



Document generated on: Jan 15, 2025  
<http://canadaspecialtyfoods.ca>  
[info@ssfpa.net](mailto:info@ssfpa.net)

## Contents

<b>A &amp; L Gardens - 250-499-5492</b> .....	2
<b>Bigfoot Organic Herb Farm - 250-537-4466</b> .....	3
<b>Botanical Specialties - 604-824-2833</b> .....	5
<b>Herb House - 604-857-2163</b> .....	6
<b>Iron Gates Natural Farm &amp; Pottery - 250-453-2273</b> .....	7
<b>Kettle River Farm - 250-442-3532</b> .....	9
<b>Kitchen Pick - 604-460-1211</b> .....	10
<b>Mountain Ash Preserves - 604-414-9466</b> .....	11
<b>Similkameen River Organics - 250-499-5805</b> .....	13
<b>Spice Sanctuary - T1W 3L4</b> .....	14
<b>Three Boys Organics - 250-428-9503</b> .....	15
<b>Vale Farms Grassroots Ltd. - 250-547-2382</b> .....	16

# Company results for 'Herbs' under 'Lower mainland'

## 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

# Bigfoot Organic Herb Farm - 250-537-4466

**Contact:** Pat or Ken Barnes  
**Toll Free:**  
**Phone:** 250-537-4466  
**Cell:**  
**Fax:** 250-537-4466  
**Email:** patorken@telus.net  
**Website:**

**Address:**  
104 Eagle Ridge Drive  
Salt Spring Island, BC  
V8K 2K9

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

Having learned from my Grandmother's chef over 40 years ago, I make sure that my products are the result of experience. Each one is made in small batches using our own or locally-grown ingredients. Salsas mild to wasabi. 60 flavours of jams, jellies, chutneys, flavoured honeys, mustards and vinegars.

## Products Available:

### Chutneys - Fall Spring Summer Winter Year Round

Cherry, Mango, Pear, Mexican Pear, Plum, Basil Lovers, Halapeno Berry, Cranberry, Hot Cranberry, Blackberry, and Blackberry Mint.

### Canned Goods - Fall Spring Summer Winter Year Round

Stewed Tomatoes, Wasabi Spiced Cherries

### Herbs - Fall Spring Summer Winter Year Round

Parsley, marjoram, oregano, dried blended mixed herbs. We save seeds from our herbs and use them. We have two 10 x 20 unheated greenhouses with many rare and unusual potted herbs for sale. No herbicides or pesticides have ever been used on this farm. All herbs have been grown, picked, dried and packaged right here on our Salt Spring farm.

### Honey - Fall Spring Summer Winter Year Round

Mint Honey, Blackberry Honey, Ginger Honey, Rose Honey and Lavendar Honey using mint and lavendar from my herb gardens and wild blackberries from the farm.

### Jams - Fall Spring Summer Winter Year Round

Apricot Jam, Blackberry Jam, Blackberry Jelly, Blackberry Mint Jelly, Blueberry Jam, Carrot Cake Jam, Chamomile Orange Jelly, Cherry Jam, Crabapple Butter, Crabapple Jelly, Cucumber Lime Jelly, Black Currant Liqueur Jelly, Red Currant Liqueur Jelly, Red Currant Jam, Red Currant Jelly, Red Clover Jam, Red Clover Jelly, Grape Jelly, Roasted Garlic Jelly, Roasted Garlic Mint Jelly, Roasted Garlic Ginger, Roasted Garlic Jalapeno Jelly, Habenero Ice Wine Jelly, Lemon Balm

### Marmalades - Fall Spring Summer Winter Year Round

Seville Orange Marmalade, Ruby Orange Marmalade using Moro oranges

### Mustards - Fall Spring Summer Winter Year Round

Honey Roasted Garlic Mustard, Basil, Hot Mexican, Wasabi Asian Mustards

### Pickles - Fall Spring Summer Winter Year Round

Wasabi Ginger, Ginger Hot Pepper (no salt)

### Relish - Fall Spring Summer Winter Year Round

Wasabi Horseradish Relish

### Salsas - Fall Spring Summer Winter Year Round

Our recipes all contain roasted garlic. Mild, medium, hot and hotter, and wasabi. We grow and use our own wasabi. Tomato-based salsas use jalapeno peppers and habeneros, all cooked and processed under pressure but still tasty - mild, medium and hot.

### Sauces - Fall Spring Summer Winter Year Round

Wasabi Cucumber Sauce, Wasabi Cranberry Sauce, Wasabi Wooster and Horseradish Sauce

### Vinegars - Fall Spring Summer Winter Year Round

Salad

## Botanical Specialties - 604-824-2833

**Contact:** Herbert Strobl

**Toll Free:**

**Phone:** 604-824-2833

**Cell:**

**Fax:** 604-824-2833

**Email:** hbstrobl\_botanicals@telus.net

**Website:**

**Address:**

P.O. Box 3003

Cultus Lake, BC

V2R 5H6

**Regions Supplied:** Lower mainland

### **Company Notes:**

Botanical Specialties is a certified organic herb company in near Cultus Lake, BC. Our main activity is dried and fresh herbs, liquid extracts and essential oils. The products are in the aromatic, medicinal and culinary sector including flavors and spices. Almost all steps are carried out on site and we are fully committed to the highest possible quality.

### **Products Available:**

#### **Certified Organic Herbs - Fall Spring Summer**

Mainly aromatic, medicinal and culinary including Lavender, Mints, Sage, Thyme, Oregano, Parsley, Angelica, Lovage, Dong Quai, Borage, etc. Available seasonally.

#### **Certified Organic Essential Oils, Flavors and Fragrances - Year Round**

We operate a certified-organic essential oil distillery and produce about 30 different products including Lavender, Lovage, Mint, Douglas Fir, Red Cedar, Grand Fir, etc.

#### **Certified Organic Vanilla Bean Liquid Extract - Year Round**

We produce a liquid extract from certified-organic vanilla beans on site.

#### **Dried Organic Herbs - Year Round**

Mainly aromatic, medicinal and culinary, including Lavender, Mints, Sage, Thyme, Oregano, Parsley, Angelica, Lovage, Dong Quai, Borage, etc.

## Herb House - 604-857-2163

**Contact:** Colleen Bourke

**Toll Free:**

**Phone:** 604-857-2163

**Cell:**

**Fax:**

**Email:** herbhouse\_info@shaw.ca

**Website:**

**Address:**

24578 54th Avenue

Langley, BC

V2Z 1H5

**Regions Supplied:** Lower mainland

**Company Notes:**

Herb House has a selection of medicinal and culinary herbs; exotic species and plants native to BC. All of our product is chemical free and hand harvested with respect for Mother Nature.

**Products Available:**

Dried and Fresh Herbs - Spring Summer

A wide variety of dried and fresh herbs available. Call for itemized list and availability.

# 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).

## Kettle River Farm - 250-442-3532

**Contact:** Owen Broad  
**Toll Free:**  
**Phone:** 250-442-3532  
**Cell:**  
**Fax:** 250-442-3532  
**Email:** onfarm@telus.net  
**Website:**

**Address:**  
3795 Almond Gardens Rd.  
Grand Forks, BC  
V0H 1H4

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan

**Company Notes:**

Certified organic farm in the beautiful Grand Forks Valley, situated on the Kettle River.

**Products Available:**

Certified Organic Echinacea, Augustifolia Root - Fall Summer Winter

Very potent dried root.

Certified Organic Onions, Red and Yellow - Fall Winter

Available seasonally.

Certified Organic Winter Squashes - Fall Winter

Many varieties, good sizing for box deliveries. Available seasonally.

## Kitchen Pick - 604-460-1211

**Contact:** Cheryl Hubbick

**Toll Free:**

**Phone:** 604-460-1211

**Cell:**

**Fax:**

**Email:** [info@kitchenpick.com](mailto:info@kitchenpick.com)

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

**Address:**

12800 203rd Street

Maple Ridge, BC

V2X 4N2

**Regions Supplied:** All of BC

**Company Notes:**

Kitchen Pick is a line of garden fresh culinary herbs 'picked' in your kitchen at the height of freshness and goodness. Each plant is a portable mini-greenhouse, keeping it alive for many days, providing you the freshest herbs available. Found at your Local Grocer, our Living Herbs are grown 365 days a year at Our Farm in Maple Ridge BC, Canada.

**Products Available:**

Kitchen Pick Living Herbs, Thai Basil, Lemon Basil, Tyme, Sage, Chives, Dill Oregano - Year Round

Kitchen Pick Living Herbs - Basil, Mint, Cilantro, Rosemary and Parsley - Year Round

# Mountain Ash Preserves - 604-414-9466

**Contact:** Anne Hutchings, Michael Austin  
**Toll Free:**  
**Phone:** 604-414-9466  
**Cell:**  
**Fax:** 604-414-9477  
**Email:** sales@mountainashpreserves.com  
**Website:** <http://www.mountainashpreserves.com>

**Address:**  
4351 Ontario Ave.  
Powell River, BC  
V8A 1V3

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

The majority of the pickles and relishes are processed in the fall using fresh product from local suppliers. Jams are usually made from frozen products as ordered, which results in a fresher product for the customer. Pectin is used when necessary. The majority of the jams are processed using a longer cooking method so less sugar is used, bringing out the natural flavours of the fruit. Product is not certified organic but our motto is "as natural as possible." No chemical preservatives or stabilizers are used.

## Products Available:

### Teas - Year Round

Specialty teas include: Classic Masala, Chai with Green Tea, Chai Rooibox, Instant Coffee Masala.

### A Variety of Savory Jellies - Year Round

Varieties available: Apricot Hot Pepper Jelly, \*Black Inferno, The Blazing Inferno, Cranberry - Jalapeno Jelly, Garlic Jelly, Garlic-Flavoured Jalapeno Jelly, Herb Garlic Marmalade, Horseradish, Jalapeno - Green, Jalapeno - Mixed, Jalapeno Red, Orange Pepper, Hot Pepper Jelly, Red Inferno, Red Pepper Jelly - Hot, Red Pepper Jelly - Sweet, Shallot Jelly, Cranberry Wine Jelly, \*Blackberry Wine Jelly, \*Blackberry/Rhubarb Wine Jelly, Wine and Roses Jelly.

### Concentrates - Year Round

\*Blackberry Lemonade, Lemonade, Rhubarb Nectar, \*Rhubarb/Blackberry Nectar. These concentrates are to be mixed with water, ginger ale, club soda, wine, etc.

### Herb Jellies - Year Round

A wide variety: Apple Mint, Ginger, Gingered-Orange, Lemon Rosemary, Mango Lavender, Mint, Parsley Jelly, Pineapple-Sage, Rosemary-Quince, Tarragon. Will also make custom orders.

### Jams, Jellies and Sauces - Year Round

Most jams are made with minimum amount of sugar - the "old fashioned" way. A wide variety, including: \*Plum-Good" Blackberry Jelly, Apple Butter, Apricot Jam, Apricot Jelly, \*Apricot/Blackberry Jam, \*Blackberry Jam, \*Blackberry Jelly, \*Blackberry/Apple Jelly, Bluebarb Jam, Blueberry Jam, Blueberry Banana, Blueberry Orange Jam, Bumbleberry Jam, Crabapple Butter, Crabapple Jelly, Fig and Strawberry Jam, Grape Jelly, Mano Vanilla Jelly, Merry Berry Jam, Paradise Jelly, Peach Jam, Plum Ginger, Plum Walnut Conserve, Plum-Orange Jam, Pumpkin Butter, Raspberry and Strawberry, Raspberry Blueberry, Raspberry Jam, Rosy Plum, Strawberry Jam, Strawberry/Rhubarb, Tangerine Jelly, Tayberry Jam, Tropical Tango, Tropical Jelly, Yellow Plum Jam. We can also custom make different varieties of jams, jellies, marmalades, etc.

### Marmalades - Year Round

Apple Ginger, Best Ever, \*Blackberry, Blood Orange, Blueberry, Citrus, Cranberry, Five Fruit, Morning Cheer, Orange Grapefruit with Ginger, Orange Pumpkin, Rhubarb, Ruby Red Grapefruit, Seville Marmalades.

### Pickled Garlic - Year Round

A wide variety: Lemon-Dill Pickled Garlic, Regular Pickled Garlic, Pickled Garlic with White Wine.

### Special Salsa/Sauces - Year Round

A wide variety available: "Devil's Own" Hot Peppers Sauce, "The Rib Tickler," Garlic Onion Jam, Hbash Sauce, Hot Tomolives, Madras Pickled Eggplant, Mango Salso, Mincemeat, Onion Jam - Dark, Onion Jam - Light, Oriental Plum Sauce, Peppy Salsa, Pickled Grape, Tomatillo Mexican Style, Tomolives, and Sandwich Spreads.

### Specialty Jars - Year Round

Mango Amaretto Butter, Margarita Marmalade, Morning Cheer (with Whiskey), Tangerine Marmalade with Orange Brandy, Sundae in a Jar, \*Blackberry with Kirsch.

### Spices - Year Round

Spices, herbs and teas are mostly certified organic or organically grown. Varieties include Barbecue, Bouquet Garni, Cajun Spice, Chinese 5 Spice, Garden Blend Seasoning, Potatoes Plus.

### Syrups - Year Round

Apple/Orange, \*Blackberry/Apple, Mango Orange, Whole Berry \*Blackberry Syrup, Whole Berry Blueberry Syrup.

### Variety of Chutneys - Year Round

\*Blackberry, Christmas, Cranberry, Gingery Rhubarb, Mango, Mango Papaya Chutney, Peach, and Pumpkin.

### Vinegars - Year Round

Basil - in White Vinegar; Blueberry Balsamic Vinegars - white, herbs, red wine, white wine or balsamic; Dill - in White Vinegar; Garlic n' Dill - in White Vinegar; Red Wine \*Blackberry; Tarragon; Cranberry Rosemary; Red Basil Vinegar; \*Blackberry Mint Vinegar.

### Wide Variety of Pickles - Year Round

Varieties available: Beet, Beet and Onion, Bread and Butter, Chow Chow Supreme, Chunky Mustard, Firesticks, Garlic Tails n' Peppers, Golden Clow, Holiday Hot Peppers, Hot Dilled Beans, Kosher Style Dills, Old-Fashioned Dills, Picallill, Pickled Carrots, Pickled Hot Peppers, Sweet Garlic Dills and Sweet Mixed Pickles. Jar sizes 500 ml \$4.00 - \$4.50 per jar.

### Wide Variety of Relishes - Year Round

Wide variety of Relishes; 1000 Island, Beet Relish, Corn Relish, Golden Zucchini, Green Tomato, Hamburger, Hot Dog, Onion Mustard Delight, Pepper, September, Vegetable Relish, and Zucchini.

## Similkameen River Organics - 250-499-5805

**Contact:** Qi Haiqin

**Toll Free:**

**Phone:** 250-499-5805

**Cell:** 250-499-9789

**Fax:** 250-499-5905

**Email:** georgenqi@nethop.net

**Website:**

**Address:**

186 Chopaka Road

Cawston, BC

V0X 1C3

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

We specialize in #1 Canada organic Red and Yellow onions and shallots.

We sell certified organic vegetables, 23 varieties, hand weeded, harvested, dried, inspected and packed to insure the finest quality. We guarantee all of our products.

**Products Available:**

Peppers - Year Round

Sweet and Hot.

Basil and Other Herbs - Year Round

Cabbage, Red and Green - Year Round

Eight Varieties of Onions - Year Round

Shallots, Garlic - Year Round

Squash - Eight Varieties - Year Round

Decorative gourds and squash as well.

Three Varieties of Leeks - Year Round

## Spice Sanctuary - T1W 3L4

**Contact:** Trusha Patel

**Toll Free:** 403 3893743

**Phone:** T1W 3L4

**Cell:**

**Fax:** 403 389 3743

**Email:**

**Website:** [info@spicesanctuary.com](mailto:info@spicesanctuary.com)

**Address:**

Spice Sanctuary

107 Riva Court, Canmore

Alberta

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of TERRITORIES A

**Company Notes:**

<http://www.spicesanctuary.com>

**Products Available:**

## Three Boys Organics - 250-428-9503

**Contact:** Tony or Eunice Mulder  
**Toll Free:**  
**Phone:** 250-428-9503  
**Cell:**  
**Fax:** 250-428-9300  
**Email:** [garlicking@shaw.ca](mailto:garlicking@shaw.ca)  
**Website:** <http://www.organicgarlic.ca>

**Address:**  
337 Stace Rd., Box 687  
Creston, BC  
V0B 1G0

**Regions Supplied:** All of BC

### **Company Notes:**

Three Boys Organics is situated in the Kootenays. It is a family-operated business created for our three boys. They are full partners in this adventure. Our goal is to produce Great Organic Garlic. We concentrate on two main hardneck varieties, Italian Porcelain and German Red garlic, both rich in flavour and long storage.

### **Products Available:**

#### **Fresh Organic Garlic - Hardneck - German Red - Fall Summer**

Large heads with 8-10 cloves. Strong flavour, excellent storage, usually up to 10 months.

#### **Dried Organic Garlic - Hardneck - Italian Porcelain - Fall Spring Summer Winter Year Round**

Strong rich flavour. In a crystal form, very easy to use as is or to grind into a powder. Excellent shelf life. Available in 1 lb bags and produced from our own certified organic bulbs.

#### **Fresh Organic Garlic - Hardneck - Italian Porcelain - Fall Summer**

Large, easy-to-peel cloves. Excellent shelf life, usually up to 10 months. Great rich flavour in a large bulb with 5-7 cloves. Available seasonally.



## 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.