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# Company results for 'Carrots' under 'Vancouver island'

## Cowichan Valley Organic Farms - 250-748-8089

**Contact:** David Wiebe

**Toll Free:**

**Phone:** 250-748-8089

**Cell:**

**Fax:**

**Email:** DavidW3@telus.net

**Website:**

**Address:**

6182 Lakes Road

Duncan Road, BC

V9L 4J5

**Regions Supplied:** Vancouver island

### Company Notes:

Cowichan Valley Organic Farms, situated one hour north of Victoria, lies on the outskirts of Duncan. The valley is renowned for its fertile soils and excellent climate as denoted by the name Cowichan (Warmland). The climate is conducive to growing to maturity hot weather crops such as peppers, melons, tomatoes and others. Cowichan Valley Organic Farms, is an Islands Organic Producers Association (IOPA) member in good standing and has been certified organic since 1998. We have been providing quality organic produce to restaurants, grocery stores and home delivery programs in the Cowichan and Victoria areas for the past eight years and look forward to expanding our production and market. We love what we do.

### Products Available:

Melons - Fall Summer

Certified Organic - Seasonal

Basil - Spring Summer

Certified Organic - Seasonal

Beets - Fall Summer

Certified Organic - Seasonal

Broccoli - Summer

Certified Organic - Seasonal

Carrots - Fall Summer

Certified Organic - Seasonal

Cauliflower - Summer

Certified Organic - Seasonal

English Cucumbers - Fall Summer

Certified Organic - Seasonal

Lettuce - Spring Summer

Certified Organic - Seasonal

**Peas - Summer**

Certified Organic - Seasonal

**Peppers - Fall Summer**

Certified Organic - Seasonal

**Potatoes - Fall Summer**

Certified Organic - Seasonal

**Pumpkins - Fall Summer**

Certified Organic - Seasonal

**Radishes - Summer**

Certified Organic - Seasonal

**Squash - Fall Summer**

Certified Organic - Seasonal

**Strawberries - Summer**

Certified Organic - Seasonal

**Tomatoes - Fall Summer**

Certified Organic - Seasonal

## Pastula Farms - 250-748-0932

**Contact:** Catherine Pastula

**Toll Free:**

**Phone:** 250-748-0932

**Cell:**

**Fax:** 250-748-0931

**Email:** cpicco@shaw.ca

**Website:**

**Address:**

7303 Richards Trail

Duncan, BC

V9L 5W4

**Regions Supplied:** Vancouver island

### Company Notes:

For 50 years now Pastula Farms have made the best use of the rich history of Richard's Valley. Richard's Valley was first developed in 1863. The valley is unique because it floods every winter and is actually a floating bog. During the summer it is strong enough that you can drive on it, but during the winter it becomes what Catherine likes to call "vegetable soup". Catherine & Gord know the history and the fine balance of what works best to keep the fine balance happening in the valley. The natural rhythm of nature makes for a wonderful low impact way to grow great produce. When you buy their produce, you are enjoying the true taste of food, supporting a unique Canadian eco-system and helping to feed the flocks of Trumpeter Swans that arrive every winter to feast on the "vegetable soup".

### Products Available:

#### Tokyo Turnips - Fall Summer

Tokyo Turnips - This variety of turnip has an added zing to the flavour and is a welcome addition to any chef's kitchen.

#### Rainbow Carrots - Fall Summer Winter

Rainbow Carrots are available in yellow and purple (and of course the traditional orange) and they have a special sweetness that is attributed to the unique ecology of Richards Valley.

## Pattison Farms - 250-897-2510

**Contact:** Gerry Pattison

**Toll Free:**

**Phone:** 250-897-2510

**Cell:**

**Fax:** 250-337-8772

**Email:** patfarm@telus.net

**Website:**

**Address:**

2124 Dzini Rd

Black Creek, BC

V9J-1H1

**Regions Supplied:** Vancouver island

### Company Notes:

All of the vegetables grown on our family farm are British Columbia Certified Organic, PACS # 16-115. We grow everything from seed to maturity ourselves. Each vegetable is hand planted, weeded and harvested to ensure the very best in taste, quality and freshness. We grow many varieties of heritage and open-pollinated vegetables. Also available are certified organic, vegetable bedding plants. Basil: Standard, Green Ruffled, Purple Standard, Purple Ruffled, Thai, Lime. Cucumbers: Long English, Standard, Lemon. Forty varieties of Tomatoes, many open-pollinated and heritage varieties. Hot Peppers: many varieties from Jalapeno to Habanero. Sweet Peppers: Bells, Sweet Banana and Pepprocini. Eggplant: Standard, Japanese, Turkish and Fairytale. Tomatillos: Green and Purple. Thank you for your interest in our family farm.

### Products Available:

#### Winter Beets - Fall Winter

Winter Keeper (very sweet)

#### Beans - Summer

Green and yellow

#### Beets - Summer

Beet Greens; Standard Beets; Cylinder Beets; Yellow Beets.

#### Broccoli - Summer

Standard Broccoli, crowns and shoots.

#### Carrots - Summer

Orange Baby; Yellow Baby; Purple Baby; Red Baby.

#### Cauliflower - Summer

Purple; Orange; Romanesco.

#### Cucumber - Summer

Long English and Lemon

#### Eggplant - Summer

Standard Purple; Fariy Tale Baby; Turkish-Orange with Green Stripes; Japanese Long.

### Endive - Summer

Head, green leaf

### Fennel - Summer

Baby Bulbs

### Green Bunching Onions - Summer

### Hot Peppers - Green House Grown - Summer

Habanero Red; Jalapeno Green; Jalapeno Purple; Thai Dragon Chile; Hungarian; Hot Wax Banana; Ancho; Serrano; Paprika; plus a limited amount of other exotic hot peppers.

### Kohl-Rabi - Summer

Green Baby Bulb

### Lettuce -

### Parsnips - Fall Winter

### Peas - Summer

Shelling, Sugar and Snap Peas

### Pumpkins - Fall

Standard Jack-o-Lantern; French Red Roasting.

### Radish - Summer

Red, Easter Egg

### Spinach - Summer

### Summer Squash - Summer

Baby Yellow Patty Pan; Baby Yellow Zucchini; Baby Green Zucchini.

### Sweet Peppers - Green House Grown - Summer

Green Bell and Sweet Banana.

### Swiss Chard - Summer

Bright Lights

### Tomatillo - Summer

Standard Green and Purple

### Tomatoes - Green House Grown - Summer

Red Slicing; Roma-Red; Yellow; Cherry Tomatoes - Red Standard, Yellow Standard, Black Standard, Red Grape and Yellow Grape.

### Tree Fruit -

Bartlett Pears and Apples

### Variety of Herbs - Spring Summer

Basil - Green Standard and Ruffled, Purple Ruffled. Chives - Broad Leaf. Cilantro - Flat Leaf and Fancy Leaf. Parsley - Italian Giant. Dill - Baby Dill. Fennel- Baby Fino Bulbs.

### Winter Squash - Fall

Spaghetti and Butternut

### Yellow Roasting Carrot - Fall Winter



# Tamarac Fresh Cut Foods Ltd. - 250-765-2211

**Contact:** Tony DiMaria  
**Toll Free:**  
**Phone:** 250-765-2211  
**Cell:**  
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**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