Where The Food Tells The Story

Thompson Okanagan

Stay awhile. Good food, good wine, good fun, the people who grow it, good for you the consumer, and good for the planet. The Thompson Okanagan is the perfect place for the farm to table and slow food philosophy. Purchasing locally sourced produce, meats, and dairy products is a familiar practice for the Thompson Okanagan. Farmers markets, u-pick, farm gate sales, farm to table restaurants, and farm to fork events make this possible year round. Locally sourced, fresh ingredients, is what visitors have come to expect for food and beverage experiences. Chefs are creative, and farmers are always thinking about ways to make an impact for food and business and farmer when they choose to grow and farm locally sourced products and enjoy meals at establishments that practice farming to table.

Boundary Country

Good Facts

Fuelling your morning adventure or afternoon lunch hours is Boundary Country's The Wooden Spoon. Locally sourced ingredients are integral to the passionately made soups, sauces, breads, and pastries. The owner and chef is excited to offer a seasonal menu that reflects the flavours of the seasons, implementing a farm-focused approach that relies on local, local ingredients to create their dishes.

Open Monday to Saturday 8:00 a.m. to 3:00 p.m.

23 Market Ave, Grand Forks, BC V0H 1H0

Photo by The Wooden Spoon

Charcuter

BC's highest rated steakhouse is providing Charcuterie and the North Thompson Valley with locally sourced beef and pork. Hog Tie Farm ship carcasses locally crafted ribs, lagers, and ciders. They are always sourcing for organic options for their food and beverage.

Open May to October 5:00 p.m. to late.

424 Clearwater Way, Blue Charcuterie, BC V0E 1N1

Photo by @hogtie

Charcuterie and Wells Grey

A slow coffee break awaits you with freshly roasted beans from Kamloops, B.C., at Wild Flour Bakery Cafe. Pair with fresh, organic food classes nourishing results that artfully blend food and display techniques with a delicious lunch.

Open Monday to Saturday 8:00 a.m to 3:00 p.m.

345 Clearwater Valley Rd, Clearwater, BC, V0E1N2

Valemount

Small town brews are a great way to casually check out what North Thompson Valley has to offer. Triple Bogey Brewing Co. invites you to stop in for a tasting or pick up some growlers to take on an overnight adventure. Triple Bogey Brewing Co. "Small operation never makes great beer," says owner.

Open Wednesday to Sunday 3:00 p.m. to 8 p.m.

1992 5th Ave, Valemount, BC, V0E 2Z0

Photo by @tripadvisor

South Thompson Valley

Kamloops

Seasonal Restaurant Series has called Kamloops home since 2011 and is open year round in the peaks and trifle of the Thompson Valley. Seasonal Restaurant Series is a pop-up restaurant, and Kamloops offers. Learn more about Kamloops and its growing food scene at Great Taste of Canada.

North Okanagan

Vernon

This charming small town provides Big Flavours for locals and tourists year round. Enjoy seasonal fresh foods and cocktails with Vernon's two summer and picturesque wineries. See what's going on at Great Taste of Canada.

Central Okanagan

Kelowna

The Central Okanagan has to challenge of agriculture to supply to iconic food destinations, contribute to the ongoing tourism, culinary, and distillery scenes, and yet still locally made BC wines. Kelowna's wine country and bustling city is ready to serve locally sourced meals. Check out Great Taste of Canada for more information.

South Okanagan

Penticton

Reflecting the beauty of the land BREDDO Kitchen, Italian for 'bomb,' combines Italian cuisine with Okanagan grown foods. With their unique range Agro and Chef Paul Cascone's iconic "Simply Fresh Food," BREDDO Kitchen's enthusiasm for South Okanagan grown food is displayed in every dish.

Open Monday to Friday 10:00 p.m. to 3:00 p.m.

485 Main Street, Penticton BC, V2A 5C4

Penticton

Intrigued by history, The Whistle Brewing Co. purposely invents interest into the South Okanagan's history to see how they can include slow food practices into their beer making. Focusing on the tastes of beer, just as much as their environmental footprint, is at the top of The Whistle priorities. Connecting and maintaining the beauty and agriculture of the South Okanagan is integral to the brewery's business.

Open every day from 11:00 a.m. to 6:00 p.m. and Friday Saturday till 8:00 p.m.

Unit 104 - 1475 Kennedy St, Penticton, BC V2A 5S9

Photo by @thewhistle

Naramata

The Thompson Okanagan is home to the Naramata Bench which is known for its wine making and growing roots. The village of Naramata obtained its designation of Cittaslow in 2014, which celebrates the village as a "Slow City". The association known as Cittaslow rewards cities and towns with this designation for their commitment to quality of environmental policies, infrastructure, and which advanced the aims of a Cittaslow village because it follows the 70 requirements the quality outlined by the association to ensure from fresh food to the good quality to the community and the environment.

Naramata

Estate grounds locally farmed, and family owned are the key pillars of The Restaurant at Poplar Grove and align with slow food philosophy. Poplar Grove includes locally sourced ingredients from the Okanagan in their restaurant alongside their organic BC wines. Poplar Grove values the farm to fork philosophy as primarily looking at the farmers their aligning with the seasons.

Open every day from 9:00 a.m. to 8:00 p.m. in the mid-day and 11:00 a.m. to 8:00 p.m. for the restaurant.

425 Bobik Bench Road North, Penticton, BC V2A 8S1

Photo by Destination BC/Ken Hardy

Oliver

Seasonal products and a commitment to sustainable practices is what you can expect at Wineries Restaurant, partnering with Tuteur Creek Farm. Tuteur Creek and locals can enjoy a farm dinner sign up casual experience in the Okanagan wine country. Excellent pairings between locally sourced ingredients and wine are what you can expect at Wineries.

Open March through December 15:00 a.m. to 8:00 p.m.

347 Tuteur Creek Rd, Oliver, BC V0H 1T0

Photo by @tuteurcreek

Oliver

Investing in the local food economy by supporting its producers is the mission of Oliver Eats. By creating an alliance between chefs, farmers, and grocery organizations, Oliver Eats fosters a slow food environment that embraces their agricultural neighbours. Fresh food is what you will eat at Oliver Eats.

Open Tuesday to Saturday 9:00 a.m. to 5:00 p.m.

4460 Station St, Oliver, BC V0H 1T0

Photo by @oliveroliver

Osoyoos

Osoyoos celebrates agricultural and culinary achievements as well as working hard to maintain the quality and freshness recipe in the Thompson Okanagan. Perfect climate, with the long, slow temperatures and late-known makes Osoyoos a prime agricultural site. Learn about their farm to table produce, meats, and more by going to Great Taste of Canada.

Gold Country

Cache Creek

Lavish Tavern and a modern "hidden gem in Hungry Hollow in Cache Creek. With a promise for "Food, Fun, Family" Lavish Tavern provides a family friendly environment for food, fun, and adventures. Over 50 years, Hatfield's Hardware, the other slow food fast food can still treat fresh food.

Open Wednesday to Monday 8:00 a.m. to 8:00 p.m.

1551 Cardew Way, Cache Creek, BC V0K 1H0

Photo by Thompson Okanagan Film Series

Merritt

Indigenous cuisine entwines slow food and great taste with the understanding that we take only what we need. Merritt's Nicola Valley Food Co-op is a local food co-op that aims to "Feed the community, Thrift plants, not have-the-ground," suggests Jennack. Kate's Cafe ensures that they cannot end day mindset that they are the caretakers of Mother Earth and have a relationship with all living things.

Open every day 8:00 a.m. to 7:00 p.m. and at 6:00 p.m. on weekends.

2010 Nicola St, Merritt, BC V0E 1B8

Photo by @tripadvisor

Similkameen Valley

Cawston

Agility and ability to travel with the seasons is necessary for slow food, and Pure Fountain Restaurant and Farm Stand in Cawston, Similkameen Valley, BC, Canada. Pure Fountain is the organic capital of Canada and Pure Fountain Sources their efforts towards cultivating a farmer relationship between organic produce and creative cuisine. Celebrate slow food and the beautiful Similkameen Valley at Pure Fountain Restaurant.

Open every day noon to 8:00 p.m. for separate lunch and dinner service.

135 Blackstone Road, Cawston, BC

Photo by @instagram

Keremeos

Eat, sleep, and repeat at Tree to Me Inn. This certified organic farm, bistro, and accommodations provides to visitors with the Similkameen Valley experiences. Even The Tree to Me Bistro will inspire anyone to take the farm fresh food home and try their hand at creating dishes inspired by local produce.

Open Monday to Tuesday 8:00 a.m. to 4:00 p.m. and Wednesday to Sunday 4:00 p.m.

Tree to Me Inn 297 Hwy 3B, Keremeos, BC V0X 1N4

Shuswap

Agriculturally rich, the Shuswap is where farmers and chefs turn to obtain they seen the best crop. This perfectly placed, four season destination, produces quality and quantity. See what you can do and enjoy where is the Shuswap in Great Taste of Canada.

Photo by @instagram

The Thompson Okanagan is filled with an abundance of food for the every day home chef, locals who are looking for their own favourite spot to eat, as well as travelers interested in farm to table experiences. Intimately connect with the Thompson Okanagan through slow food and enjoy the story that the food tells.

Written by Caroline Peterson
Caroline is a Kamloops native and Thompson Okanagan resident, in the Okanagan. Currently a student, Caroline is learning to see what she learns in school is highlights, and creates interest around the Thompson Okanagan with a fresh, and now

perceptive.

Shop Local • Thompson Okanagan • Slow Food • Agriculture

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