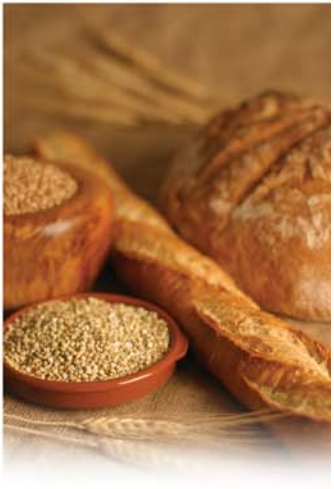




Manitoba Organic Directory



2009-2010



Manitoba 







A message from the Minister of Manitoba Agriculture, Food and Rural Initiatives

It is my pleasure to present the *Manitoba Organic Directory* for 2009-2010 published by Manitoba Agriculture, Food and Rural Initiatives with support from Manitoba Trade and Investment.

As organic foods continue to grow in popularity, they also continue to show great promise for Manitoba producers and processors. Each year in Manitoba we are seeing more products listed as organic, more people putting organic foods on their tables and an increasing number of agriculture operations responding to the demand by beginning the transition to organic production methods.

This directory offers a comprehensive list of companies in Manitoba's organic sector including food producers, processors, handlers, distributors and retailers. It also lists the organic Manitoba products they supply to consumers and food industry entrepreneurs, locally and globally. It is distributed throughout Manitoba and around the world and it is found on the internet at manitoba.ca/agriculture/organic

By showing the wide variety of organic foods produced in Manitoba, this directory encourages sales that help producers expand and diversify. It also encourages knowledge-sharing connections between growers, producers and processors, enhancing industry competence and confidence.

Manitobans are proud to produce some of the world's safest, highest quality organically raised crops and livestock. I invite you to use the *Manitoba Organic Directory* to find some of the best food products and ingredients available anywhere.

Rosann Wowchuk, Minister
Manitoba Agriculture, Food and Rural Initiatives



2009-2010 Manitoba Organic Directory

The organic food market has become the most dynamic sector of the global food industry, growing at a rapid annual rate of 20 per cent into a \$1 billion a year business in Canada. The growth of the industry in Manitoba has seen similar strides, with demand developing at a faster rate than production.

This user-friendly directory is geared towards all producers, processors and handlers, retailers, restaurants and consumers in the province who are looking to expand their repertoire of local certified organic food sources. It provides a nonexhaustive list of Manitoba certified organic producers, processors and handlers, as well as retailers and restaurants that offer organic foods.

This directory is sectioned by:

- a **Certified Organic Producer, Processor and Handler listing.**
- a **Restaurant, Retailer and Distributor listing**
 - The listings contain addresses, telephone and fax numbers, contact names, email addresses, websites, and product lists.

How to use this directory:

As a producer:

- Identify which foodservice outlets and retailers are interested in carrying organic products
- Use this directory to seek out advice and assistance from other producers in the organic sector
- Form production and/or marketing alliances with fellow producers

As a buyer:

- Identify and contact producers and processors that grow or produce a product you want to buy
- Find out what products are available in the province of Manitoba

The directory details the nature of business for each listing. Use these codes as a guide to search your requirements for organic foods:

D - Direct Farm Marketers retailing to consumers

R - Regional

P - Provincial

N - National

I - International

Other Codes includes:

A - Grown and processed in Manitoba

B - Processed in Manitoba

C - Grown in Manitoba

Fi - Federally inspected meat or poultry plant; approved for international and interprovincial export

* - Kosher product or kosher version available

** - Halal product


NOTE: This is a voluntary directory that lists producers, processors, handlers, distributors, restaurants and retailers of organic products. No contact information was listed without permission. Information for this directory is accurate at time of publishing. Information for this directory was provided in part by the Organic Food Council of Manitoba, the Organic Producers Association of Manitoba and other certifying agencies.

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Manitoba Organic Directory Producer, Processor and Handler Alphabetical Listing











Codes:

-  D – Direct Farm Marketers retailing to Consumers
- R – Regional
- P – Provincial
- N – National
- I – International




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R-Way Ag (I) 39

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✍ Bunn, Matt and Karen (D,R,P,N,I)	21
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✍ Logan Farms (D,R).....	32
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Denise Dewar and Dennis Norosky (I).....	23
Pierson	
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Pipestone	
Elliott, Glenn and Nancy (I).....	25
Roblin	
GM Seed Cleaning (R,P,N,I)	27
Shellmouth	
Marschall, Roy and Kim (R)	33
Souris	
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St. Lazare	
Simard, Louis (P,N,I).....	39

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Organic Ranchers Inc. (R,P,N).....	35
Peak of the Market (R,P,N,I).....	36
Pop's Farm (R,P,N,I) fi.....	37
Shoal Lake Wild Rice* ** (N,I).....	39
Sunpeak Foods (R,P).....	40
Totally Organic Beverages (R,N,I).....	40
Wellington Fine Coffees.....	41
Wild Man Ricing (R,P,N,I).....	42

Manitoba Organic Directory Producer, Processor and Handler Organic Product Category Listing

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Rigby Orchards Estate Winery (R,P,N,I)	39
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Beverages – Non Alcoholic

Angostura Canada Inc. (R,P,N,I)	17
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Coffee

Green Bean Coffee Imports (D,R,P,N,I)	28
Wellington Fine Coffees	41

Tea

Brueggemann Organic Farms (D,R,P)	20
CTC Brewt Corporation (R,P,N,I)	22

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Countryside Farms* (R)	21
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Brueggemann Organic Farms (D,R,P)	20
Chura, Norman (R,P,N,I)	21
Cowan, Donald (D,R,P,N,I)	22
Crocusview Farm Ltd. (D,P,N)	22
DeRuyck's Organic Farm (R,P,N)	23
DeRuyck's Top of the Hill Farm (R,P,N,I)	23
Double SS Hereford Farm (P,N,I)	23
Elliott, Glenn and Nancy (I)	25
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M&M Organic Marketing (R,P,I)	32
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Smyski Farms (D,R,P,N,I)	40
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Jensen, Peder and Debbie	30
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McKenzie, Alan (I)	33
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Manitoba Organic Directory Producers, Processors and Handlers Directory Listing

A

Advanced Grain Systems (N,I)

Box 111, 78076 PTH 50
Gladstone, Manitoba R0J 0T0
Phone: 204-385-3600
Fax: 204-385-3601
Email: bbuhr@agsflax.com
www.agsflax.com
Contact: Beverly Buhr or Michael Buhr

(B)

Golden and brown flax

Agnew Organics (P,N,I)

(Redneck Organics)

Box 268
Hartney, Manitoba R0M 0X0
Phone: 204-858-2547
Fax: 204-858-2547
Contact: Bill or Julie Agnew

(A)

Golden flax
Oats, durum wheat

Angostura Canada Inc. (R,P,N,I)

251 Saulteaux Crescent
Winnipeg, Manitoba R3J 3C7
Phone: 204-889-5500
Fax: 204-831-5926
Email: info@angostura.ca
www.angostura.ca
Contact: Karen Jurkowski

(B)

Alcoholic and non-alcoholic beverages

Appleby, Sam and Anne (R,P,N)

Box 2273
Steinbach, Manitoba R5G 1N7
Phone: 204-326-9270
Fax: 204-326-4344
Email: applebys@mts.net

(A)

Milk

B

Bee Maid Honey (D,R,P,N,I)

625 Roseberry Street
Winnipeg, Manitoba R3H 0T4
Phone: 204-786-8977
Fax: 204-783-8468
Email: honey@beemaid.com
www.beemaid.com
Contact: Greg Mohr

(A)

Organic creamed honey (500g)
Canada grade no. 1 white

Beirnes, Kelly (D,R,P,N)

Box 171
Stony Mountain, Manitoba R0C 3A0
Phone: 204-344-5214

(A)

Beef cattle
Beef and pork: cut & wrapped ¼ s and ½ s
Forages: silage mix, alfalfa, alfalfa/silage mix, hay,
native pasture, feed grains
Certification Standards: USDA

Best Cooking Pulses Inc.* (P,N,I)

124-10th Street Northeast
Portage la Prairie, Manitoba R1N 1B5
Phone: 204-857-4451
Fax: 204-239-6885
Email: organic@bestcookingpulses.com
www.bestcookingpulses.com
Contact: Margaret or Trudy

(A)

“YumpeeZ” roasted veggie snack - allergen free**
Whole Yellow Pea Flour,* flour*
Green Split Pea Fibre*
Whole split green peas,* whole split yellow peas*

(B)

Best Pea Fiber*
Chickpea Flour*

Bialkoski, Joe and Marie (R,P,N,I)

102-7th Avenue Southeast
Dauphin, Manitoba R7N 2E2
Phone: 204-638-0966

(C)

Red spring wheat, oats

Black Family Farm (D,R,P,N,I)

RR#1
Deloraine, Manitoba R0M 0M0
Phone: 204-747-2867
Fax: 204-747-2962
Email: sblack@xplornet.com
Contact: Larry or Susan Black
David or Ashley Black

(C)
Wheat
Certification Standards: USDA

Blue Lagoon Florascape (R,P)

781 Highway 26
St. Francois Xavier, Manitoba R4L 1A2
Phone: 204-864-3083
Email: annelore@mts.net
Contact: Lori Ann Regnier

(A)
Fruits, vegetables, herbs

Boulangier Farms (D,R,P,N,I)

Hartney, Manitoba R0M 0X0
Phone: 204-858-2660
Fax: 204-858-2517
Email: gaston@mts.net
Contact: Gaston or Nicole Boulangier

(A)
Finished beef

Boulangier, Marc and Lindsay (D,R,P,N,I)

Box 383
Hartney, Manitoba R0M 0X0
Phone: 204-858-2353
Fax: 204-858-2517
Email: cactusacres@yahoo.ca

(A)
Yearling calves, slaughter calves

Bouvier, Ted and Shawn* (D,R,P,N,I)

Box 50
Beulah, Manitoba R0M 0B0
Phone: 204-568-4723
Fax: 204-568-4723
Email: tbouvier@mts.net

(C)
Beef*
Wheat, oats
Forage

Bouw Farms (D,R,P,N,I)

Box 418, RR#1
Dugald, Manitoba R0E 0K0
Phone: 204-866-3707
Email: bouw@highspeedcrow.ca
Contact: Herman Bouw

(A)
Oats, wheat, soy beans, hay

Brown Homestead Farms (D,R,P,N,I)

Box 2207
Swan River, Manitoba R0L 1Z0
Phone: 204-734-4391
Email: fcole@mts.net
Contact: Frank Cole

(A)
Wheat, oats, fall rye, barley,
Forages: alfalfa, sweet clover

Brueggemann Organic Farms (D,R,P)

Box 101
Ridgeville, Manitoba R0A 1M0
Phone: 204-427-2989
Fax: 204-427-2989
Email: ghbrueg@mts.net
Contact: Gerhard Brueggemann

(A)
Flour - buckwheat, wheat, spelt, rye, barley,
oatmeal, millet - 500g, 2.5kg
Wheat kernels - 500g
Flax seeds (yellow or brown) - 500g
Spelt berries, millet berries - 500g
Barley pearled - 500g
Oatmeal
Soybeans - 500g
Brown lentils - 500g
Long grain brown rice, wild rice - 500g
Split pea soup, bean soup - 500g
7 grain cereal - 500g
Stinging nettle tea - 50g
Mullein - 50g
Calendula salve - 50g
Honey - 500g glass jar
Waffle & pancake mix - 5 lb

(C)
Oats, buckwheat, wheat
Flax
Wild rice

Bunn, Matt and Karen (D,R,P,N,I)

Box 113
Miniota, Manitoba R0M 1M0
Phone: 204-748-2165
Contact: Matt or Karen Bunn

(A)
Oats, barley, wheat
Angus heifers, Angus steers

C

Canadian Wheat Board (R,P,N,I)

423 Main Street
Winnipeg, Manitoba R3C 2P5
Phone: 204-983-5799
Fax: 204-983-3841
Email: donna_youngdahl@cwbc.ca
www.cwbc.ca
Contact: Donna Youngdahl or Patty Rosher

(C)
Wheat, durum, barley

Chura, Norman (R,P,N,I)

Box 838, RR#1
Anola, Manitoba R0E 0A0
Phone: 204-755-2979

(A)
Wheat
Flax, other small seeds
Forages: alfalfa, clover, grasses
Certification Standards: USDA, EU

Circle V Farms (R,P,N,I)

Box 15, Route 16, RR#1
Dugald, Manitoba R0E 0K0
Phone: 204-853-2084
Contact: Duane Vaags

(C)
Rye, oats, spelt, sunflowers
Certification Standards: USDA

Countryside Farms* (R)

88 Millwork Drive
Steinbach, Manitoba R5G 1V9
Phone: 204-326-3252
1-866-360-3447
Fax: 1-800-718-3447
Contact: Peter Wieler

(A)
Gold eggs
Vita eggs

Cowan, Donald (D,R,P,N,I)

Box 245
McAuley, Manitoba R0M 1H0
Phone: 204-722-2023

(C)

Wheat, oats
Flax
Certification Standards: USDA, EU, BioSuisse

Creekside Organics (D,R,P,N,I)

Box 421
Carberry, Manitoba R0K 0H0
Phone: 204-834-3770
Fax: 204-834-3770
Email: creeksideorganics@ymail.com
Contact: Bryan Graham

(B)

Fall rye, oats
Market garden

Crocusview Farm Ltd. (D,P,N)

Box 60
Kenton, Manitoba R0M 0Z0
Phone: 204-838-2426
Fax: 204-838-2426
Email: cfinnie@goinet.ca
www.crocusviewfarm.homestead.com
Contact: John Finnie or Martin Finnie

(A)

Bison meat
Forages: rye pasture, alfalfa, red clover seed, hay,
Ground flax, mustard, oats, barley
Yellow peas
Red spring wheat: whole or milled
Durum wheat
Certification Standards: USDA, EU

CTC Brewt Corporation (R,P,N,I)

3-1375 Niakwa Road East
Winnipeg, Manitoba R2J 3T3
Phone: 204-256-1266
Email: info@brewts.com
www.brewts.com

(A)

Custom blended and packaged red, green, white
and black teas made from locally sourced berries
and fruits

(B)

Chocolates

D

Denise Dewar and Dennis Norosky (I)

Box 67

Newdale, Manitoba R0J 1J0

Phone: 204-849-2263

Fax: 204-849-2263

Contact: Denise Dewar or Dennis Norosky

(C)

Fall rye, red spring wheat, feed barley

DeRuyck's Organic Farm (R,P,N)

Box 38

Swan Lake, Manitoba R0L 1Z0

Phone: 204-836-2755

Fax: 204-836-2755

Email: gderuyck@hbni.net

Contact: Gerard or Marie-Paule DeRuyck

(A)

Grains & flours: wheat, rye, spelt, buckwheat

Brown flax & golden flax

Oil-type & confectionary sunflowers

Oats: oat flour, steel-cut oats, Scottish oats, flakes, granola, regular, quick

spelt, rye, buckwheat flakes

Buckwheat hulls for pillows

DeRuyck's Top of the Hill Farm (R,P,N,I)

Box 153

Treherne, Manitoba R0G 2V0

Phone: 204-526-2066

Fax: 204-526-2066

Email: dderuyck@mts.net

Contact: Dan or Fran DeRuyck

(A)

Oats, millet, spelt, rye, sunflowers

Flax

Vegetables: carrots, onions, potatoes, beets

Double SS Hereford Farm (P,N,I)

Box 59E, RR#2

Brandon, Manitoba R7A 5Y2

Phone: 204-728-7624

Fax: 204-726-4706

Email: cstott@mts.net

Contact: Cyril or Conrad Stott

(A)

Soft white wheat, hard spring wheat, oats, barley, fall rye

Flax, canola

Du Bois Wild Rice Ltd. (R,P,N,I)

P.O. Box 1762
Winnipeg, Manitoba R3C 2Z9
Phone: 204-256-3360
Fax: 204-256-3360
Email: skrzenta@mts.net
Contact: Judy Williams Skrzenta

(A)

Wild rice
Bulk 2.5 kg, 10 kg, 50 lb. (22.68 kg)
Retail packages 200 g
Available in Canada Grade
X-large, large, small or broken grades
Certified organic (OPAM) grower & processor
Custom mixing and packaging available
Grower, processor and packager of wild rice products

Dyck, Ian (D,R,P)

Box 117
Roseisle, Manitoba R0G 1V0
Phone: 204-828-3563
Email: dyckianleonieke@gmail.com

(A)

Open pollinated corn seed
Wheat seed, rye seed

E

Eden, Mitchell (D,R,P)

RR#1 Comp 20
Ashville, Manitoba R0L 0A0
Phone: 204-638-2917
Fax: 204-638-2329
Contact: Mitchell Eden

(A)

Forage crops: alfalfa, timothy, clover
Wheat, oats, potatoes, corn
Raspberries, saskatoons, variety of garden vegetables

EJH Organic Farm (D,R,P)

Box 967
Lenore, Manitoba R0M 1E0
Phone: 204-838-2009
Fax: 204-838-2009
Email: edhodgins@hotmail.com
Contact: Ed Hodgins

(A&B)

Beef- individual packaged cuts. As well as ¼s, ½s and whole carcasses
Pork- individual packaged cuts
Beef patties and sausages
Catered certified organic beef on a bun

Elliott, Glenn and Nancy (I)

Box 324, RR#1
Pipestone, Manitoba R0M 1T0
Phone: 204-522-6009
Fax: 204-854-2202
Email: gnelliott@xplornet.com
Contact: Glenn or Nancy Elliott

(A)
Wheat, oats, barley
Brown flax
Peas

Ens Farms Ltd. (D,I)

RR #1, Box 218
Winkler, Manitoba R6W 4S1
Phone: 204-325-4658
204-325-9420
Fax: 204-325-4985
Email: c4kens@gmail.com
Contact: Chris Ens

(A)
Corn, soybeans, oats, forage

Ewasko Farms Ltd. (R,P,N)

Box 5117
Beausejour, Manitoba R0E 0C0
Phone: 204-755-2884
Contact: Bernie or Adeline

(A)
Milk

F

Far North Wild Rice (D,R,P,N,I)

182 Murton Blvd
Flin Flon, Manitoba R8A 1V4
Phone: 204-687-3631
Email: rrussell@mts.net
www.wildrice.mb.ca
Contact: Sherron or Richard Russell

(A)
Canadian lake wild rice

Fewings, Wade and Loretta (R,P,N,I)

Box 251
Pierson, Manitoba R0M 1S0
Phone: 204-634-2409
Fax: 204-634-2409
Email: fewings@mts.net

(C)
Wheat
Certification Standards: USDA, EU

Field 2 U Organics (D,R,P,N,I)

Box 52
Inglis, Manitoba R0J 0X0
Phone: 204-564-2551
Email: krick@inetlink.ca
Contact: Rick or Kristel Olding

(C)
Flax
Oats, wheat, barley, rye
Peas

Food Development Centre

Box 1240, 810 Phillips Street
Portage la Prairie, Manitoba R1N 3J9
Phone: 1-800-870-1044
204-239-3643
Fax: 204-239-3180
www.gov.mb.ca/agriculture/fdc
Contact: Nona Shultz Ferris

Manitoba's leading research and development and pilot plant facility with a federal and organic license. FDC processes meat, fruits, vegetables, honey, hemp and wild game. Clients receive help developing their food idea into a market-ready product that can be shipped across Canada. Clients use FDC's modern pilot plant to make small product runs, introduce their product to the market and establish a sales track record. FDC is a Special Operating Agency of Manitoba Agriculture, Food and Rural Initiatives and provides cost-effective research & development and commercialization services to the agri-food industry.

Freefield Organics (D)

Box 137
Inglis, Manitoba R0J 0X0
Phone: 204-564-2067
Email: freefield-organics@mts.net
Contact: Erna or Franz Kracher

(A)
Golden flax, wheat flour/stone ground, spelt flour/stone ground, buckwheat flour/ stone ground, heritage wheat "red fife"

Frykas, William B. (R,P,N)

Box 394
Gilbert Plains, Manitoba R0L 0X0
Phone: 204-548-2932
Fax: 204-548-4428
Email: frykasbk@mts.net

(C)
Beef
Oats, barley
Forages: alfalfa, peas

G

Genik Farm (D,R,N)

Box 164
Dauphin, Manitoba R7N 2V1
Phone: 204-638-7580
Fax: 204-638-7580
Email: vriver@mts.net
Contact: Ernie or Yuri Genik

(A)

Beef
Spring wheat, winter wheat, buckwheat, oats
Flax
Forages: clovers, alfalfa hay, grass hay
Hemp
Horse radish

Gervais Seeds Ltd. (R,P,N,I)

Box 126
Elie, Manitoba R0H 0H0
Phone: 204-353-2152
Fax: 204-353-2926
Email: sgervais@mts.net
Contact: Roger Gervais

(A)

Dehulling and processing oats, spelt
Certification Standards: USDA

GM Seed Cleaning (R,P,N,I)

RR#1
Roblin, Manitoba R0L 1P0
Phone: 204-937-2739
Fax: 204-937-2399
Email: schwickart@mts.net
Contact: Gert or Marianne Schwickart

(A)

Grain
Flax
Forages: alfalfa, peas

Gordon, Jack (D,R,P,N)

Box 119
Baldur, Manitoba R0K 0B0
Phone: 204-466-2654

(C)

Winter wheat, buckwheat, oats, barley, faba beans
Peas
Forage crops: hay, pasture

**Granny's Poultry Cooperative (Manitoba),
Ltd. (D,R,P,N,I)**

Box 98

Blumenort, Manitoba R0A 0C0

Phone: 204-326-3448

Fax: 204-326-4787

Email: www.grannys.mb.ca

Contact: Peter Doerksen or Maria Blaszyk

(A)

Chicken

Certification Standards: USDA

Green, Art (R,N,I)

Box 531

Killarney, Manitoba R0K 1G0

Phone: 204-523-8826

Fax: 204-523-8415

(C)

Hard red wheat, winter wheat, spelt, oats, barley

Flax

Green Bean Coffee Imports (D,R,P,N,I)

Box 319

Clandeboye, Manitoba R0C 0P0

Phone: 204-738-2180

1-866-237-7347

Fax: 204-738-2179

Email: reid5@mts.net

www.greenbeancoffeeimports.com

Contact: Derryl Reid

(B)

Coffee – bulk, 1 lb bags, ½ lb bags, 2.5 kg packages

Groening Organics (D,N)

Box 125

Low Farm, Manitoba R0G 1E0

Phone: 204-746-8307

Cell: 204-209-0114

Fax: 204-746-8307

Email: melnelva@mts.net

Contact: Mel or Elva Groening

(A)

Grains

Hay

Growers International Organic Sales Inc.

(P,N,I)

22nd Floor, 333 Main Street
Winnipeg, Manitoba R3C 4E2
Phone: 204-926-9593
Fax: 204-943-2455
Email: tcowell@giosi.com
www.giosi.com
Contact: Tom Cowell

(C)

Redspring, durum, winter and hard white wheat,
oats, barley, rye
Flaxseed
Peas

Gschossmann, Christoph (R,P,N,I)

Box 82

Inglis, Manitoba R0J 0X0
Phone: 204-564-2552
Fax: 204-564-2552
Email: christop@mts.net

(C)

Wheat, rye
Yellow flax
Field peas

H

Hemp Oil Canada Inc. (R,P,N,I)

225 Pembina Trail, Box 188
St. Agathe, Manitoba R0G 1Y0
Phone: 1-800-289-4367
204-822-2480
Fax: 204-822-2529
Email: info@hempoilca.com
www.hempoilca.com
Contact: Shaun Crew, President
shaun@hempoilca.com
Anndrea Hermann, Account Manager
anndrea@hempoilca.com

(C)

Bulk wholesale and private label hemp food
products including:

Hemp seed oil, hulled hemp seed, hemp protein
powder, hemp flour, roasted or toasted hemp seed,
hemp coffee, hemp oil gel caps, hemp derivatives

Heritage, Don (D,R,P,N,I)

Box 1047
Virden, Manitoba R0M 2C0
Phone: 204-748-1085
Contact: Don Heritage

(C)
Red spring wheat
Forage crops: clover
Certification Standards: USDA, EU

 **Hickson Farms, Ltd. (D,R,P,N,I)**

Box 24
Brandon, Manitoba R7H 5Y2
Phone: 204-725-0621
Fax: 204-725-0621
Email: hicksondj@mts.net
Contact: Darcy Hickson

(C)
Beef cattle
Millet, barley, oats, field peas, barley, wheat, faba
beans
Forage crops: mixed grasses, alfalfa grass, pasture
Certification Standards: USDA, EU

 **Hoepfner Organic Farms (D,R,P)**

Box 1032
Morden, Manitoba R6M 1A9
Phone: 204-822-4912
Fax: 204-822-4912

(A)
Oats
Cattle

 **Howpark Farms (D,R,P,N)**

RR #4, Box 25
Brandon, Manitoba R7A 5Y4
Phone: 204-725-1006
Fax: 204-725-1006
Email: howpark@grossart.ca
Contact: Ian or Linda Grossart

(A)
Grain, yellow flax, oats, barley

J
Jensen, Peder and Debbie

Box 985
Arborg, Manitoba R0C 0A0
Phone: 204-376-2604
Fax: 204-376-3482

(A)
Alfalfa seed

Jordan, Theo and Susanne (D,R,P,N,I)

Box 306
Eriksdale, Manitoba R0C 0W0
Phone: 204-739-5480
Fax: 204-739-2124

(C)
Alfalfa seed, golden flax seed
Golden flax oil, canola oil
Honey
Herbs mix

K

Kasprick, Michael (D,R,P,N,I)

Box 71
Eden, Manitoba R0J 0M0
Phone: 204-476-0683
Contact: Michael Kasprick

(C)
Brown flax
Certification Standards: USDA, EU

Keller, Larry and Joyce (R,P)

Box 415
Russell, Manitoba R0J 1W0
Phone: 204-773-3131
Contact: Larry or Joyce Keller

(C)
Wheat, oats, barley
Strawberries

Keystone Grain (R,P,N,I)

Box 1236
Winkler, Manitoba R6W 4B3
Phone : 204-325-9555
Fax: 204-325-2240
Email : gfehr@keystonegrain.com
www.keystonegrain.com
Contact: Grant Fehr

(A)
Brown and golden flaxseed

L

Lakeview Organic Ranch (R,P,N)

Box 533
Gladstone, Manitoba R0J 0T0
Phone: 204-385-2059
Fax: 204-385-2556
Email: shellran@mts.net
Contact: Shelley Bjarson

(C)
Cattle



Logan Farms (D,R)

RR#1

Nesbitt, Manitoba R0K 1P0

Phone: 204-824-2706

Email: loganfarms2005@hotmail.com

Contact: Dwayne or Shelley Logan

(A)

Grass fed beef, grass fed lamb, grass fed goat,
pasture raised pork

M

M&M Organic Marketing (R,P,I)

Box 262

St. Claude, Manitoba R0G 1Z0

Phone: 204-379-2451

Fax: 204-379-2451

Contact: Mike Vuignier

(C)

Oats, barley, wheat, flax, spelt

Beef

Soybeans, edible beans, peas, corn

Manitoba Harvest (R,P,N,I)

69 Eagle Drive

Winnipeg, Manitoba R2R 1V4

Phone: 204-953-0233

1-800-665-HEMP (4367)

www.manitobaharvest.com

Contact: Mike Fata or Martin Moravcik

(A)

Hemp seed oil, shelled hemp seed, hemp seed
butter, hemp protein powder and HEMPBLISS -
the world's first organic hempmilk

Certification Standards: USDA



Marg's Organics Plus (D,R)

702 Dawson Road (Highway 207, Lorette)

Mailing address:

Grp 2 Box 11 RR2

Lorette, Manitoba R0A 0Y0

Phone: 204-878-4353

Email: margandg@mts.net

Contact: Marg or Glenn Erickson

(A)

Marg's Pro-Cert certified organic strawberries and
raspberries

Marg's Pro-Cert certified organic potatoes,
tomatoes, mild and hot peppers, turnip, beans,
beets, cucumbers, carrots, zucchini, dill, spaghetti
squash, lettuces

Marg's natural strawberry honey
Marg's jams, no sugar preserves, bakery items
Open year round by appointment,
phone 204 878-4353

Marschall, Roy and Kim (R)

Box 68
Shellmouth, Manitoba R0J 1Y0
Phone: 204-564-2636

(C)
Wheat, oats, flax
Forage crops: alfalfa hay

Maywood Farms Ltd. (I)

Box 13
Brookdale, Manitoba R0K 0G0
Phone: 204-354-2136
Fax: 204-354-2317
Email: tcmcleod@mts.net
Contact: Trevor or Cornelia McLeod

(A)
Wheat

McKay Pond View Organics (D,R,P,N)

Box 684
Erickson, Manitoba R0J 0P0
Phone: 204-636-2216
Contact: Muriel McKay

(C)
Char./Red Angus feeder steers, Char./Red Angus
feeder heifers, Char./Red Angus yearling heifers
for sale

McKenzie, Alan (I)

RR#1
Nesbitt, Manitoba R0K 1P0
Phone: 204-824-2686
Email: alan@hedgeville.ca

(C)
Grain, peat
Forage crop: hay

Mom's Milk (R,P,N)

Manitoba Organic Milk Co-op Ltd.
Box 40, RR #1
Winkler, Manitoba R6W 4A1
Phone: 204-325-6953
Contact: Conrad or Val Zacharias

(A)
Milk

Morin, Nick

Box 715

Grandview, Manitoba R0L 0Y0

Phone: 204-546-2110

Cell: 204-647-1044

Fax: 204-546-2160

Email: grandviewmotorim@yahoo.ca

(A)

Flax, wheat

Mother Earth Tobacco (D)

Mailing address:

Box 639

Portage la Prairie, Manitoba R1N 3C2

Office:

#220-5010 Crescent Road West

Long Plain First Nation

Portage la Prairie, Manitoba

Phone: 204-239-4490

Fax: 204-239-4192

Email: info@motherearthtobacco.com

www.motherearthtobacco.com

(B)

100% certified organic tobacco leaves prepared and distributed for people who use tobacco in ceremony

Mueller Seed Farm Inc. (P,N)

Box 32

Arnaud, Manitoba R0A 0B0

Phone: 204-427-2465

Fax: 204-427-2965

Email: msf@HBNI.net

Contact: Klaus Mueller

(B)

Flax

N

Nature's Farm (D,R,P,N,I)

Box 20666

5 Life Sciences Parkway

Steinbach, Manitoba R0A 2T2

Phone: 204-326-5509

1-877-8NO-ODLE (888-8353)

Fax: 204-326-6626

Email: csinfo@naaturesfarm.ca

www.naturesfarm.ca

Contact: Hermann or Sheryl Grauer

(A)

Pappardelle Pasta, Tajliabelle Pasta, Linguine Wholespelt, Vermicelli Pasta, Spaghetti Pasta, Penne Pasta, Orzo Pasta

O

Oak Ridge Meats (R,P)

Box 178
McCreary, Manitoba R0J 1B0
Phone: 204-835-2365
Fax: 204-835-2419
Email: oakridgm@mts.net
Contact: Doris Fletcher

(A)

Beef quarters, sides & cuts - fresh or frozen
Pork sides & cuts
Bison quarters, sides & cuts
Chicken products
Custom cut & wrap of beef, bison, elk, pork & wild game

Organic Food Council of Manitoba - A Chapter of Canadian Organic Growers

Box 68082
RPO Osborne Village
Winnipeg, Manitoba R3L 2V9
Phone: 204-779-8546
Fax: 204-772-4363
Email: ofcm@cog.ca
www.organicfoodcouncil.org

"We promote the production, processing, distribution and accessibility of local, organic food through a variety of methods including our Manitoba Farm Mentorship and Growing Up Organic programs."

Organic Producers Association of Manitoba (OPAM) (R,P,N,I)

Box 940
227 Wellington Street West
Virden, Manitoba R0M 2C0
Phone: 204-748-1315
Fax: 204-748-6881
Email: info@opam.mb.ca
www.opam.mb.ca

Organic Ranchers Inc. (R,P,N)

Station 1, Box 9, 70 Kendale Drive
Winnipeg, Manitoba R3T 5M4
Phone: 204-269-0658
Fax: 204-275-1679
Email: hbouvier@organicrancherscanada.com
www.organicrancherscanada.com
Contact: Helene Bouvier

(A)

Beef, bison

P

Peak of the Market (R,P,N,I)

1200 King Edward Street
Winnipeg, Manitoba R3H 0R5
Phone: 204-632-PEAK (7325)
Fax: 204-774-PEAK (7325)
www.peakmarket.com
Contact: Grant Hackman or Ken Krochenski

(A)

Yellow and red potatoes, cooking onions, Russet potatoes
Certification Standards: USDA

Pine River Farms (R,P,N)

Box 208
Pine River, Manitoba R0L 1M0
Phone: 204-328-7012
Fax: 204-261-2167
Contact: Wayne Isaac

(C)

Hemp, peas
Forage crops: red clover
Certification Standards: USDA, EU

Plawicki Seeds (D,R,P,N,I)

Box 655
Gilbert Plains, Manitoba R0L 0X0
Phone: 204-548-4030
Fax: 204-548-2261
Email: cory2261@goinet.ca
Contact: Cory or Jackie Plawicki

(A)

Forage Crops: alfalfa, creeping root alfalfa, yellow blossom sweet clover, white blossom sweet clover, single cut red clover, double cut red clover
Seed processor, seed retailer, seed wholesale

Ploughshares Community Farm (D,R,P)

Box 17, RR #4, Group 405
Beausejour, Manitoba R0E 0C0
Phone: 204-414-5064
204-268-2849
Email: mattjwiends@yahoo.ca
Contact: Matthew Wiens

(A)

Wheat, flax

 **Pollock Farms (D,R,P,N)**

Box 49, RR#5
Brandon, Manitoba R7A 5Y5
Phone: 204-728-7672
Fax: 204-728-7672
Email: pollock.farms@gmail.com
Contact: Larry or Pat Pollock

(A)

Spelt berries, table potatoes, variety garden vegetables

Certification Standards: USDA, EU

Poplar Glen Organic Farm (R,P,N,I)

RR#1
Grandview, Manitoba R0L 0Y0
Phone: 204-546-2099
Email: kstorey@explornet.com
Contact: Doug or Kate Storey

(C)

Hard red spring wheat, barley, oats
Forage crops: yellow blossom sweet clover seed
Cattle - yearlings, cattle - grass finished

 **Poplar Grove Farm (D,R,P,N,I)**

Box 1450
Winkler, Manitoba R6W 4B4
Phone: 204-325-4333
Fax: 204-325-8630
Email: marv@kroekers.com
www.kroekerfarms.com
Contact: Marv Dyck

(A)

Wheat, rye, barley, navy beans, potatoes, onions, raspberries

Forage crop: alfalfa

Poplar Lane Farm (N,I)

Box 762
Gladstone, Manitoba R0J 0T0
Phone: 204-385-2347
Contact: Gerald Wall

(C)

Oats, flax

Pop's Farm (R,P,N,I) fi

463 Dawson Road North
Winnipeg, Manitoba R2J 0S8
Phone: 204-233-7089
Fax: 204-237-8447
Email: jlechman@popsfarm.com
www.popsfarm.com
Contact: Jeremiah Lechman

(A)

Whole, cut up, bulk, cryovac or tray pack, air-chilled chickens.

✦ **Prairie Flour Mills Ltd. (D,R,P,N,I)**

Box 301

11 Janzen Road

Elie, Manitoba R0H 0H0

Phone: 204-353-2895
1-888-993-5687

Fax: 204-353-2943

Email: sales@flour.com

www.flour.com

Contact: Dale Williamson - Grains

Dennis Wirvin - Flour

(A)

White flour, whole wheat flour, mill feed

✦ **Prairie Rose Meats**

Box 1349

Souris, Manitoba R0K 2C0

Phone: 204-483-2765

Fax: 204-483-2765

Contact: Marc Bellon

(A)

Local meat: beef, bison, elk, pork

Certified organic beef

Premium Organics (P,N,I)

Box 494

Gilbert Plains, Manitoba R0L 0X0

Phone: 204-548-2740

Fax: 204-548-4240

Email: premium_organics@mts.net

Contact: Rick or Jody Frykas

(A)

Brown flax, yellow flax, wheat, spelt, oats, barley,
black peas, yellow peas, buckwheat

Forage crops: yellow, white, red clover, alfalfa bales

Caraway

Federally inspected beef

Prestayko, Rick (P,N,I)

Box 22

Valley River, Manitoba R0L 2B0

Phone: 204-638-7251

Fax: 204-638-4890

Email: ricks1@mts.net

(A)

Hard red spring wheat

R

R-Way Ag (I)

Box 388
St. Claude, Manitoba R0G 1Z0
Phone: 204-379-2582
Fax: 204-379-2460
Email: guy@rwayag.com
Contact: Guy Rouire

(A)
Soybeans, roasted soybeans

(B)
Spelt, fall rye

Rigby Orchards Estate Winery (R,P,N,I)

Box 163
Killarney, Manitoba R0K 1G0
Phone: 204-523-8879
Contact: Grant Rigby

(A)
Frozen raspberries
Soybeans
Forage crops: alfalfa
Hemp foods
Organic grown Boyne raspberry wine

(B)
Organic grown black current wine
Certification Standards: USDA, EU

S

Shoal Lake Wild Rice* ** (N,I)

28 A Christopher Street
Winnipeg, Manitoba R2C 2Z2
Phone: 204-989-7696
Fax: 204-943-4719
Email: info@slwr.com
www.slwr.com

(B)
OH Canada wild rice
OH Canada pancake & waffle mix
La Verendrye wild rice

Simard, Louis (P,N,I)

Box 130
St. Lazare, Manitoba R0M 1Y0
Phone: 204-683-2569
Fax: 204-683-2577
Email: procustom@xplornet.com

(C)
Barley
Fall rye



Simundsson, Bragi (D,P,N)

Box 26
Arborg, Manitoba R0C 0A0
Phone: 204-376-3269
Email: bsimundsson@arborg.com

(A)

Wheat, flax seed
Forage crops: alfalfa seed
Grass fed beef, grass fed lamb, pastured chickens



Smyski Farms (D,R,P,N,I)

RR#3, Comp 19
Dauphin, Manitoba R7N 2T6
Phone: 204-638-7732
Fax: 204-638-7732
Contact: Rick or Carol Smylski

(A)

Hard red spring wheat, hard red winter wheat,
soft white spring wheat, oats, golden flax, yellow
mustard, fall rye
Forage crops: yellow blossom sweet clover

Sunpeak Foods (R,P)



210-1364 McPhillips Street
Winnipeg, Manitoba R2X 2M4
Phone: 204-480-1876
Email: email@sunpeakfoods.com
www.sunpeakfoods.com
Contact: Regan Stevenson



(A)

Organic spelt pasta

Suski, Arnold (R)

Box 154
Arden, Manitoba R0J 0B0
Phone: 204-368-2316
Fax: 204-368-2360
Contact: Arnold Suski

(C)

Oats, barley

T

Totally Organic Beverages (R,N,I)

44 Higgins Avenue
Winnipeg, Manitoba R3B 0A5
Phone: 204-982-4720/4700
1-800-265-0027
Fax: 204-943-8624
www.tobevys.com
Contact: Ernie McIvor

(A&B)

Organic fruit-based alcoholic beverages:
Totally Organic Fruit Juice Beverage 5% alcohol
Totally Organic Beverage vodka
Totally Organic Beverage coffee liqueur

Triple C Beef (D,R,P)

Carroll, Manitoba R0K 0K0
Phone: 204-483-2024
1-888-235-2641
Fax: 204-483-3724
Email: info@triplecbeef.ca
www.triplecbeef.ca
Contact: John or Debbie Carlisle

(A)

Beef - individually packaged cuts as well as ¼s, ½s
and whole carcasses
Pork - individual cuts and ½s from free-range
Berkshire pigs

W

Watkins, Neal and Louise (D,R,P,N,I)

Box 1378
Swan River, Manitoba R0L 1Z0
Phone: 204-734-5675
Fax: 204-734-3401
Email: watnl@mts.net

(C)

Live certified organic beef

Wellington Fine Coffees

Unit 2, 1725 St. James Street
Winnipeg, Manitoba R3H 1H3
Phone: 204-679-4800
Fax: 204-697-4449
Email: donnaw@wellingtonfinecoffees.com
www.wellingtonfinecoffees.com

(B)

Coffees

Wiebe Ventures Inc. (N,I)

Box 628
Manitou, Manitoba R0G 1G0
Phone: 204-242-3192
Fax: 204-242-2109
Email: wvi@mts.net
Contact: Gerald Wiebe

(A)

Rye, oats, flax



Wild Man Ricing (R,P,N,I)

3811 Birds Hill Road
East St. Paul, Manitoba R2E 1C2
Phone: 204-794-7068
Fax: 204-231-4339
Email: wildman1@mts.net
Contact: Tony Atkins or Rick Atkins

(A)
Wild rice



Wilson, Frances M. (D,R,P,N,I)


Box 101
Kenton, Manitoba R0M 0Z0
Phone: 204-838-2492
Email: vwilson@inetlinkwireless.ca
www.francesfarm.com

(C)
Beef




Wind and Water (D,R,P,N,I)

RR#1, Comp 60
Swan River, Manitoba R0L 1Z0
Phone: 204-539-2739
Contact: Craig Larson



(C)
Forage crops: alfalfa hay, grass hay, alfalfa/grass
mix hay (small square bales only)
Haskap: tundra, borealis
Apples



Y



Yurkiw, Morris (D,R,P,N,I)

Box 452
Grandview, Manitoba R0L 0Y0
Phone: 204-546-2348
Email: blinky1@mts.net

(C)
Wheat, barley, flax, buckwheat
Forage crops: clover
Garlic

Z

Zaclang Dairy (R,P,N)

Box 40, RR #4
Winkler, Manitoba R6W 4A1
Phone: 204-325-6953
204-362-0229
Email: zaclang@mts.net
Contact: Conrad or Val Zacharias

(A)
Milk

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Restaurant, Retailer and Distributor

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A-1 Nutrition

Retailer

- 300-1120 Grant Avenue
Winnipeg, Manitoba R3M 2A6
Phone: 204-475-7522
- #31-2860 Pembina Highway
Winnipeg, Manitoba R3T 3L9
Phone: 204-261-7240
1-888-615-0322

www.a1nutrition.ca

“Your health is our passion!”

Ambrosia Apothecary

Retailer

1918 St. Mary's Road
Winnipeg, Manitoba R2N 1L3
Phone: 204-953-1821
Email: info@ambrosiaapothecary.com
www.ambrosiaapothecary.com

Aqua Vitae

Wine distributor

39 Lochinvar Ave
Winnipeg, Manitoba R2J 1R3
Phone: 204-955-2238
Email: aquavitae@shaw.ca
Contact: Rod Biebrich

Aviva Natural Health Solutions

Retailer

- Aviva Downtown Superstore
52 Adelaide Street
Winnipeg, Manitoba R3A 0V7
Phone: 204-947-6789
- Aviva St. Vital
Unit 60 166 Meadowood Drive
Winnipeg, Manitoba R2M 5G8
Phone: 204-257-6789
www.aviva.ca

B

Bistro 7 ¼

Restaurant
125 Osborne Street
Winnipeg, Manitoba R3L 2C1
Phone: 204-777-2525
www.sevenandaquarter.ca

“Serving Luxurious Comfort Food sourced from local, natural, and organic purveyors. We feature many earth-friendly wines on our list. Seasonal menu.”

Blue Earth Organics

Retailer, Deli
1855 Portage Avenue
Winnipeg, Manitoba R3E 0G8
Phone: 204-219-3784
www.blueearthorganics.ca

“Real Food... Real Affordable.”

Borowski's Health Food**

Retailer
437 St Anne's Road
Winnipeg, Manitoba R2M 3C7
Phone: 204-257-7667

“Natural meats, reflexology, detox and supplements.”

Buffalo Stone Café

Café, Restaurant @ Fort Whyte Centre
1961 McCreary Road
Winnipeg, Manitoba R3P 2K9
Phone: 204-989-8370
Email: café@fortwhyte.org
www.fortwhyte.org

C

Café Carlo

Restaurant
243 Lilac Street
Winnipeg, Manitoba R3M 2S2
Phone: 204-477-5544
www.cafecarlo.com

“Popular and friendly neighbourhood bistro with an innovative and seasonally influenced menu and award winning wine list. We feature a greatest hits package of small plates, pastas, house made desserts and up to ten daily specials that keep the menu fresh.”

Canadian Nutrition Centre Inc.

Retailer
1795 Henderson Highway
Winnipeg, Manitoba R2G 1P3
Phone: 204-339-0440

Caulfield's Organic Market

Retailer
885 Westminster Avenue
Winnipeg, Manitoba R3G 1B4
Phone: 204-786-3289

Common Ground

Café Bakery
79 Sherbrook Street
Winnipeg, Manitoba R3C 2B2
Phone: 204-453-5156

“Where the prince and the pauper find common ground in more than wholesome food. Come check out our locally inspired menu!”

Cornelia Bean

Retailer
Tea, Coffee, and Chocolate
417 Academy Road
Winnipeg, Manitoba R3N 0C1
Phone: 204-489-5460
www.corneliabean.com

“Taste without the Travel!”

D

Dandelion Eatery

Restaurant
230 Osborne Street
Winnipeg, Manitoba R3L 1Z5
Phone: 204-453-5755
www.organzamarket.com

“We are devoted to nurturing relationships with local farmers, growers and producers in our community, and are dedicated to creating a menu based on regional ingredients. We support producers practicing sustainable agriculture; a belief that is reflected not only in our food, but also in our choices of beer, wine and even packaging.”

De Luca's Specialty Foods

Retailer
950-956 Portage Avenue
Winnipeg, Manitoba R3G 0R1
Phone: 204-774-7617
www.deluca.ca

“We welcome producers who are looking to wholesale their products through us! We are ready to begin promoting all our organic products in our cooking classes.”

Dubrovnik's Restaurant

Restaurant
390 Assiniboine Avenue
Winnipeg, Manitoba R3C 0Y1
Phone: 204-944-0594
www.restaurantdubrovnik.com

“Come and experience our regional cuisine and French continental!”

E

Eat It.ca/Organic Market

Retailer
603 Wall Street
Winnipeg, Manitoba R3G 2T5
Phone: 204-772-2136
Fax: 204-772-8491
Email: getorganics@eatit.ca
www.eatit.ca

“Eat it offers a large variety of organic products. Your one stop shop for organic offers retail and online shopping, as well as wholesale discounts. A focus on local is important to eatit.ca.”

F

Food Fare* **

Retailer
905 Portage Avenue
Winnipeg, Manitoba R3G 0P3
Phone: 204-987-8849

“We carry local organics.”

Food for Thought

Frozen foods & catering
1236 Main Street
Winnipeg, Manitoba R2W 3S8
Phone: 204-772-3663
www.foodft.ca
www.foodforthoughtcatering.ca

“City wide delivery program - Healthy, home-style cooking featuring naturally-raised meats, gluten-free, low-sodium, low-sugar and low-fat fresh and local products.”

Food For Thought is a registered meal provider with Veteran's Affairs Canada. We offer complete meal packages, from individual sized meals to family sized meals (frozen or catered).

See our website for complete menu information and pricing.

Fresh Option Organic Delivery (FOOD)*

Distributor, Home Delivery Service

1338 Clifton Street

Winnipeg, Manitoba R3E 2V2

Phone: 204-772-1479

Fax: 204-774-9908

www.freshoption.ca

Contact: Marnie Freeleus

“A distribution hub for organic foods, especially Manitoba-made and with an emphasis on fresh produce. Providing commercial and residential clients in Winnipeg with easy access to locally-and-sustainably-produced foods, and providing environmentally-conscious producers with simplified marketing assistance.”

Fusion Grill

Restaurant

550 Academy Road

Winnipeg, Manitoba R3N 0E3

Phone: 204-489-6963

Email: eat@fusiongrill.mb.ca

www.fusiongrill.mb.ca

“This is one of the premier dining experiences in the city. Talented young Chef Lorna Murdoch uses fresh local organic and wild ingredients to create stunning Manitoba regional cuisine. People with organic interests (growers/producers/patrons) are asked to contact waiter/owner, Scot McTaggart at Fusion Grill for more information.”

G

G.J. Andrews Food and Wine Shoppe

(Formerly Stephan & Andrews)

Retailer

384 Academy Road

Winnipeg, Manitoba R3M 0G1

Phone: 204-487-7300

Fax: 204-487-7253

www.gjandrews.ca

Contact: George Andrews

“G.J. Andrews Food and Wine Shoppe - we know good food and wine!”

Good ‘n’ Natural

Retailer

Unit A 116 Park Road West

Steinbach, Manitoba R5G 1V6

Phone: 204-326-9565

1-866-794-4613

Fax: 204-326-9836

Email: info@goodnnatural.ca

www.goodnnatural.ca

Contact: Leanne

Grass Roots Prairie Kitchen

Retailer, Restaurant

1 Forks Market Road @ The Forks Market

Winnipeg, Manitoba R3C 4L8

Phone: 204-942-5097

Fax: 204-943-2818

Email: grassroots@tallgrassbakery.ca

www.tallgrassbakery.ca/grassroots.html

“A small ‘from scratch’ kitchen with a big heart and vision. Come and see our certified organic oil press. The taste and the healthy goodness of fresh cold pressed organic Manitoba sunflower oil is amazing! We also prepare truly wholesome take home meals and carry organic bison meat, flours and jams.”

Green Bean Coffee Imports

Distributor

Box 319

Clandeboye, Manitoba R0C 0P0

Phone: 204-738-2180

1-866-237-7347

Fax: 204-738-2179

Email: reid5@mts.net

www.greenbeancoffeeimports.com

Contact: Derryl Reid

“Importer & Roaster of Certified Fairtrade Organic Coffees Locally owned and operated. We achieve sustainability while being socially, environmentally and ethically responsible; more than a “just-for-profit” entity.”

H

Heartsease Inc.

Retailer

941 Westminster Avenue

Winnipeg, Manitoba R3G 1B7

Phone: 204-474-0470

www.heartsease.ca

“We specialize in beauty and bath products made with all-natural, organic ingredients, hand made on premises.”

Hempyrean

Retailer

213-1 Forks Market Road

Winnipeg, Manitoba R3C 4L9

Phone: 204-947-5223

www.hempyrean.com

“Your eco-friendly hemp, bamboo, soy and cotton organic clothing company. We also carry organic beauty products.”

Horfrost

Restaurant

190-A River Road

Portage la Prairie, Manitoba R1N 3V6

Phone: 204-857-7203

“Stylish, Innovative and Fresh.”

House of Nutrition Ltd.

Retailer

770 Notre Dame Avenue

Winnipeg, Manitoba R3E 0L9

Phone: 204-775-9044

“The organic store since 1971”

Humboldt's Legacy

Retailer

887 Westminister Avenue

Winnipeg, Manitoba R3G 1B4

Phone: 204-772-1404

K

K J Borcz Health and Hobby Shop*

Retailer

141 Main Street

Benito, Manitoba R0L 0C0

Phone: 204-539-2659

“Healthy body, healthy mind.”

L

Lady of the Lake

Shop, Café, Pub

135-B 17th Street

Brandon, Manitoba R7A 1G6

Phone: 204-725-4181

www.ladyofthelake.ca

“Lady of the Lake serves organic stone ground bread, organic fair trade coffee, local organic beef and seasonal local produce. We also showcase free-range musicians on our stage in the pub.”

Luxalune Gastropub

Pub, Restaurant

734 Osborne Street

Winnipeg, Manitoba R3L 2C2

Phone: 204-453-0222

Email: info@luxalune.com

www.luxalune.com

“Your neighbourhood pub with a focus on locally sourced, naturally-raised and organic ingredients combined in a contemporary style...not your average “pub grub”.”

M

Marquis Project Worldly Goods Shop

Retailer

912 Rosser Avenue

Brandon, Manitoba R7A 0L4

Phone: 204-727-5675

Fax: 204-727-5683

Email: marquisp@mts.net

www.marquisproject.com

“Small World, Big Idea. We carry fairly traded products, organic body products, and housewares.”

Mary Jane’s Cooking School

Home Cooking and Life Skills School

252 Arlington Street

Winnipeg, Manitoba R3G 1Y8

Phone: 204-775-2522

Email: mjcookin@mts.net

www.maryjanescookingschool.org

“Mary Jane’s Cooking School, Inc. is a registered charity and not-for-profit organization that operates as a life skills school to promote nutritional home cooking and environmentally responsible living in our homes. Classes/workshops involving hands-on cooking with whole, organic and/or locally-sourced foods are offered for the public and for sponsored groups.”

Maté Factor Store and Tea Room

Tea House, Retailer

Unit 1-490 (second floor) Des Meurons Street

Winnipeg, Manitoba R2H 2P5

Phone: 204-237-7909

www.matefactor.ca

“The healthy energizer!”

Mondragon Café and Bookstore

Café, Bookstore, Performing Venue

91 Albert Street

Winnipeg, Manitoba R3B 1G5

Phone: 204-946-5241

www.mondragon.ca

“Mondragon. Worker cooperative. Revolutionary food for thought.”

N

Nature’s Nutrition

Retailer

1819 Portage Avenue

Winnipeg, Manitoba R3J 0G4

Phone: 204-889-2979

Email: naturesnutrition@shaw.ca

Nutter's Bulk and Natural Foods

Retailer
19 3rd Avenue Northeast
Dauphin, Manitoba R7N 0Y5
Phone: 204-638-4081
Fax: 204-638-4235
Email: nutters@mts.net
www.nutters.com
Contact: Linda Holden

"We specialize in organic products, vitamins and supplements and baking supplies."

O

Organic Planet Worker Co-op

Retailer
877 Westminster Avenue
Winnipeg, Manitoba R3G 1B3
Phone: 204-772-8771
www.organicplanet.coop

"Winnipeg's only worker-owned organic market, offering a full selection of groceries, produce, bulk foods, health and beauty products as well as a vegan deli, smoothie and juice bar. Supporting local farmers since 2003."

Organza Market

Retailer
2 - 230 Osborne Street
Winnipeg, Manitoba R3L 1Z5
Phone: 204-453-6266
Fax: 204-453-4039
www.organzamarket.com
Contact: Gerry Dickson

"7,000 sq foot store featuring produce, dairy, bulk foods, frozen foods, fresh meat, pet foods, cleaning supplies, fresh deli, bakery and grocery items. Organza also boasts a comprehensive Health & Beauty and Supplement department."

P

Pine Ridge Hollow

Restaurant, store, wedding and function banquet hall, farmers' market
Box 274
67086 Heatherdale Road (North of Garven Road)
Oakbank, Manitoba R0E 1J0
Phone: 204-777-3881
www.pineridgehollow.com

"Decorate, rejuvenate, celebrate! We are a founding prairie cuisine restaurant featuring all locally sourced organics. Our Saturday farmers market runs from July until September."

Poor Michael's Bookshop

Café

Box 209

Onanole, Manitoba R0J 1N0

Phone: 204-848-0336 (May-Thanksgiving)

204-848-4087 (off-season)

Email: info@poormichaelsbooks.ca

www.poormichaelsbooks.ca

"Local and regional art, antiquarian books, organic coffees and desserts."

Prairie Health

Retailer

2450 Saskatchewan Avenue West

Portage la Prairie, Manitoba R1N 3N8

Phone: 204-857-3278

Email: herbalpower@mts.net

Prairie Oven

Bakery

1399 Pembina Highway

Winnipeg, Manitoba R3T 2B8

Phone: 204-474-5900

"All of our organic ingredients are locally sourced."

Prairie Seasons Bakery

Bakery, Café

370 Mountain Avenue

Neepawa, Manitoba R0J 1H0

Phone: 204-476-2024

"We specialize in stone-ground local organically grown grains, We serve healthy lunches organic fare traded coffee and tea, We bake with alternative grains (spelt, rice and corn flours), We also do diabetic friendly baking!"

R

Room to Grow

Retreat Centre, Guest House

Box 478

Boissevain, Manitoba R0K 0E0

Phone: 204-534-2303

Email: roomtogrow@xplornet.com

www.roomtogrow.info

Contact: David or Maggie Neufeld

"Our cozy strawbale guesthouse has a full kitchen. Please ask about wholesome local and seasonal foods throughout the year!"

S

Sage Garden Herbs

Greenhouse and Garden Centre
3410 St. Mary's Road
Winnipeg, Manitoba R2N 4E2
Phone: 204-257-2715
Email: sage@herbs.mb.ca
www.herbs.mb.ca

"We have 13 years of experience growing and selling exciting plants, seeds, and organic planting supplies! The majority of our herbs and vegetables are grown from certified organic seeds or cuttings. Our seed store is open year round and our greenhouse is open April - Thanksgiving."

Sangster's Health Centre

Retailer

- 63-A Main Street
Selkirk, Manitoba R1A 1R2
Phone: 204-482-8590
- Kildonan Village
42-1128 Henderson Highway
Winnipeg, Manitoba R2G 3Z7
Phone: 204-338-0770
- Crestview Shopping Centre
3393 Portage Avenue
Winnipeg, Manitoba R3K 2G7
Phone: 204-897-3307
www.sangsters.com

"Make health a habit!"

Scoop & Save Bulk Foods

Retailer

3133 Portage Avenue
Winnipeg, Manitoba R3K 0W4
Phone: 204-888-1967

"Way more than a bulk food store!"

Scoop N' Weigh Fine Ingredients*

Retailer

1770 Taylor Avenue
Winnipeg, Manitoba R3N 0N8
Phone: 204-489-1031

"Scoop N' Weigh is a retail store that sells bulk and specialty ingredients for those who love to bake and cook. We are also a candy store for grownups!"



St. Norbert Arts Centre – The Oak Grove Café

Café, Restaurant

100 rue des Ruines du Monastère

Winnipeg, Manitoba R3V 1L5

Phone: 204-269-0564

www.snac.mb.ca

“Earth, Spirit, Culture. Come and experience live entertainment during brunch and lunch on Saturdays with a party focus, and again on Sundays with a healing focus at our ecologically focused cultural centre and residency. We serve vegan and gluten free dishes.”

Suchot's Kitchen

Catering Service

751 Wall Street

Winnipeg, Manitoba R3G 2T6

Phone: 204-688-4287

Email: suchots_kitchen@hotmail.com

www.menumanitoba.com/suchotskitchen.htm

“Our organic specialties include vegan frosted pumpkin cookies, vegan banana cream cookies, vegan banana bread, vegan cranberry date squares, vegan raspberry squares, vegan cranberry fudge brownies, vegan spelt waffles, gluten-free brown rice flour waffles, brownie cheesecake, cookie dough cheesecake, vegan muffins and hummus.”

Sunrise Health

Retailer

- Portage Place Shopping Centre

232 B - 393 Portage Avenue

Winnipeg, Manitoba R3B 3H6

Phone: 204-947-3188

- St. Vital Shopping Centre

1225 St. Mary's Road

Winnipeg, Manitoba R2M 5E2

Phone: 204-255-9213

- Kildonan Place Shopping Centre

1555 Regent Avenue West

Winnipeg, Manitoba R2C 4J2

Phone: 204-661-8065

SYSCO Food Services of Winnipeg

Distributor

1570 Clarence Ave

Winnipeg, Manitoba R3T 1T6

Phone: 204-478-4000

1-800-665-5090

www.syscowinnipeg.ca

“North America's leading food service distributor. Talk to us about your organic needs!”



T

Tall Grass Prairie Bread Company and Deli

Bakery, Deli

- 1 Forks Market Road
Winnipeg, Manitoba R3C 4L8
Phone: 204-957-5097

- 859 Westminister Avenue
Winnipeg, Manitoba R3G 1B1
Phone: 204-783-5097
www.tallgrassbakery.ca

“Organic Grains, freshly milled every day at Tall Grass, turn our product into delicious and yet wholesome treats. The path to healthy eating leads to organic whole grains!”

Ten Thousand Villages

Retailer

- 134 Plaza Drive
Winnipeg, Manitoba R3T 5K9
Phone: 204-261-0566

- #34-777 Norquay Drive
Winkler, Manitoba R6W 2S2
Phone: 204-325-8365

- 963 Henderson Highway
Winnipeg, Manitoba R2K 2M3
Phone: 204-661-5545

- 67 2nd Avenue Northeast
Altona, Manitoba R0G 0B0
Phone: 204-324-9973

- 355 Main Street
Steinbach, Manitoba R5G 1Z4
Phone: 204-326-3774

- 829 Rosser Avenue
Brandon, Manitoba R7A 0L1
Phone: 204-726-8755
www.tenthousandvillages.ca

“Ten Thousand Villages provides vital, fair income to Third World People by marketing their handicrafts and telling their stories in North America. We work with artisans who would otherwise be unemployed, and provide income that helps pay for food, education, health care and housing.”



The Bread Lady

Bakery
St. Norbert Farmers Market
Winnipeg, Manitoba
Phone: 204-388-6758
Email: breadlady@prairie.ca

The Health Habit*

Retailer
Box 6
Southland Mall
Winkler, Manitoba R6W 2S2
Phone: 204-325-5672
Email: hhabit@mts.net

“Specializing in quality herbal supplements. The health habit - get into it!”

The Healthy Herb

Retailer
146 Main Street South
Morris, Manitoba R0G 1K0
Phone: 204-746-6626

The Tendercut Meat and Deli and Prairie Rose Meats

Retailer, Deli
730 18th Street
Brandon, Manitoba R7A 5B5
Phone: 204-726-4639

“We sell local and organic beef, bison, elk and pork, and feature homemade sausages, patties, ham, bacon and corned bison.”

Through the Arbour

Retailer
18 B Pine Plaza
Pine Falls, Manitoba R0E 1P0
Phone: 204-367-2141
Email: jphillip@granite.mb.ca

“A gallery of arts and wellness - with herbal consultations, massage therapy, reflexology, dry spa services, vitamins herbs and minerals, local arts and crafts and plenty of organic foods, including coffees, teas, sugar, fruits, chocolate and body care products!”

Trés Unique

Café
103 3rd Street Northeast
Portage La Prairie, Manitoba R1N 1N8
Phone: 204-857-8737

“Food from scratch sourcing local and organic food products and ingredients. Green-minded. Recycling and composting allows us to have only 1 bag of garbage every 2-3 weeks!”



Tri Family Health*

Retailer
229 Fischer Avenue
The Pas, Manitoba R9A 1S5
Phone: 204-623-7042

“We carry a wide range of products including local products and organic products.”

Two Farm Kids Natural Foods

Retailer
565 34th Street
Brandon, Manitoba R7B 3P8
Phone: 204-728-2855
Email: greg@twofarmkids.com
www.twofarmkids.com
Contact: Sylvia or Greg Ubell

“We believe in environmentally friendly and healthy options for our customers and for ourselves. Sustainability beyond the business!”

U

Underground Organics

Retailer
498 A Dominion Street
Winnipeg, Manitoba R3G 2N2
Phone: 204-772-7196
Email: udo@undergroundorganics.ca
www.undergroundorganics.ca
Contact: Theresa Proctor

V

Vic's Fruit Market

Retailer
A-1038 Pembina Highway
Winnipeg, Manitoba R3P 1Z7
Phone: 204-475-8332

Vi's Health Hutch

Retailer
13 Main Street East
Ashern, Manitoba R0C 0E0
Phone: 204-768-3004

“Our family owned business specializes in gluten and wheat free organic products, local and natural soaps and honeys, local crafts, home baking, organic herbal teas, health wraps and smoothies! Come in and visit our coffee shop!”

Vita Health Natural Food Stores of Manitoba Retailer

- **Head Office**
Suite 200-106 Osborne Street
Winnipeg, Manitoba R3L 1Y5
Phone: 204-984-9599
Fax: 204-984-9566
Email: info@vitahealthstores.ca
www.vitahealthstores.ca
- **Osborne Village Fresh Market**
102 Osborne Street S
Winnipeg, Manitoba R3L 1Y5
Phone: 204-984-9551
Email: store11@vitahealthstores.ca
- **Tuxedo Park Fresh Market**
180-2025 Corydon Avenue
Winnipeg, Manitoba R3P 0N5
Phone: 204-984-9552
Email: store12@vitahealthstores.ca
- **Reenders Square**
46-11 Reenders Drive
Winnipeg, Manitoba R2C 5K5
Phone: 204-984-9553
Email: store13@vitahealthstores.ca
- **St. Vital Fresh Market**
19-845 Dakota Avenue
Winnipeg, Manitoba R2M 5M3
Phone: 204-984-9554
Email: store14@vitahealthstores.ca
- **Garden City Fresh Market**
Unit J 2211 McPhillips St
Winnipeg, Manitoba R2V 3M5
Phone: 204-984-9555
Email: store15@vitahealthstores.ca
- **Cityplace**
234 Donald Street
Winnipeg, Manitoba R3C 1M8
Phone: 204-984-9556
Email: store16@vitahealthstores.ca
- **Lindenridge**
1765 Kenaston Boulevard
Winnipeg, Manitoba R3Y 1V8
Phone: 204-984-9558
Email: store18@vitahealthstores.ca



Vitamins for You

Retailer
1858 Arlington Street
Winnipeg, Manitoba R2X 1W6
Phone: 204-589-4600

“Healing the planet one person at a time.”

W

Wellington Fine Coffees

Distributor
Unit 2, 1725 St. James Street
Winnipeg, Manitoba R3H 1H3
Phone: 204-679-4800
Fax: 204-697-4449
Email: donnaw@wellingtonfinecoffees.com
www.wellingtonfinecoffees.com

“Manitoba’s largest custom roaster.”



Manitoba Organic Directory New Listing Request

Companies or associations wishing to be included in future editions of this booklet can complete the form below and submit by fax to 204-239-3180 or contact the Manitoba Agriculture, Food and Rural Initiatives - at 204-239-3362 or visit our website at manitoba.ca/agriculture/organic for further information.

Company Name

Farm/Individual Name

Identify your type of listing

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Producer | <input type="checkbox"/> Restaurant |
| <input type="checkbox"/> Processor | <input type="checkbox"/> Retailer |
| <input type="checkbox"/> Handler | <input type="checkbox"/> Distributor |

Identify your organic foods distribution (more than one can be selected)

- | | |
|---|--|
| <input type="checkbox"/> Direct Farm Marketer to Consumer | |
| <input type="checkbox"/> Regional | <input type="checkbox"/> Provincial |
| <input type="checkbox"/> National | <input type="checkbox"/> International |

Address _____

City/Town _____

PR _____ Postal Code _____

Phone _____

Fax _____

Email _____

Website _____

Contact _____

Products _____

You may be contacted for further information.
Fax this form to 204-239-3180 prior to July 1, 2010







For additional copies or more information:

Manitoba Agriculture, Food and Rural Initiatives
Box 1240, 810 Phillips Street
Portage la Prairie, Manitoba R1N 3J9
Phone: 204-239-3362
Website: manitoba.ca/agriculture/organic

FSC logo
HERE

GROWING Opportunities

ESR-004635

