



Document generated on: Jan 6, 2025  
<http://canadaspecialtyfoods.ca>  
[info@ssfpa.net](mailto:info@ssfpa.net)

## Contents

<b>Eagle River Organics - 250-836-4333</b> .....	2
<b>Iron Gates Natural Farm &amp; Pottery - 250-453-2273</b> .....	3
<b>Pilgrims' Produce - 250-546-3669</b> .....	5
<b>Tamarac Fresh Cut Foods Ltd. - 250-765-2211</b> .....	6

# Company results for 'Carrots' under 'Thompson okanagan'

## 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

VOE 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.

# 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).

# 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