

Sun June 25 Breakfast Ride - Keremeos

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Title	Sun June 25 Breakfast Ride - Keremeos
When	Sun, 25. June 2023, 10:00 h - 12:00 h
Where	Honest Food Farm - Farm Store - Keremeos, BC, CA
Category	Breakfast

Description

Our June Breakfast Ride will return to **Honest Food Farms** for the second time and will be held in conjunction with our Summer Solstice Camp-N-Ride. You can check out their website at <https://www.honestfoodfarm.com/>

The Farm Store is located at 156 Becks Rd in Keremeos. It is only 3.6 km from the Helm Family Farm where the Summer Solstice Camp-N-Ride is being held. You can get the directions and a map of the location by clicking the venue link below.

Like last year we are going to have a limited number of menu choices and we'll be asking for your preference when you indicate you are attending. The staff did a really good job with this method last year and the food a service was great.

Option 1- Breakfast Sandwich- \$12 (Scrambled egg, choice of bacon or ham, chipotle aioli, jalapeno cheddar, greens, pickled onion on a flatbread bun)

Option 2- Shakshouka- \$16 (Roasted tomato and pepper sauce topped with basted egg and feta cheese. Served with salad, roasted potatoes, and sourdough toast)- **vegan option available- sub the egg with 2 falafels and no feta.**

Option 3- Classic Bacon and Eggs- \$15 (Bacon, 2 basted eggs, roasted potatoes, chipotle aioli, toast and housemade jam)

Option 4- Farmers Breakfast- \$18 (Poached eggs, herbed yogurt sauce, roasted veggies, sauteed greens, housemade ketchup, romesco, sausage and sourdough toast) -vegetarian option available.

Option 5- Smoked Salmon Bagel- \$12 (Herbed cream cheese, smoked salmon, cucumber, and house pickle on sourdough bagel) -vegan option available \$14- (vegan bagel topped with seasonal hummus, roasted vegetables, house pickle).

We're asking you confirm your attendance by informing Judy by email at: events@valleybmwridders.com. Please let her know by **Thursday, June 22nd** if you are coming and please indicate which of the five options you would like for breakfast. That will ensure that they can prepare for us. Judy will be out of email range from June 10th to 17th so if you have any questions during that time you can contact Wayne at president@valleybmwridders.com

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.