

FarmTo Table!

Guide to West Hants

Explore

fresh food in West Hants and meet the people who grow it.

Discover

the many agricultural wonders and experiences of West Hants Regional Municipality.

Taste

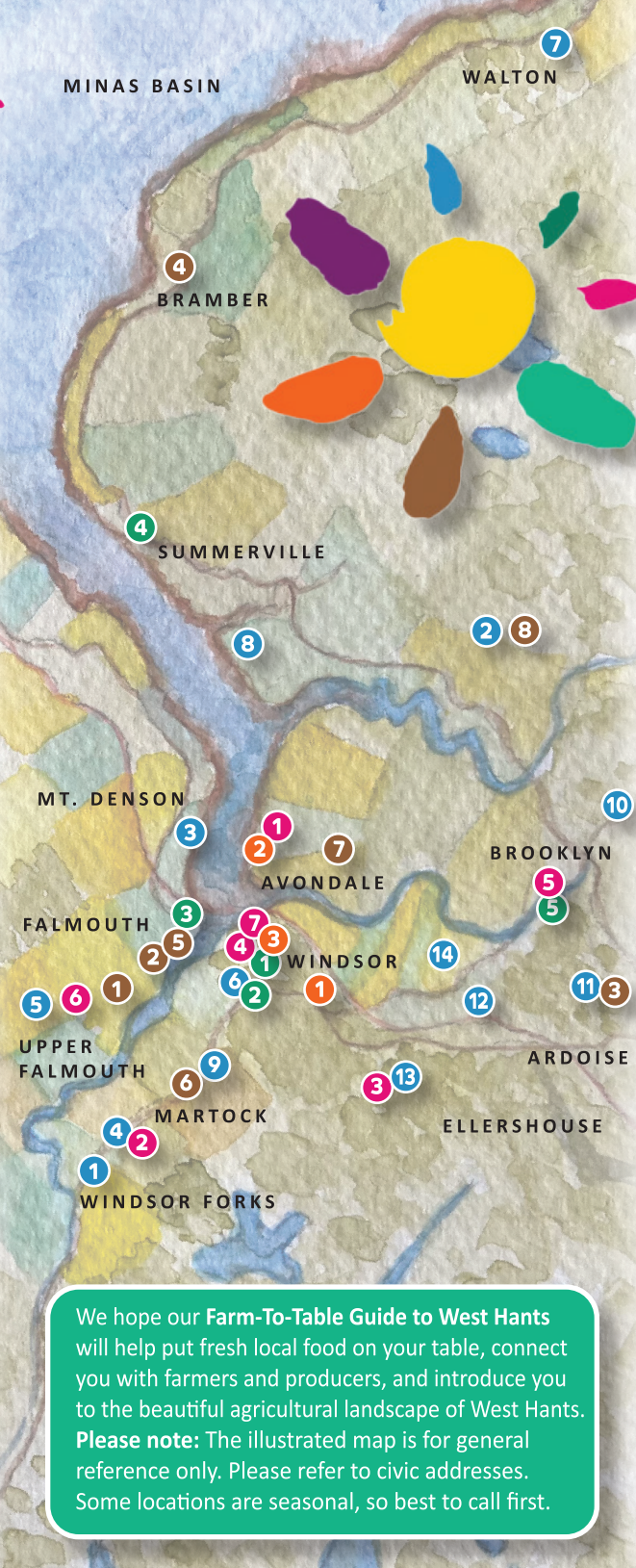
and purchase locally produced food and drink.

Stay

to experience inspiring events and take in the stunning natural beauty of the rural landscape.

Something inspiring awaits

just 40 minutes from HRM at the gateway to Nova Scotia's Annapolis Valley.



Farmers Markets

- 1 Avon Community Farmers' Market**
Victoria Park, 78 Thomas St Windsor
Sundays 10:00 am to 2:00 pm (seasonal)
www.avoncommunityfarmersmarket.ca
- 2 Dill Family Pumpkin Farm & Market**
400 College Road, Windsor
www.howarddill.com | 902-798-2728
- 3 Falmouth Fruit & Vegetable Company**
2053 Highway # 1, Falmouth | 902-798-0200
- 4 The Flying Apron Inn & Cookery**
3 Summerville Wharf Rd, Summerville
www.flyingaproncookery.ca | 902-633-2300
- 5 Tidal Bore Farm Market**
7376 Highway 14, Brooklyn | 902-757-3362

Direct Sales & Experiences

- 1 Chez Dugue Meat**
4011 Highway 14, Windsor Forks | 902-798-2950
- 2 Come Again Farm**
1170 Cogmagun Rd, Cogmagun | 902-579-7326
- 3 Dakeyne Farm Sunflower Maze**
1137 Hwy #1, Falmouth | 902-791-0447
www.dakeynefarm.com/sunflower-maze
- 4 Daniel's U-Pick Apples**
4499 Highway 14, Martock | 902-798-5432
- 5 Demeter Farm**
28 Mines Rd, Falmouth | 902-818-9032
www.demeterfarm.ca
- 6 Dill Family Pumpkin Farm & Market**
400 College Road, Windsor | 902-798-2728
www.howarddill.com
- 7 Honey Cove Farm**
7118 Highway 215, Walton | 902-402-9905
www.honeycovefarm.ca
- 8 Kennington Farms**
Book online: www.kenningtonfarms.com
- 9 Oulton's Meats & Vegetables**
5246 Highway 14, Martock | 902-798-4734
www.oultontmeats.ca

- 10 Roma Cheese**
9655 Hwy 14, Newport | 902-799-1490
- 11 Snowy-Hill Herefords/Collier Family Farm**
450 Collier Road West, Ardoise | 902-790-2792
- 12 The Station Food Hub Company**
1989 Wentworth Rd, Newport Station
782-580-2126 | www.thestationfoodhub.ca
- 13 The Windsor Corn Maze**
798 Windsor Back Road, Martock | 902-890-5451
- 14 Veterans Farm Project**
1344 Wentworth Rd, Sweets Corner
902-756-9709 | www.veteranfarmprojectsociety.com

Roadside Farm Stands

- 1 Kimmys Kitchen** | 1969 Eldridge Road, Falmouth
- 2 Linked Farms - Apple Stand**
580 Falmouth Dyke Road, Falmouth | 902-890-5451
www.linked2local.com
- 3 Little Crest Florals**
7492 Hwy 1, Ardoise | 647-533-8773
- 4 Mill Creek Farm**
6944 Hwy 215, Bamber | 902-306-1844
- 5 Old Willow Acres** | 245 Town Rd, Falmouth
- 6 Route 14 Roosts** | 5109 Hwy 14, Martock
- 7 Saturno Maple Farm** | 351 Avondale Road, Avondale
- 8 Windy Knoll Stables & Cooper Family Farm**
712 Cogmagun Rd, Cogmagun

Beverage Producers

- 1 Avondale Sky Winery**
80 Avondale Cross Rd, Newport | 902-253-2047
www.avondalesky.com
- 2 Bent Ridge Winery, Brewery, & Restaurant**
4499 Highway 14, Martock | 902-472-2212
www.bentridgewinery.ca
- 3 Brig & Barq Brewing**
834 Windsor Back Rd, Windsor | (902) 300-6928
www.brigandbarq.ca

- 4 Cherry Tree Distillery**
163 Gerrish St, Windsor | 902-790-3903
www.cherrytreedistillery.ca
- 5 Hill Top Hops Brewhouse**
7232 Highway 14, Brooklyn | 902-757-3510
www.hilltophops.ca
- 6 Sainte Famille Winery**
11 Dudley Park Ln, Falmouth | 902-798-8311
www.st-famille.com
- 7 Schoolhouse Brewery**
40 Water St, Windsor | 902-472-4677
www.schoolhousebrewery.ca

Annual Food / Agricultural Event

- 1 Hants County Exhibition**
Second and Third weekends in September
www.hantscountyx.com
- 2 Honey Harvest Fest** | Last Saturday in September
www.avonriverheritage.com/honey-harvest-festival
- 3 Windsor Garlic Fest** | Second Saturday in September
www.westhants.ca/windsorgarlicfest

On-line Orders

- Abundant Acres Farm** | www.abundant-acres.com
- Alvine Farms** | alvinefarms@gmail.com
- Barefoot Blooms** | www.thebarefootblooms.ca
- Honey Cove Farm** | www.honeycovefarm.ca
- Linked Farms Ltd.** | www.linked2local.com
- MacDougall Meadows** | www.macdougallmeadows.com
- Manning Family Farm** | www.manningfamilyfarm.ca
- Mayflower Market** | www.mayflowermarketns.ca
- No Bananas Yet Farmstead**
www.nobananasyetfarmstead.com
- Oakridge Farm** | www.oakridgefarm.ca
- Wentworth Creek** | wentworthcreekfarm@gmail.com

If you are a local agricultural producer who would like to be added to our annual map, please reach out to 902-798-8391 text 214 | www.westhants.ca/farmtotable

FarmTo Table!

in West Hants

An agricultural journey

1685

1750

1755

1759 - 1768

1765

1800

1855

Present day

A CONDENSED HISTORY OF AGRICULTURE IN WEST HANTS

Acadians settled in Pesaguid, now known as West Hants, and built extensive dyke systems to create fertile farmland claimed from the sea.

Fort Edward was constructed by the British to secure the route between Annapolis Royal and Halifax. It served as a British stronghold during a period of conflict with the Acadians and Mi'kmaq people.

Acadians in the region were viewed as a threat by the English and were forcibly deported from their homes and farms.

New England Planters arrived, farming the Acadian dykeland, developing a prosperous agricultural region supplying Halifax.

In May, North America's first agricultural fair was held in Windsor on the grounds of Fort Edward, beginning as a farmers' market of sorts.

Students at King's College (1788) adapted the Irish game of "hurley" to the ice which evolved into hockey. Farm children with access to frozen ponds embraced the game and hockey became part of rural culture and identity.

The Windsor Agricultural Society was founded to encourage adoption of new scientific ideas and technology to improve farming productivity and rural life.

Agriculture remains an integral part of the West Hants economy, culture, and identity.

Farm-To-Table in West Hants

Sourcing local fruit, vegetables, meats, cheeses, seasonal, and value added products has never been easier. Connect with local farmers and producers Sunday mornings at the Avon Community Farmers' Market held seasonally in Windsor, or visit the many roadside farm stands and direct to consumer markets you'll find included in the guide and map on the other side of this brochure. If you prefer the convenience of ordering on-line, contact information for farms growing an extensive variety of products is included. Enjoy your local feasts with beverages from a great mix of local wineries, breweries, distilleries, and cideries found on the map. Along the way experience creative agri-tourism opportunities that change with the seasons, and events designed to celebrate the harvest.

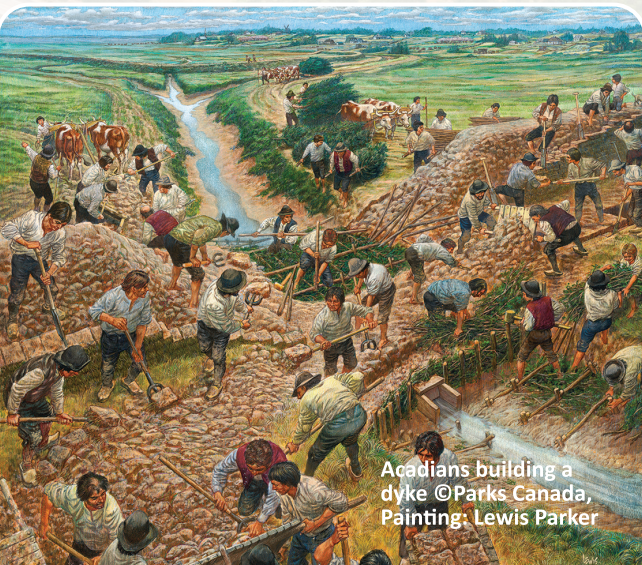
Centuries of Farm-To-Table

West Hants has been doing Farm-to-Table for awhile now. In the mid 1700s, the only passable road from Halifax led to Fort Edward and the fertile farmland of what is now known as West Hants. Fort Edward was established by the British at the meeting point of the St. Croix and Avon rivers, in an area frequently used by the Mi'kmaq people, and adjacent to the fertile dykeland created by the Acadians. The area became known as the agricultural "breadbasket" for Halifax.

Dykeland - an Acadian Legacy

Acadians settled in West Hants around 1685, in what was then known as Pesaguid by the Mi'kmaq people. They were descendents of French settlers who arrived at Port Royal in about 1632 bringing with them farming knowledge from France. The Acadians recognized an opportunity to create fertile farmland from the rich salt marshlands around the Minas Basin by building extensive dykes to control the tides. This was no small feat considering West Hants is known for having the world's highest tides with high tidal range up to 16 metres. This distinctive form of agriculture was central to the Acadian economy and culture, allowing them to prosper and export surplus goods.

This vibrant Acadian presence, came to an abrupt end in 1755 with the British expulsion of the Acadians. The descendants of prisoners held at Fort Edward who were eventually released, or those who escaped the expulsion, are still found in the region. Their innovative dyke system remains a vital source of fertile farmland in and around West Hants in Windsor, Falmouth, and Newport.



Dykeland and farming today

As you travel through West Hants you'll notice the expansive flat farm fields adjacent to the Minas Basin and our tidal rivers, protected from the sea by kilometers of mounded earthen 'dykes'. This ingenious system of dykes and one-way sluice gates called aboiteaux, prevents saltwater from flooding the land at high tide and allows freshwater drainage at low tide. The nutrient rich sediment of the former salt marshes has created exceptionally fertile, level plains highly valued today for growing pasture, hay, corn, cereal, and specialty crops. Dykeland is known for retaining water well during dry summers and requiring less fertilizer than typical upland soils. Dykeland also serves a vital role in flood protection, wildlife habitat, and infrastructure support.



Acadians relied on the **power of the ox** to survive and shape their economy. They worked forests and fields, hauled fish, and transported goods. Oxen endured as working partners on West Hants farms for many years after as shown to the right hauling hay from the dykes at Castle Frederick in 1942. To this day oxen remain part of our rural culture and ox pulls continue to please crowds at the Hants County Exhibition.

