

# LOCAL HEROES WINNERS:

## ETHICAL BEAN

## FARMFOLK/CITYFOLK

## SEBASTIAN & CO. FINE ORGANIC MEATS

## ROCKY MOUNTAIN FLATBREAD COMPANY

## UBC FARM



Jessica and Sebastian of Sebastian & Co. Fine Organic Meats

Instead of our normally autocratic decisions about Edible Heroes, this issue is all about *your* heroes, the organizations and businesses that our readers voted for. Local Heroes were honoured and their stories shared in Santa Fe this past January at the annual meeting of *edible* publishers.

We weren't surprised when you chose **Ethical Bean** as heroic Beverage Artisan. They produce certified organic, fair trade coffee and tea in a carbon-neutral facility, and every year they raise funds for sending kids to school in Guatemala. The beans are widely available at stores throughout the lower mainland. [www.ethicalbean.com](http://www.ethicalbean.com)

The Non-profit **FarmFolk/CityFolk Society** are superheroes of our local scene. The organization connects farm and city to build a local, sustainable food system, and hosts inspiring events like the annual **Feast of Fields** (expanding to the Okanagan in 2009). Their website is a rich resource of information about seasonal eating, Community Supported Agriculture, protecting farmland and more. [www.farmfolkcityfolk.ca](http://www.farmfolkcityfolk.ca)

**Sebastian & Co. Fine Organic Meats** cleaned up in the Food Artisan category. This is the conscious carnivore's source for certified organic, naturally raised meats from farms and ranches in BC and Alberta. Professionally trained chef and butcher Sebastian Cortez is reviving the art of dry-aging beef, and his artisan sausages have acquired an enthusiastic following. His shop at 2425 Marine Drive in West Van has a modern European aesthetic with exceptional, knowledgeable, old-fashioned service. [www.sebastianandco.ca](http://www.sebastianandco.ca)

Carbon-neutral, kid-friendly **Rocky Mountain Flatbread Company** is our readers' choice in the Chef/Restaurant category. Their belly-pleasing creations feature organic ingredients from local farmers, and **Ocean Wise** certified seafood. These **Green Table** members use reclaimed wood throughout the restaurant and support numerous community events. Dine in at 1876 West First Avenue or find their frozen pizzas at tasteful grocery stores. [www.rockymountainflatbread.ca](http://www.rockymountainflatbread.ca)

**UBC Farm** is the only remaining working farm within the Vancouver city limits, and we were delighted when you chose it for the Farm category. An educational resource for children, UBC students, and members of the public, the farm is also a seasonal market, a peaceful haven, and a home to bees, chickens and wildlife. This important parcel of land has been under the threat of development, and while its future is not yet secure, numerous supporters from UBC and the general community have sent a loud and clear message to UBC's administrators: Save the farm. Please. [www.landfood.ubc.ca/ubcfarm](http://www.landfood.ubc.ca/ubcfarm)



Lloyd of Ethical Bean