

All about B.C. Greenhouse Vegetables

There are **60 commercial greenhouse growers** in B.C. that produce **over 110 million kg** of vegetables each year! The most common greenhouse products in BC include **tomatoes, peppers, cucumbers, lettuce, and eggplant.**

Natural light levels in B.C. allow greenhouse growers to produce vegetables for **10 months** annually. Using artificial lighting can extend the season to **a full year!**

Tomatoes, peppers, and cucumbers are packed with **vitamins, minerals, and fibre**, which help keep your immune system strong.



Growers release **ladybugs** in their greenhouses to help reduce harmful pests.



Almost all commercial greenhouse growers in B.C. are in the Lower Mainland, with additional production in the Kootenays, Thompson-Okanagan, and Vancouver Island.

They take up only **0.01%** of BC's total farmland while producing **11%** of the province's total agricultural production value!



"The cool thing about growing inside of a greenhouse is that we can grow **10 to 20 times** the amount of vegetables on the same area of field!"

- *Ravi and Grin, Greenhouse Vegetable Farmers, Surrey, B.C.*



Farmer Grin lives in Surrey, where the First Nations speak the languages of *Hul'q'umi'num'*, *Halq'eméylem* and *hə́ńq'emíhə́m*.

spils s'alhtel - Vegetables in *Halq'eméylem*

S-ulhtun-ulhp - Vegetables in *Hul'q'umi'num'*

Surrey rests upon the homelands and shared unceded territory of the SEMYOME Semiahmoo, ǵíćǵǵ Katzie, kwíkʷǻ́łəm Kwikwetlem, ǵʷa:ńłǻ́ Kwantlen, qiqéyt Qayqayt, xʷməθkʷəy̓əm Musqueam and scéwaθen Tsawwassen First Nations.