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Avalon Dairy Limited - 604-434-2434

Contact: Gay Hahn

Toll Free:

Phone: 604-434-2434

Cell:

Fax:

Email:

Website: <http://www.avalondairy.com>

Address:

5805 Wales Street

Vancouver, BC

V5R 3N5

Regions Supplied: All of BC

Company Notes:

A BC family-owned and operated dairy, we are 100 years old, established in 1906. We produce milk in an old-fashioned glass milk bottle, making the milk last longer and taste fresher. We are the home of BC's first certified organic milk. We welcome everyone to come and visit our heritage site and retail outlet.

Products Available:

Organic Ice Cream - Year Round

Our organic ice cream is the wonderful taste of vanilla, and it is available in a 1 litre container.

Organic Cheese - Year Round

Our organic cheese is available in random cuts, 5 lb blocks and in larger sizes; mild, medium, and aged. We allow our cheese to age to perfection, and each flavor has the perfect bite!

Organic Egg Nog - Winter

Come and try our organic egg nog in a 1-litre carton. It is available from November to the beginning of January. Three out of four Santas on City TV stated that our organic egg nog was the best they ever tasted!

Organic Eggs - Year Round

Our organic eggs come from chickens that have the ability to graze and live on land that is free of all residues, synthetic fertilizers, and pesticides. Our eggs come in 4 different sizes: small, medium, large, extra large. Remember: the smaller the egg, the fresher it is and the tastier.

Organic Milk - Year Round

Our organic milk comes in a 1-litre glass bottle, as well as in a 2-litre plastic jug, 1-litre carton, (1/2 litre and 250 ml) for our creams. Our organic milk products consist of skim, 1%, 2%, homo, chocolate milk, cereal cream and whipping cream. Coming soon to Avalon is organic milk in a 4-litre plastic jug.

Organic Salted and Unsalted Butter - Year Round

Comes in 1 lb and 250 g blocks. It is one of our many products that is sure to be very creamy. There is no ant-caking agent in our butter.

Organic Sour Cream - Year Round

Our organic sour cream is available in 500 ml and 250 ml sizes. It is a nice, thick product; you really need to shake the spoon to get it off. Great for any time of year.

Organic Yogurt - Year Round

Our organic yogurt is available in a 500 g container and is a tasty, 2%, plain yogurt. Our 175 g containers are filled with great tastes of strawberry, peach, blueberry or raspberry.

Pinegrove Farms Ltd. - 604-852-2159

Contact: Ralph Regehr

Toll Free:

Phone: 604-852-2159

Cell:

Fax: 604-852-2150

Email: rdregehr@telus.net

Website:

Address:

2130 Mt. Lehman Road

Abbotsford, BC

V4X 2L6

Regions Supplied: Lower mainland Vancouver island

Company Notes:

Products Available:

Certified Organic Free Range Eggs - Year Round

Free Range Eggs - Year Round

Silverhill Orchard - 604-820-7957

Contact: Sonja Barker
Toll Free:
Phone: 604-820-7957
Cell:
Fax: 604-820-7957
Email: ethicalgrower@telus.net
Website:

Address:
30111 Silverhill Avenue
Mission, BC
V4S 1H9

Regions Supplied: Lower mainland

Company Notes:

All the products we sell are grown by us on our own property or made from produce we grow. Using non-invasive, integrated pest management techniques and zero pesticide use, we grow as naturally as possible. Visitors are encouraged to visit our orchard and to see for themselves. All of our produce is grown as nature intended. We do not use any pesticides, synthetic or organic, under any circumstances.

Products Available:

Garden Produce - Fall Summer

A wide selection of produce, which includes our own special salad blend with arugula.

Apple Cider Vinegar - Winter

Natural, double-fermented, unfiltered Apple Cider Vinegar including Raspberry and Blackberry.

Apple Juice Syrup - Year Round

Great on pancakes.

Free Range Eggs - Year Round

"Happy Hen" free range eggs - our 100 chickens have 4 acres of fenced land to roam on.

Heirloom Tomatoes - Fall Winter

We have seed for more than 100 varieties, so selection varies from year to year.

Heritage Apples - Fall Winter

35 varieties of Heritage Apples including culinary types such as Bramley, Boskoop, Glockenapfel, Sunrise, Elstar and Creston. The last three are just great in waldorf salad, are really crisp and resist browning.

Jams, Jellies and Chutneys - Year Round

Apple Ginger Chutney, Quince, Crabapple, Blackberry and Raspberry jams and jellies.

Sumas Mountain Farms - 604-853-6333

Contact: Trevor Newton

Toll Free:

Phone: 604-853-6333

Cell:

Fax:

Email: info@sumasmountainfarms.ca

Website: <http://www.sumasmountainfarms.ca>

Address:

32500 South Fraser Way

Abbotsford, BC

V2T 4W1

Regions Supplied: Lower mainland

Company Notes:

Our animals are raised on 100% certified-organic pastures in the heart of the Central Fraser Valley, Abbotsford.

Our beef is dry-aged, and available in small or large quantities, by the cut or by the side, take-your-pick. Certification is through FVOPA.

We also offer specialty products such as pepperoni, jerky, salami, sausage, farmer sausage, and more.

Because our beef is 100% grass-fed & finished, the quality of the meat is exceptional, and the flavor is unsurpassed. Plus, it is more nutrient-dense and packed with healthful Omega-3's than conventional beef, which is healthier for you, your family, and the planet.

Products Available:

Apple Juice - Year Round

Apple Juice from 100% organic heritage apples.

Beef Products - Year Round

Tenderloin Steak, Prime-Rib Steak, New York Striploin, Tbone Steak, Sirloin Steak, Sirloin Tip, Prime-Rib Roast, Cross-Rib Roast, Round Roast (Baron-of-Beef), Lean Ground Beef Burgers (4 per pkg), Stewing Beef, Stir-Fry Beef Short Ribs Oxtail, Beef Liver, Beef Heart, Beef Kidney, Beef Tongue, Soup Bones and Beef Bones for Dogs.

Jerky - Year Round

Jerky (100% beef)

Organic Eggs - Year Round

Pepperoni - Year Round

Pepperoni - Regular (100% beef) (6 sticks per pkg) Pepperoni - Hot (100% beef) (6 sticks per pkg) Pepperoni - Extra Long (100% beef) (6 sticks per pkg)

Salami - Year Round

Salami (100% beef) Farmer Sausage (100% beef; ready-to-eat)

Sausages - Year Round

Sausages (100% beef) (sold in packages of 5. Smokies - Medium (100% beef) - 4 smokies. Smokies - Large (100% beef) - 5

smokies. Bratwurst (100% beef) (4 sausages per pkg)

Whole Chickens - Year Round

Whole Chickens, Chicken Breasts (Boneless) Chicken Thighs Chicken Drums Chicken Wings, Ground Chicken (finely ground meat, bones