



The Owners of Cowichan Liquor Store, Ryan and Kim Smith, opened up Great Greens Farm Market on June 1st at the corner of Koksilah Road and the Trans-Canada Highway in Cowichan Bay and it's been busy from the get go.

Both Ryan and Kim have been in retail since 2002 and founded Great Greens Farm Market to pursue their passion for cooking, providing healthy choices for their family and supporting the amazing variety of locally farmed and produced food on Vancouver Island.

"We feel that Great Greens meets the community's growing need for a one stop local market. We chose this location because of the safe and easy access in both directions at the intersection and the proximity to both the Trans-Canada Highway and to the liquor store. The newly paved parking lot is large and allows for easy parking for cars, RV'S and trailers," says Ryan.

Great Greens Farm Market is a 5,000 square foot full service grocery store with Produce, Grocery, Meat, Deli, Dairy, Frozen Food and Nursery Departments that employs 40 people. Inside the market is a café that offers homemade soups, sandwiches and specialty coffees, which can be served to go or enjoyed on the patio.

Many choices offered at Great Greens are made in-house such as rotisserie chickens, cordons, patties, marinated meats, party platters and many deli items that offer convenience if you don't feel like cooking or if you want to pick up an easily prepared meal.

"It is surprising how much organic and non-organic produce is imported." Says Kim. "We choose to source our produce and organic produce from local farms first and then if it is not available or out of season we expand our boundaries to ensure we have enough product to satisfy demand." As much as 70% - 80% of all organic produce in large box stores are imported from outside of Canada.

Great Greens Farm Market offers over 1,400 local products. Stroll down the Produce aisle and you will find many Island grown & harvested products including cranberries, pumpkins, squashes and garlic to name only a few. The Meat department has chicken from Farmhouse Poultry (just down the road), pork from Notta Farms as well as local beef. Our sausages and stuffed meats are made in house using Great Greens Farm Market recipes and the in-store bakery is turning out pies, brownies, muffins, cookies and cakes that sell out daily!

The all-new refrigeration equipment at Great Greens is energy efficient and exceeds all standards set out by the Vancouver Island Health Authority. The Market also has a back-up generator that kicks in when the power goes out as it occasionally does in the Cowichan Valley.

Check out the website at www.greatgreens.ca to sign up for the weekly electronic flyer. Printed copies are also available at the store. Phone: 1-250-597-7733.