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## 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

## Ace Curries To Go Ltd. - 604-761-2433

**Contact:** Vikram Bajaj  
**Toll Free:**  
**Phone:** 604-761-2433  
**Cell:**  
**Fax:** 604-986-5667  
**Email:** info@acecurriestogo.com  
**Website:** http://www.acecurriestogo.com

**Address:**  
1294 E. Keith Road  
North Vancouver, BC  
V7J 3S3

**Regions Supplied:** All of BC

### **Company Notes:**

We Manufacture Food Service size Curry Sauces and Spice Rubs and Blends. Customized Flavours to create signature dishes for your restaurant or deli.

### **Products Available:**

#### **Curry Kits - Year Round**

Butter Chicken and Chickpea Curry with Basmati Rice  
Prawn Vindaloo with Black lentil Curry with Basmati Rice  
Beef curry with Dal Fry (lentil Curry) with Basmati Rice

#### **Curry Lentil Risotto Kits - Year Round**

Spices, lentils, rice and all instructions included, just buy the fresh items.

#### **Curry Sauces - Year Round**

1 Lt. Jars and 5 Lt. Pails. Butter Chicken, Hot Curry, Coconut Curry and Vindaloo Curry.

#### **Curry Spice Blends - Year Round**

No Salt No MSG All Fresh Roasted Spices ground Sieved and Blended in House. 50 g Bags and 75g jars. Available in 75 g Jars  
Butter Chicken, Chicken Curry Tandoori, Vindaloo, Tikka, Masala and Lentil



## Amazing Almonds - 604-607-7470

**Contact:** Brian or Donna Kingman

**Toll Free:**

**Phone:** 604-607-7470

**Cell:**

**Fax:** 604-607-7475

**Email:** amazingalmonds@shaw.ca

**Website:**

**Address:**

30002 Taylor Road  
Mount Lehman, BC  
V4X 2B3

**Regions Supplied:** All of BC

**Company Notes:**

Amazing Almonds takes pride in using fresh ingredients so that we can give our customers the best product available. We are a hands-on business to guarantee high quality control.

**Products Available:**

**Roasted and Candied Almonds - Year Round**

Roasted and candied Californian almonds - supreme 22 - 25 size; guarded, old European recipe; unique in flavour and appearance.

**BC Trail Mixes - Year Round**

Three unique to BC trail mixes. Each bag has either a maple leaf flag or a maple leaf emblem on the package and is clearly marked "Made in BC."

## Ann-Marie's Blackberry Vinegar - 250-468-5904

**Contact:** Ann-Marie Bampfield

**Toll Free:**

**Phone:** 250-468-5904

**Cell:**

**Fax:**

**Email:** blackberryvinegar@hotmail.com

**Website:**

**Address:**

PO Box 6

Nanoose Bay, BC

V9P 9J9

**Regions Supplied:** Vancouver island

### **Company Notes:**

My vinegar is certified through the health department. I have also had the ph levels in my vinegar tested. Rich in colour and with the right amount of sweetness, my vinegar may be used in several food recipes. Presentation is professional and exceptional.

### **Products Available:**

#### Ann-Marie's Raspberry Vinegar - Summer

375 ml jars available. Made with fresh local berries. It has a beautiful rich color and has the right amount of sweetness.

#### Ann-Marie's Blackberry Vinegar - Summer

375 ml jars available. Made with fresh local berries. It has a beautiful rich color and has the right amount of sweetness.

# Apple Luscious Organic Orchard - 250-653-2007

**Contact:** Harry Burton  
**Toll Free:**  
**Phone:** 250-653-2007  
**Cell:**  
**Fax:** 250 653-2007  
**Email:** burtonh@saltspring.com  
**Website:** <http://www.appleluscious.com>

**Address:**  
110 Heidi Place  
Salt Spring Island, BC  
V8K-1W5

**Regions Supplied:** Vancouver island

**Company Notes:**  
Celebrating Red-Fleshed Apples - THE APPLES OF THE FUTURE

Growing over 350 varieties of apples organically.

Note: Sunday, Sept 28, 2008

A chance to visit Apple Heaven while still on earth!

<http://www.saltspringmarket.com/apples/> \_\_\_

This is a great way to connect with apples, since you get to taste about 200 varieties, explore how they are grown, enjoy an apple history starting in 1860, taste pies from about 15 varieties, get you apple identified, connect with growers and taste incredible food.

Become a Salt Spring Island Apple Connoisseur in one day. Enjoy.

- \* Tours of a very unique organic orchard with chickens roaming everywhere.
- \* Get to taste apples of every shape, size, taste, origin and colour.
- \* Get to taste red-fleshed apples - THE APPLES OF THE FUTURE.
- \* Learn why it is important to eat organically.

## **Products Available:**

### **Apples - Fall Summer**

200 varieties of the best tasting organically grown apples, available from Aug to December, including 23 varieties of red-fleshed apples.

### **Garlic - Fall Summer**

organically grown garlic, both hard and soft neck.

### **Plums - Summer**

About 10 varieties of plums grown organically

# Appleberry Farms Ltd - 250.388.7668

**Contact:** Chris Wakefield

**Toll Free:**

**Phone:** 250.388.7668

**Cell:**

**Fax:** 250.483.1023

**Email:** appleberryfarms@shaw.ca

**Website:** <http://www.appleberryfarms.ca>

## **Address:**

Victoria, BC  
V8T 4S9

**Regions Supplied:** Lower mainland Vancouver island

## **Company Notes:**

In addition to the products listed below, Appleberry Farms Ltd also produce preserves and mustards for hotels and resorts in 25ml individual jars. These products are also available in various pail sizes. We also do private label and specialize in co-packing products.

## **Products Available:**

### **Plum - Year Round**

Part of our fruit salsa line. This salsa has slightly sweet but tart flavour. Accompanies meaty fish (Tuna, Swordfish) very well. Try it with cajun pork or simply spoon over roast lamb. If you aren't feeling so adventurous use as a regular salsa with tortilla chips. Great with fruity red wine!

### **Peach - Year Round**

This fruit salsa is a far cry from the usual tomato based salsas currently in the marketplace. It uses all natural ingredients and has a very balanced flavour. It has a slight hint of heat. Excellent with white fish, shell fish and chicken. Also good with creamy cheese and as a condiment to enhance dishes. Great with a semi dry white wine!

## Arenbrook Acres - V0E 1W1

**Contact:** Meghan Jacques

**Toll Free:** 250-920-6926

**Phone:** V0E 1W1

**Cell:**

**Fax:** 250-379-2007

**Email:**

**Website:** [meghan@arenbrook.com](mailto:meghan@arenbrook.com)

**Address:**

Arenbrook Acres

4325 Culling Rd, Falkland

BC

**Regions Supplied:** Thompson okanagan

**Company Notes:**

<http://www.arenbrook.com>

**Products Available:**

## Artisan Edibles Fine Foods Co. - 250-248-0670

**Contact:** Maureen Drew  
**Toll Free:**  
**Phone:** 250-248-0670  
**Cell:**  
**Fax:** 250-248-0670  
**Email:** mdrew@artisanedibles.com  
**Website:** <http://www.artisanedibles.com>

**Address:**  
895 Dickinson Way  
Parksville, BC  
V9P 2H2

**Regions Supplied:** Lower mainland Vancouver island

### Company Notes:

It's fitting that a company dedicated to the culinary arts was born at the Filberg Festival, an annual celebration of artists, artisans and great food in the Comox Valley on Vancouver Island. The creative sparks for Artisan Edibles flew when Judy McArthur and Maureen Drew discovered their shared passions for gourmet food, design and small business at Filberg. Within six months, they formed a partnership and developed a business plan to introduce their own commercial product line under the Artisan Edibles label.

### Products Available:

#### Quince Mustard - Spring

A rare find. This is a heritage recipe originating in Italy. Quinces are handpicked on Vancouver Island, and the Quince Mustard is preserved in small batches. The mustard has a distinct taste of quince and is delicious with veal, chicken, pork, Cajun halbut or a grilled cheese panini sandwich. Beautifully packaged and labelled. Jars and lids are from Italy. Great eating! Great gift! Seasonal and limited in quantity. 200 ml jars are available.

#### Antipasto - Year Round

Our boldly flavoured antipasto is rich in texture with a hint of the Mediterranean. Custom chopped fresh vegetables, Italian vinegars and oils, grilled peppers and artichokes and wild albacore tuna are some of the ingredients that create a taste experience to entice even the most discerning palate. Some eat it straight from the jar! Beautifully packaged and labelled. Jars and lids are from Italy. Great eating! Great gift! 540 ml and 300 ml jars are available.

#### Champagne Rose Petal Jelly - Fall Spring Summer

Wild rose petals are handpicked on Vancouver Island in the late spring and infused with champagne to make the rose petal juice. The jelly is prepared in small batches. The colour varies from pale pink to crimson red depending on the colour of the rose petals. When you open the jar, you will smell the fragrance of roses, yet the taste is complex like champagne. Beautifully packaged and labelled. Jars and lids are imported from Italy. Great eating! Great gift! Seasonal and limited in quantity. 200 ml jars are available

#### Meyer Lemon Chutney - Winter Year Round

Meyer Lemon Chutney is both tart and sweet, lingering with a wonderful aftertaste of anisette. An additional complexity develops as the chutney matures in the jar. Superb with salmon, halibut, crab cakes, any cold roasted meats or a favourite curry dish. Everyone we serve it to asks for more. Beautifully packaged and labelled. Jars and lids are imported from Italy. Great eating! Great gift! 300 ml jars available.

#### Wild Mirabelle Plum Jelly - Fall

Wild Mirabelle plums are handpicked from a local grove on Vancouver Island in late August and juiced. The jelly is prepared in

small batches. These plums are one of the most exotic stone fruits, producing a tart/sweet jelly with a hint of almond. Beautifully packaged and labelled. Jars and lids are imported from Italy. Great eating! Great gift! Seasonal and limited in quantity. 200 ml jars are available.

## Auntie Bev Foods - 604-931-6994

**Contact:** Beverly Piprah  
**Toll Free:**  
**Phone:** 604-931-6994  
**Cell:**  
**Fax:** 604-931-6164  
**Email:** mailbag@auntiebevfoods.com  
**Website:** <http://www.auntiebevfoods.com>

**Address:**  
312 Sorrento Place  
Coquitlam, BC  
V3K 6P4

**Regions Supplied:** Lower mainland North coast Thompson okanagan Vancouver island

**Company Notes:**  
Caribbean-flavoured products using all natural ingredients.

### **Products Available:**

Auntie Bev All Purpose Seasoning - Year Round

### **Auntie Bev Hot Table Sauce - Year Round**

Auntie Bev's NEW Hot Sauce is a HOT! spicy all purpose table sauce made from real Jamaican 'Scotchbonnet peppers'. It has a distinctive Jamaican flavor as well as the "Heat" you look for in a HOT sauce. Use it at the table and also in the kitchen to kick up the flavour of soups, dips and more!  
It comes in a convenient 150ml (5 oz) bottle. 12 in a case.

### **Auntie Bev Jerk Marinade/Sauce - Year Round**

This spicy and zesty marinade/sauce has that wonderful Caribbean Jerk flavor that can only be found in Jamaica.  
Auntie Bevs Jerk BBQ Marinade



# Aunty Penny's Gourmet Specialties - 250-751-1081

**Contact:** Penny Gordon

**Toll Free:**

**Phone:** 250-751-1081

**Cell:**

**Fax:**

**Email:** auntypenny@shaw.ca

**Website:**

**Address:**

841 Grouse Place

Nanaimo, BC

V9T 5A4

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

We are able to develop and produce other products upon request. We enjoy custom designing jellies, relishes and chutneys and have developed many unusual recipes, including wine and beer jellies and relishes. We are not only a producer of Canadian Association of Specialty Food's Award-winning antipasto and jellies but also enjoy developing recipes and co-packing for others. Confidentiality is assured.

**Products Available:**

## Aunty Penny's Beet Chutney - Year Round

An unusual and unique way of serving beets, blended with onions, dates, oranges and wonderful spices, you'll want to eat it straight from the jar! Available in 190 ml jars or larger sizes upon request.

## Aunty Penny's Antipasto - Year Round

Started as a home business 20 years ago, now processed under my personal supervision at St. Jean's Cannery in Nanaimo. This product is made in three flavours - Original (with tuna), Vegetarian (with a garden-fresh taste) and Hot

## Aunty Penny's Peach 'n Pepper Picante Sauce - Year Round

Peach-flavoured pepper jelly which is delicious served on cream cheese and crackers, as a fruit dip or as a glaze for meats. Beautifully packaged, it is available in 125 ml and 250 ml jars, or larger sizes upon request.

## Aunty Penny's Tomato Ginger Chutney - Year Round

A very spicy blend of tomatoes, onions, ginger and spices, this is a fairly hot condiment which complements many Indian curries and vegetable dishes. Attractively packaged in 190 ml jars or larger sizes upon request.

## Austin Gourmet - V3K3P3

**Contact:** Austin Gourmet

**Toll Free:**

**Phone:** V3K3P3

**Cell:** 604-939-9556

**Fax:** 604-939-4110

**Email:**

**Website:** [info@austingourmet.com](mailto:info@austingourmet.com)

**Address:**

Austin Gourmet

1046 Austin Ave, Coquitlam

BC

**Regions Supplied:** All of BC

**Company Notes:**

<http://www.austingourmet.ca>

**Products Available:**

# Avalon Dairy Limited - 604-434-2434

**Contact:** Gay Hahn

**Toll Free:**

**Phone:** 604-434-2434

**Cell:**

**Fax:**

**Email:**

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

**Address:**

5805 Wales Street

Vancouver, BC

V5R 3N5

**Regions Supplied:** All of BC

**Company Notes:**

A BC family-owned and operated dairy, we are 100 years old, established in 1906. We produce milk in an old-fashioned glass milk bottle, making the milk last longer and taste fresher. We are the home of BC's first certified organic milk. We welcome everyone to come and visit our heritage site and retail outlet.

**Products Available:**

**Organic Ice Cream - Year Round**

Our organic ice cream is the wonderful taste of vanilla, and it is available in a 1 litre container.

**Organic Cheese - Year Round**

Our organic cheese is available in random cuts, 5 lb blocks and in larger sizes; mild, medium, and aged. We allow our cheese to age to perfection, and each flavor has the perfect bite!

**Organic Egg Nog - Winter**

Come and try our organic egg nog in a 1-litre carton. It is available from November to the beginning of January. Three out of four Santas on City TV stated that our organic egg nog was the best they ever tasted!

**Organic Eggs - Year Round**

Our organic eggs come from chickens that have the ability to graze and live on land that is free of all residues, synthetic fertilizers, and pesticides. Our eggs come in 4 different sizes: small, medium, large, extra large. Remember: the smaller the egg, the fresher it is and the tastier.

**Organic Milk - Year Round**

Our organic milk comes in a 1-litre glass bottle, as well as in a 2-litre plastic jug, 1-litre carton, (1/2 litre and 250 ml) for our creams.

Our organic milk products consist of skim, 1%, 2%, homo, chocolate milk, cereal cream and whipping cream. Coming soon to Avalon is organic milk in a 4-litre plastic jug.

**Organic Salted and Unsalted Butter - Year Round**

Comes in 1 lb and 250 g blocks. It is one of our many products that is sure to be very creamy. There is no ant-caking agent in our

butter.

### Organic Sour Cream - Year Round

Our organic sour cream is available in 500 ml and 250 ml sizes. It is a nice, thick product; you really need to shake the spoon to get it off. Great for any time of year.

### Organic Yogurt - Year Round

Our organic yogurt is available in a 500 g container and is a tasty, 2%, plain yogurt. Our 175 g containers are filled with great tastes of strawberry, peach, blueberry or raspberry.

## Barsi Group, The - 250-729-9930

**Contact:** Nelson Barsi  
**Toll Free:** 888-698-2433  
**Phone:** 250-729-9930  
**Cell:**  
**Fax:** 250-729-7510  
**Email:** nelson.barsi@telus.net  
**Website:** <http://www.chefbarisi.com>

**Address:**  
2214 Sun Valley Drive  
Nanaimo, BC  
V9T 6E8

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

### **Company Notes:**

We process and distribute specialty gourmet products that are flavourful and unique in taste. Produced in small batches without preservatives, our quality speaks to our customers. **BUY IT! TRY IT!**

### **Products Available:**

#### **Thistle - Year Round**

250 ml. Use as a jelly, not just a dip. Condiment for all meats, fish, eggs, with cheese or on bread or toast.

#### **Thistle - Year Round**

Unique flavour - a blend of red wine vinegar, red peppers, tomato paste, soy sauce and spices. Add to gravy, soups, stews, casseroles, BBQ sauce, or dipping sauce. Table sauce for fish stir-fry. Marinade/baking sauce.

#### **Thistle - Year Round**

Fat and oil free, made with honey, mustard and spices. Condiment for all meats. Fat-free salad dressing. Dipping sauce for veggies/chicken fingers. BBQ sauce for chicken and pork. Marinade/baking sauce.

**Contact:** Helen Koutalianos  
**Toll Free:**  
**Phone:** 604-460-0087  
**Cell:**  
**Fax:** 604-465-7594  
**Email:** sales@basiloliveoil.com  
**Website:** <http://www.basiloliveoil.com>

**Address:**  
18939 120b Avenue  
Pitt Meadows, BC  
V3Y 1W3

**Regions Supplied:** All of BC Lower mainland North coast Thompson okanagan Vancouver island

**Company Notes:**

Single estate producer of Certified Organic Extra Virgin Olive Oil in the new harvest. We specialize in quality. Please visit [www.basiloliveoil.com](http://www.basiloliveoil.com) for all of our specialty Products.

We also offer:

USDA Certified Organice Golden Olive Anastasia Hand Made Extra Virgin Olive Oil Castile Soap. Gentle with no Additives, No Colours, No Fragrance.

Golden Olive Theodora Essential Rose Oil Mosturizer made with Certified Organic Extra Virgin Olive Oil. Simple Body care that works.

Golden Olive Vassiliki Kalamata Olive Tapenade ready to use, Quality Olive Tapenade 1 kg Jars x 6 per case available for the service Industry and also in retail sizes 140 G X 12 per case.

**Products Available:**

**Cracked Green Olives - Year Round**

Certified Organic Golden Olive Vassiliki Cracked Green Olives curred with Anise and Lemons in Sea Salt Brine. 5 kg pails. Small Artisian Producer Greece.

**Agrinion Olives (Brown) - Year Round**

Certified Organic Golden Olive Vassiliki Agrinion Olives Jewel (Brown) Cured with Celery Lemons in Sea Salt Brine, 5kg pails. Small Artisian Producer Greece.

**Agrinion Olives (Green) - Year Round**

Certified Organic Golden Olive Vassiliki Agrinion Olives Blond (Green) cured with Celery

**Balsamic Vinegar - Year Round**

Certified Organic Golden Olive Evangeline Corinthian Currant Raisin Balsamic Vinegar 6X2L Jugs for the service Industry. No colours, no surgard, no additives. Aromatic and Flavourful. Diabetic Friendly. Greece available in Retail Size 250 ml.

**Kalamata Olives - Year Round**

Certified Organic Golden Olive Vassiliki Kalamata Olives, 5 Kg. Pail cured with Sea Salt Brine and Wine Vinegar, Small Producer Greece

## Olive Oil - Year Round

Certified Organic Golden Olive Eleni Extra Virgin Olive Oil. 6 X 2L jugs for the service industry. New Harvest under .05% acidity, Fresh Olive Oil Single Estate Producer, Greece. Available in retail sizes 500 ml and 250 ml.

## Bayhill Farm and Nursery - 250-335-0126

**Contact:** Bob and Colleen Leary

**Toll Free:**

**Phone:** 250-335-0126

**Cell:**

**Fax:**

**Email:** rcleary@telus.net

**Website:**

**Address:**

Box 317

Union Bay, BC

V0R 3B0

**Regions Supplied:** Vancouver island

**Company Notes:**

Small, family-run farm.

**Products Available:**

Acorn Squash - Fall

Leeks - Fall Summer

Lettuce - Fall Spring Summer

Heirloom varieties available.

Variety of Herbs - Fall Spring Summer

Cilantro, dill, basil, oregano, parsley, and marjoram available.



# 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.

## BC St. Croix Farms - 604-823-4833

**Contact:** Brian Chwiendacz  
**Toll Free:**  
**Phone:** 604-823-4833  
**Cell:**  
**Fax:** 604-823-4822  
**Email:** bestcroix\_@telus.net  
**Website:**

**Address:**  
4175 Eckert St.  
Chilliwack, BC  
V2R 5J6

**Regions Supplied:** Lower mainland

### **Company Notes:**

"Leanest, mildest and best tasting lamb money can buy." Our farm produces and raises the safest, highest quality, young hair sheep and meat lambs.

St. Croix meat is mild tasting with superior flavour, tender and naturally lean due to the genetics of the breed. Also due to genetics, St. Croix sheep are the only breed in the world that has never tested positive for scrapie.

### **Products Available:**

#### **Lamb - Year Round**

Lowest in cholesterol and highest in cancer-preventing linac acid. We do NOT use any growth enhancers or medicated feeds, and we do NOT use any inoculants of any kind. Our market meat lambs have never been touched with a needle.

# BEERBQ SAUCE - 604-868-6201

**Contact:** Paul Lucas Paterson

**Toll Free:**

**Phone:** 604-868-6201

**Cell:**

**Fax:**

**Email:** [info@c-d-g.com](mailto:info@c-d-g.com)

**Website:** <http://www.BEERBQ.ca>

**Address:**

7366 Montecito Drive

Burnaby, BC

V5A 1R6

**Regions Supplied:** All of BC

**Company Notes:**

BEER-B-Q sauces are made from all natural ingredients.

BEER-B-Q sauces are made with Vancouver Island's Piper's Pale Ale.

BEER-B-Q sauces are made with Peace River Dark Clover Honey.

**Products Available:**

**Mild BEER-B-Q Sauce - Year Round**

BEER-B-Q Sauce is a sweet and spicy, all natural, all-in-one wonder sauce.

Excellent with Chicken, Pork, Beef, Lamb, Seafood, Tofu, Eggs, Legumes and Veggies.

Marinate, baste, barbeque, bake, sautÃ©, or add zip to sauces, dips and dressings.

**Original BEER-B-Q Sauce - Year Round**

BEER-B-Q Sauce is a sweet and spicy, all natural, all-in-one wonder sauce. Excellent with Chicken, Pork, Beef, Lamb, Seafood, Tofu, Eggs, Legumes and Veggies.

Marinate, baste, barbeque, bake, sautÃ©, or add zip to sauces, dips and dressings.

**Super Spicy BEER-B-Q Sauce - Year Round**

BEER-B-Q Sauce is a sweet and spicy, all natural, all-in-one wonder sauce.

Excellent with Chicken, Pork, Beef, Lamb, Seafood, Tofu, Eggs, Legumes and Veggies.

Marinate, baste, barbeque, bake, sautÃ©, or add zip to sauces, dips and dressings.

## Best Gourmet Coffee Ltd. - 604-465-5112

**Contact:** Jill Palahicky  
**Toll Free:**  
**Phone:** 604-465-5112  
**Cell:**  
**Fax:** 604-465-5227  
**Email:** bestgourmet\_coffee@hotmail.com  
**Website:** <http://www.bestgourmet.com>

**Address:**  
20091 113B Ave  
Maple Ridge, BC  
V2X 0Z2

**Regions Supplied:** Kootenay Lower mainland North coast Thompson okanagan Vancouver island

### **Company Notes:**

Our company offers various roasts, from light to dark, as well as flavoured coffee. We have various-sized containers in both ground or beans. Our company also offers a full line of organic, free-trade coffee that is certified by NAPPO, certificate number 169060. All of our coffee is dry roasted, which does not add extra weight to the coffee, so that the customer receives the best value. Our coffee is freshly roasted with every order. We use only the best arabica beans, which ensures the best taste possible.

### **Products Available:**

#### **Organic Coffee - Year Round**

We use dry roasting methods and fair-trade coffee. We use only the best quality beans, roasted fresh daily.

We offer lines of flavoured, organic, ground and whole bean coffee.

## Big Bear Ranch - 250 620 3353

**Contact:** Rainer & Gigi Krumsiek  
**Toll Free:**  
**Phone:** 250 620 3353  
**Cell:**  
**Fax:** 250 620 3393  
**Email:** [info@bigbearranch.com](mailto:info@bigbearranch.com)  
**Website:** <http://www.bigbearranch.com>

**Address:**  
Box 128  
Horsefly, BC  
V0L 1L0

**Regions Supplied:** Cariboo Lower mainland

**Company Notes:**  
Humane animal handling and management intensive grazing.

### **Products Available:**

#### **Organic Turkey - Year Round**

PACS #16-250, certified organic, Broad Breasted Bronze Turkeys who grow up free roaming. Order by February 28th for your turkey!

#### **Organic Beef - Year Round**

PACS #16-250, certified organic, grass-finished beef from Galloway/Angus cross cows. Processed at Rodear Meats.

#### **Organic Pork - Year Round**

PACS #16- 250, certified organic, pasture-raised pork from Tamworth/Duroc cross pigs. Processed at Rodear Meats.

These pigs live in big pastures and are supplementally fed certified organic peas. Pigs can be pigs on Big Bear Ranch!

# Bigfoot Organic Herb Farm - 250-537-4466

**Contact:** Pat or Ken Barnes  
**Toll Free:**  
**Phone:** 250-537-4466  
**Cell:**  
**Fax:** 250-537-4466  
**Email:** patorken@telus.net  
**Website:**

**Address:**  
104 Eagle Ridge Drive  
Salt Spring Island, BC  
V8K 2K9

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

Having learned from my Grandmother's chef over 40 years ago, I make sure that my products are the result of experience. Each one is made in small batches using our own or locally-grown ingredients. Salsas mild to wasabi. 60 flavours of jams, jellies, chutneys, flavoured honeys, mustards and vinegars.

## Products Available:

### Chutneys - Fall Spring Summer Winter Year Round

Cherry, Mango, Pear, Mexican Pear, Plum, Basil Lovers, Halapeno Berry, Cranberry, Hot Cranberry, Blackberry, and Blackberry Mint.

### Canned Goods - Fall Spring Summer Winter Year Round

Stewed Tomatoes, Wasabi Spiced Cherries

### Herbs - Fall Spring Summer Winter Year Round

Parsley, marjoram, oregano, dried blended mixed herbs. We save seeds from our herbs and use them. We have two 10 x 20 unheated greenhouses with many rare and unusual potted herbs for sale. No herbicides or pesticides have ever been used on this farm. All herbs have been grown, picked, dried and packaged right here on our Salt Spring farm.

### Honey - Fall Spring Summer Winter Year Round

Mint Honey, Blackberry Honey, Ginger Honey, Rose Honey and Lavendar Honey using mint and lavendar from my herb gardens and wild blackberries from the farm.

### Jams - Fall Spring Summer Winter Year Round

Apricot Jam, Blackberry Jam, Blackberry Jelly, Blackberry Mint Jelly, Blueberry Jam, Carrot Cake Jam, Chamomile Orange Jelly, Cherry Jam, Crabapple Butter, Crabapple Jelly, Cucumber Lime Jelly, Black Currant Liqueur Jelly, Red Currant Liqueur Jelly, Red Currant Jam, Red Currant Jelly, Red Clover Jam, Red Clover Jelly, Grape Jelly, Roasted Garlic Jelly, Roasted Garlic Mint Jelly, Roasted Garlic Ginger, Roasted Garlic Jalapeno Jelly, Habenero Ice Wine Jelly, Lemon Balm

### Marmalades - Fall Spring Summer Winter Year Round

Seville Orange Marmalade, Ruby Orange Marmalade using Moro oranges

### Mustards - Fall Spring Summer Winter Year Round

Honey Roasted Garlic Mustard, Basil, Hot Mexican, Wasabi Asian Mustards

### Pickles - Fall Spring Summer Winter Year Round

Wasabi Ginger, Ginger Hot Pepper (no salt)

### Relish - Fall Spring Summer Winter Year Round

Wasabi Horseradish Relish

### Salsas - Fall Spring Summer Winter Year Round

Our recipes all contain roasted garlic. Mild, medium, hot and hotter, and wasabi. We grow and use our own wasabi. Tomato-based salsas use jalapeno peppers and habeneros, all cooked and processed under pressure but still tasty - mild, medium and hot.

### Sauces - Fall Spring Summer Winter Year Round

Wasabi Cucumber Sauce, Wasabi Cranberry Sauce, Wasabi Wooster and Horseradish Sauce

### Vinegars - Fall Spring Summer Winter Year Round

Salad

# Blackberry Hill Farm - 604 258 PIES

**Contact:** Chris Hoekstra

**Toll Free:**

**Phone:** 604 258 PIES

**Cell:**

**Fax:**

**Email:** choeks@telus.net

**Website:**

**Address:**

8815 B Selkirk St.

Vancouver, BC

V6P 4J6

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

Blackberry Hill Farm is a family owned business that makes our products by hand, the old fashioned way. Our gourmet pies, Montreal Style Bagels, assorted bakery items and our specialty preserves, jellies and syrups are the best in town.

**Products Available:**

## Blackberry Hill Specialty Syrups - Year Round

Unique flavours and come in several varieties.

## Assorted Squares, Cookies and Cakes - Year Round

These gourmet treats are made by hand in small batches. Recipes created by a pastry chef, the CEO of the company. Quality and taste are superior - you can taste the difference.

## Gourmet Pies - Year Round

Available freshly baked, take and bake style or frozen. Made to order with any variety of berries and fruit. Also available: pumpkin pies, meringue and cream pies. Sizes available 4", 9" or 10" deep. Made by hand, with local ingredients used; purchased from local farmers' markets. Can use organic produce upon request. Pies are non- trans fat. Packaging options available. Normally 24 hours notice required for order, depending on size.

## Montreal Style Bagels - Year Round

Made in small batches, these are the real deal. Dough is proofed, frozen, boiled and then baked, which creates the true Montreal bagel, flavourful and chewy. Many flavours are available: original, multigrain, whole wheat, sour dough/rye, cheese, jalapeno, etc. Bagels are available freshly baked or frozen. If supplied frozen, they need to be baked for about 35 minutes, providing retailer ability to sell them freshly baked. Spelt bagels are also available.

## Specialty Preserves and Jellies - Year Round

Tempting flavours such as Tequila Pepper Jelly, Hot Cranberry Jelly and Onion Marmalade give inspiration to home cooks and chefs alike. These unique preserves come in sizes from 250 ml and up. Looking for a specific flavour? We have over 30 varieties.



## Blackwell Dairy Farm Inc - 250-573-4747

**Contact:** Joy Blackwell

**Toll Free:**

**Phone:** 250-573-4747

**Cell:**

**Fax:** 250-573-4963

**Email:** dairy01@telus.net

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

**Address:**

7000 Blackwell Road

Kamloops, BC

V2C 6V7

**Regions Supplied:** Kootenay Thompson okanagan

**Company Notes:**

**Products Available:**

Fluid Milk - Year Round

**Sour Cream - Year Round**

Our 14% sour cream is truly creamy and rich. Made with care in small batches, it is perfect for all your sour cream needs.

It is available in 250 and 500 ml sizes for personal use, as well as 4 litres for commercial use.

**Cheese - Year Round**

Our Artisan cheese is made the old fashioned way in small batches, mixed by hand with care and attention to detail. Taste the difference quality makes.

Blackwell Mozzarella, Mild, Medium and Aged cheddar cheeses are available in 2.25kg blocks and about 240g random cut.

## Blue Harvest Farm - 250-245-8959

**Contact:** Jim Stachow

**Toll Free:** 877-660-6118

**Phone:** 250-245-8959

**Cell:**

**Fax:**

**Email:** [info@blueharvestfarm.com](mailto:info@blueharvestfarm.com)

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

**Address:**

13387 Code Road

Ladysmith, BC

V9G 1H7

**Regions Supplied:** Vancouver island

**Company Notes:**

We produce certified organic blueberries, including the Rubel and Rancocas varieties, which are highest in anti-oxidant. Ours is a small family-owned and operated farm dedicated to producing pure, healthy and delicious food.

**Products Available:**

**Certified Organic Blueberries - Summer**

Our family farm grows eight luscious varieties of certified organic blueberries including the two varieties rated highest in anti-oxidant content - Rubel and Rancocas. These two varieties are smaller in size whereas our other six varieties - Northland, Bluecrop, Duke, Toro, Nelson and Patriot - bear mid-size to very large berries.

Our fruit is hand picked and hand cleaned, then packed in 5 lb Zip-loc freezer bags, ready to eat or freeze. Most of our crop is sold fresh from early July until mid-August. The rest is frozen.

Freshness guarantee: all fresh fruit is put in the hands of our customers on the day it is picked. Frozen berries are available while quantities last. Our berries are certified organic by IOPA, and we are producer #1309.

## BOBOBABY Inc - 604-298-2985

**Contact:** Kalpna Solanki

**Toll Free:**

**Phone:** 604-298-2985

**Cell:**

**Fax:** 604-294-2985

**Email:** [ksolanki@bobobaby.com](mailto:ksolanki@bobobaby.com)

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

**Address:**

6-8075 Enterprise Street

Burnaby, BC

V5A 1V5

**Regions Supplied:** All of BC

**Company Notes:**

Age-appropriate, locally-grown, certified organic baby food. Fresh-frozen in convenient portions. Kosher with NO added salt, preservatives, sugar, or colour and free of the top 9 allergens.

**Products Available:**

**9 Months Organic Baby Food - Year Round**

Chickpeas and Tomato Provence, Brown Rice, Mango and Banana, Vegetable Medley and Amaranth and Pear, Certified Organic QAI 105229-A

**6 Months Organic Baby Food - Year Round**

Carrot, Pear, Squash and Apple, Certified Organic QAI 105229-A

**7 Months Organic Baby Food - Year Round**

Lentils and Mixed Vegetables, Apples and Oats, Quinoa and Mixed Vegetables, Millet and Banana, Certified Organic QAI 105229-A

## Botanical Specialties - 604-824-2833

**Contact:** Herbert Strobl

**Toll Free:**

**Phone:** 604-824-2833

**Cell:**

**Fax:** 604-824-2833

**Email:** hbstrobl\_botanicals@telus.net

**Website:**

**Address:**

P.O. Box 3003

Cultus Lake, BC

V2R 5H6

**Regions Supplied:** Lower mainland

### **Company Notes:**

Botanical Specialties is a certified organic herb company in near Cultus Lake, BC. Our main activity is dried and fresh herbs, liquid extracts and essential oils. The products are in the aromatic, medicinal and culinary sector including flavors and spices. Almost all steps are carried out on site and we are fully committed to the highest possible quality.

### **Products Available:**

#### **Certified Organic Herbs - Fall Spring Summer**

Mainly aromatic, medicinal and culinary including Lavender, Mints, Sage, Thyme, Oregano, Parsley, Angelica, Lovage, Dong Quai, Borage, etc. Available seasonally.

#### **Certified Organic Essential Oils, Flavors and Fragrances - Year Round**

We operate a certified-organic essential oil distillery and produce about 30 different products including Lavender, Lovage, Mint, Douglas Fir, Red Cedar, Grand Fir, etc.

#### **Certified Organic Vanilla Bean Liquid Extract - Year Round**

We produce a liquid extract from certified-organic vanilla beans on site.

#### **Dried Organic Herbs - Year Round**

Mainly aromatic, medicinal and culinary, including Lavender, Mints, Sage, Thyme, Oregano, Parsley, Angelica, Lovage, Dong Quai, Borage, etc.

## Breezy Bay Farm Herbs - 250-539-5200

**Contact:** Flora House

**Toll Free:**

**Phone:** 250-539-5200

**Cell:**

**Fax:** 250-539-5201

**Email:** saturnaherbs@saturnacan.net

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

**Address:**

131 Payne Road

Saturna Island, BC

V0N 2Y0

**Regions Supplied:** Vancouver island

**Company Notes:**

Certified organic dried and fresh herbs available.

**Products Available:**

**Fresh Herbs - Fall Spring Summer**

Fresh cut - Basil, Rosemary, Thyme, Sage, Tarragon, French Sorrel, Savory, Mint and Dill. Packaged in plastic sleeves containing 2 oz of product, 12 sleeves per case in a display bucket with water, 12 sleeves per case. Also available for special bulk orders cut to users' needs. Available seasonally.

**Dried Herbs - Year Round**

Basil, Greek Oregano, Rosemary, Sage, Thyme, Tarragon, Lavender dried in small batches as needed - results in less storage time. Available in regular consumer size packages of 20 g and in special order sizes, i.e., bulk purchases year round.

## Campbell's Pheantry - 604-856-4375

**Contact:** Carol Wunderlich  
**Toll Free:**  
**Phone:** 604-856-4375  
**Cell:**  
**Fax:** 604-856-4375  
**Email:** ccwunderlich@shaw.ca  
**Website:**

**Address:**  
7902 Satchell Street  
Abbotsford, BC  
V4X 2B4

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

### **Company Notes:**

Campbell's Pheantry has been growing free range pheasant, our own brand, since 1976, right here in Abbotsford, B.C. Our birds are grown outdoors in flight pens, given no antibiotics or growth hormones, and fed a totally vegetable diet (which contains no animal by-products). Exclusive distributor is Hills Foods of Coquitlam, 604-472-1500, servicing local markets, Vancouver Island, B.C. Interior, and throughout Canada. Calls or visits from chefs and buyers are gladly accepted at the farm, and we're always happy to answer questions.

### **Products Available:**

#### Free Range Pheasants - Fall Winter

Whole or specialty cuts, fresh or fresh-frozen. Available year round, with fresh season being September through February. Campbell's Pheasant is antibiotic and growth hormone free. Our pheasants are grown outdoors (not in barns) on an all-vegetable diet. They are described as the wildest tasting farmed pheasant around.

## Canadian Kelp Resources Ltd. - 250-728-3297

**Contact:** Louis Druehl

**Toll Free:**

**Phone:** 250-728-3297

**Cell:**

**Fax:** 250-728-3040

**Email:** ldruehl@island.net

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

**Address:**

Port Desire

Bamfield, BC

V0R 1B0

**Regions Supplied:** Lower mainland North coast Vancouver island

**Company Notes:**

Canadian Kelp Resources is a family-owned business, providing quality sea vegetables for 25 years. We welcome custom orders and will assist clients to identify new products.

**Products Available:**

**Roasted Kelp Flakes - Year Round**

Roasted, dried, stone-ground kelp available in bulk or 35 g packages.

**Barkley Sound Bull Kelp - Year Round**

Dried sheet kelp available in bulk or 40 g packages.

**Barkley Sound Kombu - Year Round**

Dried sheet kelp available in bulk or 50 g packages

**Barkley Sound Macro Kelp - Year Round**

Dried sheet kelp available in bulk or 30 g packages.

## Canyon City Farm - 250-428-7835

**Contact:** Randy & Annette Moore

**Toll Free:**

**Phone:** 250-428-7835

**Cell:**

**Fax:** 250-428-7835

**Email:** moorebc@shaw.ca

**Website:**

**Address:**

5089 Canyon-Lister Road

Canyon, BC

V0B 1C1

**Regions Supplied:** Kootenay

**Company Notes:**

We are a family-operated organic farm. We sell to retail outfits, as well as gate sales.

**Products Available:**

Organic Squash - Fall Summer Winter

Organic Beets - Fall Summer Winter

Organic Carrots - Fall Summer Winter

Organic Onions - Fall Summer Winter

Organic Parsnips - Fall Summer Winter

Organic Potatoes - Fall Summer Winter



# Caramoomel Products Incorporated - 888-765-0574

**Contact:** Anne Hatcher  
**Toll Free:**  
**Phone:** 888-765-0574  
**Cell:**  
**Fax:** 250-765-8528  
**Email:** caramoomel@telus.net  
**Website:** <http://www.caramoomel.com>

**Address:**  
2105 Morrison Road  
Kelowna, BC  
V1X 4W4

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

## **Company Notes:**

Caramoomel Spreads & Sauces "Inspired by Family Tradition Created with Wholesome Quality To serve the World Delectable Goodness"

All of our products are all natural, no artificial flavours or colours, all of them are Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed.

All of our food creations are all natural, no artificial flavours or colours, all of them are Hand-crafted on our Facility on our farm in Kelowna, BC.

## **Products Available:**

### **Golden Millenium Wine Jelly - Year Round**

Another version of our whitewine jelly combined with 24k Gold FLakes that are delicately suspended in the clear beautiful locally produced white wine. 24k Gold is the only metal absorbed by the body and it adds a festive flair to this wine jelly. Available in 125ml jars.

### **Apple Butter - Year Round**

This is our family recipe which has been a popular hit with family, friends and clients alike. All natural ingredients, we use our own apples, locally produced honey, cinnamon, pectin and citric acid. This Apple butter is creamy, sweet like eating apple pie in a spread. Lovely on toast, with pork, ham, salmon, tons of recipe ideas can be found on our website or by request. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml

### **Caramel Spreads - Year Round**

A line of family recipes, creamy caramel spreads made primarily with milk treated with lactase for dairy sensitive diets. Original Caramel, Belgian Chocolate Caramel, Chocolate Raspberry Caramel and Chocolate Grand Marnier finishes of this wonderful decadent line of caramel spreads inspired by Dulce de Leche. Available in 125ml

### **Cherry Wine Jam - Year Round**

Using our own cherries and local red wine, we make this tasty jam. Available in 250ml

### **Coffee Lover's Caramel Sauce - Year Round**

The best Caramel sauce ever! Antonia's take on caramel takes a new height with this addictive sauce. Just fabulous on ice cream, desserts, fruit and of course coffee. available in 200ml bottles.

### **Garlic Eggplant Spread - Year Round**

A unique original recipe creamy tasty all natural spread made from our own grown eggplants and garlic combined with vinegar, herbs and spices. This product can be enjoyed on its own from the jar or used in recipes, like dips, pastas, fish, chicken, beef, on crackers plus more. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml

### **Hot Garlic Pepper Wine Jelly - Year Round**

This product is an original family recipe that has wonderful levels of flavour. Sweet, Garlic, Spicy flavours add up this terrific wine jelly. We use local wine makers for our wine products and locally grown vegetables. Hot Garlic Pepper wine jelly is great for Asian inspired dishes, chicken, fish, ham, pork, on a bagel, toast, endless possibilities. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml

### **Hot Ginger Apple Butter - Year Round**

All natural ingredients, we use our own apples, locally produced honey, ginger, cinnamon, hot pepper, pectin and citric acid. This Apple butter is creamy, sweet like eating apple pie with a zesty kick. Lovely on toast, with pork, ham, salmon, tons of recipe ideas can be found on our website or by request. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml

### **Ice Wine Jelly - Year Round**

Crisp, Sweet, Fresh wine jelly made with a true locally made Ice Wine. Available in 55ml jars.

### **Maple Jelly - Year Round**

Original recipe, we use high grade Quebec Maple Syrup to bring our clients this sweet, smooth maple jelly. available in 125ml jars.

### **Veggie Caviar - Year Round**

We have the North American trademark on the name of our best selling all natural original family recipe vegetable spread. It is a wonderful zesty combination of 7 locally grown vegetables (5 grown on our own farm) Tomatoes, Carrots, Zucchini, Bell Peppers, Eggplant, Beets, Garlic blended with Vinegar, Herbs and Spices. Veggie Caviar can be enjoyed on its own from the jar or used in recipes, like dips, pastas, fish, chicken you name it. 40 cases of 12 jars per batch Hand-crafted on our Facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 250ml

### **Wine Jellies - Year Round**

Pinot Noir, Pinot Gris, Blush and Mulled wine jellies have been praised by our clients as the best wine jellies time and time again. We do not use any preservatives, additives or artificial colours in any of our products. We prefer the natural colours of our award winning local wines to make our wine jellies stand out. Hand-crafted available in 125ml jars.

### **Wine Lover's Dark Chocolate Wine Sauce with Merlot - Year Round**

A delicious elegant sauce, delicately combining the best Dark Belgian chocolate with a robust Merlot wine made by Okanagan wine makers. This is quickly becoming a much on demand sauce. An original recipe by Antonia Dudka, founder of Caramoomel Products. It is wonderful for desserts, coffee, fruit. Hand-crafted bottle per bottle, we create this sauce by order. Made on our facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 200ml size bottles.

### **Wine Lover's White Chocolate white Riesling Wine Sauce - Year Round**

An original recipe by Antonia Dudka, founder of Caramoomel Products. Combining the best White Belgian chocolate with a crisp Riesling wine made by Okanagan wine makers. It is wonderful for desserts, coffee, fruit. Hand-crafted bottle per bottle, we create this sauce by order. Made on our facility on our farm in Kelowna, BC. All our labels are family designed. This product is available in 200ml size bottles.

## Cascadia Bakery - 250-380-6606

**Contact:** Zoe O'Doherty

**Toll Free:**

**Phone:** 250-380-6606

**Cell:**

**Fax:** 250-598-9523

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

**Website:**

**Address:**

1812 Government Street

Victoria, BC

V8T 4N5

**Regions Supplied:** Vancouver island

**Company Notes:**

All products are made with 100% all-natural ingredients. Breads are hand formed, made with 100% organic whole grain flours. Wholesale prices are available. We also supply a large selection of cookies, bars and cakes. Vegan and wheat-free options are also available.

**Products Available:**

**Vegan Brownies - Year Round**

One of our top sellers. A delicious fudgy brownie made without animal products.

**Hand Mixed Muffins - Year Round**

Several varieties baked fresh daily. Blueberry Wheatgerm, Apricot Oat, Raspberry Streusel, and many others.

**Rosemary Garlic Focaccia -**

Hand rolled with fresh rosemary and olive oil. Makes great paninis or soup bread, does not require butter or extra oil. Approximate weight 545 grams.

**Sourdough - Year Round**

Hand formed, made with 11-year-old starter for that real sourdough flavour. 650 grams.

# Charelli's Delicatessen & Catering - 250-598-4794

**Contact:** Carmen Lassoij

**Toll Free:**

**Phone:** 250-598-4794

**Cell:**

**Fax:**

**Email:** [info@charellis.com](mailto:info@charellis.com)

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

**Address:**

2863 Foul Bay Road

Victoria, BC

V8R 5G5

**Regions Supplied:** Vancouver island

**Company Notes:**

Charelli's Delicatessen is the biggest smallest cheese shop in Victoria! Within our 300 square feet we offer the largest selection of cheeses and specialty food items from around the world. And we want more! With deep European roots, we pride ourselves in providing the highest quality products and a service second to none. From the moment you walk through the door of Charelli's, you'll feel and smell the old European Charm. Our goal with all of our items is to achieve a level of quality and uniqueness that simply cannot be found in a supermarket. If you long for that long-lost childhood taste or fancy eating an unpronounceable delicacy, just ask Carmen or Nicole and experience the magic of flavours.

**Products Available:**

**Bonnie Bea's Oat Cakes -**

Organically made oat cakes from Victoria, British Columbia.

**Bella Biscottini - Year Round**

Savoury Biscotti from Victoria, British Columbia

**Little Qualicum Cheeses - Year Round**

Locally produced cheese products from Vancouver Island

**Moonstruck Cheeses - Year Round**

Locally produced cheese products from Saltspring Island

**Natural Pastures Cheeses - Year Round**

Locally produced cheese products from Vancouver Island

**The Cannery - Year Round**

Locally produced seafood items from British Columbia

**The Fishery - Year Round**

Locally produced seafood items from Saltspring Island

## Cocoa West Chocolatier - 604-947-2996

**Contact:** Joanne Mogridge  
**Toll Free:**  
**Phone:** 604-947-2996  
**Cell:**  
**Fax:** 604-947-2997  
**Email:** [contact@cocoawest.com](mailto:contact@cocoawest.com)  
**Website:** <http://www.cocoawest.com>

**Address:**  
RR1, AL4 581C Artisan Lane  
Bowen Island, BC  
V0N 1G0

**Regions Supplied:** Vancouver island

### Company Notes:

In our chocolate cafe on Bowen Island, Cocoa West created inspired organic chocolate in the artisan tradition. We use only certified organic ingredients, with no preservatives or artificial flavours. Our hot chocolates are made of whole, not powdered, chocolate for a smooth, rich taste and exotic aroma. We use only fair trade and carefully selected ingredients to ensure ethical treatments of all key stakeholders. Chocolatier in the mastery of chocolate making. Services retail, corporate, wedding, gift, film, delivery sectors.

### Products Available:

#### Chocolate Truffles - Year Round

All chocolate truffles use certified organic ingredients. Contains no artificial flavours or preservatives. If contains cream it is recommended to enjoy within 10 days; if cream and alcohol, enjoy within 18 days; No cream enjoy within 3 months. May contain nuts. Also offer boutique style accommodations adjacent to the production facility.

#### Organic Cocoa Powder - Year Round

Our fine, organic cocoa powder is perfect for many kinds of baking, hot chocolate drinks, or dusting on desserts. 125 g (4.4oz) net wt., unit measures 2-1/2 in dia x 7 in; case of 12 units.

#### Poblano Organic Hot Chocolate - Year Round

Named for the city of Puebla, Mexico, this spicy chocolate is a rustic blend of dark and milk chocolate embellished with the tingly warmth of Mexican chilies. Made of whole, not powdered, chocolate for a smooth, rich taste and exotic aroma. Produced in small batches in our chocolate cafe on Bowen Island from a family recipe. 200 g (7 oz) net wt. can yield about 6 servings. Unit measures 2-1/2 in dia x 7 in; case of 12 units.

#### Signature Organic Hot Chocolate - Year Round

A gratifying blend of milk and dark organic chocolate and distinctive aromatic spices. Made of whole, not powdered, chocolate for a smooth, rich taste and exotic aroma. Produced in small batches in our chocolate cafe on Bowen Island from a family recipe. 200 g (7 oz) net wt. can yield about 6 servings. Unit measures 2-1/2 in dia x 7 in; case of 12 units.

## Copeland Foods Ltd. - 604-946-7581

**Contact:** Vinay Bahia

**Toll Free:**

**Phone:** 604-946-7581

**Cell:**

**Fax:** 604-946-7570

**Email:** info@copelandfoods.com

**Website:**

**Address:**

8 - 7550 River Road

Delta, BC

**Regions Supplied:** Kootenay Lower mainland North coast Peace Thompson okanagan

**Company Notes:**

Gourmet dinners, snacks, marinades and seasonings

**Products Available:**

Soup Stock - Year Round

Meat Pies - Year Round

Pepperoni and cheese meat pies

# 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



## Currie Creek Ranch - 250-748-9653

**Contact:** Melissa Collins  
**Toll Free:**  
**Phone:** 250-748-9653  
**Cell:**  
**Fax:** 250-748-9683  
**Email:** [info@curriecreekranch.ca](mailto:info@curriecreekranch.ca)  
**Website:** <http://www.curriecreekranch.ca>

**Address:**  
4470 Cowichan Lake Road  
Duncan, BC  
V9L 6J8

**Regions Supplied:** Vancouver island

### Company Notes:

Currie Creek Ranch raises free range, all-veggie-fed poultry (chickens, Cornish game hens, and turkey). We also offer free range, large brown eggs from all-veggie-fed chickens. We raise all of our birds in a natural environment on 10 acres offering lots of lush pasture. We focus on the quality of life of all of our birds and they are kept meticulously clean and healthy. We are also open to raising free range, all-veggie-fed duck, quail, and/or geese if there is sufficient interest!

### Products Available:

#### Eggs - Year Round

We also have large brown eggs available from free range, all-veggie-fed chickens. Our layers have access to 10 acres to roam and product excellent quality large-sized eggs.

#### Cornish Game Hens - Year Round

Free range, all -veggie-fed Cornish Game Hens. Our birds are raised in a natural environment with no medications in the feed and no animal by-products. We focus on quality of life with all of our birds. They are given free access to outdoors and lush pastures and are kept clean and healthy throughout their lives. Our Cornish Game Hens are butchered at 4-5 weeks for the ultimate in tenderness and flavour. Some of our current clients include the luxury Salt Spring Island Hasting House Resort. Our Cornish Game Hens are available fresh from April-October. Frozen Cornish Game Hens are available year round.

#### Frying and Roasting Chickens - Year Round

Free range, all-veggie-fed frying and roasting chickens. Our birds are raised in a natural environment with no medications in the feed and no animal by-products. We focus on quality of life with all of our birds. They are given free access to outdoors and lush pastures and are kept clean and healthy throughout their lives. Our birds are tender, juicy, and very popular! Some of our current clients include the luxury Salt Spring Island Hasting House Resort. Fresh chickens are available from April-October. Frozen chickens are available year round.

#### Turkey - Fall

Free range, all-veggie-fed Broad-Breasted Bronze turkeys. The Broad Breasted Bronze is a heritage breed and offers large tender breasts and exceptional flavour! Our turkeys are raised in a natural environment with no medications in the feed and no animal by-products. We focus on quality of life with all of our birds. They are given free access to outdoors and lush pastures and are kept clean and healthy throughout their lives. Our turkeys are ready fresh for Thanksgiving and we also have frozen turkey available year round.

# Delia & Scott Remple - 250-830-8533

**Contact:** Delia & Scott Remple

**Toll Free:**

**Phone:** 250-830-8533

**Cell:**

**Fax:**

**Email:** scottdelia@pocketmail.com

**Website:**

**Address:**

General Delivery

Refuge Cove, BC

V0P 1P0

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Two of our challenges in life were how to live lightly on this beautiful blue planet and how to do something worthwhile. Shellfish aquaculture has enabled us to meet these challenges. We have refined our farming methods to be compatible with the environment. We maintain genetic diversity by collecting wild seed, and the oyster rafts act as nursery reefs for a wide range of fish, algae, and invertebrates.

Our oysters and clams feed only on naturally-occurring marine plankton. No chemicals, pesticides, or colouring agents are used in the growing of our shellfish. The blend of growing healthy, top-quality shellfish and living the outdoor marine lifestyle is one we truly enjoy. Our commitment is to provide premium-quality shellfish for your enjoyment; and to do so in a manner that allows future generations the same opportunity.

**Products Available:**

## Littleneck Clams - Year Round

These clams are one of the smaller species native to the Pacific Northwest. Their shell ranges in size from 3 cm (1.25") to 5 cm (2.0"). Littleneck clams are usually cream coloured, but can be adorned with attractive brown patterns, reminiscent of native art. Littleneck clams have a robust flavour, and are a wonderful base for seafood cuisine. Weekly orders of up to 150 lbs are available.

## Manila Clams - Year Round

These are medium-sized clams. Their shell ranges from 3 cm (1.25") to 5 cm (2.0") and has an oblong shape. The shell is typically cream coloured, but can be quite colourful, with many patterns.

Our manila clams are wonderful in a pasta dish or chowder. They are especially tasty when dipped in garlic butter.

Weekly orders of up to 150 lbs are available.

## Pacific Oysters - Beach Oysters - Year Round

Our oysters have a firm flesh, with a sweet, salty flavour highlighting a pleasant cucumber aftertaste. Beach oysters are hard shelled and have a good shelf life.

Our beach oysters are delicious barbecued, in a chowder, as part of an ethnic dish or eaten raw on the halfshell.

Oysters are sold by the dozen and the price varies with the size requested.

The sizes range from extra small (2-3") to large (5-5.5"). Weekly orders of up to 100 dozen or more are available.

### **Pacific Oysters - Deepwater Oysters - Year Round**

These oysters have a milder flavour and a lighter shell than beach-grown oysters and have plump, ivory coloured meat. Our deepwater oysters are ideal for baking, on the grill, in a chowder, or as part of a seafood dish. Oysters are sold by the dozen, and the price varies with the size requested. The sizes available range from mediums (4-4.5") to extra large (5.5" ).

Weekly orders of up to 100 dozen or more are available.

### **Pacific Oysters - Shucking Oysters - Year Round**

Shucking oysters come in a variety of shapes and sizes. They are ideal for chowders, stuffings, and other oyster dishes. They are sold by volume rather than by the dozen.

## Dold Enterprises Ltd. (ReinGold Coffee) - 604-435-1018

**Contact:** Reinhold Plettner

**Toll Free:**

**Phone:** 604-435-1018

**Cell:**

**Fax:** 604-435-2097

**Email:** rplettner@telus.net

**Website:** <http://www.reingold.ca>

**Address:**

8988 Fraserton Court - Unit 208/209

Burnaby, BC

V5J 5H8

**Regions Supplied:** Kootenay Lower mainland North coast Thompson okanagan Vancouver island

**Company Notes:**

All coffee is certified organically-grown from 100% Arabica beans. Coffee is available in eight different roasts/blends.

**Products Available:**

**ReinGold Gourmet Coffee - Year Round**

Featuring small-batch dry roasting, our coffee is offered in eight different roasts/blends. Decaffeinated coffee is processed by the Swiss Water Process (100% chemical free). Sizes: 5 lb (2.27 kg), 2 lb (908 g), 10.5 oz (300 g) or 8.8 oz (250 g).

## E-Fish-Ent Fish Company - 250 642 4007

**Contact:** Bryan Mooney

**Toll Free:**

**Phone:** 250 642 4007

**Cell:**

**Fax:** 250 642 4057

**Email:** bryan@e-fish-ent.ca

**Website:** <http://www.e-fish-ent.ca>

**Address:**

1941 Goodridge Rd

Sooke, BC

V0S 1N0

**Regions Supplied:** All of BC

**Company Notes:**

E-Fish-Ent Fish Company Ltd. is a seafood processing business located on the West Coast of Vancouver Island in beautiful British Columbia, Canada. Our plant is federally licensed and inspected. An ongoing testing and sampling program by the Canadian Department of Fisheries and Oceans is in place for quality control (HACCP). Our products are of an all-natural origin without any added preservatives or artificial substances. Our salmon fillets are handled with utmost care, using the best ingredients available. All of our fish have been individually selected, hand cut, and hand packaged. We strive to maintain the highest possible standards. The salmon is smoked with locally grown wood for a great smoke flavor in the traditional style of the Canadian West Coast. Custom processing: We have a specialty processing and canning facility where we are able to prepare and thermally process fruits, vegetable sauces, meats or seafood. We are primarily interested in doing custom processing work and do very little in direct sales. Please see our website for more information or give us a call.

**Products Available:**

**Smoked Salmon Pate - Year Round**

Our Smoked Salmon Pate is fresh-frozen and vacuum packed.

**Salmon Candy - Year Round**

Salmon candy is a thick strip of salmon, which has been salted and sweetened and then smoked, creating a chewy sweet delicacy.

Awesome treat! Product is fresh-frozen and vacuum packed.

**Smoked Salmon - Year Round**

It is smoked salmon, preserved in its own juices in a flexible gold foil "can," and needs no refrigeration until opened. These retort packages are great gifts and can be mailed around the world. They have a shelf life of at least five years. 4 oz, 8 oz Pink or Sockeye foil packs are available.

## 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

V0E 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.

## edible gardens -

**Contact:** Michael Lonsdale

**Toll Free:**

**Phone:**

**Cell:**

**Fax:**

**Email:** ediblegardens@shaw.ca

**Website:** <http://www.ediblegardens.net>

**Address:**

45095 Ocean Park South

Surrey, BC

V4A 9L1

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

**Products Available:**

**Fruit Balsamics - Cranberry - Fall Winter**

Only offered for the festive Thanksgiving and Christmas season..but worth the wait! Perfect for Christmas Salad Supreme..with walnuts, gorgonzola cheese, and rosemary roasted croutons. AVAILABLE Late September-December.

**Fruit Balsamics - Blackberry or Raspberry - Year Round**

Big bold Blackberries taste like nothing else. Now try it infused with our sweet balsamic layered on star fruit, melon and cantaloupe. I love it with a touch of soya sauce slipped on sweet red garden beets.

Sweet from the sunshine, fresh from the field, classic and perfect for every day use - Raspberry Balsamic makes butter lettuce with mandarins and shaved parmesan say summer, any day.

**Fruit Balsamics - Honey - Year Round**

The sweetest of all our Balsamics. The Clover Honey infused in Balsamic creates a thick, rich dressing- a sensational start on spinach salad with oranges and almonds. Or a quick marinade for chicken or pork. Honey Balsamic our NEW balsamic creation.

**Fruit Balsamics - Pomegranate - Year Round**

**Savory Balsamics - Apricot Chipotle - Year Round**

Sun drenched apricots with chipotle peppers infused with aged Balsamic vinegar is great for a quick BBQ marinate.. A perfect balance between heat and flavour! Our customers love this one with goats cheese and fresh salsa. Or a splash in a spicy Ceasar!

**Savory Balsamics - Gingerfig - Year Round**

**Savory Balsamics - Roasted Garlic - Year Round**

## Edible Gardens -

**Contact:** Michael Lonsdale

**Toll Free:**

**Phone:**

**Cell:**

**Fax:**

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

**Website:** <http://www.ediblegardens.net>

**Address:**

Unit 45095 Ocean Park

South Surrey, BC

V4A 9L1

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

**Products Available:**



## Energy Essentials 24/ 7 Inc. - 604-818-6760

**Contact:** Ali J. Chernoff

**Toll Free:**

**Phone:** 604-818-6760

**Cell:**

**Fax:**

**Email:** [ali@energyessentials24-7.com](mailto:ali@energyessentials24-7.com)

**Website:** <http://www.energyessentials24-7.com>

**Address:**

Vancouver, BC

**Regions Supplied:** Vancouver island

### **Company Notes:**

Unique Canadian natural low fat 7% M.F. Essential Cheese that melts well and is good for 9 months and up. For those with heart disease, this cheese is trans fat free and low in saturated fat as well as low fat. Essential Low Fat Natural 7% M.F. Cheese has the same overall fat content like 1% milk.

Our Pizza is organic and multigrain crust with Essential Cheese. Available all year long.

### **Products Available:**

Essential Cheese Pizza - Year Round

Organic Multigrain Essential Cheese Pizza

Essential Low Fat Natural 7% M.F. Cheese - Year Round

Unique, Natural, Organic Low Fat Cheese

## Estevan Tuna Corporation - 250-334-7648

**Contact:** Bruce & Diane Devereux

**Toll Free:**

**Phone:** 250-334-7648

**Cell:**

**Fax:** 250-334-2929

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

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

**Address:**

4098 Gartley Point Road

Courtenay, BC

V9N 9T2

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Custom Canned BC Caught Tuna. Natural (no water added) all Omega 3 intact Smoked tuna. Natural hardwood smoking, natural tuna with tsp of Organic Olive Oil.

**Products Available:**

Custom Canned BC Albacore Tuna - Year Round

BC Caught Albacore Tuna, Custom canned, hand filet, hand packed canned Tuna in 180 g. Pull top lids, Natural Tuna, touch of sea salt smoke tuna, natural hardwood smoked with tsp. Organic Olive oil.

# European Breads Bakery - 604-879-5177

**Contact:** Vera Kobalia

**Toll Free:**

**Phone:** 604-879-5177

**Cell:**

**Fax:**

**Email:** [info@europeanbreads.com](mailto:info@europeanbreads.com)

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

**Address:**

4324 Fraser Street  
Vancouver, BC  
V5V 4G3

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

All European Breads products are made by hand, using artisan methods and original recipes. European Breads Bakery produces a range of gluten free, yeast free and wheat free breads. As an added bonus, all of the breads are dairy free. European Breads are baked in over 25 varieties with the finest ingredients and methods of traditional artisan baking.

**Products Available:**

**Georgian Baguette - Year Round**

Georgian Baguette is one of the oldest breads in the world and originates from the land of Colchis (present day Georgia). According to Greek mythology, Colchis was a beautiful land situated on the mysterious periphery of the heroic world. Here in the sacred grove of the war god, Ares, King Aetes hung the Golden Fleece until it was seized by Jason and the Argonauts. Ingredients: organic white flour, sea salt, yeast, lemon juice, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes.

**100% Barley Bread - Year Round**

Barley played an important role in the ancient Greek culture as a staple bread-making grain. It was an important food for athletes, who attributed much of their strength to their barley-rich training diets. Roman athletes continued this tradition of honouring barley for the strength that it gave them. Barley's claim to nutritional fame is based on its being a very good source of fiber and selenium, as well as a good source of phosphorus, copper, and manganese. Ingredients: barley flour, barley bran, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

**Ancient Roman Spelt Bread - Year Round**

Spelt is an ancient grain that traces its heritage back long before many wheat hybrids. It offers a broader spectrum of nutrients compared to many of its more inbred cousins in the wheat family. It is an excellent source of Vitamin B2 and a good source of niacin, thiamin, and copper. This particular combination of nutrients makes spelt bread an excellent choice for people suffering from migraine headaches, atherosclerosis, or diabetes. Ingredients are: spelt flour, spelt bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

**Baltic Bread - Year Round**

There are more than 40 different varieties of delicious breads in Latvia, with Baltic being the most popular one. It's a denser bread than Borodin due to special enzymes and the unique process involving in baking it. Baltic bread has a very distinct, almost sweet flavour as it's made with caramel and caraway seeds. Ingredients: dark rye flour, whole wheat flour, molasses, caraway, caramel, malt, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

### **Buckwheat Bread - Year Round**

Buckwheat is a fruit seed related to rhubarb. This makes it a suitable substitute for grains and a great alternative for wheat or other grains that contain protein glutens. Diets that contain buckwheat have been linked to lowered cholesterol and lowered blood pressure. Buckwheat also contains magnesium, which relaxes blood vessels, improving blood flow and nutrient delivery.

Ingredients: buckwheat, flax, rice flour, sea salt, baking powder, and xanthan gum. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

### **Euro Flax Bread - Year Round**

Its high content of alpha linolenic acids has made the ancient flax seed become a modern miracle food. Alpha linolenic acid is a type of omega 3 fatty acid, similar to those found in fish such as salmon. Benefits of flax seed include lowering cholesterol and blood pressure. Ingredients: whole wheat flour, flax seeds, ground flax, sea salt, fresh yeast, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

### **Pharoah's Kamut Bread - Year Round**

Kamut grain is an ancient relative of durum wheat, twice the size of common wheat, with 20 to 40% more protein and higher lipids, amino acids, vitamins, and minerals. It's a delicious, sweet alternative for all products that now use common wheat. Ingredients: kamut flour, bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

### **Russian Rye Bread - Year Round**

Russian Rye, also known as Orlov bread, is one of the most famous breads from 18th century Russia. It is named after Count Orlov, military officer and lover of Catherine the Great, empress of Russia from 1762 to 1796. He organized the coup d'etat that placed Catherine on the Russian throne and subsequently was her close adviser. Ingredients: dark rye flour, whole wheat, sea salt, bacterial culture, sunflower oil, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

# Everland Natural Foods Inc. - 604-638-9255

**Contact:** Rajinder Bagga

**Toll Free:**

**Phone:** 604-638-9255

**Cell:**

**Fax:** 604-530-8800

**Email:** rajinder@everlandnaturalfoods.com

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

**Address:**

7442 Fraser Park Drive

Burnaby, BC

V5J 5B9

**Regions Supplied:** All of BC

**Company Notes:**

Everland products mean: no irradiation, no preservatives, no additives, no colourings, no refined sugars, no genetically engineered ingredients, and nutritious foods for healthy and environmentally conscious consumers.

By sourcing high quality organic and natural products, Everland ensures nothing extra needs to be added during processing. Based on current trends and research within the industry, the development of Everland Organic & Natural Products emphasizes quality, taste, health, fun, and convenience. In promoting a healthy life style, all Everland products are vegetarian and a majority are vegan. This means our food production processing facilities omit the use of all animal products, with the exception of honey. Due to concerns for the environment and quality, at Everland we strive to source the ingredients as locally as possible. Everland products are packaged in recycable glass and plastic while keeping the product-to-package ratio high. This not only reduces our carbon footprint but also keeps our foods fresh, healthy, and enjoyable.

**Products Available:**

**New World Natural Foods Brand Whole Grain Granolas and Muesli. -**

Organic and kosher. Granola and muesli are the original wholesome, ready-to-eat breakfast cereals. Many are vegan and are sweetened without sugar, using natural sweeteners - or are unsweetened.

**Everland Brand Coconut Oil - Year Round**

Organic and kosher.

**Everland Brand Multicultural Cooking and Dipping Sauces - Year Round**

Organic, kosher; many sauces are vegan. The only brand that has such a wide range of certified 100% organic sauces. We use BC produce as much as possible.

**Everland Brand Nut and Seed Butters - Year Round**

Organic, kosher, and vegan many are raw.

**Sweetcane Brand Sweeteners, Liquid and Crystallized - Year Round**

Organic and kosher

**Taj Mahal Brand Chutneys and Curry Pastes - Year Round**

Natural, organic, and kosher. We use BC produce as much as possible.

**Tomato Garden Salsas and Pasta Sauces - Year Round**

Organic and kosher. The only brand of certified 100% organic salsa and pasta sauce that is manufactured in BC and in Canada. We

use BC produce as much as possible.

# Fieldgold Food Products - 877-835-1277

**Contact:** Anne Vos

**Toll Free:**

**Phone:** 877-835-1277

**Cell:**

**Fax:**

**Email:** [info@fieldgoldfoods.com](mailto:info@fieldgoldfoods.com)

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

**Address:**

Box 27046RPO Willowpark

Kelowna, BC

V1X 7L7

**Regions Supplied:** Kootenay Thompson okanagan

**Company Notes:**

Fieldgold Gourmet Canadian mustards are produced with Western Canadian mustard seed purchased directly from the grower. They are produced by hand in our inspected kitchen in Kelowna.

No preservatives are used and the mustard is made in small batches of 60-70 jars that are each tested for quality control. All mustards have a grainy texture and sharp flavour which is the result of using fresh ingredients and minimal processing. Recipes have been developed by the original owner over a period of ten years. We are proud of the simple, flavourful goodness of our lovingly prepared products. Mustard is a natural preservative and has a long shelf life.

Below are listed our most popular varieties. Other Fieldgold Gourmet Canadian Mustards in addition to listings below include: Fieldgold Honey Garlic, Fieldgold Honey Mustard, Fieldgold Danish Mustard, Fieldgold Hot English Mustard and Fieldgold Dusseldorf Wine Mustard.

**Products Available:**

**Fieldgold Garlic Dill Mustard - Year Round**

Local garlic is used whenever possible in this popular mild mustard that is fantastic for use in dressings and with fish.

**Fieldgold Chili Garlic Mustard - Year Round**

Prepared using Chinese Chili Garlic Sauce.

**Fieldgold Honey Lime Ginger Mustard Dipping Sauce - Year Round**

Western Canadian honey purchased directly from the farmer is used in this mustard. A dipping sauce suitable for pretzels, chicken fingers or any meat finger food.

**Fieldgold Horseradish Mustard - Year Round**

Western Canadian horseradish is harvested and processed by hand to produce this popular, snappin' hot variety.

**Fieldgold Okanagan Deli Mustard - Year Round**

A sweet mustard based on the old English recipe, Tewkesbury, and named for the location of the company. A delightful take home for visitors to the Okanagan and anyone who enjoys a unique mustard.

**Fieldgold Swedish Mustard - Year Round**

A popular sweet and hot variety which is authentic to its Scandinavian roots.

### Fieldgold Wine Wholeseed Mustard and Fieldgold Dijon Mustard - Year Round

These mustards are produced using an aging process. Wine Wholeseed mustard is aged for 6-12 months to allow the wine flavours to infiltrate the whole seeds and for the whole seeds reach a distinctive crunchy texture.



## Fir Hill Farm - 250-629-3819

**Contact:** Barbara Grimmer

**Toll Free:**

**Phone:** 250-629-3819

**Cell:**

**Fax:** 250-629-6398

**Email:** firhillfarm@gulfislands.com

**Website:**

**Address:**

2310 Grimmer Road

Pender Island, BC

V0N 2M1

**Regions Supplied:** Vancouver island

**Company Notes:**

Sustainable heritage farm in the Gulf Islands. Raising premium-quality, pasture-raised lamb and beef. Also producing heritage turkeys for limited sale.

**Products Available:**

Heritage Breed Turkey - Year Round

Provincially inspected. Sold whole.

Lamb, Pasture Raised - Year Round

Provincially inspected. Custom cut and wrapped. Individual cuts available (leg roasts, chops, racks, etc.) or sold by whole or half.

## First Nature Farms - 780-356-2285

**Contact:** Jerry Kitt

**Toll Free:**

**Phone:** 780-356-2285

**Cell:**

**Fax:**

**Email:** [jkitt@telusplanet.net](mailto:jkitt@telusplanet.net)

**Website:** <http://www.firstnaturefarms.ab.ca>

**Address:**

Box 123

Goodfare, AB

T0H 1T0

**Regions Supplied:** Lower mainland Peace

### **Company Notes:**

First Nature Farms has been providing certified organic meats to restaurants and retail markets in Vancouver for the past 12 years. The farm is located along the BC border up in the Peace Country and has been certified organic since 1990. Operated as an ecological reserve, First Nature Farms is home to many endangered species including trumpeter swans, grizzly bears, and river otters. The goal has always been to protect and enhance its natural biodiversity.

### **Products Available:**

#### **Merriam's Wild Turkey - Year Round**

Certified Organic Merriam's Wild Turkey PACS 16-128

#### **Organic Beef - Year Round**

Certified Organic Beef - PACS 16-128

#### **Organic Bison - Year Round**

Certified Organic Bison - PACS 16-128

#### **Organic Pork - Year Round**

Certified Organic Port PACS 16-128

#### **Organic Turkey - Year Round**

Certified Organic Turkey PACS 16-128

## Food First Enterprises O/A Little Creek Dressing - 250-769-3932

**Contact:** Donna Denison  
**Toll Free:**  
**Phone:** 250-769-3932  
**Cell:**  
**Fax:** 250-769-1336  
**Email:** [lcgarden@cnx.net](mailto:lcgarden@cnx.net)  
**Website:** <http://www.littlecreekgardens.com>

**Address:**  
3545 Westside Road N.  
Kelowna, BC  
V1Z 3W8

**Regions Supplied:** All of BC

### **Company Notes:**

Little Creek Dressing is a homemade artisan dressing/sauce/marinade that I developed in 1995 as a "value-added" product to complement the organic gourmet salad greens which are grown on our certified organic farm, Little Creek Gardens.

The delicious & unique tasting Original, tantalizing Spicy Strawberry and delightful Cherry Balsamic Dressings are produced on site in our commercial kitchen on our farm located on the West shores of Okanagan Lake near Kelowna, BC. Each recipe was created by myself, Donna Denison, and includes fresh and natural ingredients as well as some organic products.

All of the vinegars used in the dressings are made at Little Creek using my own formulas. The dressing labels include my drawing depicting the dawn touching the mountains and lake in our beautiful Okanagan Valley. This important element of my packaging shares with the consumer a feeling of the pristine beauty of this very special place, Little Creek.

### **Products Available:**

#### **Little Creek Dressings - Year Round**

Original, Spicy Strawberry, Cherry Balsamic available in cases - 12/cs - size 295 ml. Original available in 750 ml 12/cs. 3 Flavour gift packages of 295 ml bottles also available. All flavours are available in food service, 5 litre jugs.

## Forest to Fork - 250-732-2063

**Contact:** Brenda Cadieux

**Toll Free:**

**Phone:** 250-732-2063

**Cell:**

**Fax:**

**Email:** [info@foresttofork.com](mailto:info@foresttofork.com)

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

**Address:**

Unit 113 - 1175 Rosehill Road

Kamloops, BC

V2E 1G9

**Regions Supplied:** All of BC

**Company Notes:**

All mushrooms collected in the pristine forests of BC. Recipes developed and created since 1989 and hand made. Please see our website for more information.

**Products Available:**

**Dried Wild Mushrooms - Year Round**

22 varieties (ie, Chanterelle, Morel, Lobster, Pine, Boletus). Sold in packages and loose quantities. Packages contain dried herbs added to mushroom base.

**Preserved Mushrooms - Year Round**

Preserved mushrooms in oil and wine vinegar, all laboratory tested. They come in jar and boxed sets.

**Wild Morel Mushroom Bisques, Soups and Sauces - Year Round**

Can specify product for consumption.

**Wild Mushroom Marinade Vinaigrette - Year Round**

**Wild Mushroom Pate - Year Round**

Dairy based, dried with instructions on the back, ready to use or in dried form. Pate can be specified with 22 different varieties of mushrooms.

# Fraser Valley Duck & Goose Ltd. - 604-823-4435

**Contact:** Randi Dueck

**Toll Free:**

**Phone:** 604-823-4435

**Cell:**

**Fax:** 604-823-4306

**Email:** randi@twinmaple.com

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

**Address:**

4540 Simmons Road

Chilliwack, BC

V2R 4R7

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

Fraser Valley Duck & Goose Ltd. was founded in 1981. It was purchased in 1998 by the Twin Maple Group of Companies out of Abbotsford, BC. The farm and processing facilities are family owned and operated, and we control every aspect of the business from breeding to shipping to ensure the highest quality birds and finest service available.

Fraser Valley Duck & Goose is the premiere supplier of "The freshest duck in town" to the BC marketplace. Virtually every part of the duck is marketed; the main products being whole and duck pieces. Duck is a healthy, heart-smart, choice for every day dining. It's not just for special occasions anymore! you can enjoy duck in a variety of easy-to-serve recipes at home. Experience each tender, juicy bite, full of rich, mouth-watering flavour. Please check our website or call our store for a complete list of products available.

"Give chicken a break, eat duck!"

**Products Available:**

**Duck Pieces - Year Round**

Boneless duck breasts, bone-in duck breasts, duck leg quarters, duck legs, and duck wings. Many other duck pieces are available. Please contact our store or visit our website for more information. All duck pieces are packaged in either bulk or Cryovac packaging.

**Grade "A" Ducks - Pekin - Year Round**

Available in the following sizes: 1.80 kg (4 lb) - 2.60 kg (5.75 lb). This product may be ordered fresh or frozen. Packaging may be bulk or Cryovac packaging.

**Grade "A" Geese - Embden - Fall Summer**

Available in the following sizes: 3.25 kg (7 lb) - 7 kg (15.50 lb). This product may be ordered fresh or frozen. All product is packaged in Cryovac packaging.

## 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.

## FuZheng Pharm - 250-335-0265

**Contact:** Swann Gardner

**Toll Free:**

**Phone:** 250-335-0265

**Cell:**

**Fax:** 250-335-0265

**Email:** swann\_g@denmanis.bc.ca

**Website:**

**Address:**

3553 Northwest Road

Denman Island, BC

V0R 1T0

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Our white oyster mushrooms are a hand-crafted, local farm product. We use only natural material in the production. Previously this farm was certified organic, and we continue to utilize the same care in production. We are not presently certified because there is not a significant marketing opportunity to differentiate this mushroom from others offered.

**Products Available:**

**White Oyster Mushrooms - Year Round**

Hypsizygus Ulmarius, fresh mushroom produce, packed 3 lbs per produce tray. This mushroom is an excellent edible, ranking above all other oyster-like mushrooms. This product is presently available from Pacific Produce Company in BC.

## Galloping Goose Sausage Company - 250 474 5788

**Contact:** Johan Wessels/Kate Wallace

**Toll Free:**

**Phone:** 250 474 5788

**Cell:**

**Fax:** 250 474 5788

**Email:** [sausage@islandnet.com](mailto:sausage@islandnet.com)

**Website:** <http://www.islandnet.com/sausage>

**Address:**

4484 Lindholm Road

Victoria, BC

V9C 3Y1

**Regions Supplied:** Lower mainland

**Company Notes:**

Producer of tasteful, healthy sausages and dried meat.

**Products Available:**

**Biltong-Dried Bison or Beef Meat - Year Round**

Trimmed of all fat. No preservatives. Healthy snack.

**Beef or Bison Sausages - Year Round**

20 varieties of flavourful, low-fat sausages, hand linked with natural casings.



## Gelderman Farms - 604-864-9096

**Contact:** Jerry Gelderman

**Toll Free:**

**Phone:** 604-864-9096

**Cell:**

**Fax:** 604-864-9096

**Email:** jageld@shaw.ca

**Website:** <http://www.geldermanfarms.ca>

**Address:**

35805 Vye Road

Abbotsford, BC

V3G 1Z5

**Regions Supplied:** Lower mainland

**Company Notes:**

Our pigs are raised in large pens, bedded on sawdust in naturally ventilated barns. Because of this we have more marbling which enhances the flavor of the meat. No growth hormones, no therapeutic antibiotics in the feed. We offer a wide variety of pork products - chops, roasts, hams, ribs, bacon, farmer sausage, smokies, breakfast sausage. With advance notice, we can customize orders or cuts to suit your needs.

**Products Available:**

Pork - Year Round

Wide Variety of Pork Products: Chops, Roasts, Hams, Ribs, Bacon, Farmer Sausage, Smokies, and Breakfast Sausage

## Glenlochar Kitchens - 604-317-8933

**Contact:** Georgina Sonmor  
**Toll Free:**  
**Phone:** 604-317-8933  
**Cell:**  
**Fax:** 778-574-5853  
**Email:** sonmor@gmail.com  
**Website:** <http://www.glenlocharsoups.com>

**Address:**  
Hillcrest Village RPO, Box 36033  
Surrey, BC  
V3S 7Y5

**Regions Supplied:** All of BC

### Company Notes:

Glenlochar Kitchens is a manufacturer and distributor of healthy and convenient dry soups, chili's, rice dishes and casseroles with no added MSG or Trans Fats.

### Products Available:

#### Lentil - Year Round

Our dry Lentil

#### Country Vegetable Chowder Soup Mix - 150g - Year Round

Our dry Chowder Soup Mix provides a base to make corn, potato, celery, carrot, mushroom or even clam chowder. You only have to add milk and the veggie of your choice, (and the clams if you want a clam chowder). It has dried veggies, and the seasoning/thickener package. It makes 10 cups of soup. Country Vegetable Chowder has a preparation time of approximately 5 minutes (depending how creative you are) and a cooking time of approximately 20 - 25 minutes. The Country Chowder works great with non-fat milk. Freeze the leftovers for some great meals later.

#### Beef - Year Round

Our dry Beef and Barley Soup Mix is a hands down winner! This simple to make soup mix will satisfy most any appetite. Our Beef and Barley soup mix contains barley, dehydrated veggies, and our special seasoning mix which gives it a rich beefy taste. All that needs to be added is the beef

#### Black Bean Soup and Chili Mix - 250g - Year Round

Our dry Black Bean Chili Mix gives a new twist on traditional chili and livens things up. Our Black Bean Chili Mix contains pre-soaked black beans, seasoning, and dehydrated vegetables. This is a very versatile box of possibilities and can be made as a soup, chili, or a wonderful dip (Check out the recipe section of our web page for the recipes). The Black Bean Chili Mix is very low in fat, a very high source of fibre (7 g per serving), low in sodium, a good source of vitamin C, a good source of iron and cholesterol free. Freeze your cooked soup, chili or dip for another day.

#### Dill Pea Soup Mix - 350g - Year Round

Our dry Dill Pea Soup Mix contains lentils, yellow

#### Minestrone Soup Mix - 150g - Year Round

Our Minestrone Soup Base contains Italian spices, veggies, and orzo pasta to make a 10 cup pot of soup. You just add tomato juice or canned tomatoes, pre-cooked beans or lentils of your choice and, perhaps Italian sausage to jazz it up. This product takes approximately 5 minutes to prepare and a 1/2 hour to cook.

### **Spanish Bean - Year Round**

Our dry Spanish Bean

### **Stonehouse Soup Mix - 400g - Year Round**

Our dry Stonehouse Soup Mix is a healthy, hearty medley of lentils, navy beans, kidney beans, pinto beans, green and yellow split peas, along with our special spice pack and dehydrated vegetables. Our Stonehouse Soup Mix makes up 10-12 cups of a traditional ham

### **Texas Tortilla Soup Mix - 300g - Year Round**

Our dry Texas Tortilla Soup Mix is a great opening act for a barbecue, or your Mexican inspired meals or a meal in itself. Our Texas Tortilla Soup Mix contains pre-soaked red Mexican style beans, mildly spicy Tex-Mex seasoning

## Glenwood Farms - 778-878-1875

**Contact:** Bernice Neff

**Toll Free:**

**Phone:** 778-878-1875

**Cell:**

**Fax:** 604-534-6959

**Email:** ourfarmersmarket@telus.net

**Website:**

**Address:**

2100 - 208th Street

Langley, BC

V2Z 2A9

**Regions Supplied:** Lower mainland

### Company Notes:

Glenwood Farms is producing all of the listed products that are mostly grown on Glenwood Farms or Garden Fresh Foods Farm. We pride ourselves in utilizing our own products to produce some old fashioned value added products. We have partnered with Bernice Neff who has provided us with recipes and know how in the creation of these old fashioned nostalgic recipes. Have been very well received at many farmers markets and a few retail outlets.

At Glenwood Farms we have also accomplished these products: Strawberry Jam;

Blueberry Jam;

Blackberry Jam;

Apple Cranberry Chutney;

Blackberry Chipolte;

Cranberry Orange Pepper Marmalade;

Hot Yellow Pepper Jelly;

Hot Red Pepper Jelly;

Hot Green Pepper Jelly;

Fresh Tomato Salsa;

### Products Available:

Bread and Butter Pickles - Year Round

Apple Jelly -

Blackberry Jams and Jellies -

Cucumber Relish -

Dill Pickles - Year Round

Eggplant Chutney - Summer

Eggplant Dips -

Greenhouse Cucumbers - Summer

Greenhouse Goya (Limited Supply) -

Greenhouse Hot Peppers - Summer

Greenhouse Miniature Cucumbers - Summer

Greenhouse Sweet Peppers - Summer

Hot Pepper Jellies -

Hot Pickled Peppers - Year Round

Indian Curry Pickles - Year Round

Pickled Peppers - Summer

Roasted Red Peppers and Garlic in Rosemary -

## GlobalPro Enterprises Inc. - 604-796-3736

**Contact:** Frank Wang

**Toll Free:**

**Phone:** 604-796-3736

**Cell:**

**Fax:** 604-796-3736

**Email:** aggagr@gmail.com

**Website:**

**Address:**

8026 Scott Road

Agassiz, BC

V0M 1A2

**Regions Supplied:** Lower mainland

**Company Notes:**

Featuring a safe, natural growing environment with superior quality control and without any chemicals.

Consistent, ensured reliability of delivery, on a just-in-time basis, to supply fresh-to-you product of 50 lb per day.

**Products Available:**

Oyster White Mushroom - Year Round

# Golden Ears Cheesecrafters Ltd. - 604-467-0004

**Contact:** Emma & Jenna Davison

**Toll Free:**

**Phone:** 604-467-0004

**Cell:**

**Fax:** 604-467-0099

**Email:** [goldenearscheese@gmail.com](mailto:goldenearscheese@gmail.com)

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

**Address:**

22270-128 Ave.

Mapel Ridge, BC

V4R 2R1

**Regions Supplied:** Lower mainland

**Company Notes:**

**Products Available:**

**Additional Products -**

Additional products made from our slow pasturized Jersey Cow Milk are available in limited supply. These include: fresh hand churned butter, Stilton Cambozola Feta. Special custom orders accepted. Please call to discuss.

**Artisan Bries - Year Round**

Made with triple cream fresh Jersey Milk. Small batch, slow pasteurized. Baby size and party size available. Wrapped and labled.

**Artsan Natural Cheeses - Year Round**

Natural Cheeses made with family farm's fresh Jersey milk. Small batch, slow pasturized artisan cheese. Note - All of our cheeses are free of hormones, antibiotics, preservatives

**Fresh Poutine Curds - Year Round**

Fresh Poutine Curds (squeaky cheese) made weekly on cheddar day. Available by kg. or small 250g bags. Plain or flavored available. Roasted garlic

**Natural Artisan Goudas - Year Round**

Natural Artisan Goudas in plain or several flavorings, ie. smoked, cranberry, cumin, chili, dill, black pepper, onion garlic, Small batch, slow pasturized fresh Jersey milk.

**Natural Artisan Havartis - Year Round**

Natural Artisan Havartis - fenugreek, chipotle, garlic, garden herb, sundried tomato, chili

**Neufchatel Cream Cheese - Year Round**

Neufchatel Cream Cheese - handmade, light, creamy texture. Plain and garden herb.

**Quark - Year Round**

Quark - fresh soft cream cheese, handmade made with skim Jersey milk. Plain, cranberry, chive, black pepper

# Gort's Gouda Cheese Farm - 250-832-4274

**Contact:** Yolanda Gort-Tiller  
**Toll Free:**  
**Phone:** 250-832-4274  
**Cell:**  
**Fax:** 250-832-5522  
**Email:** gort@sunwave.net  
**Website:** <http://www.gortsgoudacheese.bc.ca>

**Address:**  
1470-50th Street SW  
Salmon Arm, BC  
V1E 3B5

**Regions Supplied:** Lower mainland Thompson okanagan

## Company Notes:

Gort's Gouda Cheese Farm is a family-owned and operated company . We have been in business for over twenty years. Our specialty cheeses are made right on the farm. Our Gouda, Yogurt, Quark and Feta Cheeses are made from locally-produced milk. Our newest line of cheese is the Organic Maasdammer, produced from our own small herd of milking Shorthorns and Brown Swiss. Please see our website for more information.

## Products Available:

### Gouda Cheese - Light, Spiced and Smoked - Year Round

If you think a cheese with a lower fat content would be dry and without flavour, think again! Our light-style Gouda is moist and surprisingly flavourful. With a milk fat content of 17% (while our other cheeses are 33%), our Light Gouda sells remarkably well. A light/low salt Gouda is also available in our store. With our Spiced Gouda, there are 13 flavours to choose from; including red pepper, peppercorn, parsley, Italian, Greek, jalapeno habenero, habenero, and cumin. If you like that "smoky" taste, here's your cheese: our smoked-flavoured Gouda remains a popular choice with its creamy texture. Look for it in its black, waxed coating.

### Bulgarian Yogurt and Quark - Year Round

This increasingly popular yogurt can be eaten plain, with granola, or blended with liquid honey and some fresh Okanagan berries to serve as a tasty fruit smoothie! Made the old-fashioned way, the yogurt is hung in cloth bags to thicken, and no preservatives or thickening agents are added. The milk fat content of the regular yogurt is 7%. Quark has  $\hat{A}$ ½ the fat of regular cream cheese, and can be used in cheesecakes, as a spread with spices or jams, or blended with fresh fruit. Quark has a milk fat content of 12%, and has been around - according to scripts from ancient Greece, China, Rome and Middle Eastern countries - for centuries as a nutritional food item. It is also available in low fat.

### Cow Feta Cheese - Year Round

Available in plain, oregano/tomato/garlic, and tomato/basil. Feta is a classic curd cheese whose tradition dates back thousands of years. Feta is a staple, crumbled in Greek salad; but donâ€™t stop there. It is a great addition to any salad or pasta dish, or try it on pizza! Traditionally, feta was made from goat or sheeps' milk. Our feta is made from cows' milk, giving it a slightly milder flavour. Our feta comes in approximately 200 g pieces and is vacuum packed. If you prefer some more flavour, try the spiced feta available in basil

### Gouda Cheese - Mild, Medium and Aged - Year Round

If youâ€™re looking for some good old-fashioned plain gouda, there are three choices. All of them are creamy, well textured, and range from a mild gouda flavor to the distinct, hearty taste of our award-winning Aged. The Mild Gouda is about two months old



and is perfect if you're looking for a lighter-tasting cheese. Our Medium is four to six months old, giving it a little bit stronger taste than the Mild. Both the Mild and Medium are also available in the traditional "Dutch Style" which means a coating is applied by hand to give the Gouda a harder rind, in turn giving the cheese a slightly nuttier flavor. Alas, the Aged Gouda. Receiving first place at the Canadian Cheese Grand Prix in 2004, we can barely keep this one on the shelf! Aged for at least one year or more, this cheese has an extremely creamy texture and rich flavor. It melts in your mouth!

### Maasdammer Cheese - Mild, Medium, Aged and Spiced - Year Round

A Swiss-style cheese with semi-firm texture and large eye formation. The Maasdammer has a slightly sweet and nutty flavour. The cheese is made with our own unpasteurized cows' milk. The cows graze on grass and are fed our own special blend of feed that is blended and ground on our farm. Maasdammer is made in 8 kg wheels. No preservatives or artificial flavours are used in the producing of this cheese. Maasdammer is an excellent cheese to use in sandwiches, fondues, cheese sauces and soups. It is available in mild, medium and aged flavours. The Maasdammer is produced in small batches to ensure quality.

## Gourmet Savories & Sweets - 604-984-0188

**Contact:** Anil Suri  
**Toll Free:**  
**Phone:** 604-984-0188  
**Cell:**  
**Fax:** 604-984-6388  
**Email:** anilsuri@telus.net  
**Website:**

**Address:**  
1427 Hunter Street  
North Vancouver, BC  
V7J 1H3

**Regions Supplied:** Lower mainland Vancouver island

### **Company Notes:**

Gourmet Savories and Sweets has been in business for 13 years and our Pesto is the best in British Columbia. Produce by Chef Anil Suri, our products can be used as a base for different cooking methods and in pizzas, and sandwiches.

### **Products Available:**

Artichokes - Year Round

Black Olive Tapenade - Year Round

Can be used for appetizers, as a side with meats, etc.

Eggplant - Year Round

Kalamari Olives - Year Round

Mango Chutney - Year Round

Mediterranean Olives Tapenade - Year Round

Can be used for appetizers, to be used on crackers, sandwiches, pasta, etc.

Pesto Sauce - Year Round

Basic sauce to be served with pasta or specialty foods. We have original authentic italian recipes which can be processed in small batches and various packages.

Sundried Olive Spread - Year Round

Used with appetizers, on crackers, pasta, pizza, etc.

Tuna Antipasto - Year Round

Same as vegetable antipasto, with an addition of tuna.

Vegetable Antipasto - Year Round

Very nice blend of mixed vegetables, served as an appetizer with crackers, chips, etc.

## Granola Girl Enterprises, Inc. -

**Contact:** April Bellia

**Toll Free:**

**Phone:**

**Cell:**

**Fax:** 604-837-3441

**Email:**

**Website:**

**Address:**

628 East Kent Ave., Vancouver  
BC

**Regions Supplied:** Lower mainland

**Company Notes:**

<http://www.theGranolaGirl.ca>

**Products Available:**

## Great Gyros & Foods - 604-594-4970

**Contact:** George Gorgounis  
**Toll Free:**  
**Phone:** 604-594-4970  
**Cell:**  
**Fax:** 604-594-4980  
**Email:** sales@greatgyros.com  
**Website:** <http://www.greatgyros.com>

**Address:**  
8-13140 88 Avenue  
Surrey, BC  
V3W 3K3

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**  
Original recipes and in business for 20 years.

### **Products Available:**

#### **Greek Dips - Year Round**

Greek Dips - Tzatziki, Humous, Greek Eggplant, Taramosalta, Red Roasted Pepper, and Greek Olive

#### **Greek Pies - Year Round**

Spinach, Chicken and Spinach, Beef/Spinach, Lamb/Spinach Greek pies. Original recipes.

#### **Gyros Cones - Beef, Lamb, Chicken, Halal - Year Round**

Beef, Lamb, Halal, Marinated Chicken. Original recipes, 10 - 15 lb bx.

#### **Souvlakis - Chicken, Beef or Lamb - Year Round**

Marinated, 5 lb bags, cubes only. Ready to serve.

## Green Table Foods - N1L 1M5

**Contact:** Josh whitehead

**Toll Free:**

**Phone:** N1L 1M5

**Cell:**

**Fax:** 519-826-0361

**Email:**

**Website:** [josh@greentablefoods.com](mailto:josh@greentablefoods.com)

**Address:**

Green Table Foods

40 Taggart St., Guelph

Ontario

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of TERRITORIES A

**Company Notes:**

<http://www.greentablefoods.com>

**Products Available:**

## H. B. Kaysons Ltd. (Gurulucky Snacks Ltd.) - 604-594-9800

**Contact:** Jeetu Patel

**Toll Free:**

**Phone:** 604-594-9800

**Cell:**

**Fax:** 604-594-9852

**Email:** guruluckysnacks@yahoo.com

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

**Address:**

7660 - 134th Street

Surrey, BC

V3W 7T8

**Regions Supplied:**

**Company Notes:**

Indian snacks

**Products Available:**

**Special Request Snacks - Year Round**

We can manufacture snacks and frozen food by customers' special request and blend and private brand packaging.

**Noodle, Bean and Lentil Snacks. - Year Round**

Sev/Noodles (made from chickpea/Pea Flour), green peas, whole chickpea, and lentils. These are all roasted and mixed as a blend of snacks with various beans and lentils. We make such snacks as Punjabi Mix, Mix Bhuja, Spicy Peas, Murku, etc. All the snacks are gluten free and dairy free. We supply them to all grocery chains and Mom and Pop stores. These snacks are sold in bulk and packages under GuruLucky Brands.

**Samosas and Roti Wraps - Year Round**

We manufacture Vegetable Samosas, Chick Samosas, Beef Samosas, and Roti Wraps, too. We make everything in house and we also manufacture according to customers' special recipes. We supply this product as cooked and frozen or just frozen for customers to fry or bake in their restaurants or homes. Our products are supplied as frozen ready to eat or just processed to our customers' own processing method. We make two sizes: Bite-sized (cocktail), 50 g and Meal Size, 120-135 g.

# Happy Days Dairies Ltd. - 250 832 0209

**Contact:** Donat Koller  
**Toll Free:**  
**Phone:** 250 832 0209  
**Cell:**  
**Fax:** 250 832 020  
**Email:** happydaysdairies@telus.net  
**Website:** <http://www.goatcheese.ca>

**Address:**  
691 Salmon River Road  
Salmon Arm, BC  
V1E 3E9

**Regions Supplied:** All of BC

## **Company Notes:**

Happy Days Goat Dairy was founded in 1993 as a family business in Salmon Arm, BC. We are the largest supplier of fluid goat milk in Western Canada and play an important role in supplying retail stores and the food service industry with a variety of goat milk, goat milk cheeses, goat milk yogurts, and goat milk ice cream.

## **Products Available:**

Chevre Cheese Cake - Year Round

Firm, and ripened Goat Milk Cheeses - Year Round

Mozza, cheddar and feta, in a variety of shapes and sizes.

Goat Milk Ice Cream - Year Round

Goat Milk Kefir - Year Round

We are proud to be the first dairy offering a goat milk kefir. It comes in a plain and blueberry version. Kefir is a natural effervescence, producing gas; that's why we package it into a PET bottle. Kefir is the world champion product in offering live microorganisms, billions in just one tablespoon. It is also called the drink of the centenarians.

Goat Milk Yogurt in different Flavours - Year Round

Our regular goat milk yogurt now comes in strawberry and vanilla (both of course with natural flavor) and we use the highly beneficial bacteria acidophilus and bifidus. Our newest yogurt product is a probiotic drink available in vanilla or plain, that contains three different probiotic live bacteria cultures (acidophilus, bifidus, and L. Casei). We do not add any agar, which leaves the product liquidy and easy to drink.

Natural Whole Goat Milk - Year Round

Happy Days offers 100% pure fluid Whole Goat Milk in both the 2 L and 1 L size as well as Skim Goat Milk in the 1 L size.

Soft unripened Goat Milk Cheeses - Year Round

Soft unripened Goat Milk Cheeses, in a variety of shapes and sizes, and flavours



# Happy Pig Organic Farm - 250 846 5989

**Contact:** Marlene Thimer

**Toll Free:**

**Phone:** 250 846 5989

**Cell:**

**Fax:**

**Email:** happypigorganicfarm@gmail.com

**Website:**

**Address:**

21641 Walcott Road

Telkwa , BC

V0J 2X2

**Regions Supplied:** All of BC Bulkley nechako North coast

**Company Notes:**

Happy Pig Organic Farm is a family owned small scale certified organic farm on 320 acres in the Bulkley Valley near Smithers, BC. All of our animals are pasture raised so that they can root, scratch and peck as nature intended.

**Products Available:**

pasture raised Turkey - Fall

Certified Organic, pasture raised Turkey, PACS 16-466

Available Seasonally

Pasture raised Berkshire Pork - Year Round

Certified Organic, pasture raised Berkshire pork, PACS 16-466. Available throughout the year.

Pasture raised Chicken - Fall Summer

Certified Organic, pasture raised Chicken, PACS 16-466

Available Seasonally

# Hardy Buoys Smoked Fish Inc. - 877-949-8781

**Contact:** Bruce or Carol Dirom

**Toll Free:**

**Phone:** 877-949-8781

**Cell:**

**Fax:** 250-949-8761

**Email:** sales@hardybuoys.com

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

**Address:**

Box 401

Port Hardy, BC

V0N 2P0

**Regions Supplied:** All of BC

**Company Notes:**

Hardy Buoys is proud to provide you with the finest gourmet hot-smoked salmon available. We use fresh, locally-caught salmon, as well as farm-raised Atlantic salmon, plus our own special ingredients for seasoning, and pure alder wood chips for authentic flavouring. We have built a strong reputation, producing a variety of exquisite products and providing excellent service to our customers. Please see our website for more information.

**Products Available:**

**Fresh Seafood - Year Round**

Mussels, clams, oysters, scallops, halibut, ling cod, live crab

**Hot Smoked Salmon - Year Round**

These mouth-watering, legendary flavours add the "spice of life" to any selection of fish you choose to smoke. All natural ingredients are used to ensure a fresh tasting and nutritious product, while pure alder chips for smoking enhance the authentic flavour. Available in a variety of flavours including Spicy Cajun, Natural, Cracked Peppercorn, and Fresh Garlic. Please view our website at [www.hardybuoys.com](http://www.hardybuoys.com) for product details.

**Smoked Salmon Candy Strips - Year Round**

This is truly a West Coast specialty. Full body strips of freshly-caught, wild Pacific salmon are glazed with a secret Hardy Buoys sauce, then smoked long and hot. They turn into irresistible twists of sweet-tasting jerky. Melt in your mouth delicious!

**Smoked Salmon Nuggets - Year Round**

Hardy Buoys Smoked Fish Inc. is proud to offer you an authentic, award-winning, smoked salmon product (a winner in the 2002 BC Seafood Sensations contest for most innovative value-added seafood product). Hardy Buoys uses no liquid smoke, preservatives, chemicals, or dyes - only sugar, salt and alder wood chips. These Smoked Salmon Nuggets and other quality products are available at select grocery and specialty stores. 2002 BC Seafood Sensation 2nd place winner!

## Her Majesty's Pie Company - V7P3H1

**Contact:** James S.

**Toll Free:**

**Phone:** V7P3H1

**Cell:**

**Fax:** 604-990-4848

**Email:**

**Website:** royalservice@hermajestypiecompany.com

**Address:**

Her Majesty's Pie Company

107 Bowser Avenue, North Vancouver

British Columbia

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of TERRITORIES A

**Company Notes:**

<http://www.hermajestypiecompany.com>

**Products Available:**

## Herb House - 604-857-2163

**Contact:** Colleen Bourke

**Toll Free:**

**Phone:** 604-857-2163

**Cell:**

**Fax:**

**Email:** herbhouse\_info@shaw.ca

**Website:**

**Address:**

24578 54th Avenue

Langley, BC

V2Z 1H5

**Regions Supplied:** Lower mainland

**Company Notes:**

Herb House has a selection of medicinal and culinary herbs; exotic species and plants native to BC. All of our product is chemical free and hand harvested with respect for Mother Nature.

**Products Available:**

Dried and Fresh Herbs - Spring Summer

A wide variety of dried and fresh herbs available. Call for itemized list and availability.

## Herbal Traditional Treasures - 604-590-1739

**Contact:** M. S. Barilaaaros

**Toll Free:**

**Phone:** 604-590-1739

**Cell:**

**Fax:**

**Email:** barillarob@hotmail.com

**Website:**

**Address:**

8959-138th Street, PO Box 1

Surrey, BC

V3V 6X3

**Regions Supplied:**

**Company Notes:**

Natural craft herbs

**Products Available:**

# Hilary's Cheese Company - 250-715-0563

**Contact:** Hilary & Patty Abbott  
**Toll Free:**  
**Phone:** 250-715-0563  
**Cell:**  
**Fax:** 250-715-0564  
**Email:** hilarys@cowichan.com  
**Website:**

**Address:**  
1282 Cherry Point Road  
Cowichan Bay, BC  
V0R 1N2

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

Artisan cheese production; goat and cows' milk cheeses. Fresh, surface-ripened and aged varieties – all made from milk pasteurized at our operation.

## Products Available:

### Goat Milk Varieties - Year Round

Our Goat's Milk arrived on the island from Abbotsford - where the animals are cared for by an award-winning farmer and a leading authority on the North American Goat Industry. The farm is "transitional organic" meaning they are currently undergoing the accreditation process necessary to guarantee the organic nature of their farming practices. Due to the meticulous feeding practices at the farm there is a distinct mild flavour to all the cheeses we produce. Cooking with our goat cheeses enhances the pungency - but not too overpoweringly.

### Belle Ann Cheese - Year Round

Belle Ann (MF/MG 31% - MOIST/HUM 39%) - A French-inspired tomme or loaf of cheese, the rind of which has been gently washed/massaged for up to thirty days in Vancouver Island blackberry port. The intended purpose is to encourage the breakdown and ripening of the cheese from the rind towards the center. A light but distinct pungency develops with a striking contrast of the blue/grey rind against the white pate of the cheese. This product comes in two (2) formats, 600 g and 2.2 kg.

### Cheddar Portions - Fall Spring Summer Winter Year Round

Cheddar Portions enveloped in Black Cheese Wax (MF/MG 31% - MOIST/HUM 39%). A rich creamy version of the centuries old recipe – packaged in a format ideally suited for the restaurateur who wishes to give a guest a portion of cheese without challenging storage issues. Each portion is approximately 40 grams in weight and coated with black cheese wax, making for an elegant and contrasting presentation on any cheese platter.

### Chevre Cream Cheese -

Chevre (MF/MG 22% - MOIST/HUM 64%) - A striking white cream cheese, unique in its flavour. Served fresh and stored frozen, this cheese gives a chef a high degree of versatility for menus calling for goat cheese – and yet it is considerably economical in value. Formats range from 250 g to 1 kg cryovac.

### Dairy (Cow) Milk - Varieties - Year Round

Our milk comes from a Vancouver Island farm, where the family believes passionately in allowing its herd to graze upon the natural grasslands surrounding its farm from spring until fall. This ensures higher levels of omega-3 fatty acids, vitamin E and higher concentrations of conjugated linoleic acid. See "Meet Jo Robinson" at the [www.eatwild.com](http://www.eatwild.com) website.

### Feta Cheese - Year Round

Feta (MF/MG 22% - MOIST/HUM 55%) - Following a recipe passed down from a master cheese maker has enabled the creation of a feta that rivals Old World versions “yet is fresh and zesty here on the West Coast. Delivered in multiple size formats “ cryovac or delivered in whey brine.

### Fromage a la Crème - Year Round

Fromage a la Crème (MF/MG 22% - MOIST/HUM 64%). A light-lemony-spreadable cheese, which lends itself to a chef’s creativity. Blended with savoury or sweet ingredients, this deep-yellow, fresh cheese offers staff a unique alternative to standard cream cheeses as well as being an interesting substitute for Ricotta. Although served fresh is best, this is one cheese that freezes well, allowing for good inventory and cost control. This product can be shipped in various size-formats (ie. 250 g, 500 g tubs and 1kg cryovac).

### Goat Cheddar Portions - Year Round

Goat Cheddar Portions enveloped in black cheese wax (MF/MG 31% - MOIST/HUM 39%) - A brilliant white version of the centuries-old recipe, packaged in a format ideally suited for the restaurateur who wishes to give a guest a portion of cheese without challenging storage issues. Each portion is approximately 40 grams in weight and coated with black cheese wax, making for an elegant and contrasting presentation on any cheese platter. Larger formats of waxed and un-waxed portions are also available from 250 g to multiple kilogram weights.

### Red Dawn Cheese - Year Round

Red Dawn (MF/MG 31% - MOIST/HUM 39%) - A French-inspired tomme or loaf of cheese, the rind of which has been gently washed/massaged for up to thirty days in Vancouver Island ales and ciders. The intended purpose is to encourage the breakdown and ripening of the cheese from the rind towards the center. A light but distinct pungency develops, enhancing the buttery, creamy nature of the cheese. The rind of Red Dawn has a warm orange hue. This product comes in two (2) formats, 600 g and 2.2 kg.

### Special Orders -

We welcome input from chefs as we strive to produce a cheese unique to an individual’s specification.

### St. Clair Cheese - Year Round

St. Clair (MF/MG 25% - MOIST/HUM 50%) - Our velvety version of a “Camembert-style” cheese. Whoops “ did we call this “Camembert”? Unless we produce the cheese in Normandy France from raw milk from the Norman cows, following strict adherence to controlled specifications, use of the word “Camembert” is verboten. So we didn’t; ours is St. Clair “ a West Coast inspiration with a nutty flavour and a wonderful white rind bloom with hints of a mushroom-like aroma. For presentation, we offer the food service industry a multitude of shapes “ from the small button or thimble-shaped cheese, through to Valencay shape, as well as traditionally-shaped cheeses. In most cases at the beginning of the ageing process we cut the cheeses in half “ allowing for better portion control and the ability to showcase various cheeses, while living within budget constraints.

### St. Michel Cheese - Year Round

St. Michel (MF/MG 25% - MOIST/HUM 50%) - A goat version of our St. Clair; that’s the one we cannot call “Camembert.” Though with a different name, it has the same delectable qualities attributed to St. Clair “ rich in creamy texture, nutty, mushroom-like rind “ with a flavourful goat pungency.

## Hoodoo Ranch - 250-458-2441

**Contact:** Beverly Sidnick

**Toll Free:**

**Phone:** 250-458-2441

**Cell:**

**Fax:**

**Email:** hoodooranch.ca@telus.net

**Website:** <http://www.hoodooranch.ca>

**Address:**

PO Box 171

Spences Bridge, BC

V0K 2L0

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

**Products Available:**

**Certified Organic Plums - Summer**

Available Seasonally, Early Italian, Late Italian, Green Gage, Shiro, Canada, Red Heart, Santa Rose, Friar

**Certified Organic Apples - Fall Summer**

Available Seasonally, Jonagold, Granny Smith, Russet Free Golden Delicious, Golden Delicious, Red Gravenstein, Cox Orange, Royal Gala, Red Max Macintosh, Summerland Macintosh, Spartan, Sunrise, Mutsu, Empire, Akane, Golden Russet, Fuji

**Certified Organic Apricots - Spring Summer**

Available Seasonally, Skaha, Goldstrike, Perfection, Moorpark, Goldbar, Blenheim

**Certified Organic Cherries - Spring Summer**

Available Seasonally, Van, Bing, Lappin, Lambert, Royal Anne, Sam, Schatten Morello, Montmorency

**Certified Organic Peaches - Fall Summer**

Certified Organic Peaches: Veteran, Harbrite, Cresthaven, Early Red Haven, Red Haven, Pacific Gold, Harrow Diamond, Raritan Rose, White Hale, J.H. Hale, Glohaven

**Certified Organic Pears - Fall**

Available Seasonally, Comice, Red Anjou, 20th Century, Flemish Beauty, Chojuro, Anjou, Bosc



## Hooray Truffles - v0n1v9

**Contact:** Kim KIngston

**Toll Free:**

**Phone:** v0n1v9

**Cell:**

**Fax:** 604 989 4240

**Email:**

**Website:** [hello@hooraytruffles.com](mailto:hello@hooraytruffles.com)

**Address:**

Hooray Truffles

203-1058 Gibsons Way, Gibsons

British Columbia

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of TERRITORIES A

**Company Notes:**

<http://www.hooraytruffles.com>

**Products Available:**

## Hopcott Premium Meats - 604-465-7799

**Contact:** Lance Rowell

**Toll Free:**

**Phone:** 604-465-7799

**Cell:**

**Fax:** 604-465-7731

**Email:**

**Website:** <http://www.hopcottmeats.ca>

**Address:**

18385 Old Dewdney Trunk Road

Pitt Meadows , BC

V3Y 2R9

**Regions Supplied:** Lower mainland

**Company Notes:**

Loca Beef available 1-from our farm, Healthy-no hormones & antibiotics, Tender-dry aged 28 days, Quality "AAA" product - raising beef for 3 generations.

We also offer quality, local grocery items as well and local freshly picked vegetables available seasonally grown on our farm.

**Products Available:**

**Deli products - Jerky, Sausage, Deli Meats - Year Round**

We have our own smokehouse, where we make pepperoni, sausage, deli meats, jerky etc. All made with our specialty beef, chicken and pork. Very low fat

**Beef - Year Round**

Specialty beef, from our farm. No hormones, antibiotics, and all veg. fed. Dry-aged 28 days resulting in ultimate tenderness.

**Specialty Chicken - Year Round**

We offer Specialty Chicken available from small local farms. No hormones, antibiotics, and all vegged.

**Specialty Port Cuts -**

We offer Specialty Pork available from small local farms. No hormones, antibiotics, and all vegged.

## Inis Eile Farm - 250 629-3964

**Contact:** Martha McMahon

**Toll Free:**

**Phone:** 250 629-3964

**Cell:**

**Fax:**

**Email:** penderislandfarm@gulfislands.com

**Website:**

**Address:**

4501 Bedwell Hbr. Rd.

Pender Island, BC

V0N 2M1

**Regions Supplied:** Vancouver island

### **Company Notes:**

Gulf Island Lamb. This lamb has the wonderful mild flavour of Gulf Island Lamb. The lamb from this farm has the special attribute of coming from a flock of Rare Breeds Cotswold sheep. These sheep are on Rare Breeds Canada's critical list of endangered breeds. Speciality local lamb from this flock provides a way of returning these endangered breeds to a position of economic viability on small farms and thus helps support efforts at bio-diversity and genetic conservation of farm animals. Inis Eile Farm is in the process of developing Farm Stay opportunities and on-farm artisan wool products from the flock of Rare Breeds Cotswold sheep

### **Products Available:**

#### Lamb - Year Round

Gulf Island Lamb. This lamb has the wonderful mild flavour of Gulf Island Lamb. The lamb from this farm has the special attribute of coming from a flock of Rare Breeds Cotswold sheep. These sheep are on Rare Breeds Canada's critical list of endangered breeds. Speciality local lamb from this flock provides a way of returning these endangered breeds to a position of economic viability on small farms and thus helps support efforts at bio-diversity and genetic conservation of farm animals

# 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).

# Iron Maiden Seafoods - 250-642-3551

**Contact:** Gigi Egan

**Toll Free:**

**Phone:** 250-642-3551

**Cell:**

**Fax:**

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

**Website:** <http://www.wildseafoods.ca>

**Address:**

6201 Hensbro Place

East Sooke, BC

V0S 1N0

**Regions Supplied:** Lower mainland North coast Thompson okanagan Vancouver island

**Company Notes:**

Iron Maiden Seafoods is owned and operated by a third-generation commercial fishing family. We harvest only Wild, Premium/Export and Sashimi Grade seafood. This is the finest that our BC fleet produces. Each fish is landed aboard our commercial fishing vessel, CFV Iron Maiden, and is handled by ourselves, ensuring quality and pride in what we produce. We practice only sustainable harvesting methods.

**Products Available:**

**Salmon - Year Round**

Wild, troll FAS, H

**Albacore Tuna - Year Round**

Wild, troll FAS, whole, off-shore Pacific Ocean. Tuna Loin Chunks 200 - 350 g, cold-smoked Tuna Loin Chunks 200 - 350 g.

**Side Stripe Shrimp - Year Round**

Wild, FAS, IQF, whole or head/off (40-50 Ct). Harvested on the Northern BC/Alaskan border. Hand-peeled, cooked shrimp meat - salad size, gold board, 200 - 227 g. Large shrimp tails packaged in a frozen seawater tub, 227 g.

# J & K Poultry Ltd. - 604-253-8292

**Contact:** Scott Barrett  
**Toll Free:**  
**Phone:** 604-253-8292  
**Cell:**  
**Fax:** 604-253-3110  
**Email:** jkpoultry@telus.net  
**Website:** <http://www.jkpoultry.com>

**Address:**  
771 East Cordova Street  
Vancouver, BC  
V6A 1M2

**Regions Supplied:** Lower mainland

## Company Notes:

J & K Poultry specializes in servicing Vancouver's fine hotels, restaurants, pubs, meat markets, and fund-raising groups. We are centrally located near the downtown core, which enables us to meet our customers' needs promptly and efficiently. We feel our customers continue to do business with us because we understand how to meet their exacting product and service requirements. J & K Poultry is an environmentally-conscious company. We currently supply plastic totes to many of our customers, and we recycle all of our cardboard materials. We welcome your inspection of our modern plant at any time. Please see our website for more information.

## Products Available:

### Quail - Year Round

Quail Breast BL WJO - Frozen;  
Quail BL (Small) - Frozen;  
Quail BL Sleeved - Fresh;  
Quail Eggs - Fresh;  
Quail Large Whole - Fresh;  
Quail Large Whole - Frozen;  
Quail Small Whole - Frozen;  
Quail BL - Frozen.

### Chicken - Breasts - Year Round

Bone-in; Bone-in Split; Bone-in SL; Bone-in WJO; Fronts (whole wing on); Breast BL; Breast BL/SL (sized); Breast BL/SL (random); Breast BL/SL (tender out); Breast BL WJO. All available.

### Chicken - Cordon - Year Round

Cordon Canadiana - Broccoli

### Chicken - Satay, Souvlaki, Stirfry, Diced, Combo - Year Round

Chicken Satay Stick 1-1/2 oz (Chicken Tender); Chicken Satay Stick 1 oz (Chicken Tender); Chicken Satay Stick 2 oz (Chicken Tender); Chicken Satay Stick 3 oz (Chicken Tender); Chicken Satay Stick 4 oz (Chicken Tender); Chicken Satay Stick 5 oz (Chicken Tender); Chicken Satay Stick 6 oz (Chicken Tender); Chicken Souvlaki Stick Dark Meat 1 oz; Chicken Souvlaki Stick Dark Meat 2 oz; Chicken Stirfry/Fajita Combo; Chicken Stirfry/Fajita - Dark Meat; Chicken Stirfry/Fajita - White Meat; Diced Chicken Combo (White)

## Chicken Fryers - Year Round

Fryer Grade â€œAâ€• Large;  
Fryer Grade â€œAâ€• Small;  
Fryer Split Large;  
Fryer Split Small;  
Fryer 12 - Cut Large;  
Fryer 12 - Cut Small;  
Fryer 10 - Cut Large;  
Fryer 10 - Cut Small;  
Fryer 9 - Cut Large;  
Fryer 9 - Cut Small;  
Fryer 8 - Cut Large;  
Fryer 8 - Cut Small;  
Fryer 4 - Cut Large;  
Fryer 4 - Cut Small;  
Fryer Small Semi-Deboned.

## Chicken Parts - Year Round

Chicken Leg Bone-in;  
Chicken Leg Bone-in Split;  
Chicken Leg Bone-in SL;  
Chicken Leg BL;  
Chicken Leg BL/SL;  
Chicken Leg Bone-in, Back Attached;  
Chicken Drumsticks;  
Chicken Thigh Bone-in;  
Chicken Thigh Bone-in SL;  
Chicken Thigh BL;  
Chicken Thigh BL/SL;  
Chicken Thighs 4 - Cut BL/SL;  
Chicken Wings Whole;  
Chicken Wings Middles;  
Chicken Wings Split;  
Chicken Drumettes;  
Ground Chicken Combo (50-50) Blend;  
Ground Chicken Dark Meat;  
Ground Chicken White Meat;  
Chicken Liver;  
Chicken Hearts;  
Chicken Breast Bones;  
Chicken Back

## Cornish Game Hen - Year Round

Cornish Game Hen 1 lb - Frozen;  
Cornish Game Hen 1 lb - Fresh;  
Cornish Game Hen BL 16 oz - Fresh;  
Poussin Whole - Fresh;  
Poussin Whole - Frozen;  
Poussin Whole BL - Fresh;  
Cornish Game Hens Stuffed BL - Frozen;  
Cornish Game Hens Split - Fresh;  
Cornish Game Hens Split - Frozen;  
Cornish Game Hens - Fresh;



Cornish Game Hens - Frozen;  
Cornish Game Hen BL Breast - Fresh;  
Cornish Game Hen (Whole Deboned) - Fresh.

#### Fraser Valley Duck - Year Round

Whole Local Fraser Valley Duck - Fresh;  
Whole Local Fraser Valley Duck - Frozen;  
Whole Wenzel Duck - Frozen;  
Duck Breast Bone-in - Fresh;  
Duck Breast BL - Fresh;  
Duck Breast BL - Frozen;  
Duck Breast BL WJO - Fresh;  
Duck Breast BL WJO - Frozen;  
Duck Breast BL Tumbled - Frozen;  
Duck Leg Bone-in - Fresh;  
Duck Leg Bone-in - Frozen;  
Duck Leg BL/SL - Fresh;  
Duck Leg BL - Fresh;  
Duck Leg Thigh Bone-out - Fresh;  
Duck Back

#### Geese, Goose - Year Round

Geese Whole Grade "A" - Fresh;  
Geese Whole Grade "A" - Frozen;  
Goose Breast Margrey Smoked - Frozen.

#### Guinea Hens - Year Round

Guinea Hens - Fresh;  
Guinea Hens - Frozen;  
Guinea Hen BL Breast WJO 7.25 - Fresh;  
Guinea Hen BL Breast WJO 7.25 - Frozen.

#### Non-Med Specialty Chicken - Year Round

Non-Med Fryer Whole - Frozen;  
Non-Med Fryer Whole - Fresh;  
Non-Med Split Fryer - Fresh;  
Non-Med Utility Fryer Whole - Fresh;  
Non-Med Front Halves - Fresh;  
Non-Med BL Chicken Breast;  
Non-Med BL Chicken Breast WJO - Frozen;  
Non-Med BL Chicken Breast WJO "Fresh";  
Non-Med Legs BL/SL - Frozen;  
Non-Med Legs BL/SL - Fresh;  
Non-Med Legs - Frozen;  
Non-Med Legs - Fresh;  
Non-Med Chicken Back

#### Partridge - Year Round

Partridge Whole - Fresh;  
Partridge Whole - Frozen.

#### Pheasant - Year Round

Pheasant Breast BL WJO 5/6 oz - Frozen;

Pheasant Breast BL WJO 6/7 oz - Frozen;  
Pheasant Breast BL WJO 7/8 oz - Frozen;  
Pheasant Back

### Rabbit - Year Round

Rabbit Bones - Frozen;  
Rabbit Hind Quarter - Frozen;  
Rabbit Whole - Fresh;  
Rabbit Whole - Frozen;  
Rabbit Saddles - Frozen.

### Silkies - Poultry - Year Round

Silkies Whole - Fresh;  
Silkies Whole - Frozen.

### Squab - Poultry - Year Round

Squab Whole - Fresh;  
Squab Whole - Frozen;  
Squab Breast BL WJO - Fresh.

### Turkey - Year Round

Whole Grade  $\text{\textcircled{A}}$  Turkey - Fresh;  
Whole Grade  $\text{\textcircled{A}}$  Turkey - Frozen;  
Whole Grade  $\text{\textcircled{A}}$  Turkey Hen - Fresh;  
Whole Grade  $\text{\textcircled{A}}$  Turkey Hen - Frozen;  
Whole Grade  $\text{\textcircled{A}}$  Turkey Tom - Fresh;  
Whole Grade  $\text{\textcircled{A}}$  Turkey Tom - Frozen;  
Line Run Turkey - Frozen;  
Line Run Turkey - Fresh;  
Whole Utility Turkey Over-11 kg - Fresh;  
Whole Utility Turkey Over-11 kg - Frozen;  
Whole Deboned Turkey - Fresh;  
Banquet Style Semi-Deboned Turkey;  
Bone-in Turkey Breast WJO, BL Legs

### Wide Variety of Chicken Parts - Year Round

Chicken Breaded Breast Fillet;  
Cooked  $\frac{1}{2}$  Diced Chicken;  
Cooked  $\frac{1}{4}$  Diced Chicken;  
Cooked  $\frac{3}{4}$  Diced Chicken;  
Chicken Fingers Fully Cooked;  
Chicken Fingers Pan Fried;  
Chicken Tasty Strips;  
Chicken Fingers Pan Fried;  
Cooked Hot

## J. Beethoven's Corned Beef Ltd. - 604 858-5104

**Contact:** Michael Vitow  
**Toll Free:**  
**Phone:** 604 858-5104  
**Cell:**  
**Fax:** 604-858-5104  
**Email:** bobv33@shaw.ca  
**Website:**

**Address:**  
7-4125 Columbia Valley Hwy.  
Cultus Lake, BC  
V2R 5B7

**Regions Supplied:** Lower mainland

### **Company Notes:**

J. Beethoven's Corned Beef often gets compared to that which is offered at the Carnegie Deli in New York and Schwartz's in Montreal. I am a native New Yorker. My product is strictly hands on, non injected, tender and flavourful. The briskets are cured in barrels and turned every few days for a two-week period before they are cooked.

### **Products Available:**

#### **J. Beethoven's Corned Beef - Year Round**

Corned beef brisket, fully cooked, that is sold to various restaurants and hotels in the Vancouver area. It is an artisan, hands-on product that sits in a brine for two full weeks before being steamed in a baker's oven. I use only Alberta beef and a generous amount of whole pickling spice. I do not inject my product and cook it to the proper point of tenderness so that it is not rubbery, but falls apart as brisket should.

## JD Farms Specialty Turkey - 604-856-2431

**Contact:** Jack Froese

**Toll Free:**

**Phone:** 604-856-2431

**Cell:**

**Fax:** 604-856-2437

**Email:** turkey@jdfarms.net

**Website:** <http://www.jdfarms.net>

**Address:**

24726 52nd Avenue

Langley, BC

V2Z 1E2

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

J.D. Farms is a family-owned business specializing in turkeys grown without antibiotics and without animal byproducts in the feed. Certified JD Specialty Turkeys by J.R. Consulting. Available fresh at Easter, Thanksgiving and US Thanksgiving and Christmas. Frozen throughout the year. Available in the 11 to 16 lb sizes (we only produce turkey hens as they tend to have the best flavour). Available in Grade A or Utility Grade (Utility means missing a part; meat quality is the same).

**Products Available:**

Certified JD Specialty Turkeys - Fall Spring Summer Winter Year Round

Turkeys grown without antibiotics and without animal byproducts in the feed. Certified JD Specialty Turkeys by J.R. Consulting. Available fresh at Easter, Thanksgiving and US Thanksgiving and Christmas.

# Jerseyland Organics - 250-442-8112

**Contact:** Ric or Vickie Llewellyn  
**Toll Free:**  
**Phone:** 250-442-8112  
**Cell:**  
**Fax:**  
**Email:** jerseyland@telus.net  
**Website:** <http://www.jerseylandorganics.com>

**Address:**  
2690 Almond Gardens Road, P.O. Box 1468  
Grand Forks, BC  
V0H 1H0

**Regions Supplied:** All of BC

## Company Notes:

Jerseyland was BC's first organic dairy producer and on-farm processor. Jerseyland developed BC's first organic yogurts and is still produces the only non-homogenized (cream at the top) yogurt available from BC. We are an ethical producer. Our farming practices are humane, environmentally friendly, the way farms should be run in an "ideal world." We are located in the The Boundary district just east of the Okanagan in the "hot" interior dry belt. Our cheeses contain no "microbial enzymes" as these are generally genetically modified food ingredients, and we do not use them.

## Products Available:

### Certified Organic Angus Beef - Year Round

Jerseyland is certified organic and certified by the BCSPCA for humane practices. All Jerseyland beef is "grass finished". No animals are ranged on public lands - thus not damaging wildlife habitat or riparian areas. Jerseyland beef is slaughtered in a provincially licenced abattoir. CFIA-inspected carcasses are cut and wrapped on customers' specific requests. Limited cuts are available in inventory (frozen only)

### Creme Fraiche ( Sour Cream ) - Year Round

34% bf 100% Jersey cream (non-homogenized ) - pasteurized cream. Special order only.

### Organic Butter - Year Round

Bulk 2.2 kgs blocks (service industry) This is "real," handmade farm butter, no water added, salted or unsalted. Rich yellow colour from the Jersey cream - used exclusively by chefs for its distinct flavour. Can be limited availability due to market demand.

### Organic Cheddar Cheese - Year Round

Mild, medium and limited amounts of aged organic cheddar in bulk in 10 kg blocks, deli blocks or retail. 250 g packages ( pre-priced or unpriced ). White plain cheddar or Leicester cheddar available. Flavoured cheddar - Onion

### Organic Feta Cheese (Cow's Milk ) - Year Round

Canada's only organic feta available in bulk 10 kg blocks, or retail packaged.

We "age" our feta for a more distinct flavour. Available in plain or sundried tomato/oregano/onion mixed, packaged in brine.

### Organic Gouda Cheese - Year Round

Mild and medium available in bulk 10 kg blocks, deli blocks or retail packaging.

Available in plain. Flavoured Goudas - Garlic

### Organic Grana Cheeses - Year Round

Parmesan or Asiago which are both raw milk cheeses. Available generally in mild, medium or aged, bulk 10 kg blocks, deli blocks or retail packaged. Distinct award-winning cheeses.

### Organic Yogurts - Year Round

Available in 5% non-homogenized Plain or Low Fat (.3% bf) 4 litre pails, 1 kg (1 litre), 500 ml or 175 ml. Flavours available - French Vanilla (real organic vanilla extract, non-artificial), strawberry, blueberry.

# Johnstons Butcher Shop - 604-824-1985

**Contact:** Mat Ball

**Toll Free:**

**Phone:** 604-824-1985

**Cell:**

**Fax:** 604-824-1986

**Email:** johnstonsbutcher@shawbiz.ca

**Website:**

**Address:**

7339 Vedder Road

Chilliwack, BC

V2R 3V4

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan

**Company Notes:**

Johnstons Butcher shop uses local products, paying close attention to detail and quality. We have a wide variety of fresh and smoked products. We are most recognized for our Double Smoked Hams, Jerky, Bacon and Farmer Sausage. We also offer custom processing to meet specific specialty needs.

**Products Available:**

**Custom Sausage Making - Year Round**

Custom cutting, curing, sausage making, packaging and labelling available. We excel at providing unique customer service.

**Double Smoked Bacon - Year Round**

Regular, Garlic, European and Gammon. Back Bacon also available.

**Double Smoked Buffalo Farmer Sausage - Year Round**

10% pork added, still exceptionally lean.

**Double Smoked Farmer Sausage - Year Round**

Pork, regular, garlic and RTE available.

**Double Smoked Ham - Year Round**

Bone-in and Boneless. Available whole or in portions.

**Double Smoked Jerky - Year Round**

Peppered or regular. Available in bulk, .15 lb or .05 lb packages.

**Double Smoked Smokies - Year Round**

RTE, 100 g portions available in pork or buffalo.

## K & M Farms - 604.857.8912

**Contact:** Mark Robbins

**Toll Free:**

**Phone:** 604.857.8912

**Cell:**

**Fax:** 604.857.8916

**Email:** kmfarms@shaw.ca

**Website:** <http://www.members.shaw.ca/kmfarms>

**Address:**

28494 Maclure Road

Abbotsford, BC

V4X 1L4

**Regions Supplied:** Lower mainland

**Company Notes:**

K & M Farms raises turkeys and chickens like your grandmother did - the natural way. Outdoors, on pasture, with no antibiotics, growth hormones or meat byproducts. Available fresh the week before Thanksgiving and the week before Christmas.

**Products Available:**

**Pasture Raised Turkeys - Fall Spring Summer**

Fresh turkeys ( 14 - 28 lbs) raised on pasture with a grain supplement that does not include any antibiotics, hormones or animal byproducts. Available fresh the week before Thanksgiving and the week before Christmas. Call to pre-order. Available seasonally.

**Pasture Raised Chickens - Fall Spring Summer**

Pasture raised chickens. Heavy roasting chickens ( 5 - 8 lbs) raised on pasture with a grain supplement that does not include any antibiotics, hormones or animal byproducts. Available fresh 4 times a year from May to October. Call to pre-order. Frozen roasters and cut-up pieces - product available as supply lasts.



# Kan's Gourmet Food Inc. - 604-733-2923

**Contact:** Khanu Lalani  
**Toll Free:**  
**Phone:** 604-733-2923  
**Cell:**  
**Fax:** 778-371-8580  
**Email:** info@kansgourmetfoods.com  
**Website:** <http://www.kansgourmetfoods.com>

**Address:**  
5033 Still Creek Ave  
Burnaby, BC  
V5C 6N5

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**  
Specialty Samosas and Wheat Free appetizers.

## **Products Available:**

### **Chicken Samosas - Year Round**

All white meat chicken samosas with exceptional taste and flavour. Cooked in Non GMO expeller pressed canola oil.

### **Beef Samosas - Year Round**

Lean Ground beef in an original recipe, cooked in Non GMO expeller pressed canola oil.

### **Indian Appetizers - Year Round**

Assortment of wheat free fritters such as pakoras, mini falafels, squash fritters, onion bhaji and quinoa nuggets. We also have a variety of marinades and sauces available. Please visit our website for descriptions.

### **Quinoa Samosas - Year Round**

Healthy and tasty, cooked in Non GMO expeller pressed canola oil.

### **Veggie Samosas - Year Round**

Original recipe, no preservatives added. Cooked in Non GMO expeller pressed canola oil.

# Karin's Country Farm - 250-746-7191

**Contact:** Geoffrey & Karin Bruce  
**Toll Free:**  
**Phone:** 250-746-7191  
**Cell:**  
**Fax:** 250-746-7149  
**Email:** karinscountry@telus.net  
**Website:**

**Address:**  
3899 Gibbins Road  
Duncan, BC  
V9L 6E8

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

Karin's Country Farm has been operating in the Cowichan Valley on Vancouver Island since 1993. Our products are made using only the finest of ingredients, and we take great pride in using meat only from ethically raised animals. You can find our sausage in most of the health food stores on Vancouver Island and Salt Spring Island and through SPUD on the Lower Mainland. Karin's Country Farm is in the process of expanding its product line to include chicken pies made with free run, free range and/or certified organic chicken; organic vegetables; and organic flour and chicken soups. Both will be available frozen; pies will be unbaked and ready for the oven, both single and family size. Soups will also be frozen. These products should be available later this year.

## Products Available:

### Chicken Sausage Rolls - Year Round

Sold unbaked and ready for the oven. Made with Karin's Country Farm Herb

### Chorizo Chicken Sausage - Year Round

Made with free run, free range and/or certified organic chicken, usually from British Columbia. A very spicy sausage, containing goodly amounts of paprika and cayenne. Sausages are hand made with no fillers. Recipes are unique to Karin's Country Farm, and spices are mixed on site. Available in 1 lb vacu-packed packages and bulk cases of approximately 6 kg. All product is sold frozen.

### Herb - Year Round

Made with free run, free range and/or certified organic chicken, usually from British Columbia. A fairly mild sausage with a bold garlic flavour. Sausages are hand made with no fillers. Recipes are unique to Karin's Country Farm, and spices are mixed on site. Available in 1 lb vacu-packed packages and bulk cases of approximately 6 kg. All product is sold frozen.

### Hot Italian Chicken Sausage - Year Round

Made with free run, free range and/or certified organic chicken, usually from British Columbia. A spicy sausage, great in pastas and other Italian dishes. Sausages are hand made with no fillers. Recipes are unique to Karin's Country Farm, and spices are mixed on site. Available in 1 lb vacu-packed packages and bulk cases of approximately 6 kg. All product is sold frozen.

### Maple Blueberry Chicken Sausage - Year Round

Made with free run, free range and/or certified organic chicken, usually from British Columbia. A great breakfast sausage made with dried blueberries and real Canadian maple syrup. Sausages are hand made with no fillers. Recipes are unique to Karin's Country Farm, and spices are mixed on site. Available in 1 lb vacu-packed packages and bulk cases of approximately 6 kg. All product is sold frozen.

## Mediterranean Chicken Sausage - Year Round

Made with free run, free range and/or certified organic chicken, usually from British Columbia. A very mild sausage with sun dried tomatoes, parsley and a hint of garlic. Sausages are hand made with no fillers. Recipes are unique to Karin's Country Farm, and spices are mixed on site. Available in 1 lb vacu-packed packages and bulk cases of approximately 6 kg. All product is sold frozen.

## Katissa Poultry - 604-541-0007

**Contact:** Chris Delight

**Toll Free:**

**Phone:** 604-541-0007

**Cell:**

**Fax:** 604-541-9312

**Email:** [chris@specialtychicken.com](mailto:chris@specialtychicken.com)

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

**Address:**

3085-184th Street

Surrey, BC

V3S 9V2

**Regions Supplied:** Lower mainland

**Company Notes:**

All vegetable fed, no animal by-products, non-medicated chicken. The farm is certified as such with the "Safe, Safer Safest Program" and is inspected, including feed invoices and animal care practices. The farm is a small-permit producer, registered with BCCMB.

**Products Available:**

**Chicken - Year Round**

Whole roasting chickens and cut-up pieces, yellow in colour. Air chilled in the processing. Very high quality in texture and flavour due to a longer grow cycle and excellent growing environment. All vegetable feeding with no animal by-products and no medications.

## 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.

## Kildara Farms - 250-655-3093

**Contact:** Brian Hughes  
**Toll Free:**  
**Phone:** 250-655-3093  
**Cell:**  
**Fax:** 250-655-3040  
**Email:** kildara@shaw.ca  
**Website:**

**Address:**  
11293 Chalet Road  
Sidney, BC  
V8L 5M1

**Regions Supplied:** Vancouver island

### **Company Notes:**

Our salad is cut fresh Monday to Friday with same-day delivery to stores, restaurants and organic box programs.

### **Products Available:**

#### Deep Cove Gourmet Greens - Fall Spring Summer

Hand harvested and mixed for flavour and eye appeal.

#### Edible Flowers - Year Round

Available in 3 lb bags year round.

#### Kildara Farms Gourmet Greens - Fall Spring Summer

Salad greens varying with the season. Hand harvested and mixed for flavour and appeal, all our production is certified organic. We use many heritage varieties in all our fruit and vegetable growing and, where practical, we save our own seeds.

## 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

# Klippers Organic Acres - 250-499-2050

**Contact:** Kevin & Annamarie Klippenstein

**Toll Free:**

**Phone:** 250-499-2050

**Cell:**

**Fax:** 360-499-2050

**Email:** klippersorganics@nethop.net

**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.

## Kootenay Alpine Cheese Co. - 250-428-9655

**Contact:** Denise Harris

**Toll Free:**

**Phone:** 250-428-9655

**Cell:**

**Fax:** 250-248-9642

**Email:** [info@kootenayalpinecheese.com](mailto:info@kootenayalpinecheese.com)

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

**Address:**

3071 16th St., Box 329

Lister, BC

V0B 1Y0

**Regions Supplied:** Kootenay

**Company Notes:**

Small batch, handcrafted, Artisian Cheese created from the sweet nutrient dense summer milk of our own herd of holstein, normande and guernsey cattle.

**Products Available:**

**Mountain Grana - Year Round**

A raw cows milk cheese aged in cases minium 60 days. Best at 6-12 months. Modelled after our Italian Priove or young Parmigano. Sweet with distinct lactic acid crystals developing with age. A hard table cheese.

**Alpindon - Year Round**

A raw cows milk cheese aged in cases minimum of 60 Days. Best flavor at 5 - 6 months. Modelled after "Beaufor d'Alpage" - Made only in the summer while cows are on lush pasture. Firm, sweet, nutty table cheese.

**Nostrala - Year Round**

A raw cows milk cheed aged in cases minimum of 60 days. Firm, sweet, mild table cheese.

# Kootenay Kitchen - 250-447-9263

**Contact:** Ron Liddle or Diana Carr

**Toll Free:**

**Phone:** 250-447-9263

**Cell:**

**Fax:** 250-447-9263

**Email:** [info@organicgourmet.ca](mailto:info@organicgourmet.ca)

**Website:** <http://www.organicgourmet.ca>

**Address:**

2065 Haaglund Road

Christina Lake, BC

V0H 1E3

**Regions Supplied:** All of BC

**Company Notes:**

Family-run, home-based, artisan specialty food producers. We are committed to certified organic principles. Our passion is producing food that is both delicious and nutritious.

**Products Available:**

**Vege Pata Jalapeno - Year Round**

Sold retail in 190 g vacuum packed units, but available in larger quantities for food service needs. 84% certified organic; certified VEGAN; using extra virgin olive oil. We process small batches by hand, in our artisan-sized commercial kitchen; using organically grown ingredients, with sources as close to home as possible. Jalapeno and habanero peppers are added for a sparkling twist to conventional flavoured pate. Though VEGAN, our pate is loved by carnivores! All original recipes.

**Goma - Fall Spring Summer Winter Year Round**

Same recipe as the Sea Vegetable Gomashio, except with no sea salt in the recipe. This savoury sprinkle is good on all the foods listed above, and since it is not salted, it is also great on desserts like ice cream and puddings. Original recipe.

**Sea Vegetable Gomashio - Fall Spring Summer Winter Year Round**

Less sea salt, with the addition of kelp and dulse and a splash of tamari. Get the added nutrition of the sea veggies and less salt for those wishing to reduce salt in their diet. Original recipe. All our gomashios are certified by PACS #16-243.

**Traditional Gomashio - Year Round**

Traditional Gomashio sold retail in 170 g units. Also available in 1 kg bags for food service needs. A time-honoured Japanese condiment, Gomashio is roasted and ground sesame seed. 100% certified organic, certified VEGAN. Sprinkle on rice/grains, potatoes, popcorn, corn on the cob, salads, subs, soups, in salad dressings.

**Vege Pate Curry - Fall Spring Summer Winter Year Round**

Pate with a wonderful curry flavour, but with no heat. Our pate can be eaten as a sandwich spread. Several coffee shops use it as a quick vegetarian menu option, in a bunwich, or used as a VEGAN filling for sausage rolls with puff pastry, or simply served with crackers as an appy.

**Vege Pate Herb - Year Round**

Sold retail in 190 g vacuum-packed units, but available in larger quantities for food service needs. 84% certified organic; certified VEGAN. Made with extra virgin olive oil. We process small batches by hand, in our artisan-sized commercial kitchen; using organically grown ingredients with sources as close to home as possible.

## Ladybug Manor - 604-857-9054

**Contact:** Rod Lacey and Marlene Freemantle

**Toll Free:**

**Phone:** 604-857-9054

**Cell:**

**Fax:** 604-607-7336

**Email:** rblacey@shaw.ca

**Website:**

**Address:**

6475 264th Street

Aldergrove, BC

V4W 1M6

**Regions Supplied:** Lower mainland

**Company Notes:**

Certified Organic Young Whole Turkey grade AA. Available fresh for Thanksgiving and Christmas. Frozen stock year round limited number of whole UT frozen birds. (we try not to raise UT)

**Products Available:**

Frozen Certified Organic Young Whole Turkey - Year Round

Frozen stock year round, limited number of whole UT frozen birds.

Certified Organic Young Whole Turkey - Fall Spring Winter

Available fresh for Thanksgiving and Christmas.

# 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

## Lamington Heritage Farm - 604-530-0559

**Contact:** Anja or Philip Gell

**Toll Free:**

**Phone:** 604-530-0559

**Cell:**

**Fax:**

**Email:** [anjaphil@pacificcoast.net](mailto:anjaphil@pacificcoast.net)

**Website:**

**Address:**

Please give us a call.

Langley, BC

**Regions Supplied:** Lower mainland

**Company Notes:**

Naturally raised, pastured sheep and lamb for discerning palates desiring to know their meat product was cared for in an ethical, green and humane manner. Sold by the 1/2 and full carcass.

Pastured poultry that is provided organic grain and access to shelter throughout the day.

**Products Available:**

### Pastured Duck - Year Round

Pastured duck with certified organic grain available. Available whole.

Breast and legs availability intermittently.

### Lamb and Mutton - Year Round

Certified BC organic lamb and mutton is made available through us. It is raised in the interior and sale directly goes to the farmer.

The sheep are ranged on a large ranch, not immunized or medicated, supplemented with alfalfa hay during the winter. The hay has been purchased from Alberta. Grain is not provided. The meat is lean, clean tasting and flavourful.

### Pastured Chicken - Year Round

Pastured chicken with certified organic grain available throughout the year. Eggs from ranged chicken have a naturally higher omega content from the grass eaten. The taste of real chicken.

# 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.



# Latin Organics Inc. - 604-921-2491

**Contact:** Martha Bowen  
**Toll Free:**  
**Phone:** 604-921-2491  
**Cell:** 604-505-9657  
**Fax:** 604-921-2493  
**Email:** marthabowen@latinorganics.com  
**Website:** <http://www.latinorganics.com>

**Address:**  
6421 Fox St  
West Vancouver, BC  
V7W 2C3

**Regions Supplied:** Lower mainland

## **Company Notes:**

This is a Canadian company founded by Latin Americans. Latin Organics' mission is to promote organic agriculture in Latin America, starting with Colombia, in the hope that illicit crops may be reduced. We want to create awareness, not only in the producing countries but also in the markets that we penetrate. Our first product is truly unique because of its origin and the hands that cultivate it. We pride ourselves on striving for perfection, balance and making a real difference in everything that we do. This coffee is hand picked, sun dried and bird friendly. It is grown under shade, and it is exported and imported by Latin Organics. It is roasted to perfection in small batches and delivered as it is being ordered. We have paid detailed attention to our packaging design/content and quality control of our product. This first product is the pioneer that will set the terrain so that Latin Organics may continue to bring other exceptional products. We choose to work with those that are at the highest risk of losing their livelihood or traditions.

## **Products Available:**

### **Coastal Peak Roasted Coffee - Year Round**

An invitation to reconnect with your roots - a spiritual connect.

100% Colombian, Fair Trade, Organic Roasted Coffee coming direct from its country of origin. This first product offers a unique cup of spiritual arabica beans that have been blessed by the indigenous farmers that cultivate the coffee: the "richest and mildest, divine, superb" coffee as described by those who have had the chance to try it. This Medium Roast offers the chance for coffee lovers to make a cup of espresso without having to darken the roast or ruin its character by blending other beans ... unique quality - or just drinking the coffee as is. This first product is supporting Latin Organics' mission to implement fully the organic way of farming within the Colombian territory so that illicit crops, as well as poverty, may be reduced.

## Little Miss Chief Gourmet Products Ltd. - 250-768-6977

**Contact:** Ellen Melcosky

**Toll Free:**

**Phone:** 250-768-6977

**Cell:**

**Fax:** 250-768-9946

**Email:** lmchief@silk.net

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

**Address:**

#128 - 2440 Old Okanagan Hwy.

West Bank, BC

V4T 1X6

**Regions Supplied:** All of BC

**Company Notes:**

Little Miss Chief produces a smoked salmon product from a family recipe. This product is filleted, marinated in Okanagan White wine and spices, smoked over natural woodchips and then sealed into a retort pouch, fully cooked (thermally processed), retaining its natural juices, moistness, texture and flavour. The process is registered with the Canadian Department of Fisheries and Oceans, the American National Food Processors Association, The FDA in Washington, D.C., as well as the European Common Market. My packaging is available for restaurant use in 16 oz package size, and for the retail market I have 2, 4, 8, & 16 oz sizes in beautiful sleeve packaging. I also have a "Tradition & Legend" cedar collection using 10 different First Nations designs. Please refer to my website for more information.

**Products Available:**

**Smoked Salmon - Year Round**

Little Miss Chief Gourmet Products Inc. produces a gourmet, wine-marinated wild Pacific smoked salmon product using no preservatives or artificial colours. It is shelf stable; no refrigeration is required until it is opened. It is marinated in Okanagan dry white wine, smoked over natural wood chips, sealed in a retort pouch, and fully cooked with steam in its own juices to retain its moistness and flavour. It is excellent used in quiches, pasta, salad, etc. For restaurant use, I supply a 16 oz package, with ingredient label only. This product is also available in exquisite packaging in various sizes for the retail market and can be viewed on my website.

# Little Qualicum Cheeseworks - 250-954-3931

**Contact:** Clarke Gourlay  
**Toll Free:**  
**Phone:** 250-954-3931  
**Cell:**  
**Fax:** 250-954-3981  
**Email:** cheese@island.net  
**Website:** <http://www.cheeseworks.ca>

**Address:**  
403 Lowry's Rd.  
Parksville, BC  
V9P 2B5

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

**Grass-fed:** All the milk for our cheeses comes from our own grass-fed cows. **Farmstead:** All of our cheese is made right on the farm where the cows are raised and milked. **Artisan:** Our cheeses are all hand made and packaged. **SPCA Certified:** We were the first dairy farm in BC to be certified by the SPCA for our high standards in animal care. **Environmental Care:** We are a certified Environmental Partner with The Land Conservancy for our on-going work in improving the natural environment on our 68-acre farm. Besides our famous cheese, we also sell a variety of our own specialty meats and free-range eggs, straight from the farm. Please feel free to ask!

## Products Available:

### Variety Cheeses - Year Round

As an artisan cheese producer, we often experience variations in processing that become new cheeses! So we give them a new name and sell them as unique. Ask us about what "unique" products we happen to have when you contact us.

### Feta Cheese - Year Round

We have two great varieties of feta: (1) The classic, packaged in a whey bath to preserve the firm texture and with a not-too-salty taste; (2) Sunshine Feta packaged in a marinade of olive oil, peppers, garlic, sundried tomatoes, etc.

### Fromage Frais - Year Round

A soft, spreadable cheese halfway between a cream cheese and a yogurt. Do everything you can do with a cream cheese with half the butter fat (16%). We make a Natural, a Berry (raspberry) and a Herby (dill, mint and garlic) product.

### Monterey Jill Cheese - Year Round

We tried to make a Jack, but it always turned out a little bit better! We have natural, spice (onion, garlic and sweet pepper) and cumin seed varieties.

### Raclette Cheese - Year Round

A semi-hard, washed-rind cheese made famous by the Swiss for melting and pouring over young boiled potatoes. Also great fresh.

### Rathrevor Cheese - Year Round

A firm, aged, washed-rind cheese, this one is excellent on a cheese tray with a glass of wine. A slightly "Canadianized" version of a Gruyere.

### San Pareil Cheese - Year Round

Soft, washed-rind cheese rounds, approximately 250 g each. "A Brie with attitude." Unique to us in Canada. We also sell the classic

brie, "Island Bries."

## Lone Willow Enterprises Limited - 604 946-1803

**Contact:** Ric or Shelagh Stacey  
**Toll Free:** 866-946-1803  
**Phone:** 604 946-1803  
**Cell:**  
**Fax:** 604 946-1873  
**Email:** [info@winejelly.ca](mailto:info@winejelly.ca)  
**Website:** <http://www.winejelly.ca>

**Address:**  
4559 River Road West  
Ladner, BC  
V4K 1R9

**Regions Supplied:** All of BC

### **Company Notes:**

Lone Willow is a home-based business producing wine-based jellies and syrups. We produce our entire product from wine, to jelly or syrup, to labeling and final packaging.

### **Products Available:**

#### **Wine-Based Syrups - Year Round**

We produce 150 ml sized bottles and some 300 ml bottles. Our products are sold separately and in attractive gift boxes. We presently produce Raspberry, Strawberry and Mead Wine syrups.

#### **Wine-Based Jelly - Year Round**

We produce in small batches in sizes of 45, 125, and 190 ml jars. Our products are sold separately and in attractive gift boxes. We presently produce Cabernet Sauvignon, Chardonnay, RosÃ©, Tayberry, Saskatoon Berry, Port, Plum Madiera, Iced Merlot and Iced Chardonnay.

## Lowland Herb Farm - 604-858-4216

**Contact:** Boni Townsend  
**Toll Free:**  
**Phone:** 604-858-4216  
**Cell:**  
**Fax:** 604-858-4216  
**Email:** boni@uniserve.com  
**Website:**

**Address:**  
5685 Lickman Road  
Sardis/Chilliwack, BC  
V2R 4B5

**Regions Supplied:** Lower mainland

### **Company Notes:**

We have 35 years of experience growing herbs organically. We use biodynamic and sustainable practices so that our comprehensive and unique list is incorporated into our landscape/farm/greenhouse/Qtuts (walfrin cold frames) for maximum efficiency, consistency and unique flavours and quality with amazing keeping ability of our fresh product. The farm can serve a diverse customer base. As for sales, visit Lowland Herb Farm, working with the seasons for best flavours and qualities. Individual and contract growing available.

### **Products Available:**

Seasonal Fresh Herbs -  
Culinary and wild herbs available

## Mad About Food Inc. - 604-736-2510

**Contact:** Allyson Nelson  
**Toll Free:**  
**Phone:** 604-736-2510  
**Cell:**  
**Fax:** 604-685-6775  
**Email:** allyson@madaboutfood.net  
**Website:** <http://www.mafwholesale.com>

**Address:**  
1632 West 3rd Avenue  
Vancouver, BC  
V6J 1K2

**Regions Supplied:** All of BC

### **Company Notes:**

Jules and Kent specialty food brand available in cases of 12 for retail sale. Suitable for specialty food stores, gift stores, winery gift shops and grocery with specialty food departments.

Undercurrents specialty food brand available in cases of 12 for retail sales. Suitable for specialty food stores, gift stores, winery gift shops and grocery with specialty food departments.

### **Products Available:**

#### **Undercurrents Specialty Food Brand - Year Round**

Including Swell Honey (BC Coastal Honey) Valley Girl Honey (BC Interior Honey). Nutty Hazel Honey (Honey poured over organic hazelnuts) and Vegetarian Antipasto. Available in cases of 12 for retail sales. Product info available at [www.mafwholesale.com](http://www.mafwholesale.com)

#### **Jules - Year Round**

Including Vegetarian Antipasto (2 sizes) Cranberry Cherry Citrus Sauce, Tomato Chutney, Blueberry Pear Sauce, Cranberry Beet Sauce, Caramelized Onions, Savory Bell Pepper Jelly , Smoked Gold Pepper Jelly. Available in 12 for retail sales. All produced in small batches in a commercial plant. Product info available at [www.mafwholesale.com](http://www.mafwholesale.com)

## Maple Leaf Spices - 250-769-5325

**Contact:** Dee Mole

**Toll Free:**

**Phone:** 250-769-5325

**Cell:**

**Fax:** 250-769-5314

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

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

**Address:**

2064 Horizon Drive

Kelowna, BC

V1Z 3H4

**Regions Supplied:** Thompson okanagan

**Company Notes:**

All of our products are natural, No MSG, Gluten Free, No fillers.

**Products Available:**

Cheeseballs 3 different flavours - Year Round

Please view website.

Grinder Blends 12 different flavours - Year Round

Please view website

Nice - Year Round

Please view website

Specialty Dips 8 different types - Year Round

Please view website.

Spice Rubs 7 different flavours - Year Round

Please view website

Traditional Spices 18 different types - Year Round

Please view website.



# Mariposa Organic Farm - 250-499-5379

**Contact:** Karl Eriksen/Sarah Martin  
**Toll Free:**  
**Phone:** 250-499-5379  
**Cell:**  
**Fax:** 250-499-5379  
**Email:** mariposaorganicfarm@nethop.net  
**Website:**

**Address:**  
S33 C10 RR1  
Cawston, BC  
V0X 1C0

**Regions Supplied:** Lower mainland Thompson okanagan

## Company Notes:

Small family farm focused on getting the best quality food to the consumer. We use greenhouses and floating row covers to maximize continuity of supply through longest season possible. Careful handling of food at all stages maintains appearance and keepability.

## Products Available:

### Field Cucumbers - Fall Summer

Focus on very early product with good continuity of supply. Picked as ordered for next day delivery. Careful attention to detail (turning) when harvesting prevents any yellow belly. Available in 20 or 40 lb boxes, packed in perforated cherry bag for freshness. Available seasonally.

### Head Lettuce - Spring

Living butter lettuce in a perforated lettuce bag with roots attached for maximum freshness. Kept clean while growing, requires minimal washing. Available seasonally.

### Long English Cucumbers - Fall Spring Summer

Large (1lb) LE cuke hand wrapped and stickered. Soil grown for optimum flavour. Picked as ordered for next-day delivery. Best flavour of any LE cuke available. Available seasonally.

### Summer Squash - Fall Summer

Small spaghetti squash (2-3 lb) ready in August. Multiple selective harvests guarantee every squash is ripe and delicious. Available in 40 lb boxes. Available seasonally.

### Swiss Chard - Fall Spring

Multicolored, medium-sized bunches, picked fresh as ordered for next day delivery. Boxes of 12 or 24 bunches in a cherry bag to prevent wilting. Lightly misted with water. Not cheap, but guaranteed fresh and attractive. Available seasonally.

### Tomatoes - Fall Summer

Started early in greenhouse but field-grown in heated rows for true field tomato taste out of season. Harvest begins in late June instead of August. Carefully picked at peak flavour for next day shipping. Only varieties that maintain firmness when red and sweet are grown. Packed in flat 20 lb. tray to avoid bruising. Available seasonally.

### Winter Squash - Fall Winter

Many popular varieties. Multiple selective harvests guarantee every squash is ripe and delicious. Careful handling prevents scarring and punctures. Looks great on displays at Thanksgiving. Custom packing of mixed varieties for multicoloured displays. Available

in 40 lb boxes. Available seasonally.

# Markt Artisian Deli Inc. - 250-585-5337

**Contact:** Ryan Zuvich

**Toll Free:**

**Phone:** 250-585-5337

**Cell:**

**Fax:**

**Email:** [marktartisandeli@gmail.com](mailto:marktartisandeli@gmail.com)

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

**Address:**

#102-5281 Rutherford Road

Nanaimo, BC

V9T 5N9

**Regions Supplied:** Vancouver island

**Company Notes:**

The main focus of our company is to use and source local, ethical, and where applicable, organic products to produce artisanal products using traditional, natural methods and techniques

**Products Available:**

**Traditional method - Year Round**

Traditional and original recipes in small batches. We do not use any artificial, or synthetic. We only use meat sourced from local, ethical farms. We smoke in small batches using only natural fruit wood smoke. Most smoked products can be nitrite free and will be done by request

**Fresh, Hand-made Artisan Sausages - Year Round**

We make a wide variety of flavours ranging from traditional to modern (original recipes) all in small batches. We do not use any fillers, binders, artificial, synthetic or preservatives. We only use meat sourced from local, ethical farms. Some recipes are subject to seasonal availability

**Hand Crafted, Original Recipe Fine and Coarse Pates - Year Round**

We make a wide variety of flavours ranging from traditional to modern (original recipes) all in small batches. We do not use any fillers, binders, artificial, or synthetic. We only use meat sourced from local, ethical farms. Some recipes are subject to seasonal availability.

**Original Recipe Soups and Stocks - Year Round**

All our soups are made from local products from scratch. We do not use any preservatives. We use minimal salt in our soups and no salt in our stocks. All meats and bones used for soups are sourced from local, ethical farms. Soups are subject to seasonal availability but are available year round.

**Smoked Artisan Sausages - Year Round**

We make a wide variety of flavours ranging from traditional to modern (original recipes) all in small batches. We do not use any fillers, binders, artificial, or synthetic. We only use meat sourced from local, ethical farms. We smoke in small batches using only natural fruit wood smoke. Most smoked products can be nitrite free and will be done by request. Some recipes are subject to seasonal availability

## Marsha's Culinary Delights - 604-826-3866

**Contact:** Marsha Andrews  
**Toll Free:** 877-881-7600  
**Phone:** 604-826-3866  
**Cell:**  
**Fax:** 604-826-3877  
**Email:** mandrews@shaw.ca  
**Website:**

**Address:**  
33530 Best Avenue  
Mission, BC  
V2V 6K9

**Regions Supplied:** Lower mainland

### **Company Notes:**

"Gourmet Products for the Health Conscious Consumer." All natural, contains organic ingredients, no preservatives, GMO-free.

### **Products Available:**

Ground Wild Mushrooms - Year Round

Cranapple Chutnish - Year Round

Cranberry Delight Sauce - Year Round  
Cranberry Sauce and Marinade

Lemon Herb Rub - Year Round

Maple Syrup - Year Round  
Maple Syrup infused with Bourbon Vanilla Bean

Marinade and Basting Glaze - Year Round

Organic Apple Cider Vinegar - Year Round  
Cranberry Infusion with Organic Apple Cider Vinegar

## Miracle Springs Inc. - 604 826 7508

**Contact:** Hans Lehmann

**Toll Free:**

**Phone:** 604 826 7508

**Cell:**

**Fax:** 604 826 0276

**Email:** miraclesprings@uniserve.com

**Website:**

**Address:**

12451 Stave Lake Street

Mission, BC

V2V 4J1

**Regions Supplied:** Lower mainland

**Company Notes:**

After 30 years of growing rainbow trout for the fresh food market, we have recently started production of the smoked products. The same high quality and care we take with our fresh product is there with the production of the smoked fish.

**Products Available:**

Miracle Springs Smoked Trout - Year Round

Cold Smoked Sliced Rainbow Trout - Year Round

Lox-style smoked trout, with delicate, lightly-smoked flavour so that the natural sweet flavour of the fish is maintained. Slices are separated to allow for easy use and the best presentation. Only small batches are processed at a time. Packaged in 200 gram packages on gold boards. Vacuum packed and flash frozen, which gives a 2-year shelf life. Also available in 1 kilo boxes.

Fresh Trout - Year Round

We sell fresh and live rainbow trout. Our fish are raised the slow way in cold, clean artesian water. We do not use growth-enhancing drugs or antibiotics. Our fish have firm flesh and a sweet taste that is the characteristic of a high-quality rainbow trout.

Hot Smoked Rainbow Trout Fillets -

Fillets are sprinkled with coarsely-ground pepper. The brine brings out flavour of the fish to make this a very popular product. The trout retains a nice moist texture. Each package (approximately 150-220 grams) contains two fillets. Only small batches are processed at a time. Fish are vacuum packed with gold background to show off this product. Also flash frozen to give two-year shelf life.

## Misty Mountain Specialties - 604-273-8299

**Contact:** David Lee Kwen

**Toll Free:**

**Phone:** 604-273-8299

**Cell:**

**Fax:** 604-273-8124

**Email:** [info@mistymt.com](mailto:info@mistymt.com)

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

**Address:**

130-13900 Maycrest Way

Richmond, BC

V6V 3E2

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

**Products Available:**

Fresh Porcini - Winter

Dried Chanterelle Musrooms - Year Round

Dried Lobster Mushrooms - Year Round

Dried Matsutake Mushrooms - Year Round

Dried Morel Mushrooms - Year Round

Dried Porcini Mushrooms - Year Round

Fresh Chanterelle Mushrooms - Fall

Fresh Matsutake Mushrooms - Fall Winter

Fresh Morel Mushrooms - Spring Summer

## Moccia Urbani Foods - 778-355-9339

**Contact:** Stefan Urbani

**Toll Free:**

**Phone:** 778-355-9339

**Cell:**

**Fax:** 778-312-0121

**Email:**

**Website:** <http://www.moccia.ca>

**Address:**

2723B Murray Street

Port Moody , BC

V3H1X1

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

**Products Available:**

### Artisan Dry Cured Salami - Year Round

8 flavours of salami dry cured in the Italian tradition. Fennel, Spicy Fennel, Argentinian, Roman, Truffle Salami, Abruzzo, Sicilian, Fig Toscano.

### Meatballs - Year Round

Traditional Italian meatballs made with BC Pork. We also produce meatballs stuffed with ricotta cheese and parsley.

### Argentinian Sausage - Year Round

Our traditional 1968 recipe made with BC Natural Pork, flavoured with oregano, red wine and Spanish paprika.

### Hot Italian Sausage - Year Round

Our traditional 1968 recipe made with BC Natural Pork.

### Mild Italian Sausage - Year Round

Our traditional 1968 recipe made with BC Natural Pork.

### RISOTTOBALLSR - Year Round

Balls of creamy Italian risotto with fresh mozzarella cheese coated in a crispy breading. Available in five varieties: Plain, Mozzarella, With Italian Sausage, With Primavera Vegetables, with Porcini Mushrooms and With Ragu Sauce.

This is a frozen product that can be re-heated from frozen for 20 minutes in a standard oven.

### Toulouse Sausage - Year Round

Our traditional 1968 recipe made with BC Natural Pork, flavoured with white wine, nutmeg and smoked bacon.

## Moonstruck Organic Cheese - 250 537-4987

**Contact:** Julia Grace

**Toll Free:**

**Phone:** 250 537-4987

**Cell:**

**Fax:** 250 537-4987

**Email:** [grace@saltspring.com](mailto:grace@saltspring.com)

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

**Address:**

1306 Beddis Road

Salt Spring Island, BC

V8K 2C9

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Salt Spring Island fine organic cheese made from the fragrant organic milk of purebred Jersey cows is available all summer in the Salt Spring Saturday Market. Moonstruck's Cheesemakers transform milk into cheese preserving the original organic flavour in the milk using simple, old-fashioned recipes. During the summer months our cheeses can all be found at Salt Spring's famous Saturday Market; however, you are invited to visit our island, On Farm Store: 11 AM to 4 PM daily, except Saturdays. Special All Occasion Gift Boxes - If you are on the BC mainland, look for our products at the East Vancouver Farmers Market in Vancouver (15th and Victoria Street). On Vancouver Island our cheese can be found in Victoria at the Moss Street Market.

\* To special mail-order our cheese by phone, please contact us through our email link or phone/fax us at 1-250-537-4987 to place an order.

**Products Available:**

A Variety of Organic Cheese Products - Year Round



## Moose Meadows Farm - 250-249-5329

**Contact:** Heloise Dixon-Warren and Ted Traer

**Toll Free:**

**Phone:** 250-249-5329

**Cell:**

**Fax:** 250-249-5359

**Email:** mmfarm@goldcity.net

**Website:** <http://www.moosemeadowsfarm.ca>

**Address:**

2861 Nazko Road

Quesnel, BC

V2J 7E5

**Regions Supplied:** Cariboo

**Company Notes:**

Unique, natural jellies and syrups to satisfy an emerging demand

**Products Available:**

Rosehip Syrup -

High in Vitamin C.

Birch Syrup - Fall Summer

The Gold Rush continues with production Birch Syrup from the paper birch trees.

Dandelion Blossom Jelly - Spring Summer

Dandelion Blossom Jelly resembles the taste of honey. Blossoms are collected from our "U-Pick" field.

## Motion Foods Inc. - 604-987-4663

**Contact:** Georgy Good

**Toll Free:**

**Phone:** 604-987-4663

**Cell:**

**Fax:**

**Email:** [orders@motionfoods.com](mailto:orders@motionfoods.com)

**Website:** <http://motionfoods.com>

**Address:**

#213 1305 Welch Street

North Vancouver, BC

V7P 1B3

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

**Products Available:**

**Fresh Pasta -**

Spaghetti Bolognese, Linguini Al Pesto, Penne Marinara, Tortellini Alfredo, Mac

**Lemon Pesto Chicken Breast - Year Round**

Fresh baked with real butter, perfect for delis, can be frozen, appx 2kg pack

**Meatballs - Year Round**

Home style, original recipe, made by hand, appx. 100 grams each, made fresh and can be frozen

**Meatloaf - Year Round**

Home style, original recipe, 450 gram portion, made fresh and can be frozen.

**Shepherd's Pie - Year Round**

Fresh baked with real butter, perfect for delis, can be frozen, appx 450 grams

**Strip Loin Beef -**

Fresh baked with real butter, perfect for delis, can be frozen, appx 2kg pack

**Turkey Breast - Year Round**

Fresh baked with real butter, perfect for delis, can be frozen, appx 2kg pack

# Mountain Ash Preserves - 604-414-9466

**Contact:** Anne Hutchings, Michael Austin  
**Toll Free:**  
**Phone:** 604-414-9466  
**Cell:**  
**Fax:** 604-414-9477  
**Email:** sales@mountainashpreserves.com  
**Website:** <http://www.mountainashpreserves.com>

**Address:**  
4351 Ontario Ave.  
Powell River, BC  
V8A 1V3

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

The majority of the pickles and relishes are processed in the fall using fresh product from local suppliers. Jams are usually made from frozen products as ordered, which results in a fresher product for the customer. Pectin is used when necessary. The majority of the jams are processed using a longer cooking method so less sugar is used, bringing out the natural flavours of the fruit. Product is not certified organic but our motto is "as natural as possible." No chemical preservatives or stabilizers are used.

## Products Available:

### Teas - Year Round

Specialty teas include: Classic Masala, Chai with Green Tea, Chai Rooibox, Instant Coffee Masala.

### A Variety of Savory Jellies - Year Round

Varieties available: Apricot Hot Pepper Jelly, \*Black Inferno, The Blazing Inferno, Cranberry - Jalapeno Jelly, Garlic Jelly, Garlic-Flavoured Jalapeno Jelly, Herb Garlic Marmalade, Horseradish, Jalapeno - Green, Jalapeno - Mixed, Jalapeno Red, Orange Pepper, Hot Pepper Jelly, Red Inferno, Red Pepper Jelly - Hot, Red Pepper Jelly - Sweet, Shallot Jelly, Cranberry Wine Jelly, \*Blackberry Wine Jelly, \*Blackberry/Rhubarb Wine Jelly, Wine and Roses Jelly.

### Concentrates - Year Round

\*Blackberry Lemonade, Lemonade, Rhubarb Nectar, \*Rhubarb/Blackberry Nectar. These concentrates are to be mixed with water, ginger ale, club soda, wine, etc.

### Herb Jellies - Year Round

A wide variety: Apple Mint, Ginger, Gingered-Orange, Lemon Rosemary, Mango Lavender, Mint, Parsley Jelly, Pineapple-Sage, Rosemary-Quince, Tarragon. Will also make custom orders.

### Jams, Jellies and Sauces - Year Round

Most jams are made with minimum amount of sugar - the "old fashioned" way. A wide variety, including: \*Plum-Good" Blackberry Jelly, Apple Butter, Apricot Jam, Apricot Jelly, \*Apricot/Blackberry Jam, \*Blackberry Jam, \*Blackberry Jelly, \*Blackberry/Apple Jelly, Bluebarb Jam, Blueberry Jam, Blueberry Banana, Blueberry Orange Jam, Bumbleberry Jam, Crabapple Butter, Crabapple Jelly, Fig and Strawberry Jam, Grape Jelly, Mano Vanilla Jelly, Merry Berry Jam, Paradise Jelly, Peach Jam, Plum Ginger, Plum Walnut Conserve, Plum-Orange Jam, Pumpkin Butter, Raspberry and Strawberry, Raspberry Blueberry, Raspberry Jam, Rosy Plum, Strawberry Jam, Strawberry/Rhubarb, Tangerine Jelly, Tayberry Jam, Tropical Tango, Tropical Jelly, Yellow Plum Jam. We can also custom make different varieties of jams, jellies, marmalades, etc.

### Marmalades - Year Round

Apple Ginger, Best Ever, \*Blackberry, Blood Orange, Blueberry, Citrus, Cranberry, Five Fruit, Morning Cheer, Orange Grapefruit with Ginger, Orange Pumpkin, Rhubarb, Ruby Red Grapefruit, Seville Marmalades.

### Pickled Garlic - Year Round

A wide variety: Lemon-Dill Pickled Garlic, Regular Pickled Garlic, Pickled Garlic with White Wine.

### Special Salsa/Sauces - Year Round

A wide variety available: "Devil's Own" Hot Peppers Sauce, "The Rib Tickler," Garlic Onion Jam, Hbash Sauce, Hot Tomolives, Madras Pickled Eggplant, Mango Salso, Mincemeat, Onion Jam - Dark, Onion Jam - Light, Oriental Plum Sauce, Peppy Salsa, Pickled Grape, Tomatillo Mexican Style, Tomolives, and Sandwich Spreads.

### Specialty Jars - Year Round

Mango Amaretto Butter, Margarita Marmalade, Morning Cheer (with Whiskey), Tangerine Marmalade with Orange Brandy, Sundae in a Jar, \*Blackberry with Kirsch.

### Spices - Year Round

Spices, herbs and teas are mostly certified organic or organically grown. Varieties include Barbecue, Bouquet Garni, Cajun Spice, Chinese 5 Spice, Garden Blend Seasoning, Potatoes Plus.

### Syrups - Year Round

Apple/Orange, \*Blackberry/Apple, Mango Orange, Whole Berry \*Blackberry Syrup, Whole Berry Blueberry Syrup.

### Variety of Chutneys - Year Round

\*Blackberry, Christmas, Cranberry, Gingery Rhubarb, Mango, Mango Papaya Chutney, Peach, and Pumpkin.

### Vinegars - Year Round

Basil - in White Vinegar; Blueberry Balsamic Vinegars - white, herbs, red wine, white wine or balsamic; Dill - in White Vinegar; Garlic n' Dill - in White Vinegar; Red Wine \*Blackberry; Tarragon; Cranberry Rosemary; Red Basil Vinegar; \*Blackberry Mint Vinegar.

### Wide Variety of Pickles - Year Round

Varieties available: Beet, Beet and Onion, Bread and Butter, Chow Chow Supreme, Chunky Mustard, Firesticks, Garlic Tails n' Peppers, Golden Clow, Holiday Hot Peppers, Hot Dilled Beans, Kosher Style Dills, Old-Fashioned Dills, Picallill, Pickled Carrots, Pickled Hot Peppers, Sweet Garlic Dills and Sweet Mixed Pickles. Jar sizes 500 ml \$4.00 - \$4.50 per jar.

### Wide Variety of Relishes - Year Round

Wide variety of Relishes; 1000 Island, Beet Relish, Corn Relish, Golden Zucchini, Green Tomato, Hamburger, Hot Dog, Onion Mustard Delight, Pepper, September, Vegetable Relish, and Zucchini.

## Mountain Harvest Farm - 250 428-0390

**Contact:** Kyersten and Ian Kerr

**Toll Free:**

**Phone:** 250 428-0390

**Cell:**

**Fax:**

**Email:**

**Website:**

**Address:**

165 Reclamation RD

Creston , BC

V0B 1G7

**Regions Supplied:** Kootenay Thompson okanagan

### **Company Notes:**

Our Berkshire hogs are raised naturally outside in the fresh air and sunshine, allowed to run around and root about in their their large wooded pastures. We never barn or confine our pigs at any time, our sows farrow naturally in large shelters, not farrowing crates. We feed local, non-GMO grains, alfalfa hay and milk from our homestead jersey cow. At no time are hormones or artificial growth enhancers fed, and we do not administer preventative antibiotics. Our pigs are raised humanely and naturally, keeping them happy, and therefore healthy. Our sausages and smokies are gluten and msg free, no fillers or binders. They are processed locally. All of our meat is government inspected, and processed in an inspected facility. We are proud to offer Berkshire pork packs for sale as well as whole and half Berkshire.

### **Products Available:**

Naturally raised Berkshire Pork - Year Round

Berkshire Pork Packs as well as whole and half Berkshire portions.

## Mountain Meadow Honey - 250-635-9020

**Contact:** Sam & Cynthia Ridler

**Toll Free:**

**Phone:** 250-635-9020

**Cell:**

**Fax:** 250-635-9010

**Email:**

**Website:**

**Address:**

5112 Mills Avenue

Terrace, BC

V8G 1C5

**Regions Supplied:** All of BC

### **Company Notes:**

Mountain Meadow Honey is a small locally owned and operated apiary. Our honey is 100% pure, unfiltered, raw and harvested from fireweed in the Skeena Valley Area. Mountain Meadow Honey is never heated, filtered or pasteurized. Our process allows trace pollens, vitamins and active enzymes to be present. The area where the nectar is gathered is from isolated locations with high elevations of 4,000-6,000 feet. Free from any pollution or sprays makes this a truly unique honey. Considered by bee keepers as "the Champagne of Honey" fireweed honey is known for its pale colour and delicate flavour. To be organic the rules require the location and bees to remain constant for 3 years. Obviously our hives have to be moved out of the mountains in the winter making the certification impossible. Because of our remote locations and standards we feel we do offer the best uncertified organic honey available starting in August of each year until supplies last.

### **Products Available:**

#### **Fireweed Honey - Fall Summer Winter**

Our honey is 100% pure, unfiltered, raw and harvested from fireweed in the Skeena Valley Area. Mountain Meadow Honey is never heated, filtered or pasteurized. Considered by bee keepers as "the Champagne of Honey" fireweed honey is known for its pale colour and delicate flavour

# Mountain Meadow Sheep Dairy - 250-679-3841

**Contact:** Jasper Koo  
**Toll Free:** 877-676-3841  
**Phone:** 250-679-3841  
**Cell:**  
**Fax:** 250-679-3841  
**Email:**  
**Website:** <http://www.sheepcheesecanada.com>

**Address:**  
RR #2 Chase Creek Road  
Chase, BC  
V0E 1M0

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

## **Company Notes:**

Allergic to cows milk? Our sheep dairy products are a great tasting alternative.

Our sheep live outside all year round, guarded by livestock protection dogs. Animal welfare is a top priority on our certified organic farm. The Border Collies bring the flock from pasture to pasture and to the milking parlour.

## **Products Available:**

### **Mountain Meadow Sheep Milk Butter - Summer**

Unsalted and uncoloured. Available seasonally.

### **Mountain Meadow (Sheep Milk) Oliva Feta - Year Round**

This is our feta that we marinate in cold-pressed olive oil, curry, rosemary and garlic.

### **Mountain Meadow Aged Sheep Milk Cheese - Year Round**

For this type of cheese we apply the traditional methods of cheese making that my wife and I originally learned when we made cheese in the Swiss Alps in the early '80s. Our aged cheese grates and melts well.

### **Mountain Meadow Sheep (Milk) Droppings - Year Round**

A soft unripened cheese, comparable to chevre. The sheep milk again makes this one milder and creamier compared to the same cheeses made from cows' or goat milk.

### **Mountain Meadow Sheep Milk Brie - Year Round**

Very creamy brie, mild when young but can get stronger with aging. I prefer it at about 4-5 weeks, usually right around the "best before" time.

### **Mountain Meadow Sheep Milk Feta - Year Round**

Well, feta should always be made from sheep milk. Sheep milk has a very mild delicate flavour. It is sweeter than cows' or goat milk, but very neutral. Better yet, try it yourself.

### **Mountain Meadow Sheep Milk Yogurt - Year Round**

Available as a plain yogurt, either whole or fat free. Sheep milk has double the amount of calcium compared to cows' or goat milk.

Because of the rich milk, we do not need to add any sort of stabilizers to our non-homogenized milk.



# Mountain Springs Farm - 250-497-8209

**Contact:** Phyllis Jmaeff

**Toll Free:**

**Phone:** 250-497-8209

**Cell:**

**Fax:** 250-497-6309

**Email:** [jmaeff@vip.net](mailto: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.

# Mrs. Palmer's Pantry Inc. - 250-426-1151

**Contact:** Brenda Palmer

**Toll Free:**

**Phone:** 250-426-1151

**Cell:**

**Fax:** 250-426-8230

**Email:** mrspalmerspantry@shaw.ca

**Website:** <http://www.mrspalmerspantry.ca>

**Address:**

236 Slater Road

Cranbrook, BC

V1C 5C8

**Regions Supplied:** All of BC

**Company Notes:**

All of our products are made from Mrs. Palmer's own recipes, so they are unique. Each one is made in small batches to ensure the highest possible quality, using only the freshest ingredients. Each product is made with all natural ingredients.

**Products Available:**

**Compote with Huckleberries and Brandy - Year Round**

Made with handpicked wild huckleberries.

**Antipasto - Year Round**

We use only fresh vegetables, nothing frozen, from an original recipe, prepared in small batches to ensure highest possible quality. Available in 2 ltr or 4 ltr pails for foodservice. Available for retail in 500, 250, and 290 ml jars.

**Apricot Ginger Grillin' Sauce - Year Round**

Mrs. Palmer's own creation; therefore, very unique. Available in 2 ltr and 4 ltr pails; 250 ml and 190 ml jars.

**Fruit Salsa - Year Round**

Fabulous with salmon, tuna or halibut, pork, and chicken. Great with cheese or in a fajita. Chunky, hot, sweet. All natural ingredients. Available in 2 ltr and 4 ltr pails for foodservice; 500 ml and 190 ml jars.

**Hot and Spicy Vegetarian Antipasto - Year Round**

Available in 2 ltr and 4 ltr pails for foodservice, available in jars for retail. All of our products are hand made, using only fresh ingredients, made in small batches to ensure highest possible quality.

**Hot Pepper Jellies - Year Round**

Available in the following flavours: Hot Peach and Pepper; Jalapeno Jelly, Cranberry Habanero Jelly. Available in 2 ltr and 4 ltr pails for foodservice. Also available in 250 ml and 190 ml jars for retail.

**Huckleberry Jam - Year Round**

Made with handpicked wild BC huckleberries.

**Kootenay Spread - Year Round**

Made with things that grow in the Kootenays: peaches, apples, raspberries, and handpicked wild huckleberries.

**Oven Baked Pita Chips - Year Round**

Available in these flavours: Original, Sea Salt and Vinegar, Parmesan Garlic, and Cinnamon. Available in 5 lb box for foodservice, 180 gm bag for retail. Unique creation; therefore, a unique process. All natural ingredients; oven baked, not fried. Zero trans fats.

### Roasted Garlic - Year Round

Another of Mrs. Palmer's creations. Wonderful on meat or cheese, in a sandwich or as a dip. Available in 2 ltr and 4 ltr pails; 250 ml and 190 ml jars.

## Nanoose Edibles Farm - 250-468-2332

**Contact:** Barbara Ebell  
**Toll Free:**  
**Phone:** 250-468-2332  
**Cell:**  
**Fax:** 250-468-2324  
**Email:** neorg@telus.net  
**Website:**

**Address:**  
1960A Stewart Road  
Nanoose Bay, BC  
V9P 9E7

**Regions Supplied:** Vancouver island

### **Company Notes:**

Producers of unique, certified organic produce for high-end restaurants in the Nanaimo region and the Tofino-Ucluelet area. Ten continuous years of experience. Assorted greens mixes; varietal romaine lettuce; culinary herbs; edible flowers; field grown cut flowers; seasonal specialty vegetables; and fruit.

### **Products Available:**

#### Seasonal Organic Salad Greens - Year Round

Unique farm mixes. Ten years of experience and continuous production. On and off-farm sales. Year-round production. Selected for high nutrition and flavour. Hand picked and washed (well water analysis performed on a regular basis). Certified organic since 1997. Current Certification: Pacific Agricultural Certification Society 16-224.

# Natural Pastures Cheese Co. - 866-244-4422

**Contact:** Leslie Shann, Paul Satter, Rick Adams

**Toll Free:**

**Phone:** 866-244-4422

**Cell:**

**Fax:** 250-334-2922

**Email:** [cheese@naturalpastures.com](mailto:cheese@naturalpastures.com)

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

**Address:**

635 McPhee Avenue

Courtenay, BC

V9N 2Z7

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Natural Pastures' luscious, award-winning specialty cheeses are crafted using pasture-perfect milk produced on our Certified Heritage Farm, which practices the highest standards of sustainable farming and animal stewardship. The "Heritage Farm" designation certifies that no pesticides, growth hormones, GMO's or animal-based feed products are used on the farm, and the natural wildlife habitat has been enhanced. Our hatchery and streams raise thousands of wild coho salmon each year. In addition our Heritage Farm is a TLC Land Conservancy Partner. The Land Conservancy (TLC) is a non-profit, charitable Land Trust, working throughout British Columbia. Its purpose is to protect important habitat for plants, animals and natural communities as well as properties with historical, cultural, scientific or recreational value. The butterfly symbol is used to indicate products produced on TLC-partnered farms. Please call or see our website for more information.

**Products Available:**

**Micro Batch Specialty Cheeses - Year Round**

Parmadammer, Summer Verdelati and Pacific Pepper.

**Amsterdammer Cheese - Year Round**

A favourite cheese with a sweet, buttery taste with a mellow, soft infusion of herbs of the field. Nutty overtones with a tangy finish.

**Boerenkaas Cheese - Year Round**

Boerenkaas is the Dutch word for "farmers cheese." It is a rich-tasting, semi-hard cheese known for its slightly zippy taste.

**Cracked Pepper Verdelait Cheese - Year Round**

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. A semi-firm and creamy cheese - spiked with a slightly warm, premium, cracked black pepper- it is excellent in sandwiches, cheese plates, baked in quiches and in omelettes. It is also delicious melted.

**Cumin Seed Verdelait Cheese - Year Round**

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. It is semi-firm, with the mild flavour of sweet butter and a delicate, smoky, exotic, lemony finish. It is fabulous on fruit plates, great with spicy food and an elegant addition to cheese plates.

**Fresh Cheese Curds - Year Round**

Protein-rich, squeaky fresh plump nuggets of flavour. A favourite go-anywhere-anytime food.

### **Garlic and Chive Verdelait Cheese - Year Round**

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. It is semi-firm, with a bold, flavourful blend of garlic and chives. It is an excellent complement to any robust cuisine, pastas, soups, salads, sandwiches and pizza.

### **LaScala Asiago Cheese - Year Round**

A superb blend of Irish derby and Italian asiago, giving a bold, fruity, rich-tasting cheese with a sharp bite and buttery aroma. Medium aged for outstanding taste.

### **Pacific Pepper Cheese - Year Round**

A vibrant, sassy cheese with an inferno finish. Amazing flavour of local Paper Lantern Habanero peppers with premium black pepper.

### **Soft Cheese - Comox Brie - Year Round**

A gentle flavour with a creamy, buttery taste that exemplifies the traditional flavour of a superb, bloomy rind cheese.

### **Soft Cheese - Comox Camembert - Year Round**

World Championship Award Winner! This creamy, rich Camembert has a delicate note of mushroom and a tender, bloomy rind.

### **Wasabi Verdelait Cheese - Year Round**

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette base in this cheese. It is semi-firm with ginger, garlic and organic wasabi combined for a sparkling, mild fusion. It is wonderful with seafood, salads, omelettes and on cheese plates.

**Contact:** Dag Falck  
**Toll Free:**  
**Phone:** 604-248-8777  
**Cell:**  
**Fax:** 604-248-8760  
**Email:** dfalck@naurespath.com  
**Website:** <http://www.naturespath.com>

**Address:**  
9100 Van Horne Way  
Richmond, BC  
V6X 1W3

**Regions Supplied:** All of BC

## Company Notes:

Nature's Path wants to be a trusted name for organic foods in every home; socially responsible, environmentally sustainable & profitable. All our products are grown and processed organically, supporting organic family farms and sustainable practices. In 2004 alone, Nature's Path, with the help of our customers, prevented approximately 129,600 pounds of pesticides, and 9,805,200 pounds of synthetic fossil fuel fertilizer from being used. Please see our website for more information.

## Products Available:

### HeritageÃ,Â®\* Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. KamutÂ®\*, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco PacÂ®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

\*Trademark used under license.

### Fruit Juice Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic concentrated grape juice and sea salt. Special attributes: Organically grown and processed ingredients. Sweetened with organic and natural fruit juice. Wheat free/gluten free/low sodium/vegan. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco PacÂ®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

### Heritage O's - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. Kamut®\*, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 12.5 oz (350 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

### Honey'd Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic evaporated cane juice, organic honey, and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/gluten free/low sodium. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

### Honey'd Raisin Bran Flakes - Year Round

Created in Nature's Path's Delta, BC plant from organic whole wheat flour, organic raisins (coated with canola oil), organic wheat bran, organic evaporated cane juice, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. Raisins are not coated with sugar. High fiber/low fat. Unit size: Sold in two sizes: 14 oz (400 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

\*Trademark used under license.

### Kamut®,® Krisp Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic Kamut®\* wheat flour, organic evaporated cane juice, organic whole millet, organic brown rice flour, organic agave nectar, sea salt, calcium carbonate, folic acid and organic maple syrup. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. Organic Agave nectar used for sweetener gives this cereal a unique flavour. High fiber/low fat/vegan. Cereal option for people with wheat sensitivity. Unit size: Sold in two sizes: 11 oz (312 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and



ingredients at:

<http://www.naturespath.com/products/breads>. \*Trademark used under license.

### **Manna Bread,® Carrot Raisin, Cinnamon Date, Fruit and Nut, Millet Rice, Multigrain, SunSeed, and Whole Rye**

This is a very pure, tasty and unique sprouted bread made without flour, yeast, sugar or salt. The baking is done in a manner that retains the excellent nutrition. Its sweet, moist, cake-like flavour and consistency are the result of naturally sprouting the grains for optimal nutrition, a process that converts the grain starch into maltose and other complex natural sugars.

Special attributes: Ingredients available from local producers are used when possible. For instance, carrots used in Carrot Raisin Manna Bread are from local BC, certified organic farms in season; out of season, they are from imported organic varieties. The sprouted whole wheat kernels come from the same Saskatchewan organic-farming family that has supplied Nature's Path from its beginning. Manna Bread is very high in natural fiber. It is best stored frozen until use and, once thawed, lasts 3 days in the fridge. Unit size: 400 gram loaf individually sealed in inner and outer moisture barrier.

Package features: Labeling printed directly on plastic bag to reduce packaging. Takes minimal space in freezer. Packaging presentation: Attractive simple package. Find full description, picture and ingredients at:

<http://www.naturespath.com/products/breads>.

### **Millet Rice Flakes - Year Round**

Created in Nature's Path's Delta, BC plant from organic whole oat flour, organic concentrated grape juice, organic brown rice flour, organic whole millet, organic oat bran, organic barley malt extract and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/high fiber/low sodium/vegan. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

\*Trademark used under license.

### **Multigrain Flakes - Year Round**

Created in Nature's Path's Delta, BC plant, from organic whole oat flour, organic whole wheat flour, organic wheat bran, organic evaporated cane juice, organic oat bran, organic yellow corn meal, organic brown rice flour, organic barley malt extract, sea salt and organic whole wheat sprouts. Special attributes: Organically grown and processed ingredients. High fiber/low sodium/low fat/vegan. Unit size: Sold in two sizes: 13.25 oz (375g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel.

Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:

<http://www.naturespath.com/products/breads>. \*Trademark used under license.

### **Raspberry Muesli and Blueberry Muesli - Year Round**

Made with a blend of certified-organic whole grains including organic rolled oats, organic whole oat flour, organic whole wheat flour, organic wheat bran, organic flaked yellow corn, and organic barley flakes. For unique flavour and nutrition, organic almonds, organic grape juice concentrate, organic freeze-dried blueberries, organic freeze-dried raspberries, and organic raisins are added.

This is a premium high fiber/vegan product with great taste.

Special attributes: Our mueslis are not cooked and are all natural and organic. Designed with lots of dried fruit and nuts, this muesli is very high in nutritional value. Unit size: Retail carton: 12.35 oz (350 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel.

Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key

ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:  
<http://www.naturespath.com/products/breads>.

### Spelt Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic spelt flour, organic grape juice, organic instantized spelt flakes, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. High fiber/low fat. Cereal option for people with wheat sensitivity. Unit size: Retail carton: 12.5 oz (355 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:  
<http://www.naturespath.com/products/breads>.

## Nimitz Beef - 250-719-5882

**Contact:** Michael Nimitz

**Toll Free:**

**Phone:** 250-719-5882

**Cell:**

**Fax:**

**Email:** [michaelnimitz@nimitzbeef.com](mailto:michaelnimitz@nimitzbeef.com)

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

**Address:**

PO Box 908

Dawson Creek, BC

V1G 4H9

**Regions Supplied:** Peace

**Company Notes:**

Our beef is produced on our ranch that is operated in accordance to a recognized environmental farm plan. Our animals are finished on grass and flax in free range pastures. They are never exposed to hormones or animal cruelty. Our cattle eat a strictly vegetarian diet with no animal by products and antibiotics are never used to promote growth. Our product is dry-aged by trusted meat cutters and is available for shipping or pickup in the Peace Region of BC.

**Products Available:**

Ranch Raised Beef - Year Round

Ranch Raised Beef Products. Lean Ground Beef, Steaks, Roasts and Hamburger Patties. All our products are free of chemicals and preservatives.

# Nonuttin' Foods Inc. - 866-714-5411

**Contact:** Alana Elliott  
**Toll Free:**  
**Phone:** 866-714-5411  
**Cell:**  
**Fax:** 888-738-7732  
**Email:** info@nonuttin.com  
**Website:** http://www.nonuttin.com

**Address:**  
2911-1 Allenby Road  
Duncan, BC  
V9L 4T8

**Regions Supplied:** All of BC

## Company Notes:

Nonuttin' Foods Inc. manufactures granola bars for the growing number of food allergic people and their families. Free of 8 of the top 10 food allergens, Nonuttin' Granola Bars also make a tasty snack for peanut and nut-free schools.

## Products Available:

### Nonuttin' Granola Bars - Vanilla Cinnamon (Available August 2006) - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

### Nonuttin' Granola Bars - Apple Cinnamon - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

### Nonuttin' Granola Bars - Chocolate Chip - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

### Nonuttin' Granola Bars - Raisin - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as

snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

## North Arm Farm - 604-894-5379

**Contact:** Jordan Sturdy

**Toll Free:**

**Phone:** 604-894-5379

**Cell:**

**Fax:** 604-894-6650

**Email:** [jordan@northarmfarm.com](mailto:jordan@northarmfarm.com)

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

**Address:**

1888 Hwy 99, Box 165

Pemberton, BC

V0N 2L0

**Regions Supplied:** Lower mainland

**Company Notes:**

North Arm Farm Products are grown with organic fertilizer and use organic production methods, including cover cropping and crop rotation. We do not use herbicides, pesticides or fungicides.

**Products Available:**

Fruit Vinegars - Year Round

Celeriac - Fall Winter

A root vegetable that is available October - April.

Pickled Vegetables - Year Round

Beets, carrots, beans and asparagus.

Preserves - Year Round

Various types available.

Specialty Potatoes - Fall Spring Winter

Fingerling, Blue, Yukon, and Candy Cane. Available September to April.

Various Bakery Products - Year Round

Fruit pies, bars, scones, muffins, cookies, butter tarts and specialty breads. Call for availability.

## North Okanagan Game Meats - 250-838-7980

**Contact:** Richard J. Yntema

**Toll Free:**

**Phone:** 250-838-7980

**Cell:**

**Fax:** 250-838-7980

**Email:** nogm@nowcom.ca

**Website:**

**Address:**

40 Matthews Road

Enderby, BC

V0E 1V4

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Your alternative meat source where quality is our game.

**Products Available:**

Rabbit - Year Round

Bison - Year Round

All cuts available.

Chicken - Year Round

Cornish Game Hen - Year Round

Lamb - Year Round

All cuts available.

Pheasant - Year Round

Quail's Squab - Year Round

Veal - Year Round

All cuts available.

Venison - Year Round

All cuts available.

Wild Boar - Year Round

All cuts available.

## Nutriloc Dried Foods Inc - 604-435-7400

**Contact:** Melissa Allison

**Toll Free:**

**Phone:** 604-435-7400

**Cell:**

**Fax:** 604-435-7401

**Email:** [sales@nutriloc.com](mailto:sales@nutriloc.com)

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

**Address:**

7481 Gilley Avenue

Burnaby, BC

V5J 4X4

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

Our Nutriloc brand is based on using proprietary continuous-drying technology for the commercial manufacturing of dehydrated fruits and vegetables for the ingredients' industry. Our technology maintains virtually all the original colour, flavour and nutritional components of the original product as we dehydrate at low thermal temperatures - equivalent to freeze drying at air-dried prices. We also have milling services available for milling and sifting of dry product for food consumption.

**Products Available:**

Dehydrated Fruits and Vegetables - Year Round

Dehydrated fruits and vegetables - pieces, powders or whole dried fruits.



## O'Reilly's Farm - 250-498-6044

**Contact:** David O'Reilly

**Toll Free:**

**Phone:** 250-498-6044

**Cell:**

**Fax:**

**Email:**

**Website:** <http://www.bbcanada.com/oreillysfarm>

**Address:**

R.R. #2, Site 15, Comp 7 37617 Hwy. 97

Oliver, BC

V0H 1T0

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Our farm has been growing organically for over 15 years. The wetland and riparian area on our farm is protected by a Conservation Covenant with The Land Conservancy of BC. We have a 3-bedroom "bed and breakfast" where we use environmentally-friendly products and serve organic breakfasts. Please see our website at [www.bbcanada.com/oreillysfarm](http://www.bbcanada.com/oreillysfarm).

**Products Available:**

Certified Organic Pears - Summer

Certified Organic Apricots - Summer

Certified Organic Cherries - Summer

Certified Organic Peaches - Summer

Certified Organic Plums - Summer

## Ocean Amber - 604-215-7007

**Contact:** Sheryl Mann

**Toll Free:**

**Phone:** 604-215-7007

**Cell:**

**Fax:** 604-215-7806

**Email:** [info@ocean-amber.com](mailto:info@ocean-amber.com)

**Website:** <http://www.ocean-amber.com>

**Address:**

2295 Commissioner Street

Vancouver, BC

V5L 1A4

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

From the pristine waters of the Pacific Ocean to your plate, Ocean Amber brings you the unique and new taste of Cold Smoked Rockfish. Caught off the coasts to British Columbia, cut, smoked and packaged in the heart of Vancouver, you can be sure this product is purely Canadian. We are the only company in Canada offering this new and exciting product! Ocean Amber Cold Smoked Rockfish has been featured on CBC's Fortune Hunters, in City Food Magazine, Chef's News (the official magazine of the BC Chefs' Association) and the North Shore News.

**Products Available:**

**Cold Smoked Rockfish - Year Round**

The concept behind our Cold Smoked Rockfish was to create a market for an under utilized species of our coast by creating an alternative to Salmon Lox. The goal was not necessarily to create a cost alternative but a taste alternative. Our product can be used in many of the same applications - on a bagel with cream cheese, as an hors d'oeuvres, etc. We can provide pre-sliced Cold Smoke Rockfish in 100 g or 454 g packages, and in fillet form. This product is available in either your frozen or refrigerated departments. Please contact us for more information at [info@ocean-amber.com](mailto:info@ocean-amber.com)

## October Farm - 250-330-4465

**Contact:** Del or Eileen Myers

**Toll Free:**

**Phone:** 250-330-4465

**Cell:**

**Fax:** 250-330-4460

**Email:** eileen\_myers@telus.net

**Website:**

**Address:**

21845 Hwy 97 South

Prince George, BC

V2N 6A3

**Regions Supplied:** Bulkley nechako Cariboo Peace

**Company Notes:**

October Farm processes grass-finished bison, with no hormones, antibiotics, or vaccines used. Not grain feed or finished. Available all year.

**Products Available:**

Grass-Finished Bison Steaks (frozen) - Year Round

Grass-Finished Bison Cooked Sausages (frozen) - Year Round

Grass-Finished Bison Fresh Sausages (frozen) - Year Round

Grass-Finished Bison Primal Cuts (frozen) - Year Round

Grass-Finished Bison Products (frozen) - Year Round

4 oz bison patties, lean bison stew meat, lean ground bison, bison formed jerky, bison traditional jerky, bison tail, liver, kidney, heart and tongue.

Grass-Finished Bison Roasts (frozen) - Year Round

Grass-Finished Bison Short Ribs (frozen) - Year Round

Grass-Finished Bison Soup Bones (frozen) - 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.

## Okanagan Poultry Processing - 778-447-4404

**Contact:** Peggy Thompson

**Toll Free:**

**Phone:** 778-447-4404

**Cell:**

**Fax:**

**Email:** [peggy@okpoultryprocessing.com](mailto:peggy@okpoultryprocessing.com)

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

**Address:**

3150 Balldock Road

Kelowna, BC

V1W 4C3

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Custom slaughter of locally grown poultry

**Products Available:**

Custom slaughtering of locally grown poultry - Year Round

## Old Tower Farm - 250-499-5654

**Contact:** Donna Bartlet  
**Toll Free:**  
**Phone:** 250-499-5654  
**Cell:**  
**Fax:** 250-499-5654  
**Email:** [alainp@telus.net](mailto:alainp@telus.net)  
**Website:** <http://www.oldtowerfarm.com>

**Address:**  
RR1 Site 91, Comp 4  
Keremeos, BC  
V0X 1N0

**Regions Supplied:** Thompson okanagan

### **Company Notes:**

Experience a quiet vacation on an organic farm. Delight your friends and guests with our unique greeting apples.

### **Products Available:**

#### **Certified Organic Apples - Fall Summer**

Certified Organic Fuji, Spartan, Macintosh, Golden Delicious and Ambrosia. Available seasonally.

#### **Certified Organic Nectarines - Summer**

Available seasonally.

#### **Certified Organic Nectarines (Frozen) - Summer**

Available August as supplies last.

#### **Certified Organic Strawberries - Spring**

Fresh, smaller size and very tasty. Available seasonally mid May to Mid June.

#### **Certified Organic Strawberries (Frozen) - Spring**

Frozen Whole - Certified Organic. Available mid-May while supplies last.

# Omega Blue Farms - 250-757-2006

**Contact:** Wayne & Dawn Osborne

**Toll Free:**

**Phone:** 250-757-2006

**Cell:**

**Fax:**

**Email:** [bcbreeder@lycos.com](mailto:bcbreeder@lycos.com)

**Website:** <http://www3.telus.net/OmegaBlue/>

**Address:**

1075 Spider Lake Road

Qualicum Beach, BC

V9K 2L7

**Regions Supplied:** Vancouver island

**Company Notes:**

**Products Available:**

**Duck - Year Round**

Duck - Standard Bred Muscovy, naturally pastured and processed using traditional farm practices. Locally developed line. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

**Heritage Chicken - Year Round**

Heritage Chicken - Slow grown, naturally pastured, and processed using traditional farm practices. Locally bred lines. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

**Heritage Turkey - Fall**

Heritage Turkey - Standard Bred Bronze. Locally developed line. Naturally pastured and processed using traditional farm practices. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

**Vegetables - Fall**

Various vegetables grown under non-certified organic conditions. Natural Spring fed irrigation. Fertilized by compost from poultry farm. Virgin land, we are the first to farm it and have never used chemicals. We will custom grow specialty fruit and vegetables on a contract basis.

## On the Run Meals - Food Delivery - M1S 3L1

**Contact:** James O'Brain

**Toll Free:**

**Phone:** M1S 3L1

**Cell:**

**Fax:** (416) 985-7116

**Email:**

**Website:** [menu@otrmeals.com](mailto:menu@otrmeals.com)

**Address:**

On the Run Meals - Food Delivery

55 Nugget Ave, Toronto

ON

**Regions Supplied:** All of ONTARIO

**Company Notes:**

<http://www.otrmeals.com/>

**Products Available:**



# One Hundred Mile Wild Foods - 250-896-5243

**Contact:** Eric

**Toll Free:**

**Phone:** 250-896-5243

**Cell:**

**Fax:**

**Email:** [eric@onehundredmilewildfoods.com](mailto:eric@onehundredmilewildfoods.com)

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

**Address:**

#4 - 1140 Trattersall Drive

Victoria, BC

V8P 1Y7

**Regions Supplied:** Vancouver island

**Company Notes:**

BC Gourmet wild mushrooms. For products and information please see our website, [www.onehundredmilewildfoods.com](http://www.onehundredmilewildfoods.com)

**Products Available:**

BC Gourmet Dried Wild Mushrooms - Year Round

Emerging Niche, Dried wild mushroom products - soup mixes, risotoos, sauces and gravies.

BC Gourmet Dried Wild Mushrooms - Year Round

Many varieties, retailed in 1 ounce packages with added recipie.

## 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](mailto: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

## Otimo (S&B Gluten Free Inc) - BC

**Contact:** Silvia Martinelli

**Toll Free:** 778-866-2976

**Phone:** BC

**Cell:** 1-888-580-2831

**Fax:** 604-475-8899

**Email:**

**Website:** sbglutenfree@hotmail.com

**Address:**

Otimo (S&B Gluten Free Inc)

14301- 256th Street, Unit 203, Maple Ridge

BC

**Regions Supplied:** All of BC

**Company Notes:**

<http://www.otimo.ca>

**Products Available:**

## P & R Farms - 250-971-2277

**Contact:** Robert Bucher

**Toll Free:**

**Phone:** 250-971-2277

**Cell:**

**Fax:** 250-971-2270

**Email:** prfarm@telus.net

**Website:**

**Address:**

12800 Salmon Valley Road

Prince George, BC

V2K 5T4

**Regions Supplied:**

**Company Notes:**

P & R Farms has been well known in the Prince George and Mackenzie region for its fresh, certified organic produce for the past five years. Produce includes specialty head lettuce, mixed lettuce, tomatoes, cherry tomatoes, cucumbers and zucchini.

**Products Available:**

Kohl-Rabi - Fall Spring Summer

Baby Carrots, Purple Carrots - Fall Spring Summer

Beans - Year Round

Broccoli - Fall Spring Summer

Carrots - Year Round

Regular carrots as well as purple carrots available.

Celery Roots - Celery - Year Round

Cherry Tomatoes - Year Round

Cucumbers - Fall Spring Summer

Green Onions - Fall Spring Summer

Leek - Year Round

**Lettuce - Fall Spring Summer**

Lettuce Mix, Head Lettuce, Romaine Lettuce Red or Green, and specialty types of greens. All certified organic and available until late fall.

**Onions - Year Round**

**Peppers - Fall Spring Summer**

**Regular Beets, Golden Beets, Gioggia Beets - Fall Spring Summer**

**Regular, Red and Savoy Cabbage - Fall Spring Summer**

**Spinach - Fall Spring Summer**

**Sugar Peas, Snow Peas and Regular Peas - Fall Spring Summer**

**Variety of Herbs - Fall Spring Summer**

Green Basil, Purple Basil, Lemon Basil, Arugula, Parsley, Cilantro, Sage, Summer Savory and Rosemary.

**Variety of Potatoes - Year Round**

**Zucchini, Squash - Fall Spring Summer**

## Pacific Coffee Roasters Inc. - 604-701-6887

**Contact:** Lisa Ghaffari  
**Toll Free:**  
**Phone:** 604-701-6887  
**Cell:**  
**Fax:** 604-701-6807  
**Email:** [lisa@pacificcoffeeroasters.com](mailto:lisa@pacificcoffeeroasters.com)  
**Website:** <http://www.pacificcoffeeroasters.com>

**Address:**  
105-44981 Commerical Court  
Chilliwack, BC  
V2R 0A7

**Regions Supplied:** All of BC

### Company Notes:

We import only the finest Certified Fair Trade organic coffee. By purchasing only Certified Fair Trade coffee Pacific Coffee Roasters Inc. ensures that farmers and their communities receive fair value for their products. Through fair prices, farmers can support their families and create a better environment for their community. The fair trade practise benefits the consumer as well, by receiving superior product farmed without compromising the environment.

### Products Available:

#### CERTIFIED FAIR TRADE ORGANIC SWISS WATER? PROCESS DECAF COFFEE - Year Round

100% chemical free, all natural, 99.9% caffeine free. Gently roasted to bring out their special full flavor, floral aroma, and mild acidity. This medium bodied coffee is the best decaf coffee you will ever drink. Medium Roast

#### CERTIFIED FAIR TRADE ORGANIC BOLIVIA - Year Round

A full-bodied coffee with a wonderful aroma, low acidity and smooth finish. A sweet overall cup. Medium Roast

#### CERTIFIED FAIR TRADE ORGANIC COLOMBIA - Year Round

Full-bodied, low acidity with nice aroma that can be floral or sweet/berry-like. Soft chocolate, caramel flavor. Creamy mouth feel and pleasant aftertaste. A brighter cup. Medium Roast

#### CERTIFIED FAIR TRADE ORGANIC ETHIOPIAN HARRAR - Year Round

This sun dried, ripe cherry gives you a complex, rich, overall cup with spicy tones and a hint of almond. Medium body, creamy with a deep aroma.

Medium/Dark Roast

#### CERTIFIED FAIR TRADE ORGANIC FRENCH ROAST - Year Round

A combination of Asian and South American beans giving a full bodied, complex, tight knit flavor. Low acidity, with an embracing aroma, and pleasantly lingering aftertaste. Dark Roast

#### CERTIFIED FAIR TRADE ORGANIC HERITAGE ESPRESSO - Year Round

Our bold, aggressive espresso with a strong, dry edge. Rich aromatics captured in it's beautiful brown crema, excellent for cappuccinos and lattes. A tasty shot with a heavy body. Medium/Dark Roast

#### CERTIFIED FAIR TRADE ORGANIC HONDURAS - Year Round

Medium body with a floral aroma, medium to high acidity. Cleanly disappearing aftertaste. Medium Roast

#### **CERTIFIED FAIR TRADE ORGANIC PACIFIC ?BLACK - Year Round**

This carefully roasted medium and dark blend uses Central American beans. Perfectly balanced acidity, a light smokey flavor, and cocoa aftertaste for a perfect cup.

Mixed Roast

#### **CERTIFIED FAIR TRADE ORGANIC PACIFIC ESPRESSO - Year Round**

A blend of three excellent beans carefully selected from Asia, Central America and South America. Vibrant characteristics. Honey taste, syrupy, sweet, with a lingering rich aftertaste. Delicious. Medium/Dark Roast

#### **CERTIFIED FAIR TRADE ORGANIC PERU - Year Round**

Nutty aroma with low acidity and light smokey flavor. Buttery mouth feel and well-rounded cocoa after taste. Medium/Dark Roast

#### **CERTIFIED FAIR TRADE ORGANIC SIDAMO - Year Round**

This bean comes from a region in the southern highlands of Ethiopia. A refreshing, balanced cup with soft acidity, medium body, fruity finish with a hint of lemon.

Medium Roast

#### **CERTIFIED FAIR TRADE ORGANIC SUMATRA - Year Round**

This Indonesian coffee comes from the Gayo Highlands region in Sumatra.

Full-bodied, floral, with spicy tones, low acidity, very good aroma and a sweeter cup.

Medium/Dark Roast

#### **CERTIFIED FAIR TRADE POWER BLEND - Year Round**

A rich, aromatic bold bodied coffee, well-balanced with spicy tones and clean aftertaste. Sure to get you going.

#### **CERTIFIED FAIR TRADE THREE OCEANS BLEND - Year Round**

A finely roasted cup, medium body with balanced acidity, and a hint of dark chocolate. This combination of Asian, African and American beans finishes with lingering sweet florals.

## 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.



## Pasture-to-Plate/Rafter 25 Ranch - 604-254-6782

**Contact:** Barbara Schellenberg  
**Toll Free:**  
**Phone:** 604-254-6782  
**Cell:**  
**Fax:**  
**Email:** [grassfedmeats@pasture-to-plate.com](mailto:grassfedmeats@pasture-to-plate.com)  
**Website:** <http://www.pasture-to-plate.com>

**Address:**  
3215 Grant Street  
Vancouver, BC  
V5K 3J1

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

### Company Notes:

We are a family business; our livestock is grass fed and grass finished. Our pigs are on pasture, supplemented with certified organic peas and finished on milk and organic apple pulp. Our livestock forages on luscious pastures in the beautiful Chilcotin valley, ensuring optimum animal and human health. We use biodynamic practices to support biodiversity and are in partnership with The Land Conservancy. Our meat is high in CLA, omega 3 fatty acids and beta carotene.

### Products Available:

#### Certified Organic Lamb - Year Round

Frozen, available year round. Special orders can be accommodated.

#### Certified Organic Beef - Year Round

Frozen, available year round. Special orders can be accommodated.

#### Certified Organic Pork - Year Round

Frozen, available year round. Special orders can be accommodated.

#### Sausages - Year Round

Our fresh frozen sausages come 4 per pack, have no fillers and are made with 100% grass fed meat. All ingredients are certified organic; plus we use our own honey, wild crafted spices and organic grey sea salt containing over 80 minerals! Sausages include: "The Rangerider" (with Juniper); "The Cowpoke" (with Garlic); "The Wrangler" (with Blueberry); and "The Drifter" (with Sage).

# 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; Fary 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

## 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

# Pinantan Lake Organic Foods - 250-573-0080

**Contact:** Mark Bertram

**Toll Free:**

**Phone:** 250-573-0080

**Cell:**

**Fax:** 250-573-4154

**Email:** tbertram@lakecable.tv

**Website:**

**Address:**

3030 McCreight Rd

Pinantan Lake, BC

V0E 3E1

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Our fine products feature:

- \* Certified Organic Ingredients
- \* Vegan. No Animal Products ( no dairy, egg or lactose added)
- \* No refined sugar or artificial sweeteners
- \* No trans fats or cholesterol
- \* No preservatives, artificial flavours or colours
- \* Source of Omega-3 fatty acids
- \* No genetically modified ingredients.

Thank you for appreciating the positive environmental effects of organic food production.

**Products Available:**

## Double Chocolate Cranberry Cookies - Year Round

Certified Organic NOOA #04171 - Available in single-serve 3 oz - Available - Bagged Cookies ( 8 cookies / bag - 300g) - 12 bags per case. Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

## Banana Date Cookie (diabetic friendly) - Year Round

Certified Organic NOOA #04171 - Available in single-serve 3 oz - Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

## Blueberry Date Bars - Year Round

Certified Organic NOOA #04171 Single Serve Bars -  
Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

## Carrot Spice Raisin Bran Muffin - Year Round

Certified Organic NOOA #04171 - Available in single-serve - Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

## Chocolate Flax Bars - Year Round

Certified Organic NOOA #04171 Single Serve Bars -  
Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

## Chocolate Fudge Brownie - Year Round

Certified Organic NOOA #04171 Single Serve Bars -  
Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

### **Cinnamon Oatmeal Raisin Cookies - Year Round**

Certified Organic NOOA #04171 - Available in single-serve 3 oz - Available - Bagged Cookies ( 8 cookies / bag - 260g) - 12 bags per case

Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

### **Cinnamon Oatmeal Spelt Raisin Cookie - Year Round**

Certified Organic NOOA #04171 - Available in single-serve 3 oz - Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

### **Ginger Cookies - Year Round**

Certified Organic NOOA #04171 - Available in single-serve 3 oz - Available - Bagged Cookies ( 8 cookies / bag - 280g) - 12 bags per case.

Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

### **Pumpkin Raisin Spice Muffin - Year Round**

Certified Organic NOOA #04171 - Available in single-serve - Minimum Wholesale Single-serve Cookies, Muffins or Bars: 2 Dozen per Variety

## Pinegrove Farms Ltd. - 604-852-2159

**Contact:** Ralph Regehr

**Toll Free:**

**Phone:** 604-852-2159

**Cell:**

**Fax:** 604-852-2150

**Email:** rdregehr@telus.net

**Website:**

**Address:**

2130 Mt. Lehman Road

Abbotsford, BC

V4X 2L6

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

**Products Available:**

Certified Organic Free Range Eggs - Year Round

Free Range Eggs - Year Round



## Polderside Farms Inc. - 604-823-7324

**Contact:** Virginia Jacobsen  
**Toll Free:**  
**Phone:** 604-823-7324  
**Cell:**  
**Fax:** 604-823-7325  
**Email:** polderside@shaw.ca  
**Website:**

**Address:**  
4843 Giesbrecht Road  
Chilliwack, BC  
V2R 4R1

**Regions Supplied:** Lower mainland Vancouver island

### **Company Notes:**

Naturally raised, free-run duck - but not pastured outdoors. No hormones or antibiotics. Our chickens are a European variety, (commonly grown for the LaBelle Rouge certification), non-hybridized, slo-growth. We are growing them under the same conditions as the Long-Island ducks: barn raised, low density, free-run, no antibiotics, all vegetable-grain feed plus sunflower seeds. They are air-chilled and cryovaced, whole.

### **Products Available:**

#### **Chicken - Year Round**

Our chickens are a European variety, (commonly grown for the LaBelle Rouge certification), non-hybridized, slo-growth. They are air-chilled and cryovaced, whole.

#### **Duck Meat - Year Round**

Vegetable-grain (sunflower seeds) fed ducks. Whole or cut-up.

## Premium Brands Food Group - 604-668-5950

**Contact:** Rob Aitken  
**Toll Free:**  
**Phone:** 604-668-5950  
**Cell:**  
**Fax:** 604-668-5969  
**Email:** mike.bissell@pbfoodgroup.com  
**Website:**

**Address:**  
7720 Alderbridge Way  
Richmond, BC  
V3N 4J7

**Regions Supplied:** All of BC

### Company Notes:

Premium Brands Food Group provides the food service industry with premium high-quality, best-in-the-class products.

### Products Available:

#### Refrigerated and Shelf Stable Products -

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Back Bacon - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Deli Full Muscle - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Deli Sliced Meats - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Ham - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Meat Snacks - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Pre-cooked Sausages - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

#### Smoked Sausage - Year Round

Processed by Grimm's Fine Foods and Harlan Faribanks

# Punjab Milk Foods Inc. - 604-594-9190

**Contact:** Gurpreet Arneja  
**Toll Free:**  
**Phone:** 604-594-9190  
**Cell:**  
**Fax:** 604-594-9108  
**Email:** arneja@nanakfoods.com  
**Website:** <http://www.nanakfoods.com>

**Address:**  
#200-14666 64th Avenue  
Surrey, BC  
V3S 1X7

**Regions Supplied:** Lower mainland

## Company Notes:

All products are made in a federally-approved facility. Products have an authentic flavour and texture. There is no compromise on quality.

## Products Available:

### Paneer Pakora - Year Round

Served as appetizers, paneer slices are maintained in a spicier mint chutney and battered with a special corn flour batter and panfried. Available in 400 gms x 12 cases and for food service, 908 gms x 6 bags.

### Gajar Halwa - Year Round

Served as a dessert or with tea or coffee. Made with shredded carrots, cooked in milk and garnished with almonds and raisins.

### Ghee -

Also known as clarified butter or AMF (anhydrous butter fat). However, ghee has a cooked flavour as compared to AMF or clarified butter. Available in 400 gms x 12 pcs or 800 gms x 12 pcs or 1.6 kg x 6 pcs or 3 kg pails.

### Kheer - Year Round

Resembles rice pudding. However, it is entirely vegetarian (no eggs) and has caramelized and cooked milk flavour instead of thickening the milk by using gums.

### Paneer - Year Round

Available under Nanak brand in 400 gms x 24 pcs; for food service, 1.75 kg x 6 pcs in a case. Paneer is a soft, unripened cheese. It does not run or melt upon heating or frying. It behaves like tofu; however, it is made from cow's milk. It is typically used in Indian entrees, appetizers, stir frys, and wraps.

### Paneer Entrees - Year Round

Ready to eat frozen entrees. Available in 5 varieties: Shahi Paneer; Paneer Tikka Masala; Chili Paneer; Palak Paneer; and Matar Paneer. Available in 400 gms x 12 pcs per case. For food service, 2 kg x 6 trays, as in a case. The entrees are produced with real, authentic taste.

### Paneer Poppers - Year Round

Served as appetizers, paneer sticks are marinated with mint chutney and are battered and breaded with J crumbs and panfried. Available in 400 gms x 12 packs and for food service, 908 gms x 6 bags in a case.

## Rasmalai (Popular Indian Dessert) - Year Round

Generally considered a delicacy. Available in 400 gms x 24 pcs; and for food service, 1 kg x 10 trays in a case.

## Pzazz Fine Foods Ltd. - 604-420-5820

**Contact:** John Duncan

**Toll Free:**

**Phone:** 604-420-5820

**Cell:**

**Fax:** 604-261-5850

**Email:** pzazzfinefoods@telus.net

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

**Address:**

1829 Pandora Street

Vancouver, BC

V5L 1M2

**Regions Supplied:** Lower mainland

**Company Notes:**

Pzazz Fine Foods Ltd. is committed to producing products free of artificial preservatives. All of our products are made using the wholesome ingredients you would use at home. Please see our website for descriptions of our Handmade Dough Balls & Crusts and Handmade Pizzas - [www.pzazzfinefoods.com](http://www.pzazzfinefoods.com).

**Products Available:**

**Pizza - Year Round**

Our handmade frozen pizza is dressed with our signature tomato sauce and available in six sizes: 6," 8," 10," 12," 14," 16" and 18". The 10" retail product line of pizza is made with wheat flour and is an in-stock item. All other sizes may be ordered in a variety of flavours. Please see our website at [www.pzazzfinefoods.com](http://www.pzazzfinefoods.com).

**Frozen Dough Balls - Year Round**

Frozen dough balls available in a variety of weights and pack sizes. Par-baked pizza crusts available in sizes from 6" to 18". All crusts are hand pressed and contain no artificial ingredients/preservatives. Raw dough, sheeted thin crusts. Available in a variety of diameters. Please see our website for product descriptions and sizes: [www.pzazzfinefoods.com](http://www.pzazzfinefoods.com).

## Quails' Roost Farm - 250-478-1329

**Contact:** Peter Tasker

**Toll Free:**

**Phone:** 250-478-1329

**Cell:**

**Fax:**

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

**Website:**

**Address:**

4129 Happy Valley

Victoria, BC

V9C 318

**Regions Supplied:** Vancouver island

**Company Notes:**

Locally-collected honey from arbutus and maple trees.

**Products Available:**

Honey - Year Round

Blackberry, wildflower, salal, fireweed and goldenrod honey. No imported honey. Honey is available in 30 lb pails, 10 lb pails, 1 kg and 500 gm jars. Comb honey is also available.

## Que Pasa Mexican Foods - 604-241-8175

**Contact:** Joe Zallen

**Toll Free:**

**Phone:** 604-241-8175

**Cell:**

**Fax:** 604-241-7385

**Email:** [info@quepasafoods.com](mailto:info@quepasafoods.com)

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

**Address:**

12031 No. 5 Road

Richmond, BC

V7A 4E9

**Regions Supplied:** All of BC

**Company Notes:**

Established in 1983, Que Pasa Mexican Foods is dedicated to manufacturing and distributing Mexican and other Latin American foods using ingredients of the highest quality and incorporating a manufacturing process that provides healthy and nutritional products to our customers.

**Products Available:**

**Mexican Style Salsas - Year Round**

Certified Organic Mexican Style Salsas, WSDA #22841.

**Corn Tortilla Chips - Year Round**

Certified Organic Corn Tortilla Chips, WSDA #2284.

**Corn Tortillas - Year Round**

Certified Organic Corn Tortillas, WSDA #22841.

**Contact:** Kal McIntire  
**Toll Free:**  
**Phone:** 604-523-1700  
**Cell:**  
**Fax:** 604-522-6440  
**Email:** kai@yoghee.com  
**Website:** <http://www.yoghee.com>

**Address:**  
#303 - 7055 Wilma Street  
Burnaby, BC  
V5E 4B1

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

### **Company Notes:**

An added feature of YoGHEE is the infusion of mantra (energy of prayer) during preparation. Sacred foods such as this earn YoGHEE its name as a Rasayana, a food that promotes overall health, longevity and well-being. The target of our product fits ideally with the growing yoga movement in a physical and spiritual sense. Our product is made from certified organic, unsalted butter from Avalon Dairy Ltd., a local BC company serving BC for 100 years (permission granted for use of this statement - Dec 2005). Rasayana Foods Ltd. is a conscious supporter of the BC local economy. For more information see our website: [www.yoghee.com](http://www.yoghee.com).

### **Products Available:**

#### **YoGHEE Organic Clarified Butter - Year Round**

Pure, organic, clarified butter (or ghee). Considered by some to be the ultimate cooking oil, its rich buttery taste and aroma are like none other, enriching flavours of both sweet and savoury foods. YoGHEE is made using a process that removes the impurities, water and milk proteins from butter, leaving a flavourful oil that can be used to saute, deep fry or bake. It can also be used as a spread or "finishing" butter to gourmet dishes. The pure butterfat content comes with a host of healthy benefits, making it a sensible option for today's nutritionally-conscious consumer. Other product benefits include: organic - made with Avalon certified organic, unsalted butter; handmade in small batches in a traditional manner to maintain quality; high smoke point - allows for higher cooking temperatures; shelf stable - moisture free, maintains original freshness and flavour for months without refrigeration; allergen free - lactose and casein free. Flavours - Original/Lemon/Honey/Olive Oil Combination. Unit size availability: glass jars - 60 g, 150 g, 900 g; plastic tubs - 2 kg and 10 kg.



## Robertson Estate - 250-423-0572

**Contact:** Patrick Robertson

**Toll Free:**

**Phone:** 250-423-0572

**Cell:**

**Fax:**

**Email:** [pat@robertsonestate.com](mailto:pat@robertsonestate.com)

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

**Address:**

P.O. Box 946 1192 12th Avenue

Fernie, BC

V0B 1M0

**Regions Supplied:** All of BC

**Company Notes:**

**Products Available:**

**Cabernet Sauvignon Red Wine Vinegar - Year Round**

Cabernet Sauvignon Red Wine vinegar made in the traditional Orleans method. Using high quality carbernet sauvignon grape juice we create the wine without any additives. The wine is then transferred to French Oak barrels where the wine is converted to vinegar over a 3 month period. The vinegar is further aged in oak for an additional 3 months then bottled into 200ml retail and 750ml food service bottles. Creating vinegar in the slow process of the Orleans method retains the flavour and body of the wine making a savoury vinegar that is delicious in dressings, marinades, reductions, and deglacing. No additives are used in the entire process.

## Roesina's Tempeh Products - 250-505-4982

**Contact:** Irma Soemodihardjo

**Toll Free:**

**Phone:** 250-505-4982

**Cell:**

**Fax:**

**Email:** [info@roesinas.com](mailto:info@roesinas.com)

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

**Address:**

PO Box 522

Nelson, BC

V1L 5R3

**Regions Supplied:** Kootenay Thompson okanagan

**Company Notes:**

Roesina's Tempeh Products is a family owned and operated business located in Nelson, BC. We strive to offer our customers wholesome, authentic Indonesian tempeh made with certified organic soybeans, using a time honoured family recipe passed down through generations and rich with ethnic heritage. No fillers are used and Roesina's tempeh is sold fresh.

Sold in retail packages of 227 grams as well as 900 grams for wholesale.

**Products Available:**

**Spicy Tempeh - Year Round**

Mild chili peppers used, to bring the uniqueness of Padang Jawa straight to your table.

**Curry Tempeh - Year Round**

This curry spice blend is reminiscent of the Far East and a perfect vegetarian dish.

**Garlic Coriander Tempeh - Year Round**

A delightful experience, containing a blend of locally grown ingredients carefully selected to bring you the distinct cuisine of Indonesia.

**Original Tempeh - Year Round**

Authentic Indonesian recipe using organic soybeans, filtered water, organic apple cider, and culture.

## Ruby Red Farms - 250-655-3368

**Contact:** Ivan Mishchenko

**Toll Free:**

**Phone:** 250-655-3368

**Cell:**

**Fax:** 250-655-3201

**Email:** [ivan@rubyredfarms.com](mailto:ivan@rubyredfarms.com)

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

**Address:**

11121 Rosborough Road

North Sannich, BC

V8L 5M3

**Regions Supplied:** Vancouver island

**Company Notes:**

Ruby Red Farms is renowned for ripe and plumb blueberries picked at the peak of ripeness. Many of our customers tell us that our berries "Are the Best Berries They Have Ever Tasted." Blueberries are available at the farm stand or at Moss Street Market. Che the website for details on how to buy at [www.rubyredfarms.com](http://www.rubyredfarms.com).

**Products Available:**

**Frozen Blueberries - Year Round**

Available in 10 pound boxes - Bakery Grade Ruby Red Farms blueberries are available all year round! Picked at the same time as our fresh berries, these delicious berries are available for bakeries. Our blueberries are also used in delicious bakery goods at local bakeries like Wild Fire Bakery.

**Fresh Blueberries - Summer**

Fresh Blueberries 5 or 10 pound boxes. Ruby red Farms freshly picked and ripe berries are available in bulk sizes for preorders or off farm sales. Available Seasonally in the Summer months.

**Fresh Blueberry Pints - Summer**

Ruby Red Farms fresh, ripe and flavourful berries are available at many BC retailers. Available seasonally.

**Frozen Blueberries - Year Round**

Frozen Blueberries in 340 gram Packaged. Ruby Red Farm blueberries are available all year round! Picked at the same time as our fresh berries, these delicious berries are available at many grocer stores on Vancouver Island including Thrifty Grocery Stores.

**Frozen Blueberries - Year Round**

Available in 5 or 10 pound boxes. Ruby Red Farms blueberries are available all year round. Picked at the same time as our fresh berries, these delicious berries are available at Community Natural Foods and Village Food Markets. Our blueberries are also used in delicious bakery goods at local bakeries like Wild Fire Bakery.

## Salad Sisters - 604 232 0472

**Contact:** Trixie Cruz

**Toll Free:**

**Phone:** 604 232 0472

**Cell:**

**Fax:**

**Email:** [info@salad-sisters.com](mailto:info@salad-sisters.com)

**Website:** <http://www.salad-sisters.com>

**Address:**

11113 Seafield Crescent  
Richmond, BC  
V7A 3H9

**Regions Supplied:** Lower mainland

**Company Notes:**

Salad Sisters was created by three sisters armed with the recipes of five unique salad dressings created by their dad. We take pride in delivering the freshest of products and ensuring a high regard for quality and taste. Our fruit-based salad dressings are definitely one of a kind! The dressing is hand made, manually bottled and labelled, and packaged in boxes with great care.

**Products Available:**

**Strawberry Dressing -**

Strawberry dressing is our sweetest and most popular dressing for spinach salad lovers. Its very berry flavour astonishes people and gets them coming back for more! SO wonderfully paired for salads with great cheeses, sharp onions and creamy nuts or seeds. A fun twist on salad dressing and worth every bite.

An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer

**Blueberry Salad Dressing - Year Round**

Blueberry Salad Dressing has been popularized by the increased demand for this super fruit. With lots of fresh blueberries in the actual dressing, its unique flavour and vibrant color draw in many people to try it. With its wonderful sweetness and taste, this dressing has had rave reviews for its amazing flavour and diversity. Try this dressing on grilled salmon or tossed in a salad of arugula, pears, walnuts, and goat cheese. Greek Salads have never been the same since adding this dressing as the newest substitute for traditional dressings.

An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

**Calamansi Salad Dressing - Year Round**

Calamansi is a Filipino lime. We use a concentrate in our dressing combined with a blend of sugar, herbs, and spices to make a unique and one-of-a-kind salad dressing. We use canola oil and white vinegar and emulsify the dressing to give it a richer body. No water is added to our dressing, so a little goes a long way. This dressing makes for an excellent marinade on chicken or fish. Calamansi is our most popular dressing at the farmers' markets for its versatility and for its one of a kind flavor.

An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

### Papaya Salad Dressing - Year Round

Papaya Salad Dressing is made with fresh papaya fruit, some calamansi concentrate, and a blend of suagr herbs and spices to make yet another unique and flavorful dressing. It ,too, is emulsified to create a rich and creamy dressing good on a variety of salads as well as a marinade or sauce for grilled pork chops, chicken and prawns. With no water added to this dressing, its thicker consistency allows the dressing to stick nicely to the leaves of the salad with no bottom waste!

An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

### Raspberry Dressing - Year Round

Raspberry Dressing is another popular dressing for its flavour and mainstream use. Our dressing contains lots of raspberries and works wonderfully on spinach and other bitter greens that are now very popular in everyday salads.

An original family recipe available in large batch sizes, good for restaurants or caterers; also smaller 350 ml bottles for the everyday consumer.

# Salt of Life - 250-951-SALT

**Contact:** Ivo Beltsma

**Toll Free:**

**Phone:** 250-951-SALT

**Cell:**

**Fax:**

**Email:** ivo@saltoflife.ca

**Website:** <http://www.saltoflife.ca>

**Address:**

315 Hecate Street

Nanaimo, BC

V9R 4J9

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Right out of the mountain, Salt of Life contains dozens of elements and minerals essential to body functioning and in perfect balance, making this a remarkable and healthy addition to your commercial or home kitchen. Sprinkle, season, garnish or grind it yourself. It took us 10 years to find the most pristine source. Hand mined, hand processed. You won't find a better natural salt. A small BC company based in Nanaimo. Available in bulk or retail sizes.

**Products Available:**

**Culinary Coarse Grind (grind it yourself) Salt of Life Himalayan Pink Salt - Year Round**

Hand mined and 250 million years old, this 100% natural mineral salt is pink in colour and sweet and rich in flavour. Right out of the mountain, Salt of Life contains dozens of elements and minerals essential to body functioning and in perfect balance, making this a remarkable and healthy addition to your commercial or home kitchen. Sprinkle, season, garnish or grind it yourself. It took us 10 years to find the most pristine source. Hand mined, hand processed. Available in Bulk or Retail sizes.

**Salt of Life Himalayan Pink Salt (Pre-ground) - Year Round**

Culinary Fine Grind (pre-ground) Salt of Life Himalayan Pink Salt Hand mined and 250 million years old, this 100% natural mineral salt is pink in colour and sweet and rich in flavour. Available in bulk or retail sizes.

## Saltspring Sunrise Premium Edibles - 250-217-0000

**Contact:** Bejay Mills

**Toll Free:**

**Phone:** 250-217-0000

**Cell:**

**Fax:**

**Email:** [info@saltspringsunrise.ca](mailto:info@saltspringsunrise.ca)

**Website:** <http://www.saltspringsunrise.ca>

**Address:**

1703A Fulford-Ganges Rd.

Saltspring Isl, , BC

V8K 2A5

**Regions Supplied:** All of BC

**Company Notes:**

Saltspring Sunrise Premium Edibles is dedicated to developing and supporting a local, sustainable food economy that ensures a future for local agricultural businesses and a fair price for farmers.

**Products Available:**

**Walnut Flour - Fall Winter**

Certified Organic walnut flour; PACS 16-582. The gluten free, walnut flour is milled from the press meal resulting after the oil is removed by the expeller press.

**Hazelnut Flour - Year Round**

Certified Organic hazelnut flour; PACS 16-582. The gluten free, hazelnut flour is milled from the press meal resulting after the oil is removed by the expeller press.

**Hazelnut Oil - Year Round**

Certified Organic cold pressed hazelnut oil; PACS 16-582. Locally sourced hazelnuts that are cold pressed in small batches and lightly filtered giving a strong hazelnut flavored oil.

**Walnut Oil - Fall Winter**

Certified Organic cold pressed walnut oil; PACS 16-582. Locally sourced walnuts that are cold pressed in small batches and lightly filtered.

# Saskatoon Berry Farm - 250-743-1189

**Contact:** Al Dyrland  
**Toll Free:**  
**Phone:** 250-743-1189  
**Cell:**  
**Fax:** 250-743-1189  
**Email:** toonfarm@yahoo.com  
**Website:**

**Address:**  
1245 Fisher Road  
Cobble Hill, BC  
V0R 1L0

**Regions Supplied:** Lower mainland Vancouver island

## **Company Notes:**

Family-owned and run farm. Located in the Cowichan Valley; easy access from Victoria and Nanaimo.

## **Products Available:**

### **Saskatoon Berries - Frozen - Year Round**

Unique flavour, very versatile and nutritious. 5 lb bag/ 25 lb box.

### **Saskatoon Berries - Summer**

Fresh - in season (end of June - mid July) 2 quart/5 lb/10 lb box, pre-picked.

Unique flavour, very versatile and nutritious. Ideal for pies, desserts, jams, wine, sauces (recipes available)

### **Saskatoon Jam - Year Round**

1 cup jam jar size, small-batch, home-made, award-winning with natural preservatives. Also available as combination varieties: Saskatoon/Raspberry, Saskatoon/Rhubarb, Saskatoon/Strawberry, Saskatoon/Blueberry, Saskatoon/Cranberry.

### **Saskatoon Pie - Year Round**

9 inch, home made from scratch. Tender, flakey, generously filled with Saskatoon berries. Our customers rave about our pies. Voted in top 5 in Victoria Times Colonist contest. Available frozen, unbaked, all year and also available with oatmeal/brown sugar crumble topping. Combination fruit varieties: Saskatoon/Rhubarb, Saskatoon/Raspberry, Saskatoon/Blueberry.



## Sate Express Foods Inc. - 604-709-8150

**Contact:** Derrick Leeuwin

**Toll Free:**

**Phone:** 604-709-8150

**Cell:**

**Fax:**

**Email:** sales@satefoods.com

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

**Address:**

3488 Cambie Street

Vancouver, BC

V5Z 2W8

**Regions Supplied:** Lower mainland

**Company Notes:**

Modern Indonesian Condiments, all made locally.

Home made in commerical kitchen facility.

**Products Available:**

### COCONUT SAUCE (Opor Saus) - Year Round

Ready to serve

**DIRECTION:** Makes 4 servings

Empty sauce into a pot for 10 - 15 minutes till coconut is softened stirring every 3 minutes, pour sauce ready to serve over rice or noodles.

**Microwave:** empty sauce into microwaveable bowl at high heat for approx. 5-8 minutes, stirring every 3 minutes until hot or consistent texture.

**INGREDIENTS:** Cumin, Coriander, Tumeric, Garlic, Onion, Salt, Sugar, Coco Milk

### CURRY SAUCE (Kari Saus) - Year Round

Ready to serve

**DIRECTION:** Makes 4 servings

Empty sauce into a pot for 10 - 15 minutes till curry is softened stirring every 3 minutes, pour sauce ready to serve over rice or noodles.

**Microwave:** empty sauce into microwaveable bowl at high heat for approx. 5-8 minutes, stirring every 3 minutes until hot or consistent texture.

**INGREDIENTS:** Cumin, Coriander, Tumeric, Garlic, Onion, Salt, Sugar, Coco Milk

### Indonesian CHILLI SAUCE (Sambal Ulek) - Year Round

**FOR USES:**

To enhance flavour for soups, curries, meats, pasta, etc. Or add some ketchup to create dipping sauce.

**INGREDIENTS:**

Chillies, Garlic, Onion, Lemongrass, Vinegar, Sugar, Salt.

Refrigerate after opening

### Indonesian Peanut Sauce - Year Round

**DIRECTION:**

Slowly add 250ml of boiling water to 1lb. of sauce mix, stir thoroughly.

This sauce can be used as a topping for

satay, as a pour-over sauce for minced meat, noodle, salad, hamburgers or as a dip sauce with variety of foods.

**INGREDIENTS:**

Peanut, Salt, Sugar, Lime, Shrimp Paste, Garlic, Chillies

Prepared with only fresh ingredients.

Refrigerate after opening

### SWEET SOYA SAUCE - Year Round

**FOR USES:** Dipping sauce for Satay, alternative for Soya sauce uses, marinade

**INGREDIENTS:** Soya Sauce, Sugar, Onion, Garlic, Ginger, Lemongrass

Refrigerate after opening

# Savoury Chef Foods Ltd. - 604-357-7118

**Contact:** Kyle Nordman  
**Toll Free:**  
**Phone:** 604-357-7118  
**Cell:**  
**Fax:** 604-357-7166  
**Email:** kyle@savourychef.com  
**Website:** <http://www.savourychef.com>

**Address:**  
1428 Vernon Drive  
Vancouver, BC  
V5L 3K9

**Regions Supplied:** Lower mainland Vancouver island

## **Company Notes:**

Enhance any meal or snack with the versatile and elegant flavours from Chef Taryn's Seasonal Confiture Collection. Use these condiments to accent cheese and meat platters, create easy hor d'oeuvres, and liven up pan sauces or glazes.

These colourful preserves are made from carefully selected, seasonal ingredients that highlight the best of what BC's produce has to offer.

## **Products Available:**

### **Sage Cranberry Craze - Fall Winter**

Warm up your winter meals with the sweet and savoury combination of cranberries and sage. The classic blend of fresh berries and this savoury herb is the perfect way to bring out the tastes of the festive season. Make your meals extra special by adding Sage Cranberry Craze to your stuffing for the holidays, or serve with cheeses, turkey, or lamb dishes.

### **Apple Thyme Tonight - Fall Summer**

Use this classic pairing to flavour your dishes. The timeless combination of refreshing local BC apples and savoury thyme will add warmth and comfort to your favourite meals. Use Apple Thyme Tonight with poultry, pork dishes, and cheeses.

### **Cinnamon Squash Sensation - Fall Summer Winter**

Make your culinary creations extra special with Cinnamon Butternut Squash. This decadent flavour fuses the richness of butternut squash with the spicy sweetness of cinnamon, and is a great addition to any of your favourite recipes. Cinnamon Squash Sensation is a superb accompaniment to cheeses, bread pudding, cheesecake, and other desserts.

### **Lemon Tomato Brio - Spring Summer**

A simple yet sophisticated way to add character to any meal or snack. Our Lemon Tomato Brio is bursting with the luscious flavour of ripe tomatoes and the sweet tang of lemon. Accent cheese platters, use as a sandwich spread, flavour sauces, serve with crackers to create easy hor d'oeuvres, or make your own unique food pairing.

### **Pear Cardamom Delish - Spring Summer**

A decadent complement to any food. Pear Cardamom Delish blends the crispness of pear with the rich aromatics of cardamom, accented by hints of lemon. This flavourful spread is a superb accompaniment for cheeses, samosas, breads, sweets, and more.

### **Pear Rosemary Jazz - Spring Summer**

A fusion of ambient flavours that makes a perfect addition to any dish. Pear Rosemary Jazz finds a harmonious balance between the bright sweetness of pear and the deep fragrance of rosemary. Use this fruity and flavourful condiment with cheeses, sandwiches, hor

d'oeuvres, or as a topping to refine any food of your choice.

# SEDO International Foods - 250-832-7343

**Contact:** Veronica Kozak  
**Toll Free:**  
**Phone:** 250-832-7343  
**Cell:**  
**Fax:** 250-832-7383  
**Email:** sedoint@telus.net  
**Website:** <http://sedointernationalfoods.com>

**Address:**  
Unit #3 1050 10th Avenue. SW  
Salmon Arm, BC  
V1E 1T2

**Regions Supplied:** Thompson okanagan

## Company Notes:

### Products Available:

#### Pork Sausages - Year Round

We also have a variety of pork sausages available. Ranging from Chorizos to smoked and cured and cooked sausages to fresh sausages.

#### Bison Sausages -

Made with 100% Bison meat. Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Buffalo Cranberry Sausage - made with black pepper, cloves, coriander and herbs.

#### Chicken Sausages - Year Round

Made with 100% Chicken meat (LOCALLY RAISED). Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Apple Chicken Sausage - made with apples, white pepper, ginger and spices. Chicken Dill Sausage (russian style sausage) - made with dill, cloves and roasted onion. Sicillian Chicken Sausage - made with black pepper, fennel, spices and garlic. Chicken Bratwurst - made with red bell pepper, herbs and allspice.

#### Elk Sausages - Year Round

Made with 100% wild elk meat. Stuffed into hog casings about 125g. portions. Available in singles or 1 Lbs. packages. Elk with Cherries - made with re hydrated cherries, black pepper, coriander and various other herbs and garlic. Elk with Capers - made with anise, spices and pickled capers.

#### Lamb Sausages - Year Round

Made with 100% lamb, stuffed into lamb casings about 80g. portion size. Merguez - spicy red sausage made with spanish paprika, fresh garlic and olive oil. Rosemary Lamb - made with fresh rosemary, garlic and parsley. Corriander Lamb - made with corriander, white pepper and herbs. Morrocan Lamb - made with black pepper, onion, paprika, garlic and olive oil.

#### Turkey Sausages - Year Round

.Made with 100% Turkey meat. Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Turkey Cranberry Sausage - made with dried cranberries, black pepper, herbs and grand marnier.

#### Venison Sausages - Year Round

Made with 100% venison meat (LOCALLY RAISED). Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Made with spices and red wine.

## Wild Board Sausages - Year Round

Made with 100% wild boar meat (LOCALLY RAISED). Stuffed into hog casings about 125g. portions. Available in singles or 1Lbs. packages. Apple Cinnamon Wild Boar Sausage - made with locally grown apples, cinnamon, and lemon zest. Italian Wild Boar - made with coarse pepper and red bell pepper and spices. Spicy Herbed Wild Boar - made with black pepper, four spice and herbs.

# Sepp's Gourmet Foods Ltd. - 604-574-3288

**Contact:** Alan Maddox

**Toll Free:**

**Phone:** 604-574-3288

**Cell:**

**Fax:** 604-574-6966

**Email:** [avmaddox@seppsfoods.com](mailto:avmaddox@seppsfoods.com)

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

**Address:**

202-19232 Enterprise Way

Surrey, BC

V3S 6J9

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

Sepp's™s Gourmet Foods produces value-added, specialty frozen foods for the freezer, bakery and deli sections of retail grocery stores and for the food service sector. Sepp's three manufacturing facilities in Canada produce great tasting, convenient food products under the Sepp's brand as well as under other brands. Feel free to contact us about our private label capabilities. With AIB certification, USDA/CFIA approved HACCP facilities, Kosher certification, and organic certification, Sepp's is able to provide a broad range of private label products. Please see our website at [www.seppsfoods.com](http://www.seppsfoods.com).

**Products Available:**

**Foodservice Apple Filled Pancakes - Year Round**

96 packs.

**Foodservice Blueberry Filled Pancakes - Year Round**

48 packs.

**Foodservice Blueberry Pancakes - Year Round**

60 packs. 225 packs mini.

**Foodservice Blueberry Waffles - Year Round**

48 or 96 packs.

**Foodservice Buttermilk Pancakes - Year Round**

60 packs.

**Foodservice Homestyle French Toast - Year Round**

48 packs.

**Foodservice Homestyle Waffles - Year Round**

48 or 96 packs.

## Shady Glen Enterprises Ltd. - 604 982 0601

**Contact:** Wanda Dixon

**Toll Free:**

**Phone:** 604 982 0601

**Cell:**

**Fax:** 604 982 0602

**Email:** shadyglenenterprises@shaw.ca

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

**Address:**

4212 Rockridge Crescent

West Vancouver, BC

V7W 1B1

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

Shady Glen Enterprises - makers of fine fruit vinegars of the Pacific Northwest

**Products Available:**

**AH! BUT A BING Cherry Vinegar - Year Round**

Product is made from fresh fruit in season, and outstanding results are achieved by a slow fermentation and aging process. Food Service is available in 2 X 4 L (just listed with Neptune Food Service).

**BAM! Blackberry Vinegar - Year Round**

Product is made from fresh fruit in season and outstanding results are achieved by a slow fermentation and aging process. Food Service is available in 2 X 4 L (just listed with Neptune Food Service).

**RUSH Raspberry Vinegar - Year Round**

Product is made from fresh fruit in season, and outstanding results are achieved by a slow fermentation and aging process. Food Service is available in 2 X 4 L (just listed with Neptune Food Service).



## Silverhill Orchard - 604-820-7957

**Contact:** Sonja Barker

**Toll Free:**

**Phone:** 604-820-7957

**Cell:**

**Fax:** 604-820-7957

**Email:** ethicalgrower@telus.net

**Website:**

**Address:**

30111 Silverhill Avenue

Mission, BC

V4S 1H9

**Regions Supplied:** Lower mainland

**Company Notes:**

All the products we sell are grown by us on our own property or made from produce we grow. Using non-invasive, integrated pest management techniques and zero pesticide use, we grow as naturally as possible.

Visitors are encouraged to visit our orchard and to see for themselves. All of our produce is grown as nature intended. We do not use any pesticides, synthetic or organic, under any circumstances.

**Products Available:**

**Garden Produce - Fall Summer**

A wide selection of produce, which includes our own special salad blend with arugula.

**Apple Cider Vinegar - Winter**

Natural, double-fermented, unfiltered Apple Cider Vinegar including Raspberry and Blackberry.

**Apple Juice Syrup - Year Round**

Great on pancakes.

**Free Range Eggs - Year Round**

"Happy Hen" free range eggs - our 100 chickens have 4 acres of fenced land to roam on.

**Heirloom Tomatoes - Fall Winter**

We have seed for more than 100 varieties, so selection varies from year to year.

**Heritage Apples - Fall Winter**

35 varieties of Heritage Apples including culinary types such as Bramley, Boskoop, Glockenapfel, Sunrise, Elstar and Creston. The last three are just great in waldorf salad, are really crisp and resist browning.

**Jams, Jellies and Chutneys - Year Round**

Apple Ginger Chutney, Quince, Crabapple, Blackberry and Raspberry jams and jellies.

## Similkameen River Organics - 250-499-5805

**Contact:** Qi Haiqin

**Toll Free:**

**Phone:** 250-499-5805

**Cell:** 250-499-9789

**Fax:** 250-499-5905

**Email:** georgenqi@nethop.net

**Website:**

**Address:**

186 Chopaka Road

Cawston, BC

V0X 1C3

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

We specialize in #1 Canada organic Red and Yellow onions and shallots.

We sell certified organic vegetables, 23 varieties, hand weeded, harvested, dried, inspected and packed to insure the finest quality. We guarantee all of our products.

**Products Available:**

Peppers - Year Round

Sweet and Hot.

Basil and Other Herbs - Year Round

Cabbage, Red and Green - Year Round

Eight Varieties of Onions - Year Round

Shallots, Garlic - Year Round

Squash - Eight Varieties - Year Round

Decorative gourds and squash as well.

Three Varieties of Leeks - Year Round

## 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.

## Sleeping Mountain Organic Farms - 604-613-6069

**Contact:** Marshall Potts

**Toll Free:**

**Phone:** 604-613-6069

**Cell:**

**Fax:** 604-823-4654

**Email:** [info@farmfreshorganics.ca](mailto:info@farmfreshorganics.ca)

**Website:** <http://www.farmfreshorganics.ca>

**Address:**

4170 Stewart Road

Yarrow, BC

V2R 5G6

**Regions Supplied:** All of BC

**Company Notes:**

Certified Organic Turkey provided by Sleeping Mountain Organic Farms. The Farm is Certified by BCARA which are accredited by the Certified Organic Association of BC.

**Products Available:**

**Fresh Honey -**

Fresh local Honey from a family run bee farm in beautiful Yarrow, BC. Hint of Blackberry. 375 ml jars

**Grade A Fresh Turkeys -**

Our Turkeys are processed at Ross Down Natural Foods Ltd. which is a Federally approved Processing plant and is also certified Organic. They are bagged in Cryovac bags and are ready for the fridge or freezer.

**Organic Boneless Turkey Roast -**

Organic Boneless Turkey Roast 11.95 per LB

**Organic Ground Turkey Extra Lean -**

Organic Ground Turkey Extra Lean \$9.95 per LB.

**Organic Turkey Farmer Sausage -**

Organic Turkey Farmer Sausage 10.45 per LB

## Sloping Hill Farm - 250-752-0570

**Contact:** Dirk Keller

**Toll Free:**

**Phone:** 250-752-0570

**Cell:**

**Fax:**

**Email:** slopinghill@shaw.ca

**Website:**

**Address:**

350 Parker Road

Qualicum Beach, BC

V9K 1X4

**Regions Supplied:** Lower mainland Vancouver island

### **Company Notes:**

Free range, heritage breed pork, all on the list of rare breeds of Canada. Our pigs are allowed to roam freely, socialize and engage in instinctive behavior such as rooting, wallowing and foraging. All breeding animals live in social groups; even the boars are together with the sows all the time. There is no teeth clipping, tail docking or ear marking. we leave our litters together to avoid stress and fighting. Our sows are not crated. Instead, they give birth naturally and raise their young without interference. All animals have free-choice access to outdoors at any time. Sunshine, fresh air, good feed and a stress-free environment eliminate the need for any medications. No animal by-products are used in our feed except for occasional milk and hard boiled eggs. We don't administer antibiotics routinely and don't use hormones or steroids at all. We grow everything on the farm that makes the difference in our pigs' diet and, with that, the quality of our pork. Our farm has no waste issues; manure is returned to the soil where it becomes fertilizer. Our pork is selected to have a high percentage of intramuscular fat, like a choice steak. You can expect a different texture of the meat, darker colour, more marbling and incomparable flavour compared to any conventionally-raised pork. Truly local, truly exceptional pork!

### **Products Available:**

#### **Landrace Pigs - Year Round**

Free range-raised, heritage breed pork, listed among the rare breeds of Canada.

#### **Berkshire Pigs (Kurobuta Pork) - Year Round**

Free range-raised, heritage breed pork

#### **Hampshire Pigs - Year Round**

Free range-raised, heritage breed pork.

#### **Tamworth Pigs - Year Round**

Free range-raised, heritage breed pork, listed among the rare breeds of Canada.

## Soulshine Ranch - 250-706-8146

**Contact:** Christina Monteith  
**Toll Free:**  
**Phone:** 250-706-8146  
**Cell:**  
**Fax:**  
**Email:**  
**Website:** <http://www.soulshineranch.com>

**Address:**  
6722 Fawn Creek Road  
Lone Butte , BC  
V0K1X0

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

### **Products Available:**

#### **Organic Wild Boar - Fall Winter**

Fed a 100% certified organic diet from Canadian Organic Feeds Limited in Chilliwack BC. Our pigs are NOT VACCINATED (which is allowed in organic growing) or medicated in any way. Our pigs are allowed to raise and wean their piglets on their own, not forced to wean at an early age for faster growing. Our pigs are used in a rotational grazing system to eat weeds and tear up stumps and plow the land for planting. The pigs are followed by chickens to break up the parasite/worm cycle naturally with out drugs. Available Seasonally

#### **Organic, free range Chicken - Spring Year Round**

Fed a 100% certified organic diet from Canadian Organic Feeds Limited in Chilliwack BC, absolutely no medications or chemicals. Our chickens are raised by our family and are handled and loved daily by children. Chickens are fed organic veggie scraps and organic milk from our Dexter cows. Our chickens have grass, hills and trees to roam about and live like a chicken until it arrives on your dinner plate. GROWN WITH LOVE!

## Sparkes Corn Barn - 604-794-0198

**Contact:** Ian Sparkes  
**Toll Free:**  
**Phone:** 604-794-0198  
**Cell:**  
**Fax:** 604-794-0178  
**Email:** cornbarn@telus.net  
**Website:** <http://www.chilliwackcorn.com>

**Address:**  
10720 McGrath Road  
Rosedale, BC  
V0X 1X0

**Regions Supplied:** Cariboo Lower mainland Thompson okanagan Vancouver island

### **Company Notes:**

Fresh "Quality Guranteed" sweet corn is picked daily and sold direct within six hours of picking. Chilliwack is known for its excellent corn-growing conditions, producing the best quality corn. From there, the Sparkes Corn Barn goes many steps further in ensuring that our corn's maturity and varieties are second to none. This is why we ship from Vancouver Island to Northern BC and into Alberta. All of our corn is handpicked.

### **Products Available:**

#### Sweet Chilliwack Corn - Fall

Corn on the cob, super sweet, triple sweet and bi-colour varieties. We sell fresh corn by the dozen, 1/2 dozen and also wholesale in watermelon bins holding 50 - 75 dozen each. A watermelon bin fits on a 40" x 48" pallet. All corn is hand picked.

## 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:**



## Stonefield Farm - 250-743-3861

**Contact:** Pat Swan

**Toll Free:**

**Phone:** 250-743-3861

**Cell:**

**Fax:** 250-743-3861

**Email:** stonefield\_farm@yahoo.com

**Website:**

**Address:**

1114 Deerwood Place

Mill Bay, BC

V0R 2P2

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Naturally-raised specialty meats.

**Products Available:**

Naturally Raised Pork - Fall Spring Summer

Grass-Fed Beef - Fall

Naturally Raised Chicken - Year Round

Naturally Raised Turkey - Fall

# Sugar Plum Desserts - 604-534-2282

**Contact:** Tony or Bev Hartzenberg

**Toll Free:**

**Phone:** 604-534-2282

**Cell:**

**Fax:**

**Email:** bev@sugarplumdesserts.com

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

**Address:**

Bldg#5 - 20381 62nd Ave.

Langley, BC

V3A 5E6

**Regions Supplied:** Lower mainland

**Company Notes:**

Sugarplum Desserts is a local, family-owned and operated BC company. Growing steadily from our debut in 1984, we now serve more than 60 varieties of quality desserts. Our specialites include a wide selection of baked cheesecakes, mousse cakes, layered cakes, pre-portioned ready-to-bake cookie dough pucks, and thaw-and-served baked cookies. We make the majority of our dessert products from scratch at our modern facility in Langley, BC. Over 50% of the ingredients used in our products are locally processed. We focus on developing products with high quality, natural ingredients. Our emphasis on quality is the cornerstone of our success and ensures our products meet the demands of today's discerning consumers. All our cakes are uniquely hand decorated, and our premium lines feature signature chocolate decorations, real whipped creams and scratch-made butter creams. Sugarplum is unique in that we are able to provide hand-decorated, customized cakes in different package sizes to large food service distributors, thereby providing more choice and differentiation for their customers' changing desires. We also work closely with smaller distributors and retailers to provide the exact dessert products they require. Finished products can be flash-frozen for maximum freshness and held in cold storage for shipment across Canada. The frozen shelf life is 9 months and the refrigerated shelf life is 3 to 5 days.

**Products Available:**

**Custom Cakes - Year Round**

Uniquely hand decorated, and scratch-made butter creams.

**Cheesecakes - Year Round**

All natural ingredients. Baked and filled with seasonal fruits, topped with fruits or real whipped cream. Hand decorated and available in all sizes.

**Cookie Dough Pucks - Year Round**

Chocolate Chip, oat craisin pumkin seed, double chocolate, pecan chocolate chip, macadamia while chocolate chunks, oat raising, peanut butter, ginger and pistachio double cholcoate. In 1, 2 and 3 oz pucks.

**Tortes - Year Round**

Tall three layer cakes filled and topped with pastry creams or real dairy cream. In 6" to 10" sizes.

# Sumas Mountain Farms - 604-853-6333

**Contact:** Trevor Newton

**Toll Free:**

**Phone:** 604-853-6333

**Cell:**

**Fax:**

**Email:** [info@sumasmountainfarms.ca](mailto:info@sumasmountainfarms.ca)

**Website:** <http://www.sumasmountainfarms.ca>

**Address:**

32500 South Fraser Way

Abbotsford, BC

V2T 4W1

**Regions Supplied:** Lower mainland

**Company Notes:**

Our animals are raised on 100% certified-organic pastures in the heart of the Central Fraser Valley, Abbotsford.

Our beef is dry-aged, and available in small or large quantities, by the cut or by the side, take-your-pick. Certification is through FVOPA.

We also offer specialty products such as pepperoni, jerky, salami, sausage, farmer sausage, and more. Because our beef is 100% grass-fed & finished, the quality of the meat is exceptional, and the flavor is unsurpassed. Plus, it is more nutrient-dense and packed with healthful Omega-3's than conventional beef, which is healthier for you, your family, and the planet.

**Products Available:**

**Apple Juice - Year Round**

Apple Juice from 100% organic heritage apples.

**Beef Products - Year Round**

Tenderloin Steak, Prime-Rib Steak, New York Striploin, Tbone Steak, Sirloin Steak, Sirloin Tip, Prime-Rib Roast, Cross-Rib Roast, Round Roast (Baron-of-Beef), Lean Ground Beef Burgers (4 per pkg), Stewing Beef, Stir-Fry Beef Short Ribs Oxtail, Beef Liver, Beef Heart, Beef Kidney, Beef Tongue, Soup Bones and Beef Bones for Dogs.

**Jerky - Year Round**

Jerky (100% beef)

**Organic Eggs - Year Round**

**Pepperoni - Year Round**

Pepperoni - Regular (100% beef) (6 sticks per pkg) Pepperoni - Hot (100% beef) (6 sticks per pkg) Pepperoni - Extra Long (100% beef) (6 sticks per pkg)

**Salami - Year Round**

Salami (100% beef) Farmer Sausage (100% beef; ready-to-eat)

**Sausages - Year Round**

Sausages (100% beef) (sold in packages of 5. Smokies - Medium (100% beef) - 4 smokies. Smokies - Large (100% beef) - 5

smokies. Bratwurst (100% beef) (4 sausages per pkg)

## Whole Chickens - Year Round

Whole Chickens, Chicken Breasts (Boneless) Chicken Thighs Chicken Drums Chicken Wings, Ground Chicken (finely ground meat, bones)

# Sun Valley Fresh Foods - 250-448-9000

**Contact:** Dean Smith

**Toll Free:**

**Phone:** 250-448-9000

**Cell:**

**Fax:** 250-448-7806

**Email:**

**Website:** <http://www.svff.ca>

**Address:**

#100-2130 Leckie Place

Kelowna, BC

V1Y 7W

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

Sun Valley prides itself on its outstanding service and quality. We have been servicing the Okanagan for over 15 years. We are a specifically fresh only processor with availability of products year round from chopped romaine to dices golden beets, if its a vegetable we probably process it. Processed vegetables in any dimension shape and size. Specifically bagged to the final users specifications. Modified atmosphere to fresh vac pack capabilities. We process combo kits as well like fresh salad kits, fresh past kits with fresh veggies, also fresh sandwiches and veggie snack cups. These products are primarily for convenience and fruit stand type business. It gives the seller an opportunity to feature beautiful fresh made products without having to have the facilities to prepare the dishes on site. The kits come with everything you need to make the product like dressing or sauce and veg blends bowls and labels. Its a complete party in a package!!! Very affordable and convenient...

**Products Available:**

**Wide Variety of Vegetable products - Year Round**

All vegetable products according to their seasonal limits.

**Bagged Veggies - Year Round**

Processed and bagged veggies in a variety of sizes and dimensions.

**Pasta Dish Kits - Year Round**

Fresh pasta dish kits with fresh vegetables.

**Salad Kits - Year Round**

Fresh pre made salads for local vendors in the okanagan.

**Sandwiches - Year Round**

Fresh sandwiches for local gas and convenience stores, as well as fruit stands.

# Superior Tofu Ltd. - 604-251-1888

**Contact:** Rita Cheng

**Toll Free:**

**Phone:** 604-251-1888

**Cell:**

**Fax:** 604-629-0123

**Email:** sales@superiortofu.com

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

**Address:**

1436 E. Pender Street

Vancouver, BC

V5L 1V8

**Regions Supplied:** All of BC

**Company Notes:**

Our processing plant is the only GMP/HACCP certified tofu plant in Canada. We use only non-GMO Canadian soybeans. We also make conventional tofu, soymilk and soy desserts. Only non-GMO Canadian soybeans are used. Most of our tofu is made with calcium sulfate, a natural mineral. Some tofu is made with natural sea salt. All products are certified Kosher (Pareve). Our products are available in retail packs and food services packs. We are able to produce private label products; specially formulated to your specifications. Minimum quantity is required.

**Products Available:**

**Organic Rich and Creamy Soy Beverage (Sweetened). - Year Round**

Same as our all natural unsweetened version and lightly sweetened organic sugar.

**Organic Extra Firm Tofu - Year Round**

Our special home style recipe resulted in Creamy Smooth texture.

**Organic Medium Firm Tofu - Year Round**

**Organic Pressed Tofu - Year Round**

Extremely high in calcium and protein.

**Organic Rich and Creamy Soymilk - Year Round**

The best all natural soymilk. The only ingredients are organic soybeans and water!

**Organic Silken Tofu - Year Round**

**Organic Smooth Medium Firm Tofu - Year Round**

## Sweet Pops Kettle Korn Ltd. - 778-688-7677

**Contact:** Phil Hemmings

**Toll Free:**

**Phone:** 778-688-7677

**Cell:**

**Fax:** 604-942-4098

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

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

**Address:**

#105-1585 Broadway St.

Port Coquitlam, BC

V3C 2M7

**Regions Supplied:** Lower mainland Thompson okanagan

**Company Notes:**

Low in fat, cholesterol free and contains 0 trans fats.

**Products Available:**

**Sweet Pops Kettle Korn Popcorn - Year Round**

Sweet Pops Kettle Korn is a slightly sweet and salty gourmet popcorn which is low in fat, cholesterol free and contains 0 trans fats. The product is produced from popcorn kernels, sugar, salt and coconut oil. It is packaged in an attractive, retro-looking bag that is complete with nutritional information and bar code. Currently the product comes in a snack size (80 g) as well as a family-sized bag (170 g). Several new flavours will be available in 2006.

# 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



# Taves Family Farm - Applebarn - 778.241.1822

**Contact:** Joslin Sanderson  
**Toll Free:**  
**Phone:** 778.241.1822  
**Cell:**  
**Fax:** 888.345.8972  
**Email:** info@applebarn.ca  
**Website:** http://www.applebarn.ca

**Address:**  
333 Gladwin Rd.  
Abbotsford , BC  
V2Y 5Y1

**Regions Supplied:** All of BC

## Company Notes:

Locally grown produce, berries, apples & pumpkins. Catering to restaurants, markets, and families. Call us to experience a taste of the country.

We also grow: Black Currants - Summer Red Currants - Summer Pink Currant - Summer Red Gooseberries - Summer Green Gooseberries - Summer Corn - Late Summer & Fall Apples (several varieties) Late Summer & Fall Pumpkins - Fall Bell Peppers (yellow, orange, green & red) - Spring, Summer, & Fall Stiletto Peppers - very sweet - Spring, Summer, & Fall

## Products Available:

### Cherry - Fall Spring Summer

These are grown hydroponically in our greenhouse and are crisp and flavorful. These are great for salads or vegetable skewers.

### Beefsteak Tomatoes - Fall Spring Summer

We grow large crisp beefsteak tomatoes in our greenhouse. These are great for salads or burgers.

### Butter Head Lettuce - Year Round

We grow beautiful butterhead lettuce hydroponically in our greenhouse. We leave the roots stock on the lettuce to increase it's shelf life.

### Heirloom Tomatoes - Fall Spring Summer

We grow a variety of heirloom tomatoes that are a variety of colours. The flavor of these tomatoes is exceptional and is a great addition to any salad.

### Apple Cider - Fall Winter

We press our own Apple Cider here on our farm made from our own apples. We do not add water or any other ingredients to our Apple Cider. You can get the cider two different ways: Fresh Cider: is UV light pasteurized and is served in plastic containers (like milk jugs). This has a two week shelf life. Glass: Our cider that is served in our unique glass jugs is boiled and will keep on a shelf for years. It only needs to be refrigerated after it has been opened.

### Black Currant and Red Currant Jams - Year Round

On our farm we also grow currants and have made our own black currant and red currant jams. This can be ordered in either 250ml or 125ml class jars.

### Campari Tomatoes - Fall Spring Summer

The red plump tomatoes are a great size for salads and are also grown in our greenhouse.

### Long English Cucumbers - Year Round

Our Long English Cucumbers are a consistent size and have a great flavor. They are grown in a hydroponic greenhouse and we have an aggressive IPM program to reduce or eliminate the need for sprays.

### Mini Cucumbers - Year Round

Our mini cucumbers are very sweet and crunchy. They are grown in a hydroponic greenhouse and we have an aggressive IPM program to reduce or eliminate the need for sprays.

### Red Pepper Jelly - Year Round

We also have a greenhouse where we grow an assortment of veggies, including peppers. We have used the peppers to make a red pepper jelly. This is a spicy red pepper jelly containing jalepenos but it is great with mozzarella sticks, pizza or on chicken.

### Spiced Apple Cider - Fall Winter

We also make another variety of the same cider but we add mulling spices. This is popular at Christmas time and is great cold or served as a warm cider. Some restaurants we have sold to add rum to this warm drink at Christmas time and tell me it is quite popular. The Spiced Cider comes in glass only for clients who are re-selling it but for serving purposes it can be sold in plastic with about a 6 week shelf life.

## The Blue Goose Cattle Company Ltd. - 604-980-9106

**Contact:** Doug Sinclair

**Toll Free:**

**Phone:** 604-980-9106

**Cell:**

**Fax:** 604-980-9146

**Email:** [info@bluegoosecattle.com](mailto:info@bluegoosecattle.com)

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

**Address:**

#123 - 1305 Welch Street

North Vancouver, BC

V7P 1B3

**Regions Supplied:** All of BC

**Company Notes:**

Farm gate to dinner plate quality control. Developing markets for economically-viable and ecologically-sustainable ranching.

**Products Available:**

Beef Jerky, Sausages, Hamburger Patties - Year Round

Chemical and preservative free.

**Certified Organic Beef Products - Year Round**

Our free range, grain-finished beef is raised without the use of antibiotics, growth-inducing hormones, or animal by-products. It is dry-hung and hand cut for exceptional flavour and quality. Fresh block cuts to NAMP standards or flash frozen in individual portions. 2005 winner of "Best Beef in BC," "Chef's Choice", and "Critic's Choice" awards. Featured product in "EAT! Vancouver 2005" exhibit. British Columbia raised and processed beef, distributed from North Vancouver distribution warehouse.

# The Brothaus Bakery Ltd. - 604-826-2829

**Contact:** Allison Whipple

**Toll Free:**

**Phone:** 604-826-2829

**Cell:**

**Fax:** 604-826-4174

**Email:** allisonshipple@telus.net

**Website:**

**Address:**

#11-32912 Mission Way

Mission, BC

V2V 5X9

**Regions Supplied:** Lower mainland

**Company Notes:**

Most of our products have no preservatives, fats, oils, sugars or dairy.

**Products Available:**

**Spelt Cookies - Year Round**

This cookie is a real phenomenon. It is low in fats, sugars and has a wonderful flavour.

**Artisan Breads - Year Round**

We have artisan breads, and all of our breads are hand rolled and baked in an oven straight from Germany. It is a stone deck and we have the ability to push steam through our products, which makes a wonderful end product.

## The Chai Company - 604-940-9887

**Contact:** Jonathon Markham  
**Toll Free:**  
**Phone:** 604-940-9887  
**Cell:**  
**Fax:** 604-940-9881  
**Email:** jonathon@chaico.com  
**Website:** <http://www.chaico.com>

**Address:**  
1-8005 Alexander Road  
Delta, BC  
V4G 1C6

**Regions Supplied:** All of BC

### **Company Notes:**

The Chai Company is a Vancouver based micro-brewer of chai concentrates. Using only natural ingredients, our chai is slow brewed with whole spices and organic tea to ensure the finest flavour. Sweetened with organic sugars results in a chai with the perfect balance of sweetness and spice.

### **Products Available:**

#### **Rooibos Chai - Rooibos Chai Concentrate - Year Round**

Rooibos Chai has all the great taste of slow infused spices in a non-caffeinated Rooibos.

Authentic taste - microbrewed in small batches results in a full bodied flavour profile, spicier and less sweet than most.

Pure ingredients - 85% organic, fresh whole spices, and no additives or preservatives.

#### **Authentic Chai - Black Tea Concentrate - Year Round**

Authentic taste - microbrewed in small batches resulting in a full-bodied flavour profile, spicier and less sweet than most. Based on a recipe carried back from the Karakoram in Pakistan.

Pure ingredients - 85% organic, fresh whole spices, and no additives or preservatives. High mixing ratio - less packaging, less transport, less storage, and less post-consumer waste.

Certified fair trade - 80% fair trade ingredients, the highest percentage in the industry.

Convenient packaging - the only micro-brewed chai in an efficient, durable, and environmentally friendly Tetra Pak package.

# The Farm House Natural Cheese Co. - 604-796-8741

**Contact:** Debra Amrein-Boyes  
**Toll Free:**  
**Phone:** 604-796-8741  
**Cell:**  
**Fax:** 604-796-8741  
**Email:** schoggi@telus.net  
**Website:** <http://www.farmhousecheeses.com>

**Address:**  
5634 McCallum Road  
Agassiz, BC  
V0M 1A1

**Regions Supplied:** Lower mainland Vancouver island

## **Company Notes:**

The Farm House Natural Cheese Co. produces handmade artisan cheeses and specialties from the rich, fresh milk of the farm's own dairy cows and goats. Everything is made right on our family dairy farm in British Columbia's beautiful Fraser Valley. In addition to our shop on the farm, our artisan cheeses are available in fine shops and restaurants around the province. Call for locations and details. Cows' milk cheeses and products include: Cheddar, Cheese Curds, Gouda, Country Morning, Camembert, Brie, Fromage Frais, Creme Fraiche, and Artisan Butter. During the summer months, Gruyere is made from the pasture-grazed milk. Goat milk cheeses include French-style goat cheeses, Brie, Chevre, Feta, Goat Caerphilly, and Cheddar. Fresh bottled goats' milk is also available.

## **Products Available:**

### **Variety of Goat Milk Cheeses - Year Round**

French-style goat cheeses and goat caerphilly and cheddar are available.

### **Handmade Artisan Cheeses - Year Round**

The Farm House Natural Cheese Co. produces handmade artisan cheeses and specialties from the rich, fresh milk of the farm's own dairy cows and from fresh local goats' milk. Everything is made right on our family dairy farm in British Columbia's beautiful Fraser Valley. Cheddar, Cheese Curds, Gouda, Feta, Country Morning, La Pyramide, Camembert, St. George, Brie, Chevre, Fromage Frais and more are available.

## The Granola King - V7P3H1

**Contact:** James Sherst

**Toll Free:**

**Phone:** V7P3H1

**Cell:**

**Fax:** 604-990-4848

**Email:**

**Website:** [greatservice@thegranolaking.com](mailto:greatservice@thegranolaking.com)

**Address:**

The Granola King

107 Bowser Avenue, North Vancouver

British Columbia

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of TERRITORIES A

**Company Notes:**

<http://www.thegranolaking.com>

**Products Available:**

## The Jammery - 250 766-1139

**Contact:** Bill Morrison  
**Toll Free:**  
**Phone:** 250 766-1139  
**Cell:**  
**Fax:** 250 766-3431  
**Email:** [info@jammery.com](mailto:info@jammery.com)  
**Website:** <http://www.jammery.com>

**Address:**  
P.O. Box 2548 Stn R, 8038 97 North  
Kelowna, BC  
V1X 6A6

**Regions Supplied:** Thompson okanagan

### **Company Notes:**

The Jammery is located on 7 acres of agricultural land in Kelowna, BC. Blackberries and raspberries are produced on site and used in our products. Soft fruits are purchased from local growers, processed on site and used in our products and in our restaurants.

### **Products Available:**

#### **Pepper Jelly - Year Round**

Flavours available: Cranberry Jalapeno, Lime Jalapeno, Pineapple Jalapeno, Regular Jalapeno and Red Pepper Jelly. Hand-made in small batches. Available in 125 ml and 250 ml sizes.

#### **Jams with Added Liqueurs - Year Round**

Flavours available: Strawberry Jam with Grand Marnier, Blueberry Jam with Amaretto, Blackberry Jam with Tequila, Raspberry Jam with Kirsch, Orange Marmalade with Drambuie. Hand-made in small batches using BC Fruit. All jams contain more than 50% fruit. Alcohol content under 1%. Available in 125 ml and 250 ml sizes.

#### **Summer Harvest Jams - Year Round**

Flavours available: Apple, Apple Cinnamon, Blueberry, Blackberry, Bumbleberry, Cherry, Apricot, Peach, Plum, Raspberry, Saskatoon, Strawberry, Orange Marmalade and Apple Jelly. Hand-made in small batches using BC fruits. All jams contain more than 50% fruit. Available in 110 ml and 250 ml sizes.



## The Oyster Man - 250-505-3251

**Contact:** Brent Petkau

**Toll Free:**

**Phone:** 250-505-3251

**Cell:**

**Fax:** 250-935-0027

**Email:** oysterman@telus.net

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

**Address:**

Box 235

Whaletown, BC

V0P 1Z0

**Regions Supplied:** All of BC

**Company Notes:**

My oyster and clam business promotes a "Grower Direct" relationship with shellfish lovers of the world.

**Products Available:**

**Fresh Oysters, Clams - Year Round**

For the finest live oysters, clams and mussels, please contact the Oyster Man of Cortes Island, BC. I invite everyone in Canada to have a "love affair" with a premium-quality, oyster-eating experience.

**The Oyster Man's Gourmet Smoked Oysters - Year Round**

Available in 70 g tins. Processed and certified in a federally-inspected facility. Tantalize your taste buds with a sensational British Columbian product. Fresh Pacific oysters in a simple marinade of oyster nectar, sugar and salt. Natural hardwood smoke with absolutely no artificial ingredients or added oils. For a "Lusty Bit of Nourishment," please contact The Oysterman.

# The Pickle Patch Sales - 250-428-8980

**Contact:** Charlene Rast

**Toll Free:**

**Phone:** 250-428-8980

**Cell:**

**Fax:**

**Email:** [picklepatch@westcreston.ca](mailto:picklepatch@westcreston.ca)

**Website:**

**Address:**

973 Reclamation Road

Creston, BC

V0G 1G7

**Regions Supplied:** Kootenay

**Company Notes:**

Pickles are our specialty with our fresh naturally grown vegetables from our farm or purchased from local growers. We have a limited production and our products are unique and Naturally Organic.

**Products Available:**

**Pickles and pickled Carrots - Year Round**

Small pickling cucumbers and baby carrots grown from our garden are picked and pickled fresh to make these crunchy and tasty pickles of Dilled Cucumber Pickles and Dilled Carrots. HOT or NOT. We have added chili peppers to these old favorites to bring a new zing to these pickles. Two types of Dilled Asparagus with their distinct unique tastes making them irresistible for any pickle lover. Available in 1L Jars.

**Sassy Salsa Sauce - Year Round**

Sassy Salsa Sauce-made from our fresh garden tomatoes to our sweet green peppers, this garden salsa makes a tasty treat when served with tortilla chips or taco's. Available in 500ml and 1L jars.

**Best Bread - Year Round**

More sweet Pickles- Best Bread

**Pickled Eggs - Year Round**

2 varieties. Perky pickled Eggs and Mellow Mustard Pickled Eggs. The eggs used to make the pickled eggs are produced from our free-range hens that have access to outside pastures.

**Sweet Beet pickles - Year Round**

Sweet Beet pickles- Old time favourite recipes with a twist - 3 varieties. Spiced beet Pickles, Caraway Beet Pickles and Cinnamon Beet Pickles add a burst of color and spicy flavor to any meal. Available in 500ml and 750ml jars.

## The Tartan Pie - 250-713-1784

**Contact:** Theresa Curtiss and Derek Kercher

**Toll Free:**

**Phone:** 250-713-1784

**Cell:**

**Fax:**

**Email:** [info@thetartanpie.com](mailto:info@thetartanpie.com)

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

**Address:**

1430 Errington Road

Errington, BC

V0R 1V0

**Regions Supplied:** Vancouver island

**Company Notes:**

Meat and fruit pies with a tasty and flaky crust. Seasonal fruit varieties using local fruit when available. We bake in small batches using our original recipes.

**Products Available:**

Sausage Rolls - Year Round

Fruit Flans and Fruit Pies - Year Round

Fruit Flans and a variety of fruit pies. Seasonal fruit varieties using local fruit when available. Available fresh or frozen.

Meat Pies - Year Round

Meat Pies with a tasty and flaky crust. Available fresh or frozen.

# The Udder Guy's Ice Cream Co. Ltd. - 250-954-5555

**Contact:** John Alexander  
**Toll Free:**  
**Phone:** 250-954-5555  
**Cell:**  
**Fax:** 250-954-0755  
**Email:** udderguys@shaw.ca  
**Website:** <http://www.udderguysicecream.com>

**Address:**  
3427 Gibbins Road,  
Duncan, BC  
V9L 6E6

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

## **Company Notes:**

Our "old fashioned" Super Premium ice cream, is manufactured in Duncan on Vancouver Island, We have been in business since 1999. Please refer to "Udderguysicecream.com" for locations available. We currently produce 24 different flavours, each with their own unique base, for over 120 fine food retailers and restaurants. We also have our own parlour in beautiful Cowichan Bay, on Vancouver Island. Our ice cream has no artificial additives, preservatives, and we use cream, instead of modified milk products. We use local cherries, raspberries, strawberries, blackberries, We husk, shred, and roast all of our own coconut to avoid commercial shredded coconut. Our candied ginger is from fresh ginger root. We make our own chocolate chip cookies, fudge, use local red grapes. We create "Bricks" for the restaurant industry, and 200 ML. containers for the "Novelty" section of retailers

## **Products Available:**

### **Ice Cream - Year Round**

500 ml. containers 24 unique flavours

200 ml. containers 10 unique flavours

Brick shape for restaurants, 9" X 4" X 4" wrapped in parchment paper 12 unique flavours

## The Vinegar Works at Valentine Farm - 250-494-7300

**Contact:** B. Kim Stansfield

**Toll Free:**

**Phone:** 250-494-7300

**Cell:**

**Fax:** 250-494-7399

**Email:** [veggies@valentinefarm.com](mailto:veggies@valentinefarm.com)

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

**Address:**

10216 Gould Avenue

Summerland, BC

V0H 1Z8

**Regions Supplied:** Thompson okanagan

**Company Notes:**

We produce high-quality artisan food products that are organically grown and processed. We rely on ecologically-based practices such as biological and cultural pest management and the conservation of non-renewable resources. Our products are handcrafted using Old World techniques in limited runs.

**Products Available:**

**Certified Organic Coronation Grapes - Summer**

1 ton available.

**Certified Organic Gewurztraminer White Wine Vinegar - Year Round**

200 ml organically grown and organically processed, handcrafted using Old World techniques in limited runs. Beautiful packaging available.

**Certified Organic Raspberries - Summer**

1 acre available.

**Fruit Infused Vinegars - Year Round**

Apricot, plum, raspberry, and elderberry are available, but quantities are not as great. Please call for availability.

## Thomas Reid Farms Ltd. - 604-856-5050

**Contact:** Brad Reid

**Toll Free:**

**Phone:** 604-856-5050

**Cell:** 604-308-8200

**Fax:** 604-856-9093

**Email:** bkreid@direct.ca

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

**Address:**

5050 244 Street

Langley, BC

V2Z 1G5

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

Thomas Reid Farm is BC's first certified organic chicken farm. The farm is owned and operated by Brad Reid and his family. They are committed to producing the most natural organic chicken in the world. Certified Organic Chicken= No Pesticides or Medication. Thomas Reid Farm's chicken is sold fresh, or frozen whole or in cut-parts.

**Products Available:**

Organic Whole Chickens and Products - Year Round

Certified organic chicken, whole, pieces, sausage, marinated chicken wings, and chicken broths.

## 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.

## Tocino Foods Inc. - 604-231-1937

**Contact:** Haydee Alonzo

**Toll Free:**

**Phone:** 604-231-1937

**Cell:**

**Fax:** 604-249-3629

**Email:** haydee@tocinofoods.com

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

**Address:**

3540 Barga Drive

Richmond, BC

V8X 2R5

**Regions Supplied:** Lower mainland

**Company Notes:**

Haydee's Delight are frozen cured pork products, moderately sweet and marinated in pineapple, 100% pork, leaner quality, no fillers, no MSG added, no artificial food colour. Healthy and nutritious.

**Products Available:**

**Haydee's Delight Gourmet Tocino Pork - Year Round**

Moderately sweet, thin-cut pork shoulder blade, marinated in pineapple. No MSG added. No artificial food colour for a leaner quality. No fillers. Each package weighs 375 g in a golden vacuum packaging. Manufactured by federally-inspected plant. Institutional packages available upon request.

**Haydee's Delight Gourmet Longaniza Pork Sausage - Year Round**

Moderately sweet, frozen cured pork sausage, enhanced with pineapple. 100% pork, no fillers, no MSG added, no artificial food colour for a leaner quality. Manufactured by federally-inspected plant, vacuum packed, in a golden package. Each package contains 12 sausage link at 375 g. Institutional packages available upon request.



## Traehus Haven Farm - 250-248-8754

**Contact:** Bev Roberts or Pete Pottruff

**Toll Free:**

**Phone:** 250-248-8754

**Cell:**

**Fax:**

**Email:** thaven@shaw.ca

**Website:**

**Address:**

P.O. Box 294

Errington, BC

V0R 1V0

**Regions Supplied:** Vancouver island

### **Company Notes:**

Our pork is from hogs raised on a small farm. They are fed Vegetarian feed with no hormones or antibiotics. Feed is of a maintenance ration and therefore meant for animals living longer lives and not force fed. Hogs take a little longer to reach market size. They are loose housed with lots of room to roam and have shavings and hay/straw bedding. Our butcher works with us to prepare packages of any sizing and all specialty orders. A hands on operation with close contact between owners and animals.

### **Products Available:**

#### **Pork Products - Year Round**

Pork from hogs raised on small farm. Vegetarian feed with no hormones or antibiotics. Feed is of a maintenance ration and therefore meant for animals living longer lives and not force fed. Hogs take a little longer to reach market size. Loose housed with lots of room to roam and have shavings and hay/straw bedding. Our butcher works with us to prepare packages of any sizing and all specialty orders. A hands on operation with close contact between owners and animals.

# Triple F Farms - 250-498-3623

**Contact:** Ruth McDonald

**Toll Free:**

**Phone:** 250-498-3623

**Cell:**

**Fax:** 250-498-3623

**Email:** ruth\_mcdonald@hotmail.com

**Website:**

**Address:**

RR2 S15 C17

Oliver, BC

V0H 1T0

**Regions Supplied:** Thompson okanagan

## **Company Notes:**

I own a small-scale farm in the Okanagan. Most of my farm consists of a wetland. The balance, which I run myself, is a mix of certified-organic fruits and asparagus. We sell to Alberta residents as well.

## **Products Available:**

**Asparagus - Spring**

Certified organic, LEOGA #421

**Apricots - Summer**

Certified organic, LEOGA #421

**Cherries - Summer**

Certified organic, LEOGA #421

**Peaches - Summer**

Certified organic, LEOGA #421

**Plums - Summer**

Certified organic, LEOGA #421

## TSR Farms - 604-823-4475

**Contact:** Sue Knudsen

**Toll Free:**

**Phone:** 604-823-4475

**Cell:**

**Fax:** 604-823-6675

**Email:** sueknudsen@shawcable.com

**Website:**

**Address:**

42784 South Sumas Road

Chilliwack, BC

V2R 4L7

**Regions Supplied:** Lower mainland

**Company Notes:**

Family-run farm, no heating, no artificial light, all naturally grown. We use bugs to fight bugs. We sell mostly in the Fraser Valley and a small amount in the Cariboo.

**Products Available:**

Green, Yellow, Orange - Fall Summer

No pesticides, no forced production, vine ripened. Picked fresh when ordered for best shelf life.

Flamingo Long English Cucumbers - Fall Summer

No pesticides, green house grown - not forced. You can buy one cuke to hundreds at a time. Fresh picked when ordered to give good shelf life and great flavour.

Quest Beefsteak Tomatoes - Fall Spring Summer

Greenhouse grown, not forced, pesticide free. You can buy 1 tomato to hundreds of pounds. Not pre-picked; picked fresh to fill the order placed. Vine ripened.

## Udder Guy's Ice Cream Co.Ltd - 250-746-4331

**Contact:** Yves A.Muselle

**Toll Free:**

**Phone:** 250-746-4331

**Cell:**

**Fax:** 250-597-4332

**Email:** udderones@shaw.ca

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

**Address:**

#2-2984 Boys Road

Duncan, BC

V9L 6W4

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

We have an ice cream and retro candy parlour in beautiful Cowichan Bay on Vancouver island which is open year round. Summer hours are from 10am to 9pm and winter hours are from 10:30 am to 6pm closed Mondays. Our parlour has 24 unique flavours to serve. For information call (250)746-4300

**Products Available:**

### Udder Guys Premium Old Fashioned Style Ice Cream - Year Round

Old Fashioned Style super premium Ice Cream is manufactured in Duncan on Vancouver Island. We have been in business since 1999. We currently produce 16 different flavours for food retailers and restaurants and 24 flavours for parlours. We have also an ice cream and retro candy parlour in beautiful Cowichan Bay on Vancouver Island. Our ice cream uses no artificial additives,preservatives, flavourings or colorants. We use local milk and cream which makes our ice cream rich and creamy.We also use local berries and fruit from local suppliers. Our ice cream is as natural as you can get with no emulsifiers or stablizers, just cream.

### Udder Guy's Ice Cream - Year Round

Available year round 500ml containers 16 unique flavours sold in over 200 grocery outlets 5.7lt pail containers sold to ice cream parlours and restaurant outlets Wholesale suppliers: Vancouver Island-PSC Mainland- Unifi

# Untamed Feast - 250-896-5243

**Contact:** Eric Whitehead

**Toll Free:**

**Phone:** 250-896-5243

**Cell:**

**Fax:**

**Email:** eric@untamedfeast.com

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

**Address:**

#4 1140 Tattersall Drive

Victoria, BC

V8P-1Y7

**Regions Supplied:** Vancouver island

**Company Notes:**

Untamed feast harvests specialty wild products. Eric and Michelle Whitehead, respectfully harvest gourmet, wild mushrooms throughout beautiful British Columbia. All of the mushrooms we harvest are gourmet edible species which have long been enjoyed in epicurean circles. These mushrooms are non-cultivable, they are gathered from secret, wild remote regions in BC the old fashioned way... with high hopes, hard hiking and a lot of knowledge based on previous harvest years. We harvest all our mushrooms ourselves. We do not hire harvesters. We dry them the same day as harvest to less than 10% residual moisture, In a special commercial mobile food dehydrator. We market them ourselves to some great retail locations and a few of the finest restaurants on the Island. From soil to sale, these gourmet wild mushrooms have been in our care alone. We work with local food enthusiasts to make these products easily available for your pleasure.

**Products Available:**

**Frozen Porcini Mushrooms - Fall Spring Summer**

Other products: We also serve select clients with frozen Porcini mushrooms as well as other species. Please contact us for more information.

**Bulk dried 'Forest Blend' mushrooms - Year Round**

Bulk dried 'Forest Blend' mushrooms any size over 1 pound.

**Bulk dried morel mushrooms - Year Round**

Bulk dried morel mushrooms any amount over 1 pound. Various sizes.

**Bulk dried Porcini mushrooms - Year Round**

Bulk dried Porcini mushrooms any volume over 1 pound.

**Wild 'Forest Blend' mushrooms - Year Round**

Wild 'Forest Blend' mushrooms, retail package 20g with recipe inside serving 3-4. lobster mushroom, porcini, Red-top, Chanterelles.

**Wild Morel Mushrooms - Year Round**

Wild Morel mushrooms, retail package 20g with recipe inside serving 3-4.

**Wild mushroom gravy mix - Year Round**

Wild mushroom gravy mix. Gluten free, makes 1.5 cups. Made with Porcini and Red-top mushrooms.

**Wild Porcini - Year Round**

Wild porcini(Cep,King Boletus,Steinpilz) mushrooms, retail package 20g with recipe inside serving 3-4.

## 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.

## Vancouver Bartending - 604-363-0339

**Contact:** Ray Nejad

**Toll Free:**

**Phone:** 604-363-0339

**Cell:**

**Fax:**

**Email:** rayenejad@gmail.com

**Website:** <http://www.vancouverbartender.ca>

**Address:**

202-3991 Henning Drive

Burnaby, BC

V5C 6N5

**Regions Supplied:** Lower mainland

**Company Notes:**

Vancouver Bartending Experienced hospitality professionals for stress free entertaining, provides cocktail bartenders for any type of event. Relax,enjoy,and impress your Guests.

We take a personal approach in helping our clients enjoy their own events, including Wedding,reception,anniversary,engagment and birthday parties,fundraisers,grand Openings Backyard,corporate Events,holiday celebrations, and alcohol free events.

Please give us a call if you require bartending services at your event!

**Products Available:**

**Bartending Services - Year Round**

A wide range of drinks available, including some of our specialties; Fuzzy Comfort, Mojito, Sex on the Beach, Apple Martini, Lemon Drop and more.... Please visit our website for more information.



## Vegan Vices - 778-888-3426

**Contact:** Alan Munro

**Toll Free:**

**Phone:** 778-888-3426

**Cell:**

**Fax:**

**Email:** [info@veganvices.com](mailto:info@veganvices.com)

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

**Address:**

14-7621 Vantage Way

Delta, BC

V4G 1A6

**Regions Supplied:** Lower mainland

**Company Notes:**

Chi (pronounced "chee") Cake is a sinlessly delicious, authentic-tasting alternative to high-fat, dairy-based cheesecake. Gluten free and made fresh locally with organic ingredients, Chi Cake gives you all the satisfying flavour of cheesecake, without any cholesterol, lactose or trans fats.

Half the fat of cheesecake!

**Products Available:**

**Chi Cake - Year Round**

Chi Cake, a vegan, gluten free alternative to high-fat, dairy cheesecake. Available in 6" frozen retail box, lemon New York flavour or in 8" foodservice size.

# Village Cheese Co. - 250-308-2516

**Contact:** Dwight Johnson

**Toll Free:**

**Phone:** 250-308-2516

**Cell:**

**Fax:** 250-546-8659

**Email:** [vcheese@villagecheese.com](mailto:vcheese@villagecheese.com)

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

**Address:**

3475 Smith Drive

Armstrong, BC

V0E 1B1

**Regions Supplied:** All of BC

**Company Notes:**

The Village Cheese Company is a micro cheese plant based on the estate winery concept. Our old fashion good times atmosphere will return you to a time when life was relaxed and fun. A time when delicious cheese was as close as your local dairy.

**Products Available:**

**Edam -**

Village Edam Cheese, Village Gouda Cheese, Village Smoked Gouda. Please visit our website for ordering information.

**Butter Cheeses -**

Konig Strasse Butter Cheese, Konig Strasse Butter Cheese, Amber Ale Beer-Ripened Soft Cheese. Please visit our website for ordering information.

**Cheddar Cheeses - Year Round**

A wide range of select Cheddar Cheeses, from Curds to Raw Milk, Mild - Extra Old. Please visit our website for ordering information.

**Flavour Cheddar Cheeses - Year Round**

Smoked Wild Salmon, Cointreau Cheddar, Canadian Maple, Westwold (Onion

**Monterey Cheeses - Year Round**

Monterey Lemon Twist , Monterey Habanero -Very Hot with Habanero Peppar, Monterey Jack, Jalapeno Monterey,Peppery Jack Monterey, Hot HorseradishMediterranean Monterey-Sun Dried Tomato

**Parmesan Cheese - Year Round**

Delectable Parmesan Cheese. Please visit our website for ordering information.

**Swiss Cheese - Year Round**

Creamed Harvarti Cheese. Please visit our website for ordering information.

## Vista D'oro Farms - 604-514-3539

**Contact:** Lee Murphy

**Toll Free:**

**Phone:** 604-514-3539

**Cell:**

**Fax:**

**Email:** [info@vistadoro.com](mailto:info@vistadoro.com)

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

**Address:**

20856 4th Avenue

Langley, BC

V2Z 1T6

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

Vista D'oro Farms offers artisanal jams using traditional cooking methods combined with distinctive flavour pairings. Our jams are produced in small batches using copper pots and in-season fruits, much of which is grown naturally on our 10-acre farm in South Langley. Our jams are made to be enjoyed with fresh baked scones, hot buttered toast, pancakes and crepes. Some of the jams are also wonderful with cheeses and as an accompaniment with pork or fowl, as well as straight out of the jar! We have created 5 flavours for each season; available in 100 ml, 200 ml & 290 ml.

**Products Available:**

**Green Tomato with Garam Masala Jam - Fall**

Use as a sweet condiment with spicy foods, such as samosas, or with scallops or goat cheese.

**Black Cherry - Spring**

Wonderful with a savoury cheese scone or alongside grilled duck. Available seasonally.

**Blueberry - Spring**

Delicious over vanilla ice cream and perfect for a "morning after" breakfast! Available seasonally.

**Caramel Apple with Dark Rum Jam - Summer**

A lovely complement to pork tenderloin or warm up and serve over ice cream.

**Citrus - Year Round**

An Asian-inspired marmalade, heavenly over vanilla pound cake or simply on buttered toast.

**Kumquat with Vanilla Vodka Jam - Winter**

No, this is not a martini! But you'll want to eat it by the spoonful or spooned over French Vanilla ice cream.

**Orange Cardamom - Winter**

A warm blend of citrus and spice, perfect for crepes and a lovely treat with duck.

**Peach - Summer**

A flavourful combination: elegant enough for the fanciest tea parties, simple served alongside lemon pound cake.

**Peach - Summer**

Serve over homemade peach ice cream for the ultimate summer dessert! Available seasonally.

#### **Pear - Fall**

Excellent with creamy camembert and crackers.

#### **Pear - Fall**

One of my first and favourites! Lovely on crepes or on simple white toast with lots of butter!

#### **Pink Grapefruit with Champagne Jam - Winter**

A fabulous, pretty pink treat for Sunday brunch or afternoon high tea.

#### **Plum with Vanilla - Summer**

Excellent on buttered toast or with grilled chicken.

#### **Raspberry - Summer**

Great with strong cheese or to finish a rich chocolate dessert with something special.

#### **Rhubarb - Spring**

A lovely pairing, wonderful with ice cream, scones or pound cake.

#### **Spiced Apple - Fall**

Perfect for your turkey dinner! Just the right amount of spice and sweetness.

#### **Strawberry - Spring**

A classic combination, perfect for Sunday brunch or afternoon high tea or straight out of the jar! Available seasonally.

#### **Strawberry with Balsamic - Spring**

An elegant pairing for soft goat cheese or use in a vinaigrette over wild greens. Available seasonally.

#### **Turkish Fig with Walnut Wine Jam - Winter**

A delicious combination using walnut wine produced on our farm. Excellent with pork tenderloin, crackers

#### **Wild Blackberry Jam - Summer**

Nothing but blackberries and sugar - why mess with perfection?! Spoon into tart shells for a simple dessert.

## Vitalus Nutrition Inc. - 604-857-9080

**Contact:** Cornelia DeLong

**Toll Free:**

**Phone:** 604-857-9080

**Cell:**

**Fax:** 604-857-0843

**Email:** [nutrition@vitalus.com](mailto:nutrition@vitalus.com)

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

**Address:**

3911 Mt. Lehman Road

Abbotsford, BC

V4X 2N1

**Regions Supplied:** All of BC

**Company Notes:**

Vitalus is a leading global supplier of customized food and nutritional ingredients for the food processing industry. Food manufacturers are demanding more from the ingredients they use: healthier and more nutritious, easier to incorporate into existing formulations, with a unique identity to provide the springboard for cutting-edge finished products.

Vitalus partners with customers to meet their requirements for new products, new formulations and new ingredients that contribute to healthier living and innovative product development. Vitalus supplies "nutrifunctional" products to the industry; products that provide nutritional and/or functional benefits to ensure that our customers can create value-added finished products with cost-effective ingredients of the highest quality. Vitalus attracts only the most dedicated, highly skilled, and experienced employees to work in our state-of-the-art manufacturing facilities. The Vitalus team provides superior customer service and technical support to clients around the world.

**Products Available:**

**INPRO 90 - Whey Protein Isolate - Year Round**

INPRO 90 is a whey protein isolate manufactured using a gentle cross-flow microfiltration technique. This versatile and undenatured protein product is suitable for a variety of applications such as sport, health and fitness products.

**INPRO 34 - Whey Protein Concentrate - Year Round**

INPRO 34 is a whey protein concentrate manufactured from sweet cheese whey and gently spray-dried to maintain product quality and integrity.

INPRO 34 is an excellent replacer for skim milk powder. The functional and nutritional aspects of whey protein concentrate make it suitable for a wide variety of food and feed applications. 34% Whey Protein Concentrate.

**INPRO 80 - Whey Protein Concentrate - Year Round**

80% Whey Protein Concentrate

INPRO 80 is a whey protein concentrate with both nutritional and functional characteristics, making it an excellent natural food ingredient.

# Walcan Seafood Ltd. - 250 285 3361

**Contact:** Donna Hogarth  
**Toll Free:**  
**Phone:** 250 285 3361  
**Cell:**  
**Fax:** 604 608 4911  
**Email:** c.johnson@walcan.com  
**Website:** <http://www.walcan.com>

**Address:**  
Box 429  
Heriot Bay, BC  
V0P 1H0

**Regions Supplied:** Lower mainland Vancouver island

## Company Notes:

Since 1990 Walcan has been turning smoked salmon into thermally processed fillets in a gold foil pouch. Our thermal (retort) processes are registered with the FDA and CFIA. We have recently passed with flying colours an audit with CFIA.

Walcan is very interested in creating business relationships with the food service industry. Retorting is not done precisely 12 months of the year, and obviously all salmons are not available 12 months of the year, but we will try to be flexible and accomodating.

## Products Available:

### Walcan Candied Wild Smoked Pink Salmon - Year Round

Gold foil retort pouch Candied Wild Smoked Pink Salmon - Ingredients: upon request - 227 gram available. Occasionally this product is available in other sizes and with the use of Wild Chums. NOT KOSHER and shelf stable - no refrigeration required.

### Walcan Brand Canned Sockeye Salmon - Year Round

Hand packed from high oil content sockeye salmon. We strive to have the best canned sockeye salmon in the world; occasionally selling out before the end of the summer.

### Walcan Ice Wine Wild Smoked Pink Salmon - Year Round

Gold foil retort pouch Ice Wine Wild Smoked Pink Salmon - Ingredients: Pink Salmon, Sugar, Okanagan Ice Wine, Sea Salt and natural wood smoke. 100 gram size avaialbe. NOT KOSHER and shelf stable - no refrigeration required.

### Walcan Smoked Farm King Salmon - Year Round

Gold foil retort pouch Smoked Farm King Salmon - A very consistent and good oil content product. Ingredients: Farm King Salmon, Sea Salt and natural wood smoke. Sizes range from 113 grams to 454 grams. 60 gram sugar kings available. Kosher and shelf stable - no refrigeration required.

### Walcan Smoked Wild Sockeye or Smoked Wild - Year Round

Gold foil retort pouch Smoked Wild Sockeye or Smoked Wild Pink Salmon - We strive to use the highest oil content salmon. Ingredients: Wild Sockeye or Wild Pink Salmon, Sea Salt and natural wood smoke. Sizes range from 60 grams to 454 grams. Occasionally 227 gram Sugar Smoked Sockeye pouches available. Kosher and shelf stable - no refrigeration required.

### Wild Maple Wild Smoked Pink Salmon - Year Round

Gold foil retort pouch Maple Wild Smoked Pink Salmon - children love it! Ingredients: Pink Salmon, Organic Canadian Maple

Syrup,

Sugar, Sea Salt and natural wood smoke. 100 gram size available. Kosher and shelf stable - no refrigeration required.

## Whistler Cooks Fine Foods - 604-938-8835

**Contact:** Hilarie Cousar  
**Toll Free:**  
**Phone:** 604-938-8835  
**Cell:**  
**Fax:** 604-938-8814  
**Email:** hilarie@whilstercooks.com  
**Website:** <http://www.whilstercooks.com>

**Address:**  
#4 - 1345 Alpha Lk. Road  
Whistler, BC  
V0N 1B1

**Regions Supplied:** Lower mainland

### Company Notes:

Chef Grant Couser creates a unique line of fresh dressings and sauces. Whenever possible he uses locally grown fruits and herbs to prepare these delicious recipes. Professionally, Grant has cooked in many restaurants from award winning fine dining to casual high volume. Grant studies at renowned Dubrulle Culinary School in Vancouver, BC. He and his wife Hilarie now own and operate Whistler Cooks Catering Company, Whistler's premier catering company. Grant enjoys his role with the Whistler Farmers Market as a vendor and director for five years, currently serving as President. This role has fostered a more informed approach to food and our customer with the best products we can provide. Grant and Hilarie, with their love of life in the mountains, are the spirit behind our food that has grown to encompass the local ingredients in the refinements of a French classical background mixed with the Pacific Rim's Asian and Northwest flavours. All of our recipes are prepared in our commercial kitchen. Extreme care is taken to prepare our recipes in a low risk manner. We do prepare fresh sauces and as such these products do require refrigeration or chilling. We are an approved facility by the Coast Garibaldi Health Unit and all staff have extensive training and in particular food safe training. All products labels contain ingredients, handling instructions and a best before date.

### Products Available:

#### Oven Dried Cherry Vinaigrette - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include cherries, canola oil, onions, Dijon mustard, vinegar, brown sugar, salt and pepper.

#### Balsamic Blackberry Vinaigrette - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include brown sugar, white wine

#### Basil Pesto Vinaigrette - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include basil, onion, garlic, pine nuts, olive

#### Candied Ginger Sesame Vinaigrette - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include ginger, canola oil, onions, white wine vinegar, sugar, mustard, sesame oil, salt and pepper.

#### Mint Dijon Tappenade Sauce - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include mint, Dijon mustard, olives, garlic, onions, olive

#### Miso Hone Cilantro Sauce - Year Round

Net quantity 250 ml; always keep refrigerated. Ingredients include Miso paste, honey, cilantro, white wine vinegar, canola oil,



onion, Dijon mustard, salt and pepper.

## Wild Side Foods - 604-931-7530

**Contact:** Jack McGuire

**Toll Free:**

**Phone:** 604-931-7530

**Cell:**

**Fax:**

**Email:** mcguirejd@telus.net

**Website:**

**Address:**

1015 Quadling Ave.

Coquitlam, BC

V3K 2A9

**Regions Supplied:** Lower mainland

### **Company Notes:**

Wild Side Foods produces high-quality smoked salmon by using quality fish and ingredients in all our products. We use only wild Pacific salmon and strict quality controls. All fish is selected for the highest quality and prepared and produced in a federally-certified fish processing facility. Small batches and careful monitoring of all ingredients ensure moist, evenly smoked fish where the taste of the sea is preserved.

### **Products Available:**

#### **Candy Style Smoked Salmon - Sockeye - Year Round**

Sweetened and smoked, ocean run, sockeye salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb. each. Strips of sweetly smoked salmon, used as finger food or in salads.

#### **BC Smoked Salmon (traditional style) - Year Round**

Hot-smoked, ocean-run chum salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb each. Moist and flavourful, without a real salty taste. Best in spreads or cooking.

#### **Candy Style Smoke Salmon - Chum -**

Sweetened and smoked, ocean-run chum salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb each. Strips of sweetly smoked salmon; great trail food.

#### **Lox Smoked Salmon - Year Round**

Triple cold-smoked, ocean-run chum salmon, using alder wood smoke, vacuum packed and frozen in portions weighing approximately 1/2 lb each. Melt in your mouth, with ample smoke and cure. Best with cream cheese on a bagel.

## Wild WestCoast RainForest Products - 604-414-3907

**Contact:** Susan Canning

**Toll Free:**

**Phone:** 604-414-3907

**Cell:**

**Fax:**

**Email:** scanning58@gmail.com

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

**Address:**

5834 Willow Avenue

Powell River, BC

V8A 4P8

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

Wild WestCoast RainForest Products is a home based business producing jams, jellies, syrups, chutneys and salsas from wild Pacific Coast fruits. Jars and labels are simple and elegant and made in house. All fruit products are made in small batches from original recipes. A minimum amount of sugar is used allowing the wild flavours of the fruit to stand out. Many of my customers send my products to friends and relatives for a uniquely Canadian taste of the wild Rain Forests of the Pacific Coast.

**Products Available:**

**No Sugar Heritage Apple Syrup - Fall Spring Winter**

A unique syrup/sweetner made from pure unsprayed apple juice. Juice is reduced like maple syrup to 1/8 of it's original volume. No sugar is added to the syrup and the flavour is delightfully sweet and sour. Great for sugar reduced diets.

**Chutneys - Fall Spring Winter**

118 mil jars. Spicy East Indian style chutneys made with wild fruit, onions, garlic, spices. Great with Indian food, cheeses and as garnish with fish. Salmon Berry Huckleberry. Available Seasonally.

**Salsas - Fall Spring Winter**

118 mil jars. Hand harvested unsprayed wild fruit combined with unsprayed heritage apples. Spicy in flavour and great with grilled chicken or pork, omelettes and of course with corn chips. Red Huckleberry

**Wild Fruit Jam - Fall Spring Winter**

118 mil and 45 mil jars. Hand harvested, unsprayed fruit, produced in small batches, unique flavours, original recipes, simple

**Wild Fruit Jelly - Fall Spring Winter**

118 mil and 45 mil jars. Hand harvested, unsprayed fruit, produced in small batches, unique flavours, original recipes, simple

**Wild Fruit Syrups - Fall Spring Winter**

250 mil jars. Hand harvested, unsprayed fruit, produced in small batches, unique flavours, original recipes, simple

# Wineland Dressings - 250-496-5345

**Contact:** Peter Young

**Toll Free:**

**Phone:** 250-496-5345

**Cell:**

**Fax:**

**Email:** pdsy@shaw.ca

**Website:** <http://www.wineland.ca>

**Address:**

PO Box 196

Naramata, BC

V0H 1N0

**Regions Supplied:** Bulkley nechako Cariboo Peace Thompson okanagan

**Company Notes:**

Wineland Dressings was founded in 2000 by Peter and Valencia Young, when Peter, who was Executive Chef at Hillside Estate Winery in Penticton, was being constantly asked by restaurant clientele if they could buy the salad dressings served in the Barrel Room Bistro. Its location at a winery meant there was easy access to bottles, corks, labels, etc. There is also a tasting room and wine shop, a natural outlet for products. A small trial batch of Roast Garlic Balsamic Vinaigrette was produced and bottled, which very quickly sold out. Wineland Dressings was born, and we soon added the Raspberry and Black Pepper Vinaigrette. Our salad dressings are hand made in small batches from the finest available ingredients, locally-sourced where possible, and to the highest standards. All of our products are gluten free and contain no artificial thickeners, stabilizers or preservatives.

**Products Available:**

**Peach Chutney - Year Round**

Made from Okanagan Peaches. Great with Chicken, Seafood or Pork. Moderately spicy it goes well with curries and samosas a nice change from the usual mango. Also really nice with cheese, try it on a baked brie. available in 275ml jars 12 to a case.

**Blueberry Vinaigrette - Year Round**

The antioxidant properties of blueberries with lemon juice and white wine vinegar make this dressing a delight for summer salads of spinach or mesclun greens. Also nice with composed salads like Fennel and Orange. Made with Fraser Valley Blueberries in small batches to my own original recipe. Gluten Free and suitable for diabetics. Available in 375ml bottles 12 to a case or food service 4litre jug

**Cherry Chutney - Year Round**

Made from Okanagan Cherries with roasted garlic and fresh shallots, this medium spicy chutney is great with curries

**Cilantro - Year Round**

A refreshing zingy vinaigrette for salads, an excellent marinade for chicken, seafood or pork and delightful with steamed fresh vegetables such as asparagus, green beans or carrots. Made with fresh locally grown Cilantro in small batches to my original recipe. Gluten Free and suitable for diabetics. Available in 375ml bottles 12 to a case or food service 4 litre jug.

**Raspberry - Year Round**

Great with Spinach Salad, Mixed Greens, Seafood Salads. Very different from most commercially available Raspberry Dressings because it is not sweet. Produced from Fraser Valley raspberries in small batches to my original recipe. Gluten Free and suitable for diabetics. Available in 375ml bottles 12 to a case or food service 4 litre jug.

## Roast Garlic Balsamic Vinaigrette - Year Round

The nutty mellowness of roasted garlic with the sharp acidity of Balsamic Vinegar make this a highly versatile dressing. Great on salads but also as a marinade for all sorts of meats, seafood and vegetables, as a party dip, or on pasta, rice or potatoes. Produced in small batches to my original recipe. Gluten free and suitable for diabetics. Available in 375ml bottles 12 to a case, or food service 4 litre jug.

# Wolfgang's Grain and Flour - 250-838-5910

**Contact:** Pat Holman

**Toll Free:**

**Phone:** 250-838-5910

**Cell:**

**Fax:** 250-838-6302

**Email:** pat\_holman@telus.net

**Website:** <http://www.wolfgangsgrainandflourmills.ca>

**Address:**

591 Enderby Grindrod Road

Enderby, BC

V0E 1V4

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Custom fresh stone grinding of flours. Custom fresh stone grinding of flours available as well.

**Products Available:**

**Golden Flax Seeds - Year Round**

Golden Flax Seeds available in 1 kg bags.

**Kamut Flour - Year Round**

Fresh stone ground whole Kamut flour 1 kg, 10 kg and 20 kg.

**Rolled Oats - Year Round**

Fresh rolled oats 1 kg, 10 kg and 20 kg.

**Whole Rye Flour - Year Round**

Fresh stone ground whole rye flour 1 kg, 10 kg and 20 kg.

**Whole Spelt Flour - Year Round**

Fresh Stone ground whole Spelt flour 1 kg, 10 kg and 20 kg.

**Whole Wheat Flour - Year Round**

Fresh Stone ground whole wheat flour 1 kg, 10 kg and 20 kg.

## Yatu Inc - T3K 1N3

**Contact:** Habiba Omer

**Toll Free:** 403-918-3939

**Phone:** T3K 1N3

**Cell:**

**Fax:** 403-918-3939

**Email:**

**Website:** [info@yatuspices.com](mailto:info@yatuspices.com)

**Address:**

Yatu Inc

19 Beddington Cres. NE, Calgary

AB

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of LABRADOR All

**Company Notes:**

<http://yatuspices.com>

**Products Available:**

## Zara's Pasta Production, Ltd - V3C 2M8

**Contact:** John Zara

**Toll Free:**

**Phone:** V3C 2M8

**Cell:** 604-554-0112

**Fax:** 604-554-0111

**Email:**

**Website:**

**Address:**

#3, 1560 Broadway Street , Port Coquitlam  
BC

**Regions Supplied:** Lower mainland Thompson okanagan Vancouver island

**Company Notes:**

<http://www.zarapasta.com>

**Products Available:**