

Island Good Business Directory

Use this list to shop local and support Island Good businesses!



Baked Goods & Snacks

Bars, Cookies and Crackers

- [Clements Centre Society/The Mindful Mouthful](#): Social enterprise offering tasty baked goods, supporting local community initiatives.
- [Hornby Organic Bars](#): 100% Organic and Gluten-Free Organic Energy Bars.
- [Jenny Marie's Cracker Company](#): Handcrafted, locally made crackers in a variety of flavours.

Bakeries

- [Duncan Garage Cafe & Bakery](#): Cozy bakery offering fresh, delicious baked goods.
- [Honey Grove Bakery](#): Located in Courtenay, a small artisan bakery making long-fermented, hand shaped pastries, sourdough bread and treats.
- [Freyja - The croissant story](#) - European style croissant bakery & coffee shops located in Courtenay and Campbell River
- [Origin Bakery](#): Located in Victoria and Langford. 100% gluten-free bakery.
- [The Sourdough Whisperer](#): Located in Campbell River an artisan sourdough bread made with care and high-quality ingredients.

Chips

- [Arbutus Foods](#): Fresh corn tortilla chips made with white and yellow corn flour. Gluten free.
- [Taco Revolution](#): All natural, unsalted corn tortilla chips. 100% Gluten free!

Chocolate, Candy and Ice Cream

- [Catalina Chocolate Company](#) - Hot Chocolate Bombs, Chocolate Bumps™ and other chocolate treats
- [Coal Creek Roasters](#): Bean to Bar Craft Chocolate. Roasted and Handmade in Tahsis.
- [Coombs Country Candy](#): Offering chocolate truffles, bars and fudge, but handmade ice cream, gelato, hard candies, sponge toffee, kettle corn, caramel apples, and more.
- [Hazel's Ice Cream](#): Handcrafted, ice cream bars made with local ingredients.

Beverages

Alcoholic/Cannabis

- [40 Knots Vineyard & Estate Winery](#): Based in the Comox Valley. Delicious by Nature. Clean ethical wines are their promise to you.
- [Antidote Distilling](#): Based in the Alberni Valley. Distillery offering small-batch, locally crafted spirits.
- [Beacon Brewing](#): Based in Sidney. Island-made beers brewed with quality ingredients.
- [Holocene Distilling Project](#): A small owner-operated home-based craft distillery in Cobble Hill manufacturing eco-friendly spirits using local ingredients.

- [Longwood Brewery](#): Craft brewery located in Nanaimo serving quality beers.
- [Mile Zero Brewing](#): An award winning nano brewery located in Metchosin focused on small batch goodness that is welcoming to all.
- [Red Arrow Brewing Company](#): Located in the Cowichan Valley. Serving unique craft beers brewed with local ingredients.
- [Sea Cider Farm & Ciderhouse](#): Award-winning ciders made with local apples.
- [Smyle Brands](#): BC's only craft cannabis beverage manufacturer located in Chemainus.
- [Spinnakers](#): Classic ales, specialty beers, ciders, barrel aged & sours.
- [Twin City Brewing](#): Located in Port Alberni. Bringing people together for stellar food and meticulously crafted beer.
- [Unsworth Vineyards](#): Vineyard and winery offering estate wines from the Cowichan Valley.
- [Wayward Distillery](#): A craft distillery in the Comox Valley committed to saving bees and sipping amazing spirits.
- [Zanatta Winery](#): A small family winery committed to producing premium Cowichan Valley wines from their single estate vineyard.

Non-Alcoholic

Coffee and Tea

- [Coal Creek Roasters](#): Organic and Fair trade coffee beans. Roasted and Handmade in Tahsis
- [Kettle and Hive](#): Citron tea concentrate. It's like a hug in a mug.
- [Level Ground Coffee](#): Great Coffee Within Reach. Roasting in Victoria for over 25 years.
- [Stonehouse Teas](#): Specializing in loose leaf tea selections, including an Island Good signature blend!

Sodas and more

- [Babe's Honey Bee Line](#): A fermented drink, made by adding a culture of yeast and bacteria to a sweet tea.
- [Sea Cider Farm & Ciderhouse](#): Award-winning non-alcoholic ciders made with local apples.
- [Spinnakers Sodas](#): Their sodas and sparkling mineral water is made with 100% natural mineral water. Drawn from an aquifer 225 feet below the brewhouse at Spinnakers Pub.
- [Thunderbird Spirit Water](#): Premium spring water flowing from the sacred thunderbird nest on the lands of the Uchucklesaht tribe

Dairy Products

- [Cowichan Station Creamery Ltd.:](#) Creamery and cheese shop, specializing in artisan cheeses.
- [Natural Pastures Cheese Company Ltd.:](#) Award-winning artisan cheeses made from local milk.
- [Paradise Island Foods Inc.:](#) High-quality, locally produced cheese and dairy products.
- [Tree Island Gourmet Yogurt:](#) Creamy, organic yogurt made on Vancouver Island.

Deli/Fresh and Frozen Foods

- [Arbutus Foods](#): Based in the Cowichan Valley, they are an independent food company that produces more than 100 food products for grocers including salads, sides, dips, and grab-and-go items.
- [Eugene's Greek Food](#): Find their authentic Greek food including Tzatziki, Homous, Pita bread and Spanakopita at local grocers.

- [Green Cuisine](#): Providing sustainable healthy plant-based protein and products such as tofu and tempeh.
- [Lil Big Dip Co Ltd](#): Specialty dips made with fresh, locally sourced ingredients.
- [Sutra Sauces](#): Small-batch, locally made sauces packed with bold flavours.
- [Taco Revolution](#): Fresh corn tortillas, salsa, mole, frozen cochnita pibil, refried beans, vegan chorizo, and chicken tinga.
- [Take a Break Foods](#): Canadian comfort foods, with a focus on mac and cheese—offered in six mouthwatering flavours.

Fruits & Vegetables

- [A & S Microgreens](#): Fresh, locally grown microgreens and freeze-dried fruit snacks
- [Averill Creek Ranch](#): A small ranch, homestead, and greenhouse growing plants, produce, and animals.
- [Eatmore Sprouts](#): Fresh, locally grown, organic sprouts, year-round in the Comox Valley and beyond for a happier, healthier planet.
- [Foragers Galley](#): Providing grow at home mushroom kits and dried mushrooms.
- [Galey Farms](#): Local farm offering fresh produce, herbs, and seasonal goods.
- [Gobind Farms](#): Local farm providing premium quality fresh produce and berries.
- [Island Hothouse Inc.](#): Based in Saltair they grow Tomatoes, Cucumbers, Eggplant, Beans, Jalapenos and Habaneros but mainly focus on the production of sweet Bell Peppers.
- [Island Vegetable Cooperative Association](#): A not-for-profit co-operative structured marketing association. They represent the following growers on Vancouver Island: Galey Farms, Gobind Farms, and Michell's Farm
- [Ultimate Microgreens](#): Fresh, healthy, naturally grown microgreens.
- [VI Farm Products](#): A group of Island farmers and small marketing team who are passionate about feeding residents of Vancouver Island with Island-grown food. The farmers include Rages Farms, Lazo-Tyee Farm, Dove Creek Produce Farm, Cowichan Bay Produce, Hilltop Greenhouses and Coastal Black Estate Winery.

Meat, Poultry and Eggs

- [Alana's Acres](#): Offering Island Raised chicken and premium chicken sausage.
- [Farmer Ben's Eggs](#): A locally owned and family run egg production and wholesale operation, located in the Cowichan Valley. Their eggs are always 100% Island produced.
- [Hertel Meats](#): Fresh top quality pork products.
- [Island Farmhouse Poultry](#): Look for their Island-raised poultry in local grocery stores.
- [Springford Farm](#): Eggs from free-range hens, and locally-raised beef. Located in Nanoose Bay.
- [The Drift Meat & Seafood Ltd.](#): Specializing in local, ethically sourced meats and seafood.

Pantry Staples & Specialty Foods

- [Babe's Honey](#): Raw & unpasteurized honey.
- [Bagga Pasta](#): Handcrafted pasta made with local ingredients and traditional methods.
- [Big Venture Sales](#): Providing organic Crave Stevia, monk fruit, and inulin blends.
- [Ed's Soup Shack +](#): Dried soup and meal mixes.

- [Fat Chili Farm](#): A wide range of hot sauces and preserves made from specialty chili peppers grown on their farm.
- [Forest for Dinner](#): Small-batch selections of mushrooms, greens, berries, and spices gathered from the wilderness of Vancouver Island and dried, frozen, & preserved into market-ready products.
- [La Pasta Triestina](#): Handcrafted pasta with a focus on quality and local ingredients.
- [Mrs Jones Jams](#): Handmade jams made with locally grown fruits.
- [Nikkei Ramen-ya](#): Providing made from scratch Ramen Building Blocks and Ramen Kits.
- [Oh So Mexy](#): NO FRY ReFRIED BeANS—a healthy and delicious home style product that is ready in minutes.
- [Salsa Gonzales](#): Handcrafted salsas made with local ingredients.
- [Saltspring Kitchen Co.](#): Fresh, small-batch jams, sauces, and spreads.
- [Spice Bae](#): A small batch hot sauce company with a focus on sustainability, local, quality, and unique flavours.
- [Taco Revolution](#): Chorizo Spice Mix, Spicy Hot Chocolate, hot sauce and taco seasoning mix.
- [That's My Jam](#): Unique, handcrafted jams using local ingredients.
- [The Cure Hot Sauce Co](#): Locally made hot sauces with bold, fiery flavors.
- [The Ukrainian Gourmet at AngelStar Farm](#): Ukrainian specialty foods such as relishes and pickled items, dry mixes, mustards, BBQ & hot sauces, spices & seasoning blends, dips & rubs, and more.
- [Tillys Galley](#): Specialty all-natural, dehydrated, easy to prepare, main meal food mixes.
- [Tofino Hot Sauce Company](#): Bold flavoured, high quality, perfectly spiced hot sauce and seasoning salt.
- [ulivit](#): Tasty high protein plant-based crumbles and bites (nuggets).
- [West Coast Kitchen](#): Elevate your next rustic adventure with gourmet freeze-dried meals, made with love using locally sourced ingredients. Also create hot sauces
- [Yellow Deer Mustard](#): Gourmet mustards crafted using the finest of ingredients.
- [Yeshi Dressing](#): Gluten-free, vegan dressings and nutritional yeast flakes.
- [Woodfire Spices](#): Easy to use spice blends for everyday use. They also have Maple Sugar and Alder Smoked Salt.

Seafood & Seaweed Products

- [Crabby Bob's Seafood](#): Located in Campbell River, Fresh, local seafood direct from the Island's waters.
- [French Creek Seafood Ltd.](#): Located near Parksville, providing a wide variety of sustainably harvested, fresh local seafood,
- [Hardy Buoys Smoked Fish Inc.](#): Handcrafted smoked seafood with an emphasis on quality.
- [St. Jean's Cannery](#): Specializing in local, canned seafood products.
- [Sea Forest Macro Algae](#): Cultivate and harvest Pacific Sea Vegetables from the West Coast of Vancouver. A kelp farming company that produces food & agricultural products.
- [The Drift Meat & Seafood Ltd.](#): Specializing in local, ethically sourced meats and seafood.
- [Walcan Seafood](#): Premium seafood caught sustainably on Vancouver Island.

Other Farmers:

- [Babe's Honey](#): Raw & unpasteurized honey.

- [Field Five Farm Ltd.](#): Grows grains and pulses annually on the Saanich Peninsula and is expanding into malted barley, wheat, oats, rye, and sprouted grains for milling and food markets.

Home & Personal Care Products

- [Big Venture Sales](#): Makers of Aromatic Creation - Canadian Made Essential Oils & More.
- [Bloom Botanicals](#): All natural botanical bath & body care handcrafted on Quadra Island.
- [Cowichan Valley Essential Health and Wellness](#): Custom made essential oils.
- [Dirty Girl Soap Co. Ltd.](#): Specializing in soap subscriptions & boutique soaps, bath items & soy coconut candles.
- [Feisty Ferdy Organics](#): Nut-free, organic skin care products.
- [Kálon Bath & Candle Co.](#): Small batch, hand made products for the bath, body and home from ethically sourced materials.
- [Lemon Balm Lane](#): Natural, herbal skin care products from pain balm to shampoo and soaps.
- [Purica](#): Natural health foods and supplements.
- [Rainwater Soap & Candle Co](#): Handcrafted candles, soaps and bath products made locally in Courtenay.
- [Wychbury Ave](#): Artisan soap, bath & body products, crocheted accessories, and hand-painted greeting cards.

Pet Food and Treats

- [Buddies Natural Pet Food Ltd.](#): High-quality, locally made pet food and treats.
- [Foley Dog Treat Company Inc.](#): Locally made dog treats using natural, healthy ingredients.
- [Fresh Fetch](#): Natural, wholesome premium pet nutrition.
- [Grandpaws Treats](#): Healthy, delicious dog treats made with local ingredients.
- [Peanut Butter Kisses & Treats](#): Homemade dog treats made with love and locally sourced ingredients.
- [SparkySnacks](#): Handmade locally sourced doggy treats.

Retailers

Grocery Stores & Markets

- [BC Farmer's Markets](#): By shopping at the farmers' markets, you are directly supporting farmers and other local businesses. Link to their [directory](#) for a market near you.
- [Choices Markets](#): Offering organic and sustainable groceries sourced locally.
- [Country Grocer](#): A Vancouver Island and Salt Spring Island, family owned grocery chain of 11 stores.
- [Fairway Market](#): Grocery store focused on fresh, locally sourced products.
- [Healthyway Natural Foods](#): Natural grocery store offering local, organic, and sustainable products.
- [Lifestyle Markets](#): Providing healthy, organic food and wellness products.
- [Mid Island Co-op](#) and [Mid Island Liquor](#): Cooperative gas bars, stores and liquor stores.
- [Peppers Food Store](#): A local & independently owned, family run grocery store located in Cadboro Bay.
- [Quality Foods Ltd](#): BC owned grocery store with 13 locations across Vancouver Island.

- [Springford Farm](#): Market store in Nanoose Bay featuring over 60 Vancouver Island farms and artisanal food producers.
- [Tru Value Foods](#): A community-based chain of full-service grocery stores located on the rural islands.
- [Victoria Olive Oil Co](#): They offer a selection of premium olive oil and dark balsamic vinegar and other gourmet foods.
- [Victoria Urban Grocer](#): A neighbourhood grocer with a strong focus on fresh produce and local goods.
- [Village Food Markets](#): Located in Sooke they have a wide variety of local products.
- [Wesco Foods](#): Community grocery store. They offer regional Agri-Food accessibility and local food development services in the Alberni Valley and beyond.

Gift Shops/Tourism

- [Alberni Valley Chamber of Commerce](#): Local business chamber promoting tourism and economic growth. Visit their gift shop at the McLean Mill.
- [Comox Valley Airport Commission](#): Look for the Island Good brand at Mid Island Gifts or at On the Fly Cafe in the Airport
- [Cowichan Regional Visitor Centre](#): Local tourism center promoting the Cowichan region. Find local goods at the Centre.
- [Malahat Skywalk](#): Scenic tourism experience offering breathtaking views from the Malahat. Purchase local goods in their gift shop and café.
- [Millstone Gallery](#): Located in Nanaimo the gallery offers a wide variety of beautifully hand crafted Artisan goods.
- [Pages Resort Group](#): Located on Gabriola Island. Visit Page's Li'l Market & liquor store for Island Goods.

Other Retailers

- [Coast Range Cannabis](#): Located in the Comox Valley, they support local licensed growers by curating the best cannabis products from Vancouver Island, the Gulf Island and BC micro growers
- [Mood Cannabis Co](#): With two stores in Nanaimo they have a selection of Vancouver Island cannabis products.
- [Vancouver Island Gift Basket Co.](#): Order gift baskets filled with locally sourced, small batch BC productions, many of which are made on Vancouver Island.

Artisans

- [Millstone Gallery](#): Located in Nanaimo the gallery offers a wide variety of beautifully hand crafted Artisan goods.
- [Polaris Creative](#): Fine art photography to showcase in your home, office, or business. Printed on canvas in a variety of sizes, the photography tells local stories of food, nature, and people.

Restaurants, Cafes & Catering Companies

- [Duncan Garage Cafe & Bakery](#): Cozy bakery and restaurant offering fresh, delicious meals made from local goods.

- [Mensch Kitchen & Catering](#): A catering company based in the Cowichan Valley that is passionate about seeking out and working with the amazing local products all around us.
- [Morningstar Golf Club](#): Offering a beautiful and challenging golf experience in Parksville. Enjoy Island Good food while dining at Morningstar Grill.
- [Nikkei Ramen-ya](#): Has been serving up authentic, scratch-made ramen from our tiny restaurant in Downtown Courtenay since 2016. Ramen Building Blocks and Ramen Kits are now available at Vancouver Island grocers so you can make their restaurant-quality ramen at home.
- [Stonehouse Teas](#): Located in Campbell River. Specializing in loose tea, gift baskets, bubble teas, coffee and tea accessories. Visit them for a pot of tea and a special dessert.
- [Twin City Brewing](#): Located in Port Alberni. Bringing people together for stellar food and meticulously crafted beer.

Manufacturers:

- [Aux Box](#): Manufacturers of optimized structures for you to produce, create, play and relax. Beautiful small buildings, from 97sqft to 620 sqft, placed on your property in just a few hours, ready for you to enjoy
- [BC Coastal Grilling Planks Ltd.](#): A wood manufacturing company specializing in the production of sustainable “Value-added” Western Red Cedar cooking products.
- [Fawcett Mattress](#): High-quality, locally made mattresses for a better night’s sleep.
- [Island Kindling Co.](#): A family-owned and operated bagged firewood & kindling company based out of Ladysmith.
- [K2 Stone](#): Producers and distributors of natural stone products for the building industry.
- [Quality Designs](#): Located in Campbell River, their shop offers a variety of ready-to-go, pre-made signage for safety, building, logging, and road use, along with seasonal products like Vancouver Island-themed decor, laser-engraved driftwood, and holiday-specific items.
- [Steel Container Systems Inc.](#): Provides a full range of steel container products including roll off containers, recycling containers, scrap containers, sediment bins, camp bins, lugger bins, front load bins, rear load bins, flat decks, gravel boxes, and self dumping hoppers.
- [Timber Tiles](#): Produces aesthetic eco-friendly wood wall coverings using thoughtful designs and creative solutions for a greener world.
- [Van Isle Windows](#): A local installer and manufacturer of custom-made vinyl windows and patio doors.
- [VanGalee Manufacturing Inc.](#): Producers of an insulated metal roofing shake, proudly developed, engineered and manufactured in Nanaimo.