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## Contents

<b>Avalon Dairy Limited - 604-434-2434 .....</b>	<b>2</b>
<b>Golden Ears Cheesecrafters Ltd. - 604-467-0004 .....</b>	<b>4</b>
<b>Gort's Gouda Cheese Farm - 250-832-4274 .....</b>	<b>5</b>
<b>Happy Days Dairies Ltd. - 250 832 0209.....</b>	<b>7</b>
<b>Hilary's Cheese Company - 250-715-0563 .....</b>	<b>8</b>
<b>Jerseyland Organics - 250-442-8112 .....</b>	<b>10</b>
<b>Little Qualicum Cheeseworks - 250-954-3931.....</b>	<b>12</b>
<b>Moonstruck Organic Cheese - 250 537-4987.....</b>	<b>14</b>
<b>Mountain Meadow Sheep Dairy - 250-679-3841 .....</b>	<b>15</b>
<b>Natural Pastures Cheese Co. - 866-244-4422.....</b>	<b>17</b>
<b>Rasayana Foods Ltd. - 604-523-1700 .....</b>	<b>19</b>
<b>The Farm House Natural Cheese Co. - 604-796-8741 .....</b>	<b>20</b>
<b>The Udder Guy's Ice Cream Co. Ltd. - 250-954-5555.....</b>	<b>21</b>
<b>Village Cheese Co. - 250-308-2516.....</b>	<b>22</b>

# Company results for 'Dairy' under 'Lower mainland'

## Avalon Dairy Limited - 604-434-2434

**Contact:** Gay Hahn

**Toll Free:**

**Phone:** 604-434-2434

**Cell:**

**Fax:**

**Email:**

**Website:** <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 Ice Cream - Year Round

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

### 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 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 Eggs - Year Round

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 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 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 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.

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

**Contact:** Emma & Jenna Davison

**Toll Free:**

**Phone:** 604-467-0004

**Cell:**

**Fax:** 604-467-0099

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

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

**Address:**

22270-128 Ave.

Mapel Ridge, BC

V4R 2R1

**Regions Supplied:** Lower mainland

**Company Notes:**

## Products Available:

### Additional Products -

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.

### Artisan Bries - Year Round

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

### 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

### 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

### 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

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

**Contact:** Yolanda Gort-Tiller  
**Toll Free:**  
**Phone:** 250-832-4274  
**Cell:**  
**Fax:** 250-832-5522  
**Email:** gort@sunwave.net  
**Website:** <http://www.gortsgoudacheese.bc.ca>

**Address:**  
1470-50th Street SW  
Salmon Arm, BC  
V1E 3B5

**Regions Supplied:** Lower mainland Thompson okanagan

### 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 Organic Maasdammer, produced from our own small herd of milking Shorthorns and Brown Swiss. Please see our website for more information.

### Products Available:

#### 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.

#### 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  $\frac{1}{2}$  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

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

If you're 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 youâ€™re 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 â€œDutch Styleâ€• 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!

### **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 unpastuerized 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.

# Happy Days Dairies Ltd. - 250 832 0209

**Contact:** Donat Koller

**Toll Free:**

**Phone:** 250 832 0209

**Cell:**

**Fax:** 250 832 020

**Email:** happydaysdairies@telus.net

**Website:** <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:**

Chevre Cheese Cake - Year Round

Firm, and ripened Goat Milk Cheeses - Year Round

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

Goat Milk Ice Cream - Year Round

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 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.

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

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

**Contact:** Hilary & Patty Abbott  
**Toll Free:**  
**Phone:** 250-715-0563  
**Cell:**  
**Fax:** 250-715-0564  
**Email:** hilarys@cowichan.com  
**Website:**

**Address:**  
1282 Cherry Point Road  
Cowichan Bay, BC  
V0R 1N2

**Regions Supplied:** Lower mainland Vancouver island

## 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:

### 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.

### Belle Ann Cheese - Year Round

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.

### Cheddar Portions - Fall Spring Summer Winter 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.

### 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.

### 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.

### 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.

### Fromage a la CrÃme - Year Round

Fromage a la CrÃme (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).

### 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 un-waxed portions are also available from 250 g to multiple kilogram weights.

### 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.

### Special Orders -

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

### 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.

### 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.

# Jerseyland Organics - 250-442-8112

**Contact:** Ric or Vickie Llewellyn  
**Toll Free:**  
**Phone:** 250-442-8112  
**Cell:**  
**Fax:**  
**Email:** jerseyland@telus.net  
**Website:** <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:

### 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 ranged 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)

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

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

### 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.

### 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

### 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 Gouda Cheese - Year Round

Mild and medium available in bulk 10 kg blocks, deli blocks or retail packaging.

Available in plain. Flavoured Goudas - Garlic

### 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.

# Little Qualicum Cheeseworks - 250-954-3931

**Contact:** Clarke Gourlay  
**Toll Free:**  
**Phone:** 250-954-3931  
**Cell:**  
**Fax:** 250-954-3981  
**Email:** cheese@island.net  
**Website:** <http://www.cheeseworks.ca>

**Address:**  
403 Lowry's Rd.  
Parksville, BC  
V9P 2B5

**Regions Supplied:** Lower mainland Vancouver island

## 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:

### Variety Cheeses - Year Round

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.

### Feta Cheese - Year Round

We have two great varieties of feta: (1) The classic, packaged in a whey bath to preserve the firm texture and with a not-too-salty taste; (2) Sunshine Feta packaged in a marinade of olive oil, peppers, garlic, sundried tomatoes, etc.

### 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.

### 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.

### 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.

### Rathtrevor 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.

### 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."

## Moonstruck Organic Cheese - 250 537-4987

**Contact:** Julia Grace

**Toll Free:**

**Phone:** 250 537-4987

**Cell:**

**Fax:** 250 537-4987

**Email:** [grace@saltspring.com](mailto:grace@saltspring.com)

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

**Address:**

1306 Beddis Road

Salt Spring Island, BC

V8K 2C9

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Salt Spring Island fine organic cheese made from the fragrant organic milk of purebred Jersey cows is available all summer in the Salt Spring Saturday Market. Moonstruck's Cheesemakers transform milk into cheese preserving the original organic flavour in the milk using simple, old-fashioned recipes. During the summer months our cheeses can all be found at Salt Spring's famous Saturday Market; however, you are invited to visit our island, On Farm Store: 11 AM to 4 PM daily, except Saturdays. Special All Occasion Gift Boxes - If you are on the BC mainland, look for our products at the East Vancouver Farmers Market in Vancouver (15th and Victoria Street). On Vancouver Island our cheese can be found in Victoria at the Moss Street Market.

\* To special mail-order our cheese by phone, please contact us through our email link or phone/fax us at 1-250-537-4987 to place an order.

**Products Available:**

A Variety of Organic Cheese Products - Year Round

# Mountain Meadow Sheep Dairy - 250-679-3841

**Contact:** Jasper Koo  
**Toll Free:** 877-676-3841  
**Phone:** 250-679-3841  
**Cell:**  
**Fax:** 250-679-3841  
**Email:**  
**Website:** <http://www.sheepcheesecanada.com>

**Address:**  
RR #2 Chase Creek Road  
Chase, BC  
V0E 1M0

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

## **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 Butter - Summer**

Unsalted and uncoloured. Available seasonally.

### **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 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) Droppings - Year Round**

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 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 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 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.

# Natural Pastures Cheese Co. - 866-244-4422

**Contact:** Leslie Shann, Paul Satter, Rick Adams

**Toll Free:**

**Phone:** 866-244-4422

**Cell:**

**Fax:** 250-334-2922

**Email:** [cheese@naturalpastures.com](mailto:cheese@naturalpastures.com)

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

**Address:**

635 McPhee Avenue

Courtenay, BC

V9N 2Z7

**Regions Supplied:** Lower mainland Vancouver island

## 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:

### Micro Batch Specialty Cheeses - Year Round

Parmadammer, Summer Verdelati and Pacific Pepper.

### 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.

### 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.

### Fresh Cheese Curds - Year Round

Protein-rich, squeaky fresh plump nuggets of flavour. A favourite go-anywhere-anytime food.

### **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.

### **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.

### **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.

### **Soft Cheese - Comox Brie - Year Round**

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.

### **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.

## Rasayana Foods Ltd. - 604-523-1700

**Contact:** Kal McIntire  
**Toll Free:**  
**Phone:** 604-523-1700  
**Cell:**  
**Fax:** 604-522-6440  
**Email:** [kai@yoghee.com](mailto:kai@yoghee.com)  
**Website:** <http://www.yoghee.com>

**Address:**  
#303 - 7055 Wilma Street  
Burnaby, BC  
V5E 4B1

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

### 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.

## The Farm House Natural Cheese Co. - 604-796-8741

**Contact:** Debra Amrein-Boyes  
**Toll Free:**  
**Phone:** 604-796-8741  
**Cell:**  
**Fax:** 604-796-8741  
**Email:** [schoggi@telus.net](mailto:schoggi@telus.net)  
**Website:** <http://www.farmhousecheeses.com>

**Address:**  
5634 McCallum Road  
Agassiz, BC  
V0M 1A1

**Regions Supplied:** Lower mainland Vancouver island

### 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:

#### Variety of Goat Milk Cheeses - Year Round

French-style goat cheeses and goat caerphilly and cheddar are 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.

## The Udder Guy's Ice Cream Co. Ltd. - 250-954-5555

**Contact:** John Alexander

**Toll Free:**

**Phone:** 250-954-5555

**Cell:**

**Fax:** 250-954-0755

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

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

**Address:**

3427 Gibbins Road,  
Duncan, BC  
V9L 6E6

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**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

# Village Cheese Co. - 250-308-2516

**Contact:** Dwight Johnson

**Toll Free:**

**Phone:** 250-308-2516

**Cell:**

**Fax:** 250-546-8659

**Email:** [vcheese@villagecheese.com](mailto:vcheese@villagecheese.com)

**Website:** <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:**

**Edam -**

Village Edam Cheese, Village Gouda Cheese, Village Smoked Gouda. 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.

**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

**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

**Parmesan Cheese - Year Round**

Delectable Parmesan Cheese. Please visit our website for ordering information.

**Swiss Cheese - Year Round**

Creamed Harvarti Cheese. Please visit our website for ordering information.