SPECIALTY FOOD DIRECTORY



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A & L Gardens - 250-499-5492

Contact: Art and Lina Nugteren

Toll Free:

Phone: 250-499-5492

Cell:

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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

BC Hot House Foods Inc. - 604-507-6215

Contact: Devon Kennedy

Toll Free:

Phone: 604-507-6215

Cell:

Fax: 604-576-5498

Email: devonk@bchothouse.com **Website:** http://www.bchothouse.com

Address:

5355 152nd Street Surrey, BC V3S 5A5

Regions Supplied: All of BC

Company Notes:

Taste Buddies Miniature Vegetables - these products are cool in appearance and make unique side dishes and snacks. They're easy to use and have many applications. Most of all, they are fun to eat!

Products Available:

Mini-Cucumbers - Year Round

These are the mini versions of the Long English Cucumbers that are smaller in size and diameter. The texture is a little crunchier, and the deliciously sweet flavour makes them excellent to snack on by themselves or in salads, cold vegetable platters or as garnishes. Kids love them!

Campari Tomatoes on the Vine - Year Round

Vibrant red, cocktail-sized tomatoes. They are hydroponically grown in greenhouses and are about 2" in diameter. These tomatoes offer vine-ripened, fresh flavour and are sold in clusters on the vine to ensure peak freshness and flavour.

Long English Cucumbers - Year Round

Seedless with a thin, deep-green, unwaxed skin that is never bitter. The skin adds crunch to the refreshing flavour. Long English Cucumbers are great for salads, sandwiches, salsas, dressings, dips, sauces, soups, garnishes and cold vegetable platters.

Roma Tomatoes on the Vine - Year Round

Long, almost egg-shaped tomatoes with firm, red, meaty flesh, very few seeds and skin that is easy to peel. High acid level makes them perfect for sauces, soups and salsas. Roma tomatoes on the vine are hydroponically grown in a greenhouse.

Sweetooth Peppers - Year Round

Long cone-shaped peppers with shiny, crunchy skins that cover thick, juicy walls. These peppers are sweeter than Sweet Bell peppers, and their tiny seed caps make them easy to cut into rings, enhancing presentation.

Fresh Flavours Homemade Food Products - 250-375-2597

Contact: Samantha Turner

Toll Free:

Phone: 250-375-2597

Cell: Fax:

Email: fresh flavours@hotmail.com

Website:

Address:

Box 87

Westwold, BC

V0E 3B0

Regions Supplied: Lower mainland Thompson okanagan

Company Notes:

Fresh Flavours prepares its award-winning preserves in small batches using quality BC-grown fruits and vegetables harvested in season to ensure freshness and flavour.

Products Available:

Sweet Asparagus Pickles - Year Round

Available in small batches only.

Caesar Asparagus - Year Round

Spicy Pickled Asparagus using asparagus grown in Armstrong, BC. 500 ml and 750 ml sizes.

Dill Pickles - Year Round

BC grown cukes, dill, garlic and peppers. 750 ml.

Dilly Beans - Year Round

BC grown beans, dill, garlic and peppers. 500 ml.

Fruit Chutneys - Year Round

Peach Chutney, Blueberry Chutney, Rhubarb Chutney, and Cherry Chutney, available in small batches only.

Fruit Jams - See below for list of Fruit Jams - Year Round

Apricot Jam, Blueberry Jam, Raspberry Jam, Strawberry Jam. All made with BC fruit. 270 ml, 500 ml and 750 ml size jars.

Savoury Jellies - See below for list of savoury Jellies - Year Round

Garlic Jelly, Pepper Jelly, Raspberry Wine Jelly, Purple Basil Jelly. All made with BC-grown fruits and vegetables. 125 ml and 270 ml sizes.

Sweet Pickled Peppers - Year Round

Available in small batches only.

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. Prescot 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).

Klippers Organic Acres - 250-499-2050

Contact: Kevin & Annamarie Klippenstein

Toll Free:

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Website:

Address:

2205 Ferko Road, RR #1 S-88 C-11 Cawston, BC V0X 1C0

Regions Supplied: Lower mainland Thompson okanagan

Company Notes:

We pride ourselves in picking everything vine ripened and tree ripened, which brings out more flavours. We sell only fresh items.

Products Available:

Dried Peaches - Year Round

Different sized bags available.

Apple Chips - Year Round

Different sized bags available. Apples are kiln dried making them very crisp. Apple Nuggets are great for adding to dishes.

Apple Juice - Year Round

48 oz jars. Mixture of organic apples. Cases 6 X 48 oz. Juice is made with all fresh apples.

Apples - Fall Summer

Mutsu, Spartan, Golden, Red, Fuji, Macs.

Dried Prune Plums - Year Round

Different sized bags available.

Dried Tomatoes - Year Round

Different sized bags available.

Eggplant - Fall Summer

4 different varieties. All picked vine ripened.

Heirloom Tomatoes - Fall Summer

37 different varieties. All have unique flavours and are picked vine ripened.

Italian Prune Plums - Fall Summer

Picked tree ripened

Melons - Fall Summer

Cantelope, Honeydew, Watermelon, Musk melons. All picked vine ripened.

Peppers - Fall Summer Winter

17 different varieties. Sweet peppers - Hot peppers. All picked vine ripened.

Peppers - Fall Summer

17 different varieties. Sweet peppers - Hot Hot peppers. All picked vine ripened.

Squash - Fall

12 varieties from Butternut - Spaghetti.

Origin Organic Farms Inc. - 604-940-3928

Contact: Connie Cheng **Toll Free: Phone:** 604-940-3928 Cell: Fax: 604-940-3968 **Email:** info@origino.ca Website: http://www.origino.ca Address: 6225-34B Avenue Delta, BC V4L 2N8 **Regions Supplied:** All of BC **Company Notes: Products Available:** Organic Mini Cucumbers - Fall Spring Summer Organic Beefsteak Tomatoes - Fall Spring Summer Organic Bell Peppers - Fall Spring Summer Organic Gemini Orange and Red Berry Tomatoes - Fall Spring Summer Organic Long English Cucumbers - Fall Spring Summer

Organic Sardinia Cocktail Tomatoes - Fall Spring Summer

Organic Tomatoes on the Vine - Fall Spring Summer