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

## A & L Gardens - 250-499-5492

**Contact:** Art and Lina Nugteren

**Toll Free:**

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**Cell:**

**Fax:** 250-499-5492

**Email:** artandlina@nethop.net

**Website:**

**Address:**

2281 Agar Rd

Cawston, BC

VOX ICO

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

### Company Notes:

We have been growing organically since 1997 and have worked on other organic farms since 1989. We have been growing specialty items for a number of years. We can grow items if we are contacted early in the year. Many items are started in our own greenhouse.

### Products Available:

#### Hot and Sweet Peppers - Summer

Mixed varieties. Available July-October.

#### Baby Zucchini - Fall Summer

Mixed varieties 10 lb case.

#### Fresh Herbs - Fall Summer

Basil, oregano, chives, thyme and sage

#### Grape and Cherry Tomatoes - Fall Summer

Mixed varieties

#### Nugget Potatoes, Red and White - Spring

Available the first two weeks of June

#### Tomatoes - Roma and Field - Fall Summer

Available August - October

#### Winter Squash - Fall

Mixed varieties

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

**Contact:** Helen Koutalianos  
**Toll Free:**  
**Phone:** 604-460-0087  
**Cell:**  
**Fax:** 604-465-7594  
**Email:** sales@basiloliveoil.com  
**Website:** <http://www.basiloliveoil.com>

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

**Regions Supplied:** All of BC Lower mainland North coast Thompson okanagan Vancouver island

### 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:

#### 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 Artisan 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 Artisan Producer Greece.

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

Certified Organic Golden Olive Vassiliki Agrinion Olives Blond (Green) cured with Celery

#### 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.

#### 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

## 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.

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

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

#### 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!

#### Campari 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.

#### 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.

#### 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.

# Bigfoot Organic Herb Farm - 250-537-4466

**Contact:** Pat or Ken Barnes  
**Toll Free:**  
**Phone:** 250-537-4466  
**Cell:**  
**Fax:** 250-537-4466  
**Email:** patorken@telus.net  
**Website:**

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

**Regions Supplied:** Lower mainland Vancouver island

## 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:

### Chutneys - Fall Spring Summer Winter Year Round

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

### Canned Goods - Fall Spring Summer Winter Year Round

Stewed Tomatoes, Wasabi Spiced Cherries

### Herbs - Fall Spring Summer Winter 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.

### Honey - Fall Spring Summer Winter Year Round

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

### Jams - Fall Spring Summer Winter 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

### Marmalades - Fall Spring Summer Winter Year Round

Seville Orange Marmalade, Ruby Orange Marmalade using Moro oranges

### Mustards - Fall Spring Summer Winter Year Round

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

### Pickles - Fall Spring Summer Winter Year Round

Wasabi Ginger, Ginger Hot Pepper (no salt)

### Relish - Fall Spring Summer Winter Year Round

Wasabi Horseradish Relish

### Salsas - Fall Spring Summer Winter 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.

### Sauces - Fall Spring Summer Winter Year Round

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

### Vinegars - Fall Spring Summer Winter Year Round

Salad



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

**Contact:** Louis Druehl

**Toll Free:**

**Phone:** 250-728-3297

**Cell:**

**Fax:** 250-728-3040

**Email:** ldruehl@island.net

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

**Address:**

Port Desire

Bamfield, BC

V0R 1B0

**Regions Supplied:** Lower mainland North coast Vancouver island

**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:**

**Roasted Kelp Flakes - Year Round**

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

**Barkley Sound Bull Kelp - Year Round**

Dried sheet kelp available in bulk or 40 g packages.

**Barkley Sound Kombu - Year Round**

Dried sheet kelp available in bulk or 50 g packages

**Barkley Sound Macro Kelp - Year Round**

Dried sheet kelp available in bulk or 30 g packages.

## Eagle River Organics - 250-836-4333

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

**Toll Free:**

**Phone:** 250-836-4333

**Cell:**

**Fax:**

**Email:**

**Website:**

**Address:**

1754 Trans Canada Hwy.

Sicamous, BC

V0E 2V1

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

### 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:

#### Sugar Pie Pumpkins - Fall Winter

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

#### 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.

#### Carrots - Fall Summer

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

#### Fingerling Potatoes - Fall Summer

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

#### Grapes - Fall Summer

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

#### Parsnips - Fall Spring Winter

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

#### Salsify - Fall

500 lbs. Delicious flavour; fall harvest.

#### Sunchokes - Fall

500 lbs - Fall harvest, excellent for cooking.

## Forest to Fork - 250-732-2063

**Contact:** Brenda Cadieux

**Toll Free:**

**Phone:** 250-732-2063

**Cell:**

**Fax:**

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

**Website:** <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.

**Products Available:**

**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.

**Preserved Mushrooms - Year Round**

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

**Wild Morel Mushroom Bisques, Soups and Sauces - Year Round**

Can specify product for consumption.

**Wild Mushroom Marinade Vinaigrette - Year Round**

**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.

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

**Contact:** Samantha Turner

**Toll Free:**

**Phone:** 250-375-2597

**Cell:**

**Fax:**

**Email:** fresh\_flavours@hotmail.com

**Website:**

**Address:**

Box 87

Westwold, BC

V0E 3B0

**Regions Supplied:** Lower mainland Thompson okanagan

### 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:

#### Sweet Asparagus Pickles - Year Round

Available in small batches only.

#### 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.

#### 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.

#### Sweet Pickled Peppers - Year Round

Available in small batches only.

## FuZheng Pharm - 250-335-0265

**Contact:** Swann Gardner

**Toll Free:**

**Phone:** 250-335-0265

**Cell:**

**Fax:** 250-335-0265

**Email:** swann\_g@denmanis.bc.ca

**Website:**

**Address:**

3553 Northwest Road

Denman Island, BC

V0R 1T0

**Regions Supplied:** Lower mainland Vancouver island

### **Company Notes:**

Our white oyster mushrooms are a hand-crafted, local farm product. We use only natural material in the production. Previously this farm was certified organic, and we continue to utilize the same care in production. We are not presently certified because there is not a significant marketing opportunity to differentiate this mushroom from others offered.

### **Products Available:**

#### White Oyster Mushrooms - Year Round

Hypsizygus Ulmarius, fresh mushroom produce, packed 3 lbs per produce tray. This mushroom is an excellent edible, ranking above all other oyster-like mushrooms. This product is presently available from Pacific Produce Company in BC.

## Glenwood Farms - 778-878-1875

**Contact:** Bernice Neff

**Toll Free:**

**Phone:** 778-878-1875

**Cell:**

**Fax:** 604-534-6959

**Email:** ourfarmersmarket@telus.net

**Website:**

**Address:**

2100 - 208th Street

Langley, BC

V2Z 2A9

**Regions Supplied:** Lower 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:

Bread and Butter Pickles - Year Round

Apple Jelly -

Blackberry Jams and Jellies -

Cucumber Relish -

Dill Pickles - Year Round

Eggplant Chutney - Summer

Eggplant Dips -

Greenhouse Cucumbers - Summer

Greenhouse Goya (Limited Supply) -

Greenhouse Hot Peppers - Summer

Greenhouse Miniature Cucumbers - Summer

Greenhouse Sweet Peppers - Summer

Hot Pepper Jellies -

Hot Pickled Peppers - Year Round

Indian Curry Pickles - Year Round

Pickled Peppers - Summer

Roasted Red Peppers and Garlic in Rosemary -

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

**Contact:** Frank Wang

**Toll Free:**

**Phone:** 604-796-3736

**Cell:**

**Fax:** 604-796-3736

**Email:** aggagr@gmail.com

**Website:**

**Address:**

8026 Scott Road

Agassiz, BC

V0M 1A2

**Regions Supplied:** Lower 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



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

**Contact:** Anil Suri  
**Toll Free:**  
**Phone:** 604-984-0188  
**Cell:**  
**Fax:** 604-984-6388  
**Email:** anilsuri@telus.net  
**Website:**

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

**Regions Supplied:** Lower mainland Vancouver island

### 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:

Artichokes - Year Round

Black Olive Tapenade - Year Round

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

Eggplant - Year Round

Kalamari Olives - Year Round

Mango Chutney - Year Round

Mediterranean Olives Tapenade - Year Round

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

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.

Sundried Olive Spread - Year Round

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

Tuna Antipasto - Year Round

Same as vegetable antipasto, with an addition of tuna.

Vegetable Antipasto - Year Round

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

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

**Contact:** Jan Krueger

**Toll Free:**

**Phone:** 250-453-2273

**Cell:**

**Fax:**

**Email:** jankrueg@telus.net

**Website:**

**Address:**

Box 855

Ashcroft, BC

V0K 1A0

**Regions Supplied:** Lower mainland Thompson okanagan

### 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 flower and storability.

### Products Available:

#### 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.

#### Apples - Fall

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

#### Beans - Summer

Green and Yellow Beans

#### Beets - Fall Summer

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

#### Butter Lettuce - Spring Summer

Butter Lettuce

#### Carrots - Fall Summer

Nantes and Touchon Deluxe Carrots

#### Corn - Fall

Golden Jubilee corn

#### Cucumber - Fall

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

### Fruits - 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.

### Garlic - Fall

Italian Red garlic, hard necked; Chesnook 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.

### Peas - Summer

Sugar and Standard Peas

### 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).

### 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.

### Spinach - Summer

Spinach

### 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 sqash having a cylindrical shape (heirloom). Spaghetti squash.

### 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).

## Kettle River Farm - 250-442-3532

**Contact:** Owen Broad  
**Toll Free:**  
**Phone:** 250-442-3532  
**Cell:**  
**Fax:** 250-442-3532  
**Email:** onfarm@telus.net  
**Website:**

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

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

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

**Products Available:**  
Certified Organic Echinacea, Augustifolia Root - Fall Summer Winter  
Very potent dried root.

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.

## Klippers Organic Acres - 250-499-2050

**Contact:** Kevin & Annamarie Klippenstein

**Toll Free:**

**Phone:** 250-499-2050

**Cell:**

**Fax:** 360-499-2050

**Email:** klippersorganics@nethop.net

**Website:**

**Address:**

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

Cawston, BC

V0X 1C0

**Regions Supplied:** Lower mainland Thompson okanagan

**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:**

**Dried Peaches - Year Round**

Different sized bags available.

**Apple Chips - Year Round**

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

**Apple Juice - Year Round**

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

**Apples - Fall Summer**

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

**Dried Prune Plums - Year Round**

Different sized bags available.

**Dried Tomatoes - Year Round**

Different sized bags available.

**Eggplant - Fall Summer**

4 different varieties. All picked vine ripened.

**Heirloom Tomatoes - Fall Summer**

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

**Italian Prune Plums - Fall Summer**

Picked tree ripened

**Melons - Fall Summer**

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

### Peppers - Fall Summer Winter

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

### Peppers - Fall Summer

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

### Squash - Fall

12 varieties from Butternut - Spaghetti.

# Mariposa Organic Farm - 250-499-5379

**Contact:** Karl Eriksen/Sarah Martin  
**Toll Free:**  
**Phone:** 250-499-5379  
**Cell:**  
**Fax:** 250-499-5379  
**Email:** mariposaorganicfarm@nethop.net  
**Website:**

**Address:**  
S33 C10 RR1  
Cawston, BC  
V0X 1C0

**Regions Supplied:** Lower mainland Thompson okanagan

## 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:

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

## Misty Mountain Specialties - 604-273-8299

**Contact:** David Lee Kwen

**Toll Free:**

**Phone:** 604-273-8299

**Cell:**

**Fax:** 604-273-8124

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

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

**Address:**

130-13900 Maycrest Way

Richmond, BC

V6V 3E2

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

**Products Available:**

Fresh Porcini - Winter

Dried Chanterelle Mushrooms - Year Round

Dried Lobster Mushrooms - Year Round

Dried Matsutake Mushrooms - Year Round

Dried Morel Mushrooms - Year Round

Dried Porcini Mushrooms - Year Round

Fresh Chanterelle Mushrooms - Fall

Fresh Matsutake Mushrooms - Fall Winter

Fresh Morel Mushrooms - Spring Summer

# Mountain Ash Preserves - 604-414-9466

**Contact:** Anne Hutchings, Michael Austin  
**Toll Free:**  
**Phone:** 604-414-9466  
**Cell:**  
**Fax:** 604-414-9477  
**Email:** sales@mountainashpreserves.com  
**Website:** http://www.mountainashpreserves.com

**Address:**  
4351 Ontario Ave.  
Powell River, BC  
V8A 1V3

**Regions Supplied:** Lower mainland Vancouver island

## 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:

### Teas - Year Round

Specialty teas include: Classic Masala, Chai with Green Tea, Chai Rooibox, Instant Coffee Masala.

### 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.

### 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.

### Herb Jellies - Year Round

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.

### 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, Raspberry and Strawberry, Raspberry Blueberry, Raspberry 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.

### Pickled Garlic - Year Round

A wide variety: Lemon-Dill Pickled Garlic, Regular Pickled Garlic, Pickled Garlic with White Wine.

### 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.

### Specialty Jars - Year Round

Mango Amaretto Butter, Margarita Marmalade, Morning Cheer (with Whiskey), Tangerine Marmalade with Orange Brandy, Sundae in a Jar, \*Blackberry with Kirsch.

### Spices - 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.

### Syrups - Year Round

Apple/Orange, \*Blackberry/Apple, Mango Orange, Whole Berry \*Blackberry Syrup, Whole Berry Blueberry Syrup.

### Variety of Chutneys - Year Round

\*Blackberry, Christmas, Cranberry, Gingery Rhubarb, Mango, Mango Papaya Chutney, Peach, and Pumpkin.

### 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.

### 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.

## North Arm Farm - 604-894-5379

**Contact:** Jordan Sturdy

**Toll Free:**

**Phone:** 604-894-5379

**Cell:**

**Fax:** 604-894-6650

**Email:** [jordan@northarmfarm.com](mailto:jordan@northarmfarm.com)

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

**Address:**

1888 Hwy 99, Box 165

Pemberton, BC

V0N 2L0

**Regions Supplied:** Lower 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:**

Fruit Vinegars - Year Round

Celeriac - Fall Winter

A root vegetable that is available October - April.

Pickled Vegetables - Year Round

Beets, carrots, beans and asparagus.

Preserves - Year Round

Various types available.

Specialty Potatoes - Fall Spring Winter

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.

## Origin Organic Farms Inc. - 604-940-3928

**Contact:** Connie Cheng

**Toll Free:**

**Phone:** 604-940-3928

**Cell:**

**Fax:** 604-940-3968

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

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

**Address:**

6225-34B Avenue

Delta, BC

V4L 2N8

**Regions Supplied:** All of BC

**Company Notes:**

**Products Available:**

Organic Mini Cucumbers - Fall Spring Summer

Organic Beefsteak Tomatoes - Fall Spring Summer

Organic Bell Peppers - Fall Spring Summer

Organic Gemini Orange and Red Berry Tomatoes - Fall Spring Summer

Organic Long English Cucumbers - Fall Spring Summer

Organic Sardinia Cocktail Tomatoes - Fall Spring Summer

Organic Tomatoes on the Vine - Fall Spring Summer

## Silverhill Orchard - 604-820-7957

**Contact:** Sonja Barker

**Toll Free:**

**Phone:** 604-820-7957

**Cell:**

**Fax:** 604-820-7957

**Email:** ethicalgrower@telus.net

**Website:**

**Address:**

30111 Silverhill Avenue

Mission, BC

V4S 1H9

**Regions Supplied:** Lower 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:

#### Garden Produce - Fall Summer

A wide selection of produce, which includes our own special salad blend with arugula.

#### Apple Cider Vinegar - Winter

Natural, double-fermented, unfiltered Apple Cider Vinegar including Raspberry and Blackberry.

#### Apple Juice Syrup - Year Round

Great on pancakes.

#### Free Range Eggs - Year Round

"Happy Hen" free range eggs - our 100 chickens have 4 acres of fenced land to roam on.

#### Heirloom Tomatoes - Fall Winter

We have seed for more than 100 varieties, so selection varies from year to year.

#### 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.

#### Jams, Jellies and Chutneys - Year Round

Apple Ginger Chutney, Quince, Crabapple, Blackberry and Raspberry jams and jellies.

## Similkameen River Organics - 250-499-5805

**Contact:** Qi Haiqin

**Toll Free:**

**Phone:** 250-499-5805

**Cell:** 250-499-9789

**Fax:** 250-499-5905

**Email:** georgenqi@nethop.net

**Website:**

**Address:**

186 Chopaka Road

Cawston, BC

V0X 1C3

**Regions Supplied:** Lower mainland Vancouver island

### **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:**

Peppers - Year Round

Sweet and Hot.

Basil and Other Herbs - Year Round

Cabbage, Red and Green - Year Round

Eight Varieties of Onions - Year Round

Shallots, Garlic - Year Round

Squash - Eight Varieties - Year Round

Decorative gourds and squash as well.

Three Varieties of Leeks - Year Round



## Sparkes Corn Barn - 604-794-0198

**Contact:** Ian Sparkes  
**Toll Free:**  
**Phone:** 604-794-0198  
**Cell:**  
**Fax:** 604-794-0178  
**Email:** cornbarn@telus.net  
**Website:** <http://www.chilliwackcorn.com>

**Address:**  
10720 McGrath Road  
Rosedale, BC  
V0X 1X0

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

### 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 varieities. 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.

# Sun Valley Fresh Foods - 250-448-9000

**Contact:** Dean Smith

**Toll Free:**

**Phone:** 250-448-9000

**Cell:**

**Fax:** 250-448-7806

**Email:**

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

**Address:**

#100-2130 Leckie Place

Kelowna, BC

V1Y 7W

**Regions Supplied:** Lower mainland Thompson okanagan

## 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:

### Wide Variety of Vegetable products - Year Round

All vegetable products according to their seasonal limits.

### 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.

### Salad Kits - Year Round

Fresh pre made salads for local vendors in the okanagan.

### Sandwiches - Year Round

Fresh sandwiches for local gas and convenience stores, as well as fruit stands.

# Tamarac Fresh Cut Foods Ltd. - 250-765-2211

**Contact:** Tony DiMaria  
**Toll Free:**  
**Phone:** 250-765-2211  
**Cell:**  
**Fax:** 250-765-2703  
**Email:** tdimaria@okanagan.net  
**Website:** <http://www.russandtonys.com>

**Address:**  
PO Box 41122 RPO S.  
Winfield, BC  
V4V 1Z7

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

## Company Notes:

The purpose of Russ and Tony's Fresh Sliced Apples is to provide fresh sliced produce for health conscious people. Consumers are taking active measures to improve their diet through avoiding foods that are high in carbohydrates, fats and sugars. Apples are high in fibre, low in fat and easy to enjoy - a perfect snack!!

## Products Available:

### Fresh Sliced Organic Apples - Fall Winter

Packaged in 60 gram to 454 gram poly food service sizes. Available seasonally (fall to spring).

### Fresh Baby Carrots - Year Round

Fresh packaged (60 gram

### Fresh Sliced Peppers - Year Round

Fresh sliced and peeled peppers for food service or fresh diced as well, packaged in 60 gram (snack size) up to 454 gram (food service) poly bags.

### Fresh Sliced Apples - Year Round

Fresh sliced apples packaged in 60 gram, 114 gram (snack size) with or without Caramel dips, or Cheese cubes, up to 454 gram (food service ) poly bags.

### Fresh Sliced Pears - Fall Winter

Fresh sliced pears packaged in 60 gram (snack size) up to 454 gram (food service) poly bags.

Available: November to March

# Taves Family Farm - Applebarn - 778.241.1822

**Contact:** Joslin Sanderson  
**Toll Free:**  
**Phone:** 778.241.1822  
**Cell:**  
**Fax:** 888.345.8972  
**Email:** [info@applebarn.ca](mailto:info@applebarn.ca)  
**Website:** <http://www.applebarn.ca>

**Address:**  
333 Gladwin Rd.  
Abbotsford , BC  
V2Y 5Y1

**Regions Supplied:** All of BC

## Company Notes:

Locally grown produce, berries, apples & pumpkins. Catering to restaurants, markets, and families. Call us to experience a taste of the country.

We also grow: Black Currants - Summer Red Currants - Summer Pink Currant - Summer Red Gooseberries - Summer Green Gooseberries - Summer Corn - Late Summer & Fall Apples (several varieties) Late Summer & Fall Pumpkins - Fall Bell Peppers (yellow, orange, green & red) - Spring, Summer, & Fall Stiletto Peppers - very sweet - Spring, Summer, & Fall

## Products Available:

### Cherry - Fall Spring Summer

These are grown hydroponically in our greenhouse and are crisp and flavorful. These are great for salads or vegetable skewers.

### Beefsteak Tomatoes - Fall Spring Summer

We grow large crisp beefsteak tomatoes in our greenhouse. These are great for salads or burgers.

### Butter Head Lettuce - Year Round

We grow beautiful butterhead lettuce hydroponically in our greenhouse. We leave the roots stock on the lettuce to increase it's shelf life.

### Heirloom Tomatoes - Fall Spring Summer

We grow a variety of heirloom tomatoes that are a variety of colours. The flavor of these tomatoes is exceptional and is a great addition to any salad.

### Apple Cider - Fall Winter

We press our own Apple Cider here on our farm made from our own apples. We do not add water or any other ingredients to our Apple Cider. You can get the cider two different ways: Fresh Cider: is UV light pasteurized and is served in plastic containers (like milk jugs). This has a two week shelf life. Glass: Our cider that is served in our unique glass jugs is boiled and will keep on a shelf for years. It only needs to be refrigerated after it has been opened.

### Black Currant and Red Currant Jams - Year Round

On our farm we also grow currants and have made our own black currant and red currant jams. This can be ordered in either 250ml or 125ml class jars.

### Campari Tomatoes - Fall Spring Summer

The red plump tomatoes are a great size for salads and are also grown in our greenhouse.

### **Long English Cucumbers - Year Round**

Our Long English Cucumbers are a consistent size and have a great flavor. They are grown in a hydroponic greenhouse and we have an aggressive IPM program to reduce or eliminate the need for sprays.

### **Mini Cucumbers - Year Round**

Our mini cucumbers are very sweet and crunchy. They are grown in a hydroponic greenhouse and we have an aggressive IPM program to reduce or eliminate the need for sprays.

### **Red Pepper Jelly - Year Round**

We also have a greenhouse where we grow an assortment of veggies, including peppers. We have used the peppers to make a red pepper jelly. This is a spicy red pepper jelly containing jalepenos but it is great with mozzarella sticks, pizza or on chicken.

### **Spiced Apple Cider - Fall Winter**

We also make another variety of the same cider but we add mulling spices. This is popular at Christmas time and is great cold or served as a warm cider. Some restaurants we have sold to add rum to this warm drink at Christmas time and tell me it is quite popular. The Spiced Cider comes in glass only for clients who are re-selling it but for serving purposes it can be sold in plastic with about a 6 week shelf life.

## TSR Farms - 604-823-4475

**Contact:** Sue Knudsen

**Toll Free:**

**Phone:** 604-823-4475

**Cell:**

**Fax:** 604-823-6675

**Email:** sueknudsen@shawcable.com

**Website:**

**Address:**

42784 South Sumas Road

Chilliwack, BC

V2R 4L7

**Regions Supplied:** Lower 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:**

#### **Green, Yellow, Orange - Fall Summer**

No pesticides, no forced production, vine ripened. Picked fresh when ordered for best shelf life.

#### **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.

#### **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.