



Document generated on: Jan 6, 2025  
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# Company results for 'Fruit' under 'Thompson okanagan'

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

**Contact:** Art and Lina Nugteren

**Toll Free:**

**Phone:** 250-499-5492

**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

# 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  
**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.

## 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.

## Hoodoo Ranch - 250-458-2441

**Contact:** Beverly Sidnick

**Toll Free:**

**Phone:** 250-458-2441

**Cell:**

**Fax:**

**Email:** hoodooranch.ca@telus.net

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

**Address:**

PO Box 171

Spences Bridge, BC

V0K 2L0

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

**Products Available:**

**Certified Organic Plums - Summer**

Available Seasonally, Early Italian, Late Italian, Green Gage, Shiro, Canada, Red Heart, Santa Rose, Friar

**Certified Organic Apples - Fall Summer**

Available Seasonally, Jonagold, Granny Smith, Russet Free Golden Delicious, Golden Delicious, Red Gravenstein, Cox Orange, Royal Gala, Red Max Macintosh, Summerland Macintosh, Spartan, Sunrise, Mutsu, Empire, Akane, Golden Russet, Fuji

**Certified Organic Apricots - Spring Summer**

Available Seasonally, Skaha, Goldstrike, Perfection, Moorpark, Goldbar, Blenheim

**Certified Organic Cherries - Spring Summer**

Available Seasonally, Van, Bing, Lappin, Lambert, Royal Anne, Sam, Schatten Morello, Montmorency

**Certified Organic Peaches - Fall Summer**

Certified Organic Peaches: Veteran, Harbrite, Cresthaven, Early Red Haven, Red Haven, Pacific Gold, Harrow Diamond, Raritan Rose, White Hale, J.H. Hale, Glohaven

**Certified Organic Pears - Fall**

Available Seasonally, Comice, Red Anjou, 20th Century, Flemish Beauty, Chojuro, Anjou, Bosc

## 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 squash 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).



# 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.

# Mountain Springs Farm - 250-497-8209

**Contact:** Phyllis Jmaeff

**Toll Free:**

**Phone:** 250-497-8209

**Cell:**

**Fax:** 250-497-6309

**Email:** [jmaeff@vip.net](mailto: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.

## O'Reilly's Farm - 250-498-6044

**Contact:** David O'Reilly

**Toll Free:**

**Phone:** 250-498-6044

**Cell:**

**Fax:**

**Email:**

**Website:** <http://www.bbcanada.com/oreillysfarm>

**Address:**

R.R. #2, Site 15, Comp 7 37617 Hwy. 97

Oliver, BC

V0H 1T0

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Our farm has been growing organically for over 15 years. The wetland and riparian area on our farm is protected by a Conservation Covenant with The Land Conservancy of BC. We have a 3-bedroom "bed and breakfast" where we use environmentally-friendly products and serve organic breakfasts. Please see our website at [www.bbcanada.com/oreillysfarm](http://www.bbcanada.com/oreillysfarm).

**Products Available:**

Certified Organic Pears - Summer

Certified Organic Apricots - Summer

Certified Organic Cherries - Summer

Certified Organic Peaches - Summer

Certified Organic Plums - Summer

## Old Tower Farm - 250-499-5654

**Contact:** Donna Bartlet  
**Toll Free:**  
**Phone:** 250-499-5654  
**Cell:**  
**Fax:** 250-499-5654  
**Email:** [alainp@telus.net](mailto:alainp@telus.net)  
**Website:** <http://www.oldtowerfarm.com>

**Address:**  
RR1 Site 91, Comp 4  
Keremeos, BC  
V0X 1N0

**Regions Supplied:** Thompson okanagan

### **Company Notes:**

Experience a quiet vacation on an organic farm. Delight your friends and guests with our unique greeting apples.

### **Products Available:**

#### **Certified Organic Apples - Fall Summer**

Certified Organic Fuji, Spartan, Macintosh, Golden Delicious and Ambrosia. Available seasonally.

#### **Certified Organic Nectarines - Summer**

Available seasonally.

#### **Certified Organic Nectarines (Frozen) - Summer**

Available August as supplies last.

#### **Certified Organic Strawberries - Spring**

Fresh, smaller size and very tasty. Available seasonally mid May to Mid June.

#### **Certified Organic Strawberries (Frozen) - Spring**

Frozen Whole - Certified Organic. Available mid-May while supplies last.

## 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



## Pilgrims' Produce - 250-546-3669

**Contact:** Robert or Kathryn Hettler

**Toll Free:**

**Phone:** 250-546-3669

**Cell:**

**Fax:** 250-546-3669

**Email:** hettler@sunwave.net

**Website:**

**Address:**

1568 Eagle Rock Road

Armstrong, BC

V0E 1B7

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Pilgrims' Produce is committed to growing certified organic fruits and vegetables by sustainable methods to steward the land as best as possible for future generations. We prefer to sell directly to the consumer at farmers' markets (Vernon and Armstrong) and through our Community Shared Agriculture box program. We also offer u-pick strawberries. We have begun to develop a temperate, edible forest garden that will include fruit trees (plums, cherries, apricots), nut trees, and minor berry crops (e.g. saskatoons, choke cherries) using an agroforestry model.

**Products Available:**

**Certified Organic Vegetables - Fall Summer**

In season, asparagus, broccoli, chard, potatoes, tomatoes, sweet peppers, English cucumbers, onions, squash and more. Cert. NOOA 04007.

**Certified Organic Berries - Spring Summer**

Strawberries and raspberries, very flavourful, vine ripened as well as beautiful. Cert. NOOA 04007.

**Certified Organic Carrots - Fall Summer**

Power washed, ready to eat. Cert. NOOA 04007.

**Certified Organic Plums - Fall**

Early Golden, Santa Rosa, Shiro, Italian Prune, Greengage and 7 other varieties. Cert. NOOA 04007.

**Certified Organic Salad Greens - Fall Spring Summer**

Several varieties of lettuce plus young arugula, mizuna, tatsoi, mustard greens. Cert. NOOA 04007.

**Spinach - Fall Spring Summer**

Cert. NOOA 04007

## 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  
**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.

## The Vinegar Works at Valentine Farm - 250-494-7300

**Contact:** B. Kim Stansfield

**Toll Free:**

**Phone:** 250-494-7300

**Cell:**

**Fax:** 250-494-7399

**Email:** [veggies@valentinefarm.com](mailto:veggies@valentinefarm.com)

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

**Address:**

10216 Gould Avenue

Summerland, BC

V0H 1Z8

**Regions Supplied:** Thompson okanagan

**Company Notes:**

We produce high-quality artisan food products that are organically grown and processed. We rely on ecologically-based practices such as biological and cultural pest management and the conservation of non-renewable resources. Our products are handcrafted using Old World techniques in limited runs.

**Products Available:**

**Certified Organic Coronation Grapes - Summer**

1 ton available.

**Certified Organic Gewurztraminer White Wine Vinegar - Year Round**

200 ml organically grown and organically processed, handcrafted using Old World techniques in limited runs. Beautiful packaging available.

**Certified Organic Raspberries - Summer**

1 acre available.

**Fruit Infused Vinegars - Year Round**

Apricot, plum, raspberry, and elderberry are available, but quantities are not as great. Please call for availability.

# Triple F Farms - 250-498-3623

**Contact:** Ruth McDonald

**Toll Free:**

**Phone:** 250-498-3623

**Cell:**

**Fax:** 250-498-3623

**Email:** ruth\_mcdonald@hotmail.com

**Website:**

**Address:**

RR2 S15 C17

Oliver, BC

V0H 1T0

**Regions Supplied:** Thompson okanagan

**Company Notes:**

I own a small-scale farm in the Okanagan. Most of my farm consists of a wetland. The balance, which I run myself, is a mix of certified-organic fruits and asparagus. We sell to Alberta residents as well.

**Products Available:**

Asparagus - Spring

Certified organic, LEOGA #421

Apricots - Summer

Certified organic, LEOGA #421

Cherries - Summer

Certified organic, LEOGA #421

Peaches - Summer

Certified organic, LEOGA #421

Plums - Summer

Certified organic, LEOGA #421

## Vale Farms Grassroots Ltd. - 250-547-2382

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**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.