



Document generated on: May 4, 2024
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Mountain Springs Farm - 250-497-8209

Contact: Phyllis Jmaeff

Toll Free:

Phone: 250-497-8209

Cell:

Fax: 250-497-6309

Email: jmaeff@vip.net

Website: <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:

Certified Organic Snowpeas - Fall Summer

Available seasonally.

Berries - Summer

Red Currants, Black Currants and Gooseberries, certified organic.

Certified Organic Strawberries - Spring

Available seasonally.

Garlic - Fall

Large bulbs, strong flavoured, certified organic.

Green Beans - Fall Summer

Our specialty is the Russian Yellow Bean. Both beans are very tender and certified organic.

Variety of Herbs - Fall Summer

Dill and chamomile, certified organic.

Watercress - Fall Summer

Available from a pristine running creek.

Old Tower Farm - 250-499-5654

Contact: Donna Bartlet

Toll Free:

Phone: 250-499-5654

Cell:

Fax: 250-499-5654

Email: alainp@telus.net

Website: <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 Apples - Fall Summer

Certified Organic Fuji, Spartan, Macintosh, Golden Delicious and Ambrosia. Available seasonally.

Certified Organic Nectarines - Summer

Available seasonally.

Certified Organic Nectarines (Frozen) - Summer

Available August as supplies last.

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.