SPECIALTY FOOD DIRECTORY



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Cowichan Valley Organic Farms - 250-748-8089

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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