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info@ssfpa.net

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Mountain Springs Farm - 250-497-8209

Contact: Phyllis Jmaeff

Toll Free:

Phone: 250-497-8209

Cell:

Fax: 250-497-6309

Email: jmaeff@vip.net

Website: <http://www.mountainspringscentre.ca>

Address:

Box 113, 564 Hwy. 3A

Kaleden, BC

V0H 1K0

Regions Supplied: Thompson okanagan

Company Notes:

Our farm is part of the Mountain Springs Nature Retreat and is located in a pristine, isolated area where the air and water are clean and pure.

Products Available:

Certified Organic Snowpeas - Fall Summer

Available seasonally.

Berries - Summer

Red Currants, Black Currants and Gooseberries, certified organic.

Certified Organic Strawberries - Spring

Available seasonally.

Garlic - Fall

Large bulbs, strong flavoured, certified organic.

Green Beans - Fall Summer

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

Variety of Herbs - Fall Summer

Dill and chamomile, certified organic.

Watercress - Fall Summer

Available from a pristine running creek.

Vale Farms Grassroots Ltd. - 250-547-2382

Contact: Lorna Ruechel
Toll Free: 866-567-2300
Phone: 250-547-2382
Cell:
Fax: 250-547-6080
Email: valefarms@telus.net
Website: <http://www.valefarms.com>

Address:
106 Dure Meadow Road
Lumby, BC
V0E 2G7

Regions Supplied: Kootenay Lower mainland Thompson okanagan

Company Notes:

We are a multi-generational family farm, and are proud to produce delicious, nutritious products for our community. We strive to maintain a wholistic balance with nature on our farm, protect wildlife and biodiversity, and encourage others to experience and learn about farming!

Products Available:

Certified Organic Sea Buckthorn Berries - Fall Summer

Delicious, tart, and bright orange, these berries and the juice we make from them are available in August and September. High in Vitamin C, minerals, antioxidants and countless other vitamins!

Certified Organic Garlic - Summer

Yugoslavian Racombole variety. Hand weeded and picked. Available July and August.

Grass-fed Certified Organic Beef - Year Round

A large variety of cuts available, sold frozen to ensure year-round supply. Bulk and specialty orders available in the fall. Hormone free, antibiotic free, no animal by-products fed, and SPCA certified to guarantee humane treatment.

Organically-Raised, Pastured Pork -

Certified organically-raised on Big Bear ranch in Horsefly, BC, this delicious free-range pork is available in frozen, individual cuts. No animal by-products fed, no hormones or antibiotics. Seasonal availability.

Pasture-Raised, Grass-Fed Lamb - Fall Winter

Grass-fed, Chemical Free Lamb

Availability: Fall to Spring

Pasture-raised, grass-fed lamb. Bulk orders available in the fall and frozen individual cuts available from late fall to spring. Free from synthetic hormones, antibiotics, and no animal by-products fed.