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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

Okanagan Harvest - 250-498-4669

Contact: Chris Norton

Toll Free:

Phone: 250-498-4669

Cell:

Fax: 250-498-4601

Email: gcnorton@telus.net

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

Address:

R.R. #5, S 76, C 2

Oliver, BC

V0H 1T0

Regions Supplied: All of BC Lower mainland Thompson okanagan

Company Notes:

We are a third generation farm family growing exceptional quality fruit and vegetables for the people of Canada.

Products Available:

Sun-dried Cherries - Fall Summer Year Round

Sun-dried cherries with no preservatives or added sugar. Bulk packaging available from five pounds to twenty pounds as well as smaller individual retail window packages of 1/2 pound and 1 pound. Minimum order of 5 pounds can be mailed anywhere in Canada for \$50. Five varieties of cherries including vans, lapins, sweethearts, staccato and rainiers. CanadaGAP certified and lab tested.

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