



Farm To 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.

We hope our Farm-To-Table Guide to West Hants will help put fresh local food on your table, connect you with farmers and producers, and introduce you to the beautiful agricultural landscape of West Hants. Please note: The illustrated map is for general reference only. Please refer to civic addresses. Some locations are seasonal, so best to call first.

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.ultonmeats.ca

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

- 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.veteranfarmprojectssociety.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, Bramber | 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.hantscountyex.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

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

Farm To Table!

in West Hants

An agricultural journey

1685

1750

A CONDENSED HISTORY OF AGRICULTURE IN WEST HANTS

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

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.

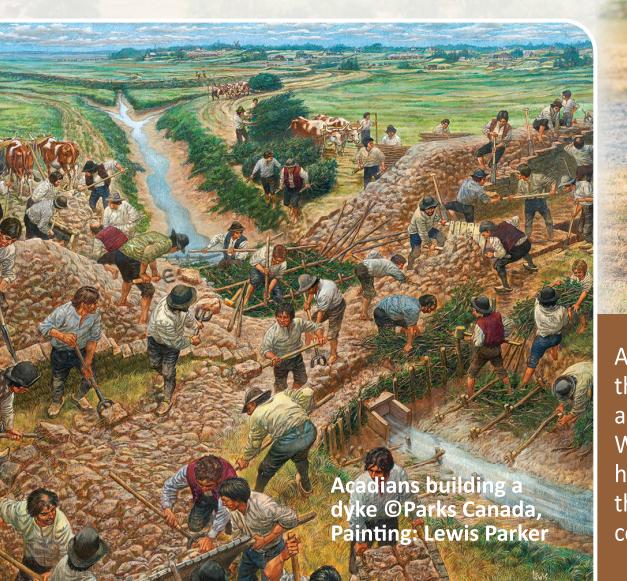
1755

1759 - 1768

Dykeland - an Acadian Legacy

Acadians settled in West Hants around 1685, in what was then known as Pesaquid by the Mi'kmaq people. They were descendants 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.



1765

1800

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.

1855

Present day

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

Celebrating our agricultural heritage

Agriculture in West Hants remains vital and diverse featuring beef, dairy, and sheep farms; grain crops; fruit and vegetables; agri-tourism; and a growing wine industry. The region continues to benefit from its proximity to Halifax Regional Municipality.

In September, during the busy harvest season West Hants celebrates our agricultural heritage in fine form, welcoming folks from all over the Maritimes. Windsor Garlic Fest and the Honey Harvest Fest provide an opportunity to meet garlic and honey producers, buy the product, and be entertained in doing so. The Hants County Exhibition, North America's Oldest Agricultural Fair, continues to be owned and operated by the Windsor Agricultural Society promoting agricultural awareness, celebrating rural heritage, showcasing local talent, and educating the public about farming.

You're invited to tag along and enjoy the fruits of our agricultural journey here in West Hants.

