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# Company results for 'Lettuce' under 'Vancouver island'

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

**Contact:** Bob and Colleen Leary

**Toll Free:**

**Phone:** 250-335-0126

**Cell:**

**Fax:**

**Email:** rcleary@telus.net

**Website:**

**Address:**

Box 317

Union Bay, BC

V0R 3B0

**Regions Supplied:** Vancouver island

**Company Notes:**

Small, family-run farm.

**Products Available:**

Acorn Squash - Fall

Leeks - Fall Summer

Lettuce - Fall Spring Summer

Heirloom varieties available.

Variety of Herbs - Fall Spring Summer

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

# Cowichan Valley Organic Farms - 250-748-8089

**Contact:** David Wiebe

**Toll Free:**

**Phone:** 250-748-8089

**Cell:**

**Fax:**

**Email:** DavidW3@telus.net

**Website:**

**Address:**

6182 Lakes Road

Duncan Road, BC

V9L 4J5

**Regions Supplied:** Vancouver island

## 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:

Melons - Fall Summer

Certified Organic - Seasonal

Basil - Spring Summer

Certified Organic - Seasonal

Beets - Fall Summer

Certified Organic - Seasonal

Broccoli - Summer

Certified Organic - Seasonal

Carrots - Fall Summer

Certified Organic - Seasonal

Cauliflower - Summer

Certified Organic - Seasonal

English Cucumbers - Fall Summer

Certified Organic - Seasonal

Lettuce - Spring Summer

Certified Organic - Seasonal

**Peas - Summer**

Certified Organic - Seasonal

**Peppers - Fall Summer**

Certified Organic - Seasonal

**Potatoes - Fall Summer**

Certified Organic - Seasonal

**Pumpkins - Fall Summer**

Certified Organic - Seasonal

**Radishes - Summer**

Certified Organic - Seasonal

**Squash - Fall Summer**

Certified Organic - Seasonal

**Strawberries - Summer**

Certified Organic - Seasonal

**Tomatoes - Fall Summer**

Certified Organic - Seasonal

# 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.