

SOOKE FALL FAIR 2023 - WILD WEST COAST

Kitchencraft section, by Candace Linde; Kitchencraft Section head

This year will be a special year at the Sooke Fall Fair as we celebrate the 'Wild West Coast'.

Sooke is a hidden treasure trove of delectable wild plants, berries, sea life, nutritious and medicinal forest flora.

The Kitchen craft section of the Sooke fair can offer a wide variety of entries like preserved, baked, or dried tasty treats from our own wild west coast.

There could be entries of dandelion vinegar, bull kelp pickles or relish, salmonberry muffins, wild trailing blackberry pie, candied wild Nootka rose petals, dried seaweeds, wild west coast trail mix with cleaver, plantain, curly dock and nettle seeds, dried currants, huckleberries, thimbleberries, salal, and Saskatoons. The list is long, but you can forage and find many of these plants in your own backyard, in the ocean or in the forests.

You may have some special family recipes going back many years of some tried-and-true wild delights. (Remember to include the recipe with your entry.)

Check out our very own natureschef.ca or take some workshops to learn all about what our wild west coast natural and healthy treats have to offer!

I can't wait to see what is going to be entered into the fair! It's going to be a 'Wild West Coast' year!



Photo of Seaweed delicious and nutritious delights from the natureschef.ca seaweed workshop by west coast chef Tom Kral.