

Business Name	Contact	phone	fax	email	produce	address	comments
Bakery & Sweets							
Little Piggy Chocolate Factory	Jeannette Cooney	803-0144		littlepiggy@sunw.ave.net	handmade chocolate truffles and desserts		Exclusive Swiss chocolate products
Little Red Hen	Janice Canon	832-3208			artisan breads	30 th St. NE, Salmon Arm, BC	
Penkert's Shuswap Bakery Ltd.	Nanci Penkert	832-4010			bread and sweets	420 - 4th Street NE, Salmon Arm, BC	
Rahn's Bakery and Cafeteria	Susanne Rahn	803-0011			bread and sweets	2 - 121 Shuswap Street, Salmon Arm, B.C. V1E 4N7	
Beverage							
Crannog Ales	Brian MacIsaac & Rebecca Kneen	675-6847		crannog(a)crannogales.com	Certified Organic Beer	RR#1, S-6, C-38, Sorrento, BC, V0E 2W0	
Granite Creek Estate Wines		835-0049	835-0048	info@granitecreek.ca	wine	2302 Skimikin Rd, Box 2 Site 12, RR#1, Tappen, BC, V0E2X0	
Larch Hills Winery	Jack & Hazel Manser	832-0155		info@larchhillswinery.com	wine	110 Timms Road, Salmon Arm, British Columbia, V1E 2P8	
Recline Ridge Vineyards & Winery Ltd.	Mike & Sue Smith	835-2212	835-2228	inquiry@recline-ridge.bc.ca	Rose, White, Red & Dessert wine (check website for detailed list)	2640 Skimikin Road RR-1, S-12, C-16 Tappen, BC, VOE 2X0	Hours of Operation: April, May, June & October - noon til 5:00 p.m., seven days a week July, August & September - 10:00 am til 5:00 p.m., seven days a week Wine Shop & Tastings - all open hours Tours - by appointment only. Please visit our website at www.recline-ridge.bc.ca

Shuswap Coffee Company Ltd.	Shelley Webber, Joanne Sargent, Debbie Bletcher	803-0012	803-0012	coffee@sunlite.ca	Roasters of premium certified organic, ethically acquired coffee	Salmon Arm, BC	We offer 7 blends and a Swiss Water Process Decaf (chemical-free) as well as 12 to 14 countries of origin coffees--all quality organic arabica beans. We buy certified Fair Trade beans when possible, the others are relationship coffees where the farmers are paid fairly. Our mandate is to offer freshness and optimum taste while supporting coffee producers throughout the world. www.shuswapcoffee.com .
Shuswap Infusions Tea	Nicole Bruce	(250)318-8352		shuswap_infusions@yahoo.ca	Loose tea	RR1 Comp 20 Site 19 Chase, British Columbia Canada, V0E 1M0	Visit the website at www.shuswapinfusions.com
Dairy Products							
D Dutchman Dairy	Jake Dewitt	836-4304	836-2306		Dairy products	1321 Maier Rd., Sicamous, BC, V0E 2V0	We've been a family owned operation for 27 years. We process all of our products out of milk from our own cows. Try our
Gort's Gouda Cheese	Arie & Anneka Gort	832-4274	832-5522	gort@sunwave.net	cheese	1470 50 St SW, Salmon Arm, B.C. V1E 3B5	
Happy Days Goat Dairy		832-0209		hapdays@shuswap.net	Goat cheeses & milk	691 Salmon River, Salmon River, BC	
Mountain Meadow Sheep Dairy	Hani & Therese Gasser	679-3841			Sheep cheeses & yogurt	Chase	Cheeses and yogurt are made using milk from their own sheep flock.
Eggs							
Mountain Morning Farms	Miles Materi	Office:832-0387 cell:804-9668	804-0687	mvm@shuswap.net	eggs - free-run	Salmon River Rd	As one of the few grading stations in the interior, we like to focus on specialty products. We promote local eggs from free-run chickens.
Honey							
deHoog Aparies	Martin deHoog	832-0531			honey and wax sales	3450 Keraghan Rd. SW, Salmon Arm, BC, V1E 3C6	

River Bend Honey	Joanne Vivian	832-7032		jj_vivian@telus.net	Local, Unpasteurized Wildflower Honey Beeswax candles (tealights, votives and hand-dipped tapers) Gardener's Healing Salve, Custom orders are taken for Gift Baskets	5640 30th Ave. SW, Salmon Arm, BC V1E 3C3	2005 was my first year as a beekeeper. Our farm and bees are located in the Salmon River Valley. (1 km. past Gort's Gouda Cheese Farm). I will have this year's crop of fresh honey for sale at the Farmer's Market in Salmon Arm starting in August every Tuesday & Friday from 8:00 a.m. - 12:30 p.m. OR I can be reached by phone or e-mail. I hope to see you there!
Kathy Meggyesi	Kathy Meggyesi	835-4592			honey	Tappen, BC	"Without bees we have nothing. They pollinate everything." By running a small operation, Kathy is able to differentiate between honey types such as clover and wildflower.
Meat							
Bastion Ranch	David Miede	835-4314 or 833-5081	835-8648	davidmiede@telus.net	Certified Organic grass-fed Beef	RR#1 S4 C28, Tappen, BC, V0E 2X0	We are a 5th generation family-run ranch. Our cattle are grazed on open pastures and are finished exclusively on grass. We currently have Murray Grey, Black Angus and Scottish Highland cattle.
Farmcrest Foods	Richard Bell	832-0036	832-2194		Chicken	1880 30th St. SW, Salmon Arm, BC V1E 4M1	Wholesale supplier. Products available at Windmill meats.
Kurt's Deli		832-7550			Sausages and deli meats	3710 - Trans Canada Hwy, SW Salmon Arm, BC, V1E 4M2	Located in Demille's farm market, Kurt's Deli specializes in all natural sausages. These sausages are made from pork shoulder, with no additives, preservatives, byproducts or fillers.
Mike's Specialty Meats & Custom Cutting	Mike & Michelle Graves	838-6773			Specializing in Sausage & Jerky	128 Highway 97B, Enderby, BC, V0E 1V3	Domestic & wild meat.
Sweet Haven Farm	Keith Boulter	835-4727			organic beef & grain	White Lake Road	

Vale Farms Grassroots Ltd.	Lorna Ruechel	(250) 547-2382 or toll free 1-866-567-2300	(250) 547-6080	valefarms@telus.net	Certified organic, grass-fed and grass-finished beef, certified organic lamb and chicken (pasture raised), and certified organic seabuckthorn berries and garlic.	106 Dure Meadow Rd. Lumby, BC. V0E 2G7	We are a multi-generational family farm situated in the Okanagan valley, where we practice environmentally sustainable farming/ranching and work to ensure the health and happiness of our animals. Our farm is certified organic, SPCA certified, and we practice low stress livestock handling techniques. Vale Farms Grassroots Ltd. is proud to offer a range of certified organic meats (beef, lamb and chicken) as well as a few certified organic specialty crops (garlic and sea buckthorn berries). We sell our meats in a variety of options, ranging from bulk orders to individual cuts, whatever works for you! We'd love to talk with you so give us a call, send us an email, or pop by the farmers markets in Vernon (Thursdays) or Kelowna (Saturdays).
Vegetables & Fruit							
Bastion Mountain Farm	Roy and Bonnie Peterson	250 833-1459 or Cell: 250 804-8011		bastionmtn@yahoo.ca	U-Pick Cherries. Bing, Van, Lambert, Stella & Pie (sour) Cherries	2191 60th Ave NE, Salmon Arm, BC Directions: Follow the signs posted around town or, Turn north onto 30th St NE (lights at top of hill by McDonalds). Proceed to stop sign at 60th Ave (approx 4KM), turn left and proceed approx 1	Family friendly U-Pick cherries. We will also pick to order with some notice. Free recipes and cherry ideas. We are open 8:00 AM to 8:00 PM seven days a week during Cherry season (usually begins about July 6th and runs to the first week of August). We take down our signs when cherries finished.

Curly Willow Farm	Doug Saba	838-6751			Certified Organic vegetables & small fruit	130 Tomkinson Road, Grindrod, Box 741, Enderby, BC, V0E 1V0	We are a small-scale 12-acre farm, and we grow a wide variety of vegetables, sold locally through farmer's markets, a few stores, box programs, and from our home. We are part of NOOA. We share the farm with Runaway Moon Theatre, and their puppet museum. Produce available: asparagus, strawberries, raspberries, early tomatoes, early potatoes, winter potatoes, celery, beets, carrots, broccoli, cauliflower, spinach, chard, lettuce, tomatoes, tomatillos, beans, peas, radishes, onions, peppers, eggplant, Winter vegetables: squash, beets, rutabaga, garlic, carrots, potatoes
Demille's Farm Market	Brad Demille	832-7550			Fruits, Vegetables and grocery stock	3710 - Trans Canada Hwy, SW Salmon Arm, BC, V1E 4M2	
Eagle River Organics	Linda Kucera & William Dyck	836-4333			Certified Organic vegetables	RR#1 S-10, C-33, Sicamous, BC, V0E 2V0	Eagle River Organics is a 9 1/4 acre farm with 6 acres of certified organic vegetables and soft fruits. The farm was established in 2003 and the farm certification is with Pacific Agricultural Society (PACS) in Vernon. We look forward to supplying our community and its businesses with daily fresh produce from our farm.
Hanna Orchards Farm Market	Harriet and James Hanna	832-4574	832-4477	hanna@sunwave.net		3181-11th Ave NE Salmon Arm, BC V1E 2S8	We are a family-run farm market featuring local fruit and produce in season, including 50 different varieties of our own apples. We also have a wonderful selection of giftware, a u-pick cut-flower garden, demonstration gardens for people to wander through, and offer guided or self-guided orchards tours. Our market also carries a line of healthy snack foods such as our 'Applelanche' pure apple juice slushies and Grandma Hanna's Homemade Lemonade slushies. www.hannaorchards.com

Heathglen Farms	Glen & Heather Middlestead	832-2216	832-7384	glen&heather@telus.net	various vegetables and preserves	5591 Hwy 1, NW, Salmon Arm, BC, V1E 3A2	
Highland Farm	Dick & Miki Mann, Tracey & Eric Kutschker	803-0048	832-8131	highlandfarm@telus.net	Cherries, raspberries, blackberries, spring salad greens, garlic, canning tomatoes, peppers (both sweet & hot), root crops, free range eggs, homemade jams and more.	4360 30 St NE, Salmon Arm, BC, V1E 2A3	Located in North Broadview, we offer farm gate sales of all our products. Cherries and raspberries are U-pick or picked. Our free range hens have access to the outdoors 24 hours a day and are free to roam and perch in a coop provided with natural lighting. We are a proud member of the Certified Organic Association of British Columbia and all our products except cherries, jams and eggs are certified organic; our cherries are transitional organic (on the way to being certified organic). Little Earth Studio, also located on our farm, produces unique clay/metal sculpture and clay garden art. Farm visitors welcome anytime of the year between 8:00 am and 5:00 pm.
Geier's Fruit and Berries	Shelley Geier	832-2807	no fax	rsgeier@telus.net	Strawberries, Raspberries, Cherries, Plums and Pears	3820-40th St. SE Salmon Arm, BC, V1E 1X7	We are a family owned and operated 20 acre orchard located in the southern end of Salmon Arm, near the industrial park. We grow berries and fruit and sell directly from our farm when in season. We also have pick-your-own strawberries, raspberries and cherries in season. Strawberries are available end of June to mid-July. Raspberries are available early July to the end of July. Cherries are available mid-July to early August. Plums are available mid-August to mid-September. Pears are available end of August to early October.
Green Croft Gardens		838-6581		greengdn@junction.net			Visit our website www.greencroftgardens.com
Leaf and Thistle Organics	Ian McLellan	832-4311		organics@sunwave.net	certified organic vegetables and fruit, free range eggs, free range chickens, free range lamb, free range pork		We also run a certified organic box program using produce from local farms as well as further afield. www.leafandthistle.com

Lee Creek Organics	Eric Lutjen and Varya Lutjen	851-6196 after 7:00 pm or on weekends			Organic cherries, plums, pears and apples	View Road in Lee Creek.	We sell organic cherries, plums, pears and apples in season, as well as apples until mid-winter. Delivery can often be arranged for large orders but visiting the farm to see the adobe house and beautiful view of Shuswap Lake for u-pick and we-pick is also a possibility. Eric has made his own fruit and grape wines for nearly thirty years and would be happy to give advice to visitors on fruit wine making.
Mayfair Farms		832-0682			various vegetables and preserves		
Notch Hill Organics	Susan Moore	835-8332		sudoa@jetstream.net	Certified Organic mixed vegetables in season	S12, C12, RR#1, Sorrento B.C. V0E 2W0.	Notch Hill Organics operates on 12 acres of Sudoa Farm. The farm is certified organic by the North Okanagan Organic Assn, #073. We serve box and restaurant delivery services in Kelowna, Salmon Arm and Vancouver as well as growing under contract for a sauerkraut maker and selling to the public through the Sorrento Farmers Market.
Pedro Gonzales	Robin, Dale or Greg Ruth	832-4919	832-4110			3390 -10th Ave. SW, Salmon Arm, BC	Pedro Gonzales has been a family owned business for more than 50 years. They have 110 acres of fruit and vegetables in production to supply their two retail outlets (Hwy 1 on the Canoe stretch and Hwy 1 west of Salmon Arm). The garden centre grows a variety of nursery stock. The Ruth family believes strongly in purchasing local food and does whenever possible.
Peterson Bros. Ltd.		832-2122			Tree fruits, peaches, apricots, plums, apples	5690 35th St.NE, Salmon Arm, BC	

Pilgrims' Produce	Robert and Kathryn Hettler	546-3669		hettler@sunwave.net	certified organic vegetables	1568 Eagle Rock Road, Armstrong, B.C. V0E 1B7	We have a 13 acre farm in the North Okanagan Valley and have been running our Pilgrims' Produce market garden since 1991. All produce is certified organic by the North Okanagan Organic Association and COABC. We grow a wide variety of vegetables (from asparagus to zucchini) plus strawberries, raspberries and plums. We have a Community Shared Agriculture weekly bag program for Armstrong and Vernon residents and sell at three Farmers' Markets weekly: Thursday and Friday in Vernon, Saturday mornings in Armstrong. We are currently planting a (crazy!) wide diversity of fruit and nut trees and bushes, from cherries, apricots and walnuts to saskatoons, elderberries, currants and pine nuts.
Rocky Ridge Farm	Anne & Ian Richardson	838-2221		rockyridgefarm@telus.net	certified organic garlic	160 Coell-Jones Rd., Mara, BC V0E 2K0	Our farm is located in the rural community of Mara, BC. The farm borders the Shuswap River. We grow two kinds of garlic: Yugoslavian & Italian. We sell from our farm and local farmers markets in Salmon Arm, Armstrong and Revelstoke. We also sell at Garlic Festivals in 100 mile house, Abbotsford & New Denver.
Roots and Greens Farm	Heino & Manuela Peters	838-7487		HMPETERS@junction.net	Certified Organic vegetables	123 Grindrod Eastside Rd, Grindrod, BC, V0E	
Stellar Seeds	Patrick Steiner	835-8851			Certified Organic vegetables and	Sorrento	
Tappen Valley Growers	Vicki & Ted Squire	835-8501			Certified Organic Vegetables &	RR #1 S9A C4, Tappen, BC, V0E 2X0	

Wild Flight Farm	Hermann & Louise Bruns	838-7447	838-6330	wildflight@jetstream.net	A complete range of vegetables and culinary herbs in season, as well as raspberries, strawberries and certified organic eggs.	205 Rosemond Lake Road, Mara, BC, V0E 2K0	Since 1993 we have been growing vegetables on our 20-acre farm on the Shuswap River. All produce is certified organic through the North Okanagan Organic Association. We provide local produce year round through our CSA (subscription program) to customers in Salmon Arm and Sicamous, and are at the Revelstoke Farmer's Market on Saturdays from May to October.
Sauces							
Denzels Sauces	Denzel Sandberg			denzel@denzelshotsauce.com	Custom Sauces	Box 398, Enderby, BC, V0E 1V0	
Good Stock Food & Consulting	Janna Hanson	833-5710		goodstockfoods@telus.net	Frozen Sauces	588 Deep Creek Road, Enderby, B.C.	Visit our website www.goodstockfoods.ca
Raginmund	Raymon & Judy Nelson	836-4003			Mustard	602 Forest Park St., Box 736, Sicamous, BC, V0E 2V0	