



Seed N Salt

By Jillian Clark

Feel the vibe

A chalkboard sign hangs behind the counter at **Seed N Salt**. Each day it provides a new piece of inspiration – a new seed planted in the minds of those placing orders. “What if I fall? Oh, but my darling, what if you fly?” Edible plants and herbs grow on the street-facing patio and floor to ceiling windows light the dining area. Health-conscious diners fill small tables, bar stools or communal benches. The slogans, the mottos and the endless smiles combine to establish the atmosphere of **Seed N Salt**, a popular Mission eatery offering salads, bowls and other healthy offerings.

Everything comes from a seed – that's the premise of **Seed N Salt**. “It’s the start of someone’s dream. It’s the start of a new beginning. It’s the start of when that farmer decided this would be the livelihood for his family,” says co-owner Melodie-Joy Miller. The "salt" part of the name is inspired by hard work and commitment – the sweat and the challenge it takes to grow a seed. “We often say this has taken a lot of salt,” Melodie-Joy chuckles.

"It's the start of someone's dream. It's the start of a new beginning."

- Melodie-Joy Miller, co-owner



Melodie-Joy Miller and Heather Merrett co-own Seed N Salt, a locally-sourced, fast-casual eatery in Mission. Photo by Jill Clark

Planting seeds

Co-owners Melodie-Joy and Heather Merrett live the **Seed N Salt** lifestyle daily. The **Seed N Salt** experience is “come as you are,” Melodie-Joy says, “but expect amazing taste profiles.” Bowls and salads are assembled with marinated, roasted and fresh-made ingredients – think tangled Thai

and Tulum bowls or Tuscan and cobb salads. They balance their smoothies with coffee, craft beer and regional wines from their favourite Canadian producers.



What? (E.g. plumber)

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Being located in the popular Mission district, **Seed N Salt** attracts all sorts of diners, including “business professionals, people on a date, moms with a stroller (and) friends just finished a fitness class,” according to Melodie-Joy. The common ground is healthy, balanced lifestyles and a love for delicious meals. Plus, **Seed N Salt** caters to dietary restrictions, including gluten-free, paleo and vegan.



The avocado toast at Seed N Salt is a popular option for both breakfast and lunch. Photo provided by Seed N Salt.



Seed N Salt attracts all sorts of diners to its front counter – all of whom are met with a smile. Photo provided by Seed N Salt.

Growing the seed with salt

Both coming from corporate backgrounds, opening **Seed N Salt** was not a lifelong dream for Heather and Melodie-Joy. But as both are superhero mothers of three with passions to garden fresh produce, real food and home-cooked meals, developing a fresh menu came naturally. **Seed N Salt** gives the community the opportunity to sit around the power-duo's table. "Heather and I created every single recipe," Melodie-Joy says. And they did so with their own version of market research – testing it out at the dinner table. Their combined six children gave dishes the final approval by a measure of two thumbs up.

Their passion for fresh food grew from the seeds their families planted, a combination of family farming roots and hours watching mom in the kitchen. But even city dwellers should experience the passion behind a farm fresh lifestyle. **Seed N Salt** gives community members the opportunity to meet the farmers – one day, diners can learn about the wine used at the restaurant, the next, there might be a carrot sampling.

It's likely that guests will leave **Seed N Salt** impressed not only with their healthy, delicious meals, but with a smile on their face and some new inspiration in their back pocket. With a philosophy to inspire and bring joy to the Mission community, Melodie, Joy and Heather are surely flying.



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Seed N Salt has quickly become a favourite to Mission-dwellers looking for healthy and delicious menu items. Photo provided by Seed N Salt.

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