SPECIALTY FOOD DIRECTORY



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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

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

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 Habanaro. 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; Fariy 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