Cidery #1-2287 Ward Road t 250-860-0742 | theviewwinery.com **25.** Tree Brewing Beer Institute

1346 Water Street t 778-484-0306 | treebrewingbeerinstitute.com 26. Urban Distillery + Winery

#6-325 Bay Avenue t 778-478-0939 | urbandistilleries.ca

27. Volcanic Hills Estate Winery



manninum

























ngredients whenever possible. Takeout and





















#### All published hours of operation are subject to change without notice. Cover: Salted Brick outdoor patio, downtown Kelowna



#### t 250-707-1810 | bonfirerestaurant.ca

#### 2355 Gordon Avenue | t 250-868-9981 thetableatcodfathers.com

#### 2845 Boucherie Road t 778-755-5550 | volcanichillswinery.com

#### For more information about Kelowna wineries, distilleries, breweries,

and cideries, go to kelownawinetrails.com

Keep your friends close and your farmers closer

Quails' Gate Winery









# **FARMS**

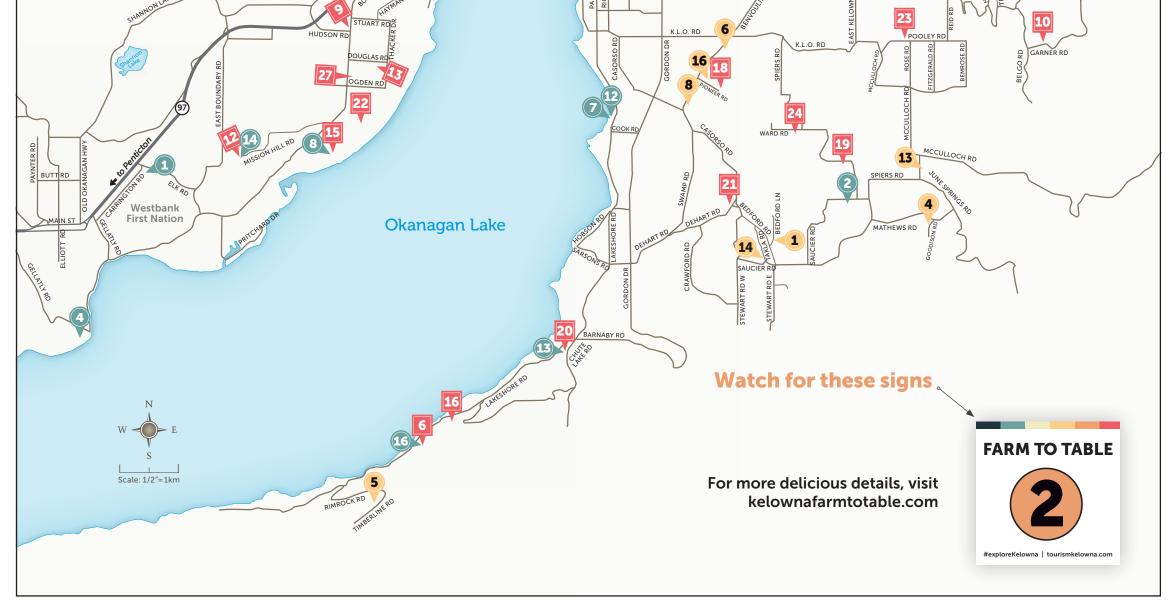
- 1. Arlo's Honey Farm
- 2. Arndt Orchards\*
- 3. **BC Tree Fruits Cooperative Market**
- Caldwell Heritage Farm\* 4.
- 5. **Carmelis Goat Cheese Artisan**
- 6. Don-O-Ray Fruits & Vegetables\*
- 7. **Duggan Farms\***
- 8. Father Pandosy Mission & Museum
- 9. Gambell Farms\*
- 10. Gatzke Orchard\*
- 11. Hillcrest Farm Market\*
- **12.** Kelowna Farmers' & Crafters' Market
- **13.** Meadow Vista Honey Wines
- 14. Okanagan Lavender & Herb Farm
- 15. Okanagan Wine & Orchard Museum
- **16.** Pioneer Country Market
- **17.** Quality Greens Farm Market

\*U-pick location, check for details and availability.

### SAVOUR KELOWNA FROM THE GROUND UP

This self-guided tour will take you through the spectacular landscapes of Kelowna to farms and agriculture-related sites, fabulous restaurants, and wineries. Take your time, meet the locals, talk to the chefs and winemasters, and find surprises around every turn.

26 AVENU BOOTH RD RECREATION AVE NDERSON RD Lake Country 17 Waterfront Park to Vernor 25 LD VERNON R 15 CORNISH RD Cul<mark>t</mark>ural Dis<mark>t</mark>rict MOYER RD WALLACE RD HARTMAN RD (6) LEATHEAD RE AWRENCE AV MAGNIFIED VIEW OF DOWNTOWN KELOWNA to Big Whit Ski Resort Downtown > Westbank First Nation rchard Plaza 17 SPRINGFIEL Kelowna West Kelowna EAST KELOWNA RD



## ΓABLES

- 1. 19 Okanagan Grill + Bar
- **Bellissimo!** Pizza 2.
- Bohemian Café & Catering Company 3.
- **Bonfire Restaurant** 4.
- 5. Gulfstream
- Krafty Kitchen + Bar 6.
- 7. Lakeside Dining
- 8. **Old Vines Restaurant**
- 9. RauDZ Regional Table
- 10. Red Fox Club
- **11.** Routes Grill
- 12. Smack DAB
- 13. Sunset Organic Bistro
- **14.** Terrace Restaurant
- **15.** The Table Café
- 16. Vineyard Terrace Restaurant
- **17.** Waterfront Wines



## Lake ood Lak Country 🖶 on Lake (Duck Lake) Okanagan Lake Kelowna International Airport West Kelowna 2 (97) Lake Country

MAGNIFIED VIEW OF LAKE COUNTRY

**Y f O B P E** 

#exploreKelowna | #tasteKelowna



**My Photo Stream** Select Albums

### TASTE. SNAP. SHARE.

Tag photos as you explore our farm to table scene for a chance to win a basket of local goodies valued at \$300. The more places you visit, the better your chances!

Instagram: #tasteKelowna + @TourismKelowna + location Twitter: #tasteKelowna + @Tourism\_Kelowna + location

Contest ends November 1, 2017. 0 Winner will be randomly selected.

## **BLOSSOMS**& HARVESTS

Of course, Mother Nature has the final say about the dates listed below! Be sure to check in with the Visitor Centre for blossom, harvest, and u-pick info. See bottom of page for contact details.

### **Fruit Blossom Dates**

Kelowna's celebrated orchards – come spring they're ablaze with fragrant, colourful blossoms. Visitors can enjoy the fruit blossoms from early-April until mid-May.

### **Fruit Harvest Dates**

Sept-Oct\*

<b>Apples</b>	<b>Peaches</b>
Aug 15–Oct 30	July 25–Sept 1
<b>Apricots</b>	<b>Pears</b>
July 20–Aug 10	Aug 25–Sept 30
<b>Cherries</b>	<b>Prunes + Plums</b>
July 1–Aug 15	Aug 15–Sept 10
Grapes	Dates varv bv vear.

Dates vary by year. \*Icewine grapes not included.

# Kelowna

### For information about seasonal availability and u-pick farms, contact our Visitor Centre

EXPANDED VIEW OF KELOWNA AND SURROUNDING AREA





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Enter

**Fo Win**!

