June Breakfast Ride - Honest Food Farms - Keremeos

Event - June Breakfast Ride - Honest Food Farms - Keremeos ↻

Title	June Breakfast Ride - Honest Food Farms - Keremeos
When	Sun, 23. June 2024, 11:00 h - 13:00 h
Where	Honest Food Farm - Farm Store - Keremeos, BC, CA
Category	Breakfast

Description

Our June Breakfast Ride is confirmed for **Sunday, June 23rd.** We will be returning to **Honest Food Farms in Keremeos**. It's a great ride from anywhere in our region to the Keremeos area and it's almost the longest day of the year so it should be a great time. Note that the start time is **11:00 AM**. This will give those from further away more time to get there.

The last couple of times we've been there they've had an excellent limited menu for breakfast items. From the menu they have provided this year it looks like the tradition continues. We will have four menu options.

Option 1: **Bacon & Eggs** - Bacon, basted eggs, potatoes, chipotle aioli, toast and jam **($18)**

Option 2: **Breakfast Sandwich** - Scrambled egg, housemade bun, cheddar cheese, chipotle aioli, greens, pickled onion, and choice of bacon or ham **($12)**

Option 3: **Shakshouka** - Roasted pepper and tomato sauce, basted egg, feta, potatoes, greens, and sourdough toast **($18)**

Option 4: **Harvest Bowl**- Roasted beets, carrots, fried seasonal veg, greens, brown rice, pumpkin seeds, feta, maple tahini dressing **($18)**

Your President, Wayne Corley will be taking RSVP's for this one so if you are coming please send him an email at president@valleybmwriders.com by the evening of **Wednesday, July 19th**. Please indicate how many in your party are coming and which of the four options you would prefer. It really helps the kitchen to plan the breakfast when they have some idea of the choices.

Venue - Honest Food Farm - Farm Store

Location	Honest Food Farm - Farm Store
Street	156 Becks Rd.
City	Keremeos
County	BC
Country	CA
Website	https://www.honestfoodfarm.com/

Description

Our farm is located in the mountainous Similkameen Valley in the southern interior of British Columbia. We grow a wide selection of fruit, vegetables and flowers, including numerous heirloom/specialty varieties. The unique combination of a semi-desert climate and the rich river valley deposits provide the ideal conditions for producing a wide variety of high quality agricultural products. On our small mixed farm, we have always grown using ecologically sustainable practices, with a genuine focus on maintaining and promoting soil health. Our traditional style farming goes against the high-input industrial model of agriculture. The emphasis on a living soil is supported through our growing methods, such as: conservation tillage; cover-cropping and green manures; interplanting and crop rotations; and our livestock management. The goal of our farm is to feed our family and our community with healthy, flavourfull food. We believe it is important to connect people to the source of their food, so that this connection is not lost.

Contact Information

- **Corley, Wayne & Heather**
  President | 250-863-0710 | waynecorley1150@gmail.com