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<http://canadaspecialtyfoods.ca>  
[info@ssfpa.net](mailto:info@ssfpa.net)

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# Company results for 'Sauces' under 'Lower mainland'

## 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:**  
Carribean-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.

## 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.chefbarsi.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.

## 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.

# 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



# 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.

## 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](mailto: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.

## 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.

## 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](mailto: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)

## 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



# 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.

# 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.

## Sate Express Foods Inc. - 604-709-8150

**Contact:** Derrick Leeuwin

**Toll Free:**

**Phone:** 604-709-8150

**Cell:**

**Fax:**

**Email:** [sales@satefoods.com](mailto: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

satÃ©, 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 SatÃ©s, alternative for Soya sauce uses, marinade

INGREDIENTS: Soya Sauce, Sugar, Onion, Garlic, Ginger, Lemongrass

Refrigerate after opening

# 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](mailto: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 Garabaldi 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.