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

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

**Contact:** Art and Lina Nugteren

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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

## Basil Olive Oil Products Ltd. - 604-460-0087

**Contact:** Helen Koutalianos  
**Toll Free:**  
**Phone:** 604-460-0087  
**Cell:**  
**Fax:** 604-465-7594  
**Email:** sales@basiloliveoil.com  
**Website:** <http://www.basiloliveoil.com>

**Address:**  
18939 120b Avenue  
Pitt Meadows, BC  
V3Y 1W3

**Regions Supplied:** All of BC Lower mainland North coast Thompson okanagan Vancouver island

### Company Notes:

Single estate producer of Certified Organic Extra Virgin Olive Oil in the new harvest. We specialize in quality. Please visit [www.basiloliveoil.com](http://www.basiloliveoil.com) for all of our specialty Products.

We also offer:

USDA Certified Organic Golden Olive Anastasia Hand Made Extra Virgin Olive Oil Castile Soap. Gentle with no Additives, No Colours, No Fragrance.

Golden Olive Theodora Essential Rose Oil Moisturizer made with Certified Organic Extra Virgin Olive Oil. Simple Body care that works.

Golden Olive Vassiliki Kalamata Olive Tapenade ready to use, Quality Olive Tapenade 1 kg Jars x 6 per case available for the service Industry and also in retail sizes 140 G X 12 per case.

### Products Available:

#### Cracked Green Olives - Year Round

Certified Organic Golden Olive Vassiliki Cracked Green Olives cured with Anise and Lemons in Sea Salt Brine. 5 kg pails. Small Artisan Producer Greece.

#### Agrinion Olives (Brown) - Year Round

Certified Organic Golden Olive Vassiliki Agrinion Olives Jewel (Brown) Cured with Celery Lemons in Sea Salt Brine, 5kg pails. Small Artisan Producer Greece.

#### Agrinion Olives (Green) - Year Round

Certified Organic Golden Olive Vassiliki Agrinion Olives Blond (Green) cured with Celery

#### Balsamic Vinegar - Year Round

Certified Organic Golden Olive Evangeline Corinthian Currant Raisin Balsamic Vinegar 6X2L Jugs for the service Industry. No colours, no surgard, no additives. Aromatic and Flavourful. Diabetic Friendly. Greece available in Retail Size 250 ml.

#### Kalamata Olives - Year Round

Certified Organic Golden Olive Vassiliki Kalamata Olives, 5 Kg. Pail cured with Sea Salt Brine and Wine Vinegar, Small Producer Greece

## Olive Oil - Year Round

Certified Organic Golden Olive Eleni Extra Virgin Olive Oil. 6 X 2L jugs for the service industry. New Harvest under .05% acidity, Fresh Olive Oil Single Estate Producer, Greece. Available in retail sizes 500 ml and 250 ml.

## Bayhill Farm and Nursery - 250-335-0126

**Contact:** Bob and Colleen Leary

**Toll Free:**

**Phone:** 250-335-0126

**Cell:**

**Fax:**

**Email:** rcleary@telus.net

**Website:**

**Address:**

Box 317

Union Bay, BC

V0R 3B0

**Regions Supplied:** Vancouver island

**Company Notes:**

Small, family-run farm.

**Products Available:**

Acorn Squash - Fall

Leeks - Fall Summer

Lettuce - Fall Spring Summer

Heirloom varieties available.

Variety of Herbs - Fall Spring Summer

Cilantro, dill, basil, oregano, parsley, and marjoram available.

# BC Hot House Foods Inc. - 604-507-6215

**Contact:** Devon Kennedy  
**Toll Free:**  
**Phone:** 604-507-6215  
**Cell:**  
**Fax:** 604-576-5498  
**Email:** [devonk@bchothouse.com](mailto:devonk@bchothouse.com)  
**Website:** <http://www.bchothouse.com>

**Address:**  
5355 152nd Street  
Surrey, BC  
V3S 5A5

**Regions Supplied:** All of BC

## **Company Notes:**

Taste Buddies Miniature Vegetables - these products are cool in appearance and make unique side dishes and snacks. They're easy to use and have many applications. Most of all, they are fun to eat!

## **Products Available:**

### **Mini-Cucumbers - Year Round**

These are the mini versions of the Long English Cucumbers that are smaller in size and diameter. The texture is a little crunchier, and the deliciously sweet flavour makes them excellent to snack on by themselves or in salads, cold vegetable platters or as garnishes. Kids love them!

### **Campari Tomatoes on the Vine - Year Round**

Vibrant red, cocktail-sized tomatoes. They are hydroponically grown in greenhouses and are about 2" in diameter. These tomatoes offer vine-ripened, fresh flavour and are sold in clusters on the vine to ensure peak freshness and flavour.

### **Long English Cucumbers - Year Round**

Seedless with a thin, deep-green, unwaxed skin that is never bitter. The skin adds crunch to the refreshing flavour. Long English Cucumbers are great for salads, sandwiches, salsas, dressings, dips, sauces, soups, garnishes and cold vegetable platters.

### **Roma Tomatoes on the Vine - Year Round**

Long, almost egg-shaped tomatoes with firm, red, meaty flesh, very few seeds and skin that is easy to peel. High acid level makes them perfect for sauces, soups and salsas. Roma tomatoes on the vine are hydroponically grown in a greenhouse.

### **Sweetooth Peppers - Year Round**

Long cone-shaped peppers with shiny, crunchy skins that cover thick, juicy walls. These peppers are sweeter than Sweet Bell peppers, and their tiny seed caps make them easy to cut into rings, enhancing presentation.

# 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

## Canadian Kelp Resources Ltd. - 250-728-3297

**Contact:** Louis Druehl

**Toll Free:**

**Phone:** 250-728-3297

**Cell:**

**Fax:** 250-728-3040

**Email:** ldruehl@island.net

**Website:** <http://www.canadiankelp.com>

**Address:**

Port Desire

Bamfield, BC

V0R 1B0

**Regions Supplied:** Lower mainland North coast Vancouver island

**Company Notes:**

Canadian Kelp Resources is a family-owned business, providing quality sea vegetables for 25 years. We welcome custom orders and will assist clients to identify new products.

**Products Available:**

**Roasted Kelp Flakes - Year Round**

Roasted, dried, stone-ground kelp available in bulk or 35 g packages.

**Barkley Sound Bull Kelp - Year Round**

Dried sheet kelp available in bulk or 40 g packages.

**Barkley Sound Kombu - Year Round**

Dried sheet kelp available in bulk or 50 g packages

**Barkley Sound Macro Kelp - Year Round**

Dried sheet kelp available in bulk or 30 g packages.

# 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

## Forest to Fork - 250-732-2063

**Contact:** Brenda Cadieux

**Toll Free:**

**Phone:** 250-732-2063

**Cell:**

**Fax:**

**Email:** [info@foresttofork.com](mailto:info@foresttofork.com)

**Website:** <http://www.foresttofork.com>

**Address:**

Unit 113 - 1175 Rosehill Road

Kamloops, BC

V2E 1G9

**Regions Supplied:** All of BC

**Company Notes:**

All mushrooms collected in the pristine forests of BC. Recipes developed and created since 1989 and hand made. Please see our website for more information.

**Products Available:**

**Dried Wild Mushrooms - Year Round**

22 varieties (ie, Chanterelle, Morel, Lobster, Pine, Boletus). Sold in packages and loose quantities. Packages contain dried herbs added to mushroom base.

**Preserved Mushrooms - Year Round**

Preserved mushrooms in oil and wine vinegar, all laboratory tested. They come in jar and boxed sets.

**Wild Morel Mushroom Bisques, Soups and Sauces - Year Round**

Can specify product for consumption.

**Wild Mushroom Marinade Vinaigrette - Year Round**

**Wild Mushroom Pate - Year Round**

Dairy based, dried with instructions on the back, ready to use or in dried form. Pate can be specified with 22 different varieties of mushrooms.

## FuZheng Pharm - 250-335-0265

**Contact:** Swann Gardner

**Toll Free:**

**Phone:** 250-335-0265

**Cell:**

**Fax:** 250-335-0265

**Email:** swann\_g@denmanis.bc.ca

**Website:**

**Address:**

3553 Northwest Road

Denman Island, BC

V0R 1T0

**Regions Supplied:** Lower mainland Vancouver island

### **Company Notes:**

Our white oyster mushrooms are a hand-crafted, local farm product. We use only natural material in the production. Previously this farm was certified organic, and we continue to utilize the same care in production. We are not presently certified because there is not a significant marketing opportunity to differentiate this mushroom from others offered.

### **Products Available:**

#### White Oyster Mushrooms - Year Round

Hypsizygus Ulmarius, fresh mushroom produce, packed 3 lbs per produce tray. This mushroom is an excellent edible, ranking above all other oyster-like mushrooms. This product is presently available from Pacific Produce Company in BC.

## 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.



## Kildara Farms - 250-655-3093

**Contact:** Brian Hughes  
**Toll Free:**  
**Phone:** 250-655-3093  
**Cell:**  
**Fax:** 250-655-3040  
**Email:** kildara@shaw.ca  
**Website:**

**Address:**  
11293 Chalet Road  
Sidney, BC  
V8L 5M1

**Regions Supplied:** Vancouver island

### **Company Notes:**

Our salad is cut fresh Monday to Friday with same-day delivery to stores, restaurants and organic box programs.

### **Products Available:**

#### Deep Cove Gourmet Greens - Fall Spring Summer

Hand harvested and mixed for flavour and eye appeal.

#### Edible Flowers - Year Round

Available in 3 lb bags year round.

#### Kildara Farms Gourmet Greens - Fall Spring Summer

Salad greens varying with the season. Hand harvested and mixed for flavour and appeal, all our production is certified organic. We use many heritage varieties in all our fruit and vegetable growing and, where practical, we save our own seeds.

## Misty Mountain Specialties - 604-273-8299

**Contact:** David Lee Kwen

**Toll Free:**

**Phone:** 604-273-8299

**Cell:**

**Fax:** 604-273-8124

**Email:** [info@mistymt.com](mailto:info@mistymt.com)

**Website:** <http://www.mistymt.com>

**Address:**

130-13900 Maycrest Way

Richmond, BC

V6V 3E2

**Regions Supplied:** Lower mainland Vancouver island

**Company Notes:**

**Products Available:**

Fresh Porcini - Winter

Dried Chanterelle Mushrooms - Year Round

Dried Lobster Mushrooms - Year Round

Dried Matsutake Mushrooms - Year Round

Dried Morel Mushrooms - Year Round

Dried Porcini Mushrooms - Year Round

Fresh Chanterelle Mushrooms - Fall

Fresh Matsutake Mushrooms - Fall Winter

Fresh Morel Mushrooms - Spring Summer

# 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.

## Nanoose Edibles Farm - 250-468-2332

**Contact:** Barbara Ebell  
**Toll Free:**  
**Phone:** 250-468-2332  
**Cell:**  
**Fax:** 250-468-2324  
**Email:** neorg@telus.net  
**Website:**

**Address:**  
1960A Stewart Road  
Nanoose Bay, BC  
V9P 9E7

**Regions Supplied:** Vancouver island

### **Company Notes:**

Producers of unique, certified organic produce for high-end restaurants in the Nanaimo region and the Tofino-Ucluelet area. Ten continuous years of experience. Assorted greens mixes; varietal romaine lettuce; culinary herbs; edible flowers; field grown cut flowers; seasonal specialty vegetables; and fruit.

### **Products Available:**

#### Seasonal Organic Salad Greens - Year Round

Unique farm mixes. Ten years of experience and continuous production. On and off-farm sales. Year-round production. Selected for high nutrition and flavour. Hand picked and washed (well water analysis performed on a regular basis). Certified organic since 1997. Current Certification: Pacific Agricultural Certification Society 16-224.

## Omega Blue Farms - 250-757-2006

**Contact:** Wayne & Dawn Osborne

**Toll Free:**

**Phone:** 250-757-2006

**Cell:**

**Fax:**

**Email:** [bcbreeder@lycos.com](mailto:bcbreeder@lycos.com)

**Website:** <http://www3.telus.net/OmegaBlue/>

**Address:**

1075 Spider Lake Road

Qualicum Beach, BC

V9K 2L7

**Regions Supplied:** Vancouver island

**Company Notes:**

### Products Available:

#### Duck - Year Round

Duck - Standard Bred Muscovy, naturally pastured and processed using traditional farm practices. Locally developed line. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

#### Heritage Chicken - Year Round

Heritage Chicken - Slow grown, naturally pastured, and processed using traditional farm practices. Locally bred lines. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

#### Heritage Turkey - Fall

Heritage Turkey - Standard Bred Bronze. Locally developed line. Naturally pastured and processed using traditional farm practices. No Chemicals, Hormones, Antibiotics, etc. Available upon custom order.

#### Vegetables - Fall

Various vegetables grown under non-certified organic conditions. Natural Spring fed irrigation. Fertilized by compost from poultry farm. Virgin land, we are the first to farm it and have never used chemicals. We will custom grow specialty fruit and vegetables on a contract basis.

## Origin Organic Farms Inc. - 604-940-3928

**Contact:** Connie Cheng

**Toll Free:**

**Phone:** 604-940-3928

**Cell:**

**Fax:** 604-940-3968

**Email:** [info@origino.ca](mailto:info@origino.ca)

**Website:** <http://www.origino.ca>

**Address:**

6225-34B Avenue

Delta, BC

V4L 2N8

**Regions Supplied:** All of BC

**Company Notes:**

**Products Available:**

Organic Mini Cucumbers - Fall Spring Summer

Organic Beefsteak Tomatoes - Fall Spring Summer

Organic Bell Peppers - Fall Spring Summer

Organic Gemini Orange and Red Berry Tomatoes - Fall Spring Summer

Organic Long English Cucumbers - Fall Spring Summer

Organic Sardinia Cocktail Tomatoes - Fall Spring Summer

Organic Tomatoes on the Vine - Fall Spring Summer

## Pastula Farms - 250-748-0932

**Contact:** Catherine Pastula  
**Toll Free:**  
**Phone:** 250-748-0932  
**Cell:**  
**Fax:** 250-748-0931  
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**Website:**

**Address:**  
7303 Richards Trail  
Duncan, BC  
V9L 5W4

**Regions Supplied:** Vancouver island

### Company Notes:

For 50 years now Pastula Farms have made the best use of the rich history of Richard's Valley. Richard's Valley was first developed in 1863. The valley is unique because it floods every winter and is actually a floating bog. During the summer it is strong enough that you can drive on it, but during the winter it becomes what Catherine likes to call "vegetable soup". Catherine & Gord know the history and the fine balance of what works best to keep the fine balance happening in the valley. The natural rhythm of nature makes for a wonderful low impact way to grow great produce. When you buy their produce, you are enjoying the true taste of food, supporting a unique Canadian eco-system and helping to feed the flocks of Trumpeter Swans that arrive every winter to feast on the "vegetable soup".

### Products Available:

#### Tokyo Turnips - Fall Summer

Tokyo Turnips - This variety of turnip has an added zing to the flavour and is a welcome addition to any chef's kitchen.

#### Rainbow Carrots - Fall Summer Winter

Rainbow Carrots are available in yellow and purple (and of course the traditional orange) and they have a special sweetness that is attributed to the unique ecology of Richards Valley.



## 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 Habanero. 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

## Similkameen River Organics - 250-499-5805

**Contact:** Qi Haiqin

**Toll Free:**

**Phone:** 250-499-5805

**Cell:** 250-499-9789

**Fax:** 250-499-5905

**Email:** georgenqi@nethop.net

**Website:**

**Address:**

186 Chopaka Road

Cawston, BC

V0X 1C3

**Regions Supplied:** Lower mainland Vancouver island

### **Company Notes:**

We specialize in #1 Canada organic Red and Yellow onions and shallots.

We sell certified organic vegetables, 23 varieties, hand weeded, harvested, dried, inspected and packed to insure the finest quality. We guarantee all of our products.

### **Products Available:**

Peppers - Year Round

Sweet and Hot.

Basil and Other Herbs - Year Round

Cabbage, Red and Green - Year Round

Eight Varieties of Onions - Year Round

Shallots, Garlic - Year Round

Squash - Eight Varieties - Year Round

Decorative gourds and squash as well.

Three Varieties of Leeks - Year Round

## Sparkes Corn Barn - 604-794-0198

**Contact:** Ian Sparkes  
**Toll Free:**  
**Phone:** 604-794-0198  
**Cell:**  
**Fax:** 604-794-0178  
**Email:** cornbarn@telus.net  
**Website:** <http://www.chilliwackcorn.com>

**Address:**  
10720 McGrath Road  
Rosedale, BC  
V0X 1X0

**Regions Supplied:** Cariboo Lower mainland Thompson okanagan Vancouver island

### Company Notes:

Fresh "Quality Guranteed" sweet corn is picked daily and sold direct within six hours of picking. Chilliwack is known for its excellent corn-growing conditions, producing the best quality corn. From there, the Sparkes Corn Barn goes many steps further in ensuring that our corn's maturity and varieties are second to none. This is why we ship from Vancouver Island to Northern BC and into Alberta. All of our corn is handpicked.

### Products Available:

#### Sweet Chilliwack Corn - Fall

Corn on the cob, super sweet, triple sweet and bi-colour varieities. We sell fresh corn by the dozen, 1/2 dozen and also wholesale in watermelon bins holding 50 - 75 dozen each. A watermelon bin fits on a 40" x 48" pallet. All corn is hand picked.

# Tamarac Fresh Cut Foods Ltd. - 250-765-2211

**Contact:** Tony DiMaria  
**Toll Free:**  
**Phone:** 250-765-2211  
**Cell:**  
**Fax:** 250-765-2703  
**Email:** tdimaria@okanagan.net  
**Website:** <http://www.russandtonys.com>

**Address:**  
PO Box 41122 RPO S.  
Winfield, BC  
V4V 1Z7

**Regions Supplied:** Kootenay Lower mainland Thompson okanagan Vancouver island

## **Company Notes:**

The purpose of Russ and Tony's Fresh Sliced Apples is to provide fresh sliced produce for health conscious people. Consumers are taking active measures to improve their diet through avoiding foods that are high in carbohydrates, fats and sugars. Apples are high in fibre, low in fat and easy to enjoy - a perfect snack!!

## **Products Available:**

### **Fresh Sliced Organic Apples - Fall Winter**

Packaged in 60 gram to 454 gram poly food service sizes. Available seasonally (fall to spring).

### **Fresh Baby Carrots - Year Round**

Fresh packaged (60 gram

### **Fresh Sliced Peppers - Year Round**

Fresh sliced and peeled peppers for food service or fresh diced as well, packaged in 60 gram (snack size) up to 454 gram (food service) poly bags.

### **Fresh Sliced Apples - Year Round**

Fresh sliced apples packaged in 60 gram, 114 gram (snack size) with or without Caramel dips, or Cheese cubes, up to 454 gram (food service ) poly bags.

### **Fresh Sliced Pears - Fall Winter**

Fresh sliced pears packaged in 60 gram (snack size) up to 454 gram (food service) poly bags.

Available: November to March

# Taves Family Farm - Applebarn - 778.241.1822

**Contact:** Joslin Sanderson  
**Toll Free:**  
**Phone:** 778.241.1822  
**Cell:**  
**Fax:** 888.345.8972  
**Email:** [info@applebarn.ca](mailto:info@applebarn.ca)  
**Website:** <http://www.applebarn.ca>

**Address:**  
333 Gladwin Rd.  
Abbotsford , BC  
V2Y 5Y1

**Regions Supplied:** All of BC

## Company Notes:

Locally grown produce, berries, apples & pumpkins. Catering to restaurants, markets, and families. Call us to experience a taste of the country.

We also grow: Black Currants - Summer Red Currants - Summer Pink Currant - Summer Red Gooseberries - Summer Green Gooseberries - Summer Corn - Late Summer & Fall Apples (several varieties) Late Summer & Fall Pumpkins - Fall Bell Peppers (yellow, orange, green & red) - Spring, Summer, & Fall Stiletto Peppers - very sweet - Spring, Summer, & Fall

## Products Available:

### Cherry - Fall Spring Summer

These are grown hydroponically in our greenhouse and are crisp and flavorful. These are great for salads or vegetable skewers.

### Beefsteak Tomatoes - Fall Spring Summer

We grow large crisp beefsteak tomatoes in our greenhouse. These are great for salads or burgers.

### Butter Head Lettuce - Year Round

We grow beautiful butterhead lettuce hydroponically in our greenhouse. We leave the roots stock on the lettuce to increase it's shelf life.

### Heirloom Tomatoes - Fall Spring Summer

We grow a variety of heirloom tomatoes that are a variety of colours. The flavor of these tomatoes is exceptional and is a great addition to any salad.

### Apple Cider - Fall Winter

We press our own Apple Cider here on our farm made from our own apples. We do not add water or any other ingredients to our Apple Cider. You can get the cider two different ways: Fresh Cider: is UV light pasteurized and is served in plastic containers (like milk jugs). This has a two week shelf life. Glass: Our cider that is served in our unique glass jugs is boiled and will keep on a shelf for years. It only needs to be refrigerated after it has been opened.

### Black Currant and Red Currant Jams - Year Round

On our farm we also grow currants and have made our own black currant and red currant jams. This can be ordered in either 250ml or 125ml class jars.

### Campari Tomatoes - Fall Spring Summer

The red plump tomatoes are a great size for salads and are also grown in our greenhouse.

### **Long English Cucumbers - Year Round**

Our Long English Cucumbers are a consistent size and have a great flavor. They are grown in a hydroponic greenhouse and we have an aggressive IPM program to reduce or eliminate the need for sprays.

### **Mini Cucumbers - Year Round**

Our mini cucumbers are very sweet and crunchy. They are grown in a hydroponic greenhouse and we have an aggressive IPM program to reduce or eliminate the need for sprays.

### **Red Pepper Jelly - Year Round**

We also have a greenhouse where we grow an assortment of veggies, including peppers. We have used the peppers to make a red pepper jelly. This is a spicy red pepper jelly containing jalepenos but it is great with mozzarella sticks, pizza or on chicken.

### **Spiced Apple Cider - Fall Winter**

We also make another variety of the same cider but we add mulling spices. This is popular at Christmas time and is great cold or served as a warm cider. Some restaurants we have sold to add rum to this warm drink at Christmas time and tell me it is quite popular. The Spiced Cider comes in glass only for clients who are re-selling it but for serving purposes it can be sold in plastic with about a 6 week shelf life.