



Document generated on: May 16, 2024
<http://canadaspecialtyfoods.ca>
info@ssfpa.net

Contents

Iron Gates Natural Farm & Pottery - 250-453-2273	2
Mountain Springs Farm - 250-497-8209	4

Company results for 'Beans' under 'Thompson okanagan'

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).

Mountain Springs Farm - 250-497-8209

Contact: Phyllis Jmaeff

Toll Free:

Phone: 250-497-8209

Cell:

Fax: 250-497-6309

Email: 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.