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# Company results for 'Yogurt' 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.

## 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 unpasteurized cows' milk. The cows graze on grass and are fed our own special blend of feed that is blended and ground on our farm. Maasdammer is made in 8 kg wheels. No preservatives or artificial flavours are used in the producing of this cheese. Maasdammer is an excellent cheese to use in sandwiches, fondues, cheese sauces and soups. It is available in mild, medium and aged flavours. The Maasdammer is produced in small batches to ensure quality.

## 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

# 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.

# 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.