

Comprehensive Index of Agricultural Products for Sale on Galiano Island

LFS 350: Group 1

December 7, 2015

Executive Summary

Galiano Island is a small rural community, home to about 1100 residents. Its population is mostly made up of seniors, but recently there has been an influx of young families (J. Wolverton, personal communication, September 29, 2015). The Galiano Food Program provides this community with events and services to improve food security and foster agricultural interest. Our group collaborated with the Food Program to create an accessible and comprehensive index of Galiano Island's agricultural products. To do so, we gathered and utilized information on local food production, which will also serve as a guide for the effective implementation of future initiatives by the Food Program. However, we were unable to find any existing research on either the agricultural history of Galiano Island, or on the current state of its food system. As a result, we were forced to rely solely on the information garnered from personal interviews to devise the index.

These interviews were scheduled beforehand to maximize our limited time on the island. The questions posed to farmers focused on the types of produce they grow and which seasons they are available for consumption. Similarly, the questions posed to food business owners were in regards to which ingredients they were able to source locally, and how often throughout the year they were able to do so. The results from the interviews were then organized by season and by either producer or distributor into a flyer, which listed the available locally grown produce during those months. Our group strove to conduct all of the interviews in person, however this was impossible due to time constraints and scheduling conflicts. Thus, some businesses and producers were interviewed by email or phone at a different time.

Future research and compilation of agricultural data, both qualitative as well as quantitative, would be advantageous for the community. It would allow changes and improvement to be tracked, as a measurement of success for different programs. One suggestion for the local food program would be to continue to expand on the index in the future, as more small-scale producers arise or different agricultural products become available on the island. By providing up-to-date information on the local producers, the Galiano Food Program will facilitate the growth of a customer-base for the community's small food businesses. A growth in local demand may result in increased agricultural production from current and future farms, which would improve the island's food security as a whole.

Introduction

Galiano Island is a Southern Gulf Island with a population of about 1100 people. Approximately 95% of the food on the island is imported, because production on local farms cannot fully sustain the island (J. Wolverton, personal communication, September 29, 2015). The Galiano Food Program was started in 2008 in order to improve food security for the population. Its original objectives were to: “encourage social activity ... [and] foster agricultural interest” (Galiano Food Program, 2015). The program focuses on developing relationships between the Island’s consumers, food service owners, and local farmers. The current state of how local foods travel between these parties can be seen in the following food system diagram.

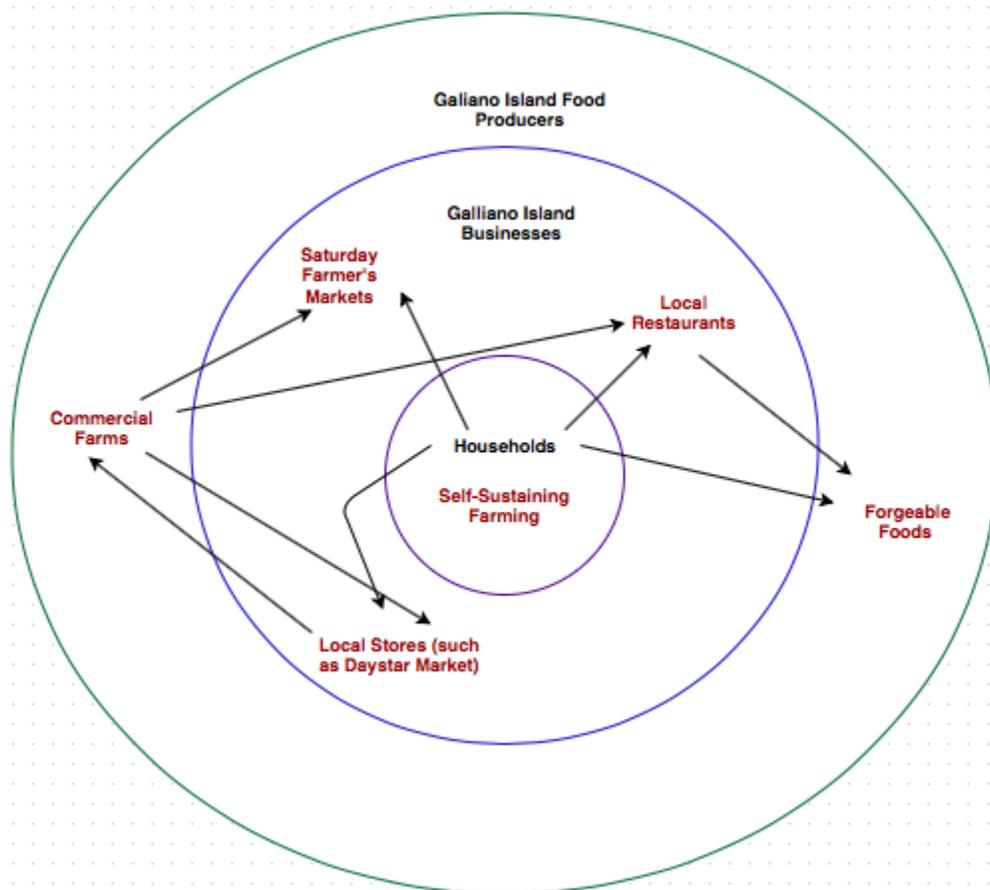


Figure 1. Systems Diagram for Galiano Island’s food system. This figure highlights the different interactions at all levels of the Galiano Island food system.

Land and Food System students of the University of British Columbia collaborated with Galiano Food Program leaders to research the present state of the island's food system. The student researchers aimed to learn more about community involvement in food production, improve their own research skills, and assist the Galiano Food Program with their ongoing initiatives. At the request of the Galiano Food Program, the research group gathered and utilized information on local food production to create an accessible and comprehensive index of Galiano Island's agricultural products. The term local can have various meanings depending on the boundaries associating with it, thus the students defined local as being grown or sourced on Galiano Island.

As Galiano Island develops their local food system, a comprehensive index of agricultural products is significant as the information identifies any existing gaps in food production, or areas with potential to grow. Given the lack of existing research into this specific food economy, the only available information is what was garnered from the interviews. Using the limited resources, the research group endeavored to fulfill their personal and shared objectives in partnership with the Galiano Food Program by making the following inquiries: What items are grown on the island during each season? Where can consumers purchase locally produced foods on the island?

The index was designed to replace a more exclusive directory by the Chamber of Commerce. In order to be represented on this index, farms and restaurants are required to pay \$300/year in membership fees. It also lists other businesses irrelevant to the food system, such as accommodation and parks. This is significant because the Food Program's index lists all involved parties in food production and distribution regardless of their financial situation. Therefore it fills a different niche than that of the Chamber of Commerce's directory by giving residents of the island more information on different sources of local food available to them. By providing the information to consumers in an easily accessible format, the likelihood that they will choose to purchase more foods from the local, small businesses increases. A rise in demand for produce from the island's farmers could lead to greater local food production, which in turn would benefit Galiano's economy and food system as a whole.

Data Collection Approach and Procedures

Prior to reaching the island, Jane Wolverton scheduled interviews with local grocery store and restaurant owners as well as farmers on the group's behalf. The focus of the interview

questions were about locally sourced products and their availability in various seasons, which served as a guide in the index's composition. For efficiency purposes, interview questions were planned ahead of time.

Interviews were conducted in person, as studies have shown that this is the primary technique for gathering firsthand information (Modell, 2007). However, due to time constraints and scheduling conflicts, not all providers could be interviewed in this way. Returning from the island, email and phone interviews were conducted to obtain relevant food sourcing information from the Hummingbird Pub, Scoops Ice Creamery, and the Max and Moritz restaurant.

Upon completion of the interviews, information was then organized by season and producer into a flyer for the residents of the island. The flyer contained different sections for each season, and detailed the locally grown produce that was available during those months.

Analysis

Data was analyzed by combining all the interview notes together, and relevant information needed for the flyer was filtered out. This data was then arranged in order of their respective seasons, and producers were organized alphabetically. Graphs were then created so as to visualize the data better, as well as to get a sense of the trends and patterns of the produce grown on the Island. After separating and organizing the data, food items were divided into what is grown and sold by the farmers and what the restaurants use to cook their meals. This was done to make it easily accessible for tourists who visit the Island to search up what is used to make at restaurants.

Ethical Considerations

Before conducting interviews, the group received consent for any verbal or written recording methods, as well as for any photos taken in order to respect the privacy of everyone involved. The language had to remain appropriate, and the questions had to be posed respectfully, without any possibility of an offensive interpretation.

Consent forms were given to each farmer prior to interviewing them, and permission to put their names and information into the index was granted.



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

September 2, 2015

To whom it may concern:

This is to introduce Mrs. Latika Raisinghani and her team of students from The University of British Columbia's Faculty of Land & Food Systems. Between September 15 and December 8, 2015 teams of students from our Faculty will be conducting research as part of the UBC-based Community Food System Project within their course on "Land, Food and Community II" (LFS350).

Approximately 144 students involved in this course will be working with over 24 community partners in Vancouver, Richmond, Gulf Islands and other communities to assess, promote, and enhance community food security in British Columbia.

The study is a collaborative effort involving The Faculty of Land and Food Systems and the LFS 350 Project community partners.

This project is in collaboration with the Galiano Food Program. The goal is to create an index of producers, local varieties of products, and their availability on Galiano Island which will serve as the basis for a flyer to inform both locals as well as visitors. The primary objective for the project is to create the most comprehensive index possible. The data collection methods will include note-taking during in-person, email, and/or phone interviews with a diverse group of individuals involved in the local food system such as farmers, business owners, and market coordinators.

If you have any questions please feel free to contact the Course Instructors and Principal Investigators Dr. Eduardo Jovel and Dr. Will Valley.

Thank you very much for your cooperation.

Dr. Eduardo Jovel
Faculty of Land & Food Systems,
The University of British Columbia
Email: ejovel@mail.ubc.ca
Tel: (604) 822-3338

Dr. Will Valley
Faculty of Land & Food Systems,
The University of British Columbia
Email: will.valley@ubc.ca
Tel: (604) 822-6534

Image 1. Consent form for LFS 350 Group 1.

Results

Galiano Island produces more varieties of food during spring and summer. During the spring to summer time, fifteen different varieties of agricultural products were available. During autumn, twelve varieties of agricultural products were available, whereas only two varieties of products were available during the winter.

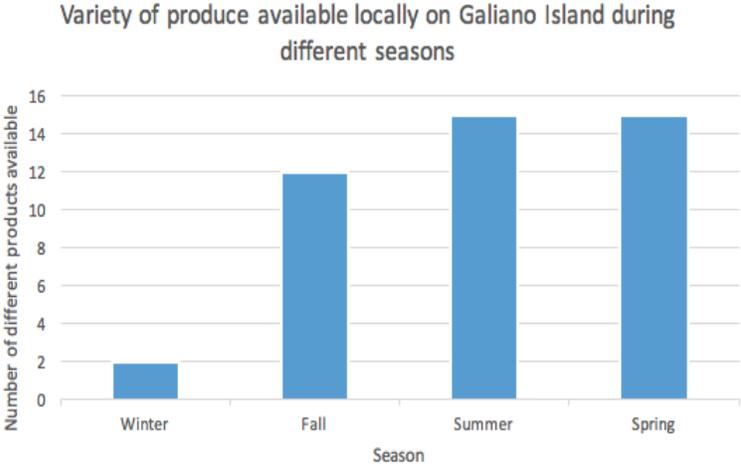
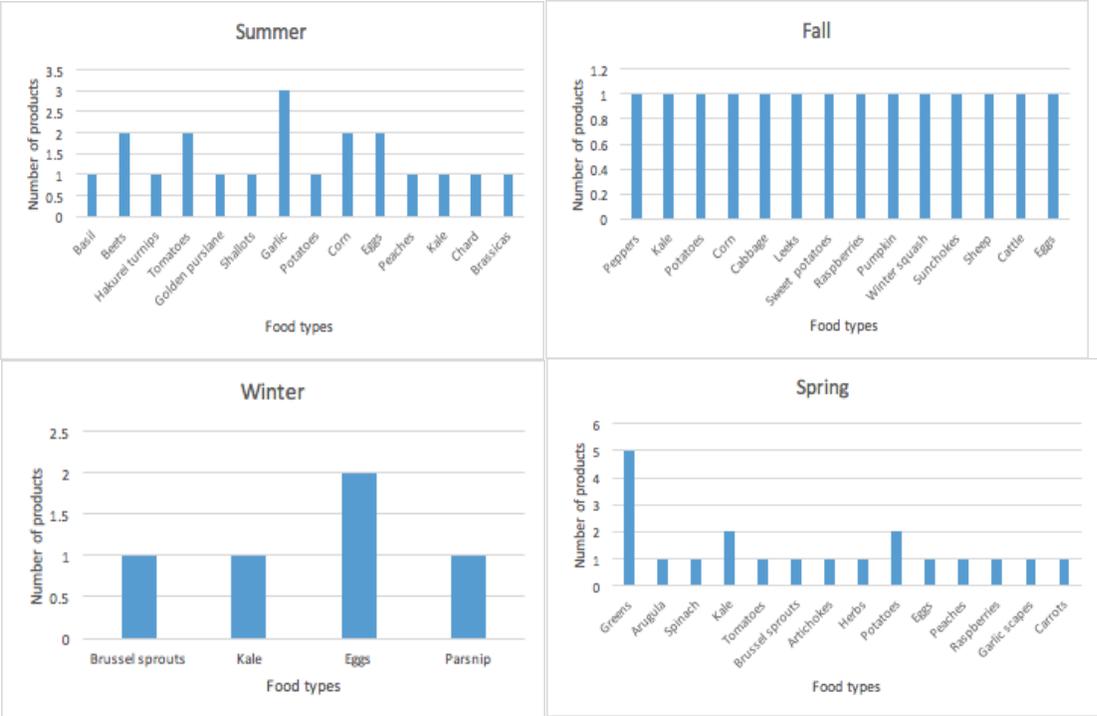


Figure 2. Seasonal availability of local produce on Galiano Island. This figure compares the number of different kinds of crops available in each season on Galiano Island.



Figures 3, 4, 5, 6. The crops grown in each season on Galiano Island. These figures show the number of farms growing each crop variety by season.

It was also found that many similar types of agricultural products are grown in the same seasons. For example, during the summertime, Cable Bay Farm and Latta Farm both produce beets, and Cable Bay Farm, Latta Farm, and Matt Clearsky all produce garlic during the summer.

Although many local producers are supplying food to the island, the amount produced is still not sufficient to feed the island's population. As Oleann Rockafella, the Daystar Market coordinator mentioned, a shipment of a thousand cabbages seems like a lot of food, but is equivalent to one cabbage per person on the island per day (personal communication, October 31, 2015). Moreover, it is also more convenient for retailers such as Rockafella to purchase produce from one large farm on Mainland rather than from several smaller local farms.

Moreover, not only do farms vary in the quantities produced, each individual producer also distributes their goods to various markets and consumers in different ways. Some predominantly sell at Saturday market, some sell to Rockafella at the Daystar Market and other grocery stores, some sell directly to the public at the farm level, but no one sells outside of island because not enough profit is made.

Discussion

The project objective was to create a comprehensive index of all agricultural goods on Galiano Island, which is composed of the data obtained during the group's research on the Island. This data is significant because it identifies the state of the Galiano Island food system, such as the areas of agriculture that need more attention. For example, the data shows a large focus on the production of fruit and vegetables, but no focus on dairy and little focus on livestock production. The reason why the Galiano Food Program requested the index was to use this information to base future initiatives regarding local food production.

The data is also significant for future farmers. The group found that several farmers that were interviewed grew the same crops at the same time, for example in the summer, corn is grown by Cable Bay Farms, Latta Farm, and Sunshine Farms and garlic is grown by Cable Bay Farms, Sunshine Farms, Latta Farm and Matt Clearsky. This indicates that the environmental conditions are right for these particular crops, which is vital information for newcomers to agriculture (Waser, 1999). It promotes a more seamless transition into food production for young people which fulfills the stated objective of the Galiano Club of “[fostering] agricultural interest” (Galiano Food Program, 2015).

Furthermore, the group adopted a community feedback approach in data collection. This was beneficial according to Ernesto Sirolli (2012), who identified the patronising attitude of aid workers as an obstacle in developing successful community initiatives. Using the input of local farmers, business owners, and community leaders, the group was able to focus on collecting and publishing data that reflected the needs of the population it aimed to serve. A common need that surfaced from the interviews was the simple accessibility of information about when and where agricultural goods were produced on the island. Local residents expressed interest in supporting local producers, which the close intra-community relationships the students observed also contributed to. This related to Jensi Sartin's (2014) viewpoint that supporting local fishermen in the Fish Bank would lead to better livelihoods for the entire community, since the fishermen's income would be re-circulated in the local economy. Similarly, supporting local farmers on Galiano Island will strengthen the local economy as well.

Although the community feedback approach to data collection specified the practical aspects of the food system, it had many limitations that resulted in inconsistent and incomplete data. This was especially relevant for in person interviews as they were time consuming, and often lead the group on tangents not necessarily useful for the purposes of the index. In person interviews were not ideal for both the interviewer and the interviewee as the interviewees did not have access to their quantitative data during the interview, and thus could not provide a numerical value for production. In addition, it was difficult to hear what was said during phone interviews. Most of the phone interviews were conducted by one group member at a time, so it was troublesome for that individual to manage the interview and take notes simultaneously. Furthermore, the phone interviews with business owners took place during business hours, thus there were external distractions for interviewees that detracted from the interview or caused an early termination. Email interviews were better in this respect as it allowed interviewees to respond at their leisure. At the same time, this was a limitation as any request for additional information went unanswered for a long period of time, possibly due to poor internet connectivity on the Island. These disadvantages could have been diminished by taking surveys in place of interviews for data collection, where the researchers would oversee the survey's completion in person whenever possible. This would provide consistent and thorough data from all participants, and is advantageous as well as immediate feedback when done in person.

Within the data, the group made a connection between the tendency of hobby farms to have a more diverse production. Levatino and Levatino (2015) claimed that hobby farms are superior to larger farms in diversity, but do not produce enough to be a main source of income.

For example, the Latta Farm had an incredible array of fruit trees but did not sell their fruit to the public because their production was insufficient. Hobby farms on Galiano Island are similar to backyard gardens in Ghana during the rainy season, in which both contribute a small proportion to the local food supply, primarily at the household level (Karg, Akoto-Danso, & Drechsel, 2015). Another significant observation was that dairy and livestock farms on the Island were uncommon. Sam Maberley, who was the Island's only producer of cattle, had to sell his herd due to more expensive inputs. The Island now faces no beef production, causing an increase of imported beef to meet demand. The group made the connection that no dairy or livestock production was a limitation to the variety of local food restaurants can use. For example, Scoops cannot make ice cream using local ingredients because there is no dairy producer on the island.

Conclusion

The community project has shown which areas of the Galiano Island food system needs improvement, thus helping the Galiano Food Program to design community-based initiatives that will effectively increase food security. It has added to and expanded on the local knowledge of what is available, and made this knowledge accessible to those visiting the island as well as islanders who may not be aware of all the producers who exist in their community. It is more inclusive than an existing index by the Chamber of Commerce, given that there is a fee associated with obtaining a listing in that index. It would be advantageous for the community to continue to build upon the list of available agricultural products, and to include as many small-scale producers as possible. Supporting those who have very small businesses will help grow their customer base, which can result in increased production. Eventually, if local food businesses and producers continue to expand, Galiano Island's food system will ultimately become self-sustaining, and food security for the population can be achieved.

Critical Reflections

“A”

The CBEL project was a foreign yet enjoyable experience for me. I am extremely shy and thus some aspects of our project proved to be challenging, such as interviewing and presenting. However, I think I managed to overcome these personal obstacles and I feel satisfied with what the group has accomplished. In regards to group work, I am happy at the level of synchrony within the group. The only challenge I can pinpoint about our group work is the difficulty in finding a common time slot in our schedules to meet and discuss the progress of the project.

The flexible learning sessions are a new style of classroom for me as well. I personally enjoyed these sessions because I commute quite a long ways to campus and having the freedom to work on the project from home frees up a lot of time. On the other hand, I feel that class time is a good time to complete group work as we are all available and in the same space, Although we could have met during flexible learning sessions, I feel that we sometimes prioritize other tasks not related to our project to work on during that time.

I found the community research to be the most enjoyable part of the project. I felt welcomed by the Galiano Island community and I was inspired by the passionate individuals we interviewed. I do not have the same experience as my other group members when it comes to running a farm and thus I was able to see the amount of work and care that goes into producing the food I eat on a daily basis.

“S”

It was interesting to work with a community partner on an academic project. At times I felt like the objectives were estranged due to the different natures of the two fields. As students, we were often very focused on the paper-writing and grades aspect of the project. When we first planned out our visit to the island, it was to be a mad dash from producer to producer, with a quick list of questions and a goal of meeting with as many people as possible. However, when our community partner emailed us back her proposed itinerary, we realised that she had envisioned the trip quite differently. She wanted us to be a part of the community while we were there - help out in the hall kitchen, attend the Halloween event, and get a sense of the island life.

It is, of course, always challenging to work in large groups of people to accomplish tasks. However, there is always more to be learned when it comes to cooperation, and I feel that this group and semester helped me improve my groupwork skills again, regardless of the fact that I have collaborated many times before.

I found our field research to be incredibly enjoyable, however we also learned that more structure is probably better than less when conducting in-person interviews. It is very easy for people who are passionate about what they do to head off on a tangent, and it can be rather difficult to get them back on track!

“N”

The overall experience of this CBEL project for me was positive. Though I found the process somewhat frustrating and limiting (we had to do all of our actual information gathering over one weekend), its relevance to my degree of Food & Environment created a larger level of overall satisfaction for me. With my degree's focus on food production and food security as a concept of human health, the content of this project proved very relevant and important.

I personally found the flexible learning sessions very limiting and frustrating at times. I felt like there was not much guidances as to what we could do and our limitations of the project cut our ability to be very productive during these weeks. This made the blog posts very difficult at times.

Overall the project was very informative once we were actually able to go to the island. Being able to speak to local producers and providers really gave us a bigger picture of how a localized small food system works and where its limits might be. The physical interviews we made as a group were very easy and informative as they were very straightforward. The email and phone interviews posed a little more of a challenge as they were not as direct and dual understanding was more difficult of a task.

Overall, the project was a success and was enjoyable, but more localized projects or more frequent trips to distant locations would help it be more enjoyable and have the efforts be more effective.

“A”

I really enjoyed this project overall, even though my idea of what was going to happen changed drastically over the course of those few weeks prior to our departure to Galiano Island. It is always difficult to work in large groups, but everyone contributed and pulled the weight for

some other members when some members were unable to complete their tasks. Usually, this would be frowned upon, but since everyone had a period of time that were filled with tasks to complete, LFS 350 work was incomplete. During these times, our group managed to fill each other's shoes and complete our project.

I feel that flexible learning sessions were not helpful for our group since it was a weekend trip. The trip itself was very enjoyable, being able to explore a new place with new people was exciting. Meeting with all the community members of Galiano and having them treat us with such kindness and hospitality was really great. However, I regret using personal interviews as a method of data collection. I really think we should've used a survey to gather data. Moreover, I wish we were allotted more time to allow the producers to give us accurate data (such as quantity), so that contacting the producers over email after our visit wouldn't have been necessary.

“A”

Overall I felt the CBEL project was a new and different experience for me. I was exposed to different sorts of activities such as raking leaves during the garlic co-op and visiting various farms while interviewing people. Additionally, I got a sense of the lifestyle on a small Island with such a small population, especially coming from a larger city. Although my level of excitement kept on decreasing as it was time to visit the Island, the experience was much better than what I had expected it to be. I imagined it as being a dull rainy weekend where we would be hiking for hours, but instead it was a pleasant trip with wonderful hosts and great food!

The flexible learning sessions did not help our team significantly, as we could only visit the Island once, and we worked on the blogs through the convenience of Google Documents and our Facebook group. These two methods helped our team to communicate with one another, enabled us to monitor the progress of our work as a team, as well as allowed us to provide relevant feedback. The biggest challenge with group work always is to find a common time to meet. In my opinion, online platforms were more effective, considering it was extremely hard to match everyone's schedules. I liked the presentations, since it personally gave me a chance to see our plan and progress clearly in a more structured way, as well as getting relevant feedback from the TA's was helpful.

“A”

Growing up on a commercial farm, I have always been exposed to the business end of agriculture. However, in working with the Galiano Food Program, I was able to see a different

aspect of local food systems, and discovered how crucial community-based groups are for the development of an area's food economy. Personally, I've never really cared for being involved with organized social activities, and being brutally honest, I felt that community groups were for people who felt the need to appear saint-like to others. However, working with my classmates and the residents of Galiano Island completely changed my views on the matter.

In spite of my reservations upon beginning this course, I actually found working with my group members and our community partners to be fun. Visiting the island was a bit of an adventure, and it was touching to see how close all the locals were with one another. Going through all of the ups and downs of our project together also forced our group to bond, and gave me a better understanding of how different members of community groups find common ground in their work. While the stress of deadlines and coordination with my group members caused this project to be challenging at times, the overall experience has encouraged me to become more involved in my own community's agriculture-based groups back home.

Appendix

Summertime

June-August

Farms

Cable Bay Farms
Basil, beets, cherry tomatoes, corn, garlic, golden purslane, Hakurei turnips, potatoes, shallots

Latta Farm
Beets, brassicas, chard, cron, eggs, garlic, kale, peaches, tomatoes

Matt Clearsky
Garlic

Sam Maberley
Beef, lamb

Sunshine Farms
Roger
Brassicas, brussel sprouts, cabbage, corn, figs, garlic, kale, lettuce, onions, peppers, yellow onions

Markets/Restaurants

DayStar Market
contact info
Apples, beets, chard, garlic, green beans, kale, onion, potatoes, tomatoes

Max & Moritz
Beets, cabbage, carrots, eggs, garlic, kale, lettuce, onions

Pilgrimage
Bananas, cherries, concord grapes, corn, eggs, figs, strawberries, summer squash, tomatoes, unripe kiwis, wild berries

Scoops
Salads, smoked salmon, vegetables

Contact Information



Cable Bay Farms
Thomas & Henry
1-866-539-3625
13050 Portier Pass Road

DayStar Market
(250) 539-2800
96 Georgeson Bay Road

Producer
Donna Marben
ADDRESS
(250) 539-5539

Hummingbird Pub
47 Sturdies Bay Road
(250) 539-5472

Latta Farm
Doug & Elizabeth
(250) 539-3525
ADDRESS

Saturday Market
(250) 539-2958
Galiano Lions Park

Grand Central
Deb McEchnie
2740 Sturdies Bay Road
(250) 539-9885

Clearsky Farm
Matt Clearsky
ADDRESS
mathiasclearsky@yahoo.com

Max & Moritz
Lucy Reksaatmodjo
250 539 5888
Ferry Terminal

Pilgrimage
Jesse & Lauren
(250) 539-5392
2806 Montague Road

Stockage Farm
Sam Maberley
ADDRESS
PHONE

Scoops
(250) 539-2388
2540 Sturdies Bay Road

Sunshine Farms
Roger & Lisa Pettit
(250) 539-2166
222 Vineyard Way

Local Food on Galiano Island 2016

A list of farmers, producers and places to eat, by season and local ingredients!



Image 3. Part 1 of the Galiano Food Program flyer work in progress by LFS 350 Group 1.

Spring

March-June

Farms

Cable Bay Farms
Artichokes, arugula, brussel sprouts, fresh herbs, gourmet greens, kale, mustard greens, potatoes, salad greens, spinach, tomatoes

Latta Farm
Greens, kale, peaches, raspberries

Matt Clearsky
Carrots, garlic scapes, potatoes

Sam Maberley
Beef, lamb

Sunshine Farms
Roger
Brassicas, brussel sprouts, cabbage, kale, lettuce, onions, peppers, potatoes

Markets/Restaurants

DayStar Market
Kale, spring mix

Max & Moritz
Coffee, eggs

Pilgrimage
Greens

Scoops
Salads, smoked salmon, vegetables

Winter

November - February

Farms

Cable Bay Farms
Brussel sprouts

Latta Farm
Eggs, parsnips

Matt Clearsky
Garlic

Sam Maberley
Lamb, beef

Sunshine Farms
Roger
Brassicas, brussel sprouts, cabbage, kale, lettuce, onions, peppers

Markets/Restaurants

DayStar Market
Kale

Max & Moritz
Coffee, eggs

Pilgrimage
Apples, cauliflower, green tomatoes, herbs, kale, potatoes, green tomatoes, squash, swiss chard, tomatoes, winter chard

Scoops
Salads, smoked salmon, vegetables

Fall

September - November

Farms

Cable Bay Farms
Corn, kale, peppers, potatoes, sunflowers

Latta Farm
Cabbage, leeks, raspberries, sweet potatoes,

Matt Clearsky
Pumpkins, sunchokes, winter squash,

Sam Maberley
Beef, lamb

Sunshine Farms
Roger
Apples, Brassicas, brussel sprouts, cabbage, cherries, kale, lettuce, onions, peppers

Markets/Restaurants

DayStar Market
Parsnips

Max & Moritz
Coffee, eggs

Pilgrimage
Apples, cauliflower, green tomatoes, kale, potatoes, squash, swiss chard, tomatoes, winter chard

Scoops
Salads, smoked salmon, vegetables

Image 4. Part 2 of the Galiano Food Program flyer work in progress by LFS 350 Group 1.

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