SPECIALTY FOOD DIRECTORY



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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

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