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<http://canadaspecialtyfoods.ca>  
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# Company results for 'Berries - Other' under 'Kootenay'

## Vale Farms Grassroots Ltd. - 250-547-2382

**Contact:** Lorna Ruechel  
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**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.