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Amazing Almonds - 604-607-7470

Contact: Brian or Donna Kingman

Toll Free:

Phone: 604-607-7470

Cell:

Fax: 604-607-7475

Email: amazingalmonds@shaw.ca

Website:

Address:

30002 Taylor Road
Mount Lehman, BC
V4X 2B3

Regions Supplied: All of BC

Company Notes:

Amazing Almonds takes pride in using fresh ingredients so that we can give our customers the best product available. We are a hands-on business to guarantee high quality control.

Products Available:

Roasted and Candied Almonds - Year Round

Roasted and candied Californian almonds - supreme 22 - 25 size; guarded, old European recipe; unique in flavour and appearance.

BC Trail Mixes - Year Round

Three unique to BC trail mixes. Each bag has either a maple leaf flag or a maple leaf emblem on the package and is clearly marked "Made in BC."

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.

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

Lake Country Harvest - 250-766-1373

Contact: Paula Diakiw

Toll Free:

Phone: 250-766-1373

Cell:

Fax:

Email:

Website: <http://www.lakecountryharvest.com>

Address:

6948 McCoubrey Road

Lake Country, BC

V4V 2L3

Regions Supplied: All of BC

Company Notes:

Products Available:

Gluten -Free Muesli -

Apple Chips - Year Round

Apple Chips 30g and 105g size bags available. Okanagan apples are the best! From MacIntosh and Spartan, to specially requested varieties, we slice and dry them into apple chips without any additives.

Baby Beavers Peacans - Fall Winter

Seasonal treat of pecans, fresh creamery caramel and chocolate. Look for us in November/December, or order some now!

Creamy Caramels - Fall Winter

A fall/winter treat of cubes of fresh caramel, robed in good chocolate and sprinkled with specialty salts.

Dried Fruits - Year Round

Dried Cherries, Dried Montmorency and Danube (Sour) Cherries, Dried Blueberries, Dried Plums, Pineapple Crisps, Peach Chips
Dried Apples, Dried Pears, Dried Apricots and Dried Organic Blueberries

Dried Veggies - Year Round

Dried Sweet Peppers, Dried Leeks, Dried Glenmore Road Roma Tomatoes, Dried Chanterelles, Pine and Honey Mushrooms and Dried Morels.

Heavenly Muesli - Year Round

Heavenly Muesli 400g size bags available. We have developed a beautiful combination of Oats, fruit, seeds, nuts and proteins that has NO ADDED SUGAR or oils. We add at least 5 BC fruits to every batch, from Westham Island Strawberries, Richmond Blueberries, Oyama apricots and peaches, Carrs Landing Crabapples, and Winfield apples and pears. A great way to celebrate the bounty of BC.

Honey?d Almonds - Fall Winter

Flavours include: Cajun, Madras Curry, Sweet Chili and Heat

Misc. Jams - Fall Summer

Strawberry
Organic Strawberry
Raspberry
Organic Raspberry
Blackberry
Lapin Cherry
Peach
Peach Polkadot (Peach with raspberries)
Apricot
Blueberry Lime
Blueberry with Cinnamon
Strawberry Rhubarb

Misc. Jellies -

Misc. Preserves - Fall Summer

Pickled Beets
Canned Oyama Peaches
Peachy Barbecue Sauce

Get them while they last.....

Pineapple Crisps - Fall Spring Winter

Pineapple Crisps 55g size bags available. We were longing for Hawaii when we started these. They are like transporting the taste buds to the beach. Perfect for hiking or snacking, or a car trip! They are a popular item, although they are either Costa Rican or Hawaiian product. Air dried to a crisp.
Available Seasonally

Triple Treat - Fall Winter

A delicious combination of dried cherries, toasted whole almonds and Organic 70% cocoa domes

Vegan Power Bars - Year Round

Mrs. Palmer's Pantry Inc. - 250-426-1151

Contact: Brenda Palmer

Toll Free:

Phone: 250-426-1151

Cell:

Fax: 250-426-8230

Email: mrspalmerspantry@shaw.ca

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

Address:

236 Slater Road
Cranbrook, BC
V1C 5C8

Regions Supplied: All of BC

Company Notes:

All of our products are made from Mrs. Palmer's own recipes, so they are unique. Each one is made in small batches to ensure the highest possible quality, using only the freshest ingredients. Each product is made with all natural ingredients.

Products Available:

Compote with Huckleberries and Brandy - Year Round

Made with handpicked wild huckleberries.

Antipasto - Year Round

We use only fresh vegetables, nothing frozen, from an original recipe, prepared in small batches to ensure highest possible quality. Available in 2 ltr or 4 ltr pails for foodservice. Available for retail in 500, 250, and 290 ml jars.

Apricot Ginger Grillin' Sauce - Year Round

Mrs. Palmer's own creation; therefore, very unique. Available in 2 ltr and 4 ltr pails; 250 ml and 190 ml jars.

Fruit Salsa - Year Round

Fabulous with salmon, tuna or halibut, pork, and chicken. Great with cheese or in a fajita. Chunky, hot, sweet. All natural ingredients. Available in 2 ltr and 4 ltr pails for foodservice; 500 ml and 190 ml jars.

Hot and Spicy Vegetarian Antipasto - Year Round

Available in 2 ltr and 4 ltr pails for foodservice, available in jars for retail. All of our products are hand made, using only fresh ingredients, made in small batches to ensure highest possible quality.

Hot Pepper Jellies - Year Round

Available in the following flavours: Hot Peach and Pepper; Jalapeno Jelly, Cranberry Habanero Jelly. Available in 2 ltr and 4 ltr pails for foodservice. Also available in 250 ml and 190 ml jars for retail.

Huckleberry Jam - Year Round

Made with handpicked wild BC huckleberries.

Kootenay Spread - Year Round

Made with things that grow in the Kootenays: peaches, apples, raspberries, and handpicked wild huckleberries.

Oven Baked Pita Chips - Year Round

Available in these flavours: Original, Sea Salt and Vinegar, Parmesan Garlic, and Cinnamon. Available in 5 lb box for foodservice, 180 gm bag for retail. Unique creation; therefore, a unique process. All natural ingredients; oven baked, not fried. Zero trans fats.

Roasted Garlic - Year Round

Another of Mrs. Palmer's creations. Wonderful on meat or cheese, in a sandwich or as a dip. Available in 2 ltr and 4 ltr pails; 250 ml and 190 ml jars.

Que Pasa Mexican Foods - 604-241-8175

Contact: Joe Zallen

Toll Free:

Phone: 604-241-8175

Cell:

Fax: 604-241-7385

Email: info@quepasafoods.com

Website: <http://www.quepasafoods.com>

Address:

12031 No. 5 Road

Richmond, BC

V7A 4E9

Regions Supplied: All of BC

Company Notes:

Established in 1983, Que Pasa Mexican Foods is dedicated to manufacturing and distributing Mexican and other Latin American foods using ingredients of the highest quality and incorporating a manufacturing process that provides healthy and nutritional products to our customers.

Products Available:

Mexican Style Salsas - Year Round

Certified Organic Mexican Style Salsas, WSDA #22841.

Corn Tortilla Chips - Year Round

Certified Organic Corn Tortilla Chips, WSDA #2284.

Corn Tortillas - Year Round

Certified Organic Corn Tortillas, WSDA #22841.