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## Contents

|   |   |
|---|---|
| <b>A &amp; L Gardens - 250-499-5492</b> .....             | 2 |
| <b>Cowichan Valley Organic Farms - 250-748-8089</b> ..... | 3 |

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

## A & L Gardens - 250-499-5492

**Contact:** Art and Lina Nugteren

**Toll Free:**

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**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

# 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