



Document generated on: May 21, 2024  
<http://canadaspecialtyfoods.ca>  
[info@ssfpa.net](mailto:info@ssfpa.net)

## Contents

<b>A &amp; L Gardens - 250-499-5492</b> .....	2
<b>Iron Gates Natural Farm &amp; Pottery - 250-453-2273</b> .....	3
<b>Kettle River Farm - 250-442-3532</b> .....	5
<b>Kitchen Pick - 604-460-1211</b> .....	6
<b>Lark Farms Inc. dba Okanagan Lavender - 250-764-7795</b> .....	7
<b>Mountain Springs Farm - 250-497-8209</b> .....	8
<b>Skye Farm Garlic - 250-260-0592</b> .....	9
<b>Spice Sanctuary - T1W 3L4</b> .....	10
<b>Three Boys Organics - 250-428-9503</b> .....	11
<b>Vale Farms Grassroots Ltd. - 250-547-2382</b> .....	12

# Company results for 'Herbs' 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

## 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 sqash 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

## Lark Farms Inc. dba Okanagan Lavender - 250-764-7795

**Contact:** Andrea McFadden  
**Toll Free:**  
**Phone:** 250-764-7795  
**Cell:**  
**Fax:** 250-764-7795  
**Email:** Okanagan\_Lavender@telus.net  
**Website:** <http://www.okanaganlavender.com>

**Address:**  
4380 Takla Road  
Kelowna, BC  
V1W 3C4

**Regions Supplied:** Thompson okanagan

### Company Notes:

Okanagan Lavender is a vertically integrated farm. We grow, harvest, process, manufacture and market all of our products â€“ about 24 in total. We have created many bath, culinary and home products using essential oils and the dried buds of the lavender plant. We use only natural ingredients; no additives, fillers, colourants or preservatives. Everything is made in small batches and often made fresh each week - we aspire to demonstrate our attention to detail in the quality of our products.

### Products Available:

#### 4 Spice Blends Box Sets - Year Round

Set of 4 spice blends with a full colour fold-out recipe folder, packaged in a 6-inch square acetate box. This boxed set includes small sample tins of our culinary provence lavender, house blend of Herbes de Provence, spiced sea salt and lavender berry sugar. The recipe folder was designed by local photographer, Glen Durrell, and includes recipes to use with each of our blends.

#### Culinary Provence Lavender - Year Round

Grown at our farm, completely managed by hand, including weeding, harvesting, stripping and packaging. Packaged in 30 g aluminum tins with labels designed by local photographer, Glen Durrell.

#### House Blend of Herbes de Provence - Year Round

Including lavender. A unique savory blend of herbs, delicious in stews, soups, lentil dishes, breads and potatoes. Packaged in 35 g aluminum tins with labels designed by local photographer, Glen Durrell.

#### Lavender Jelly - Year Round

Hand made in small batches at our farm in the Okanagan. May be used as a glaze on salmon and lamb. Delicious served with strong, soft cheeses such as a French camembert. This jelly recipe took me four years to perfect and the recipe was tested and increased for me at the Summerland Research Station. Our lavender is completely spray-free, but not certified organic. It is available in 125 ml, 190 ml glass jars and 2 L plastic buckets for restaurants.

#### Spiced Organic Sea Salt - Year Round

Coarse Grade - with our house blend of Herbes de Provence. This salt blend adds wonderful flavour to grilled meats and vegetables. May also be placed into a salt grinder for a finer grade. Packaged in 400 g aluminum tins with labels designed by local photographer, Glen Durrell.



## 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.

## Skye Farm Garlic - 250-260-0592

**Contact:** Peter or Shelly Helmer

**Toll Free:**

**Phone:** 250-260-0592

**Cell:**

**Fax:**

**Email:** [skyefarm@shaw.ca](mailto:skyefarm@shaw.ca)

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

**Address:**

Box 1181

Lumby, BC

V0E 2G0

**Regions Supplied:** Cariboo Kootenay Thompson okanagan

### Company Notes:

Our garlic is cultivated by hand on a small scale to ensure a top quality bulb with good to excellent storageability and fine flavour.

Varieties for 2010 include "Russian Red" garlic (hardneck), "Skye Farm Mystery" Garlic (Silverskin) , "China Rose" Garlic (softneck with intense purple stripes)

### Products Available:

Purple-stripe (hardneck) Garlic var. "Ukrainian" - Summer Winter

6-18 narrow cloves per bulb. Unique mellow flavour. Available Seasonally.

Artichoke (softneck) Garlic var. "Italian" - Summer Winter

15-30 cloves per bulb mild to med heat earthy flavour. Very good keeper, sold in 2 lb braids. Available Seasonally.

Porcelain (hardneck) Garlic var. "Yugoslavian" - Summer Winter

4-6 large cloves per bulb hot, pungent, intense flavour. Good keeper. Available Seasonally.

Purple-stripe (hardneck) Garlic var. "German Red" - Summer Winter

6-12 large cloves per bulb. Hot spicy flavour. Available Seasonally.

## 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.