

A documentary series | Season One

Savoured Here

Fact Sheet

Series Title

Savoured Here

Format

Documentary Series

Seasons

1 season

Episodes

6 Episodes

Language

English

Runtime

Approximately 25 mins per episode

Distribution

TELUS Optik TV

Release Date

September 22, 2026

Location

Southern Vancouver Island, BC

Production Company

Alpenglow Media Inc.

Created By

Saman Rezapour & Colton Armstrong-Ashley

Website

www.savouredhere.com

Social Media

@SavouredHere

Press Release

Linked [here](#).

Synopsis

Savoured Here is a documentary series exploring the people, places, and traditions that shape Southern Vancouver Island's food culture. Through the stories of farmers, fishers, foragers, winemakers, chefs, and community leaders, the series reveals the relationships that connect land, sea, and table while examining what it means to build a resilient regional food system.

Logline

A journey into the farms, forests, waters, kitchens, and communities of Southern Vancouver Island to discover the people preserving and redefining local food culture.

Themes

- Local food systems
- Sustainability
- Agriculture
- Wild harvesting
- Culinary culture
- Community resilience
- Environmental stewardship
- Sense of place

Featured Voices

The series features interviews with:

- Lana Popham (BC Minister of Agriculture)
- Phillip Kevin Paul (Poet & Language preserver)
- Amanda Swinimer (Dakini Tidal Wild)
- Robin Jackson (West Coast Mycology)
- Bob Fraumeni (Finest at Sea)
- Jennifer Gidora (Finest at Sea)
- Rich McBride (Finest at Sea)
- Thelma Brookes (Former farmer & teacher)
- Lamont Brooks & Pat George (Symphony Vineyards)
- Mic Silvestri & Jonny Bernard (Neighbourly Wine Co.)
- Shrawan Khanna (Marilena Cafe and Raw Bar)
- Brian Tesolin (Cafe Brio)
- Matt Cusano (Two Rivers Meats)
- Ross Bowles (Fox & Monocle Cafe)
- Andrea Alridge (Janevca)
- Tom Henry (Stillmeadow Farm)
- John & Lorraine Buchanan (Parry Bay Sheep Farm)
- Michael Tennant - (Moonlight Farms)

Episode Topics

Episode 1

Heritage & Connection

Episode 2

Foraging Wild

Episode 3

Ocean Stewardship

Episode 4

Wine & Community

Episode 5

Culinary Craft

Episode 6

Growing the Future

Filming Locations

- Sidney, BC
- Saanich, BC
- Metchosin, BC
- Victoria, BC



About Savoured Here | Series Bio

Southern Vancouver Island is home to an extraordinary food culture shaped by its unique geography, climate, and community. Surrounded by ocean, rich agricultural land, and vast forests, the region produces an abundance of ingredients while supporting a network of passionate growers, harvesters, makers, and chefs.

Yet behind every meal is a much larger story.

Savoured Here is a documentary series that explores the people who dedicate their lives to cultivating, harvesting, preparing, and sharing food across Southern Vancouver Island. From mushroom farmers and seaweed harvesters to vineyard owners, commercial fishers, and celebrated chefs, the series reveals the connections that bind people to place and to one another.

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Rather than focusing solely on food, Savoured Here examines the relationships that make a regional food system possible. The series explores Indigenous knowledge, environmental stewardship, local agriculture, culinary innovation, and the challenges and opportunities facing food producers today.

Each episode immerses viewers in a different aspect of the region's food landscape, showcasing not only the ingredients themselves but also the stories, traditions, and values behind them.

At its core, Savoured Here is about connection: connection to land, connection to community, and connection to the people whose work sustains us.

Through cinematic storytelling and intimate conversations, the series invites audiences to see Southern Vancouver Island through a new lens and to gain a deeper appreciation for the individuals shaping the future of food in the region.



About Savoured Here | Creator Bios

Saman Rezapour: Co-Producer & Director

Saman Rezapour is a filmmaker, photographer, and creative director based in Vancouver, British Columbia. Through his production company, Alpenglow Media, he creates documentary and commercial films that explore the intersection of people, culture, and place.

His work has taken him across North America and Europe, collaborating with organizations ranging from outdoor brands and technology companies to conservation groups and tourism destinations. His filmmaking is driven by a curiosity for human stories and a belief that meaningful storytelling can strengthen connections between communities and the places they call home.

Savoured Here reflects Saman's passion for documentary filmmaking and his commitment to celebrating the people whose work often happens behind the scenes.

Chef Colton Armstrong-Ashley: Co-Producer & Culinary Lead

Chef Colton Armstrong-Ashley is a Vancouver Island chef known for his commitment to local ingredients, open-fire cooking, and building meaningful connections between producers and diners.

Throughout his career, Colton has championed relationships with farmers, fishers, foragers, and artisans, creating culinary experiences that highlight the unique character of the region. His work emphasizes seasonality, sustainability, and a deep respect for the people who grow and harvest the ingredients that reach our tables.

As Executive Producer and Culinary Lead of Savoured Here, Colton helps guide the series' exploration of Southern Vancouver Island's food culture while bringing an insider's perspective to the stories being told.



Short Media Description (50 words)

Savoured Here is a documentary series exploring Southern Vancouver Island's food culture through the stories of farmers, fishers, foragers, winemakers, chefs, and community leaders. Through cinematic storytelling, the series reveals the relationships between land, sea, and table and the people shaping the region's food future.

Sponsors



Media Contact

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