

Central Kootenay markets for Local Food

Who	Where	Currently Offering	Would Like
North Shore Naturals Melissa Bryan (250)-825-2201	North Shore	market offering diverse natural and organic foods with local meat and veggies when available.	
Balfour Golf Course Barrie McWha (250)-229-4113	Balfour	looking for a chef that would do a 100 mile diet based menu	local veg, local meat
Kootenay Country Coop Store (250)-354-4077	Nelson	lots of local products, also has environmental fund to help local food initiatives	
LindaLea's Cannery Inc. Linda Sherlock (250)-352-4607	Nelson	8oz cans naturally grown beef and certified PACS organic, bite size, in it's own juice, ready to eat, also offer custom canning for meat- will be expanding in the future with fish	
Ellison's Market (250)352-3181	Nelson	orgainc food market, carrying local when available	
Nature's Health (250)352-7557	Nelson	health food store as well as foods, herbs, fruits, nuts ect..	



Who	Where	Currently Offering	Would Like
Nathalie's Market (250)509-0373	Nelson	baked goods; tirimasu, charlottes, bread, jams, summer fruit organic & conventional, bulk purchases	Nathalie's Fruit Stand, outside North Shore, farmers markets throughout Kootenays
All Season's Café (250) 352-0101 www.allseasonscafe.com	Nelson	serving glorious meals featuring local farmers goods; open evenings	
Au Soleil Levant French Bakery (250)352-2030	Nelson	locally milled, organic bread as well as other choices	
The Preserved Seed (250)352-0325	Nelson	restaurant serving homemade, locally grown meals	
Sustainible Christine Delisle (250)352-9235 (250)551-1052 (cell)	Nelson	light lunch & snack delivery, serving local, organic, & healthy goods	
The Kootenay Bakery Café (250)-352-2274	Nelson	nutritious, delicious, organic bakery and café with juice bar	
Nelson Brewing Company Tim Pollack, Mike Kelly (250) 352-3582	Nelson	certified COABC organic brewery	
Roseina's Tempeh	Nelson	tempeh products, certified organics, KOGS	

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Endless Harvest (250)-825-4646 (866)-825-4646 endlessharvest.com	Ymir	Organic box delivery, purchases local when available, serving north to Queen's Bay, Slocan City, west to Castlegar, Rossland, Trail, Beaver Valley, Salmo, Nelson	
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April 7, 2008

