

Central Kootenay Lake Producers

Who	Contact	Where	Producing	Current Markets
Laird creek Essentials	Diane Luchtan (250)229-4715	Balfour	organic, heritage open pollinated seeds, medicinal plants	Irly, Sunnyside, kootenay COOP, Ellison's
Sunshine Bay Growers	Richard Bridge (250)229-4364	Harrop-Proctor	organic, apples, garlic, mix veggies	local markets & farm gate sales
Brackenstone Herbs	John (250)229-4724	Harrop	organic, dried herbs, seeds, potted plants; cooking & medicinal herbs, contract growing	Nelson's farmers market, Cottonwood & Josephine
Aurora Gardens	Bren (250)229-4346	Long Beach	mix veg, berries, herbs, edible flowers, organic, gardening help for food credit	North Shore naturals, various restaurants, local home delivery as well; please call
SilverKing Soy Foods	Jeff Mock (250)352-5897	Nelson	certified KOGS organic, tofu production locally	Kootenay Coop, Overwaitea, Evergreen foods

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