



# Manitoba Organic Directory



2009-2010







## 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](http://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.

A handwritten signature in cursive script that reads "Rosann Wowchuk".

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

## A

Advanced Grain Systems (N,I).....	17
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Angostura Canada Inc. (R,P,N,I).....	17
Appleby, Sam and Anne (R,P,N) .....	17

## B

✍ Bee Maid Honey (D,R,P,N,I).....	18
✍ Beirnes, Kelly (D,R,P,N) .....	18
Best Cooking Pulses Inc.* (P,N,I) .....	18
Bialkoski, Joe and Marie (R,P,N,I).....	18
✍ Black Family Farm (D,R,P,N,I).....	19
Blue Lagoon Florascape (R,P).....	19
✍ Boulanger Farms (D,R,P,N,I) .....	19
✍ Boulanger, Marc and Lindsay (D,R,P,N,I).....	19
✍ Bouvier, Ted & Shawn* (D,R,P,N,I) .....	19
✍ Bouw Farms (D,R,P,N,I).....	20
✍ Brown Homestead Farms (D,R,P,N,I).....	20
✍ Brueggemann Organic Farms (D,R,P) .....	20
✍ Bunn, Matt and Karen (D,R,P,N,I) .....	21

## C

Canadian Wheat Board (R,P,N,I) .....	21
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Circle V Farms (R,P,N,I) .....	21
Countryside Farms* (R) .....	21
✍ Cowan, Donald (D,R,P,N,I) .....	22
✍ Creekside Organics (D,R,P,N,I).....	22
✍ Crocusview Farm Ltd. (D,P,N) .....	22
CTC Brewt Corporation (R,P,N,I) .....	22

## D

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Double SS Hereford Farm (P,N,I) .....	23
Du Bois Wild Rice Ltd. (R,P,N,I) .....	24
✍ Dyck, Ian (D,R,P) .....	24

## E

✍ Eden, Mitchell (D,R,P) .....	24
✍ EJH Organic Farm (D,R,P) .....	24
Elliott, Glenn and Nancy (I).....	25
✍ Ens Farms Ltd. (D,I) .....	25
Ewasko Farms Ltd. (R,P,N) .....	25

## F

Far North Wild Rice (D,R,P,N,I) .....	25
Fewings, Wade and Loretta (R,P,N,I) .....	25
Field 2 U Organics (D,R,P,N,I) .....	26
Food Development Centre .....	26
Freefield Organics (D) .....	26
Frykas, William B. (R,P,N) .....	26

## G

Genik Farm (D,R,N) .....	27
Gervais Seeds Ltd. (R,P,N,I) .....	27
GM Seed Cleaning (R,P,N,I) .....	27
Gordon, Jack (D,R,P,N) .....	27
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Groening Organics (D,N) .....	28
Growers International Organic Sales Inc. (P,N,I) .....	29
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## H

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Heritage, Don (D,R,P,N,I) .....	29
Hickson Farms, Ltd. (D,R,P,N,I) .....	30
Hoepfner Organic Farms (D,R,P) .....	30
Howpark Farms (D,R,P,N) .....	30

## J

Jensen, Peder and Debbie .....	30
Jordan, Theo and Susanne (D,R,P,N,I) .....	31

## K

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Keller, Larry and Joyce (R,P) .....	31
Keystone Grain (R,P,N,I) .....	31

## L

Lakeview Organic Ranch (R,P,N) .....	31
Logan Farms (D,R) .....	32

## M

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Marg's Organics Plus (D,R) .....	32
Marschall, Roy and Kim (R) .....	33
Maywood Farms Ltd. (I) .....	33
McKay Pond View Organics (D,R,P,N) .....	33
McKenzie, Alan (I) .....	33
Mom's Milk (R,P,N) .....	33
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Pine River Farms (R,P,N).....	36
✍ Plawicki Seeds (D,R,P,N,I) .....	36
✍ Ploughshares Community Farm (D,R,P).....	36
✍ Pollock Farms (D,R,P,N).....	37
Poplar Glen Organic Farm (R,P,N,I).....	37
✍ Poplar Grove Farm (D,R,P,N,I).....	37
Poplar Lane Farm (N,I) .....	37
Pop's Farm (R,P,N,I) fi.....	37
✍ Prairie Flour Mills Ltd. (D,R,P,N,I).....	38
✍ Prairie Rose Meats .....	38
Premium Organics (P,N,I).....	38
Prestayko, Rick (P,N,I).....	38

**R**

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Rigby Orchards Estate Winery (R,P,N,I).....	39

**S**

Shoal Lake Wild Rice* ** (N,I) .....	39
Simard, Louis (P,N,I).....	39
✍ Simundsson, Bragi (D,P,N) .....	40
✍ Smylski Farms (D,R,P,N,I) .....	40
Sunpeak Foods (R,P) .....	40
Suski, Arnold (R) .....	40

**T**

Totally Organic Beverages (R,N,I) .....	40
✍ Triple C Beef (D,R,P) .....	41

**W**

✍ Watkins, Neal and Louise (D,R,P,N,I) .....	41
Wellington Fine Coffees .....	41
Wiebe Ventures Inc. (N,I) .....	41
Wild Man Ricing (R,P,N,I).....	42
✍ Wilson, Frances M. (D,R,P,N,I) .....	42
✍ Wind and Water (D,R,P,N,I) .....	42

**Y**

✍ Yurkiw, Morris (D,R,P,N,I).....	42
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**Z**

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# Manitoba Organic Directory Producer, Processor and Handler Regional Listing

## Central

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### Elie

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✎ Prairie Flour Mills Ltd. (D,R,P,N,I)..... 38

### Gladstone

Advanced Grain Systems (N,I)..... 17

Lakeview Organic Ranch (R,P,N)..... 31

Poplar Lane Farm (N,I) ..... 37

### Portage la Prairie

Best Cooking Pulses Inc. \* (P,N,I)..... 18

✎ Food Development Centre ..... 26

✎ Mother Earth Tobacco (D)..... 34

### St. Claude

M&M Organic Marketing (R,P,I) ..... 32

R-Way Ag (I) ..... 39

### St. Francois Xavier

Blue Lagoon Florascape (R,P)..... 19

### Treherne

DeRuyck's Organic Farm (R,P,N)..... 23

DeRuyck's Top of the Hill Farm (R,P,N,I)..... 23

## Eastern

### Anola

Chura, Norman (R,P,N,I) ..... 21

### Arnaud

Mueller Seed Farm Inc. (P,N) ..... 34

### Beausejour

Ewasko Farms Ltd. (R,P,N) ..... 25

✎ Ploughshares Community Farm (D,R,P)..... 36

### Blumenort

✎ Granny's Poultry Cooperative (Manitoba), Ltd.  
(D,R,P,N,I)..... 28

### Dugald

✎ Bouw Farms (D,R,P,N,I)..... 20

Circle V Farms (R,P,N,I) ..... 21

<b>Lorette</b>	
✎ Marg's Organics Plus (D,R).....	32
<b>Pine River</b>	
Pine River Farms (R,P,N).....	36
<b>Ridgeville</b>	
✎ Brueggemann Organic Farms (D,R,P) .....	20
<b>Steinbach</b>	
Appleby, Sam and Anne (R,P,N) .....	17
Countryside Farms* (R) .....	21
✎ Nature's Farm (D,R,P,N,I).....	34
<b>Interlake</b>	
<b>Arborg</b>	
Jensen, Peder and Debbie .....	30
✎ Simundsson, Bragi (D,P,N) .....	40
<b>Clandeboye</b>	
✎ Green Bean Coffee Imports (D,R,P,N,I) .....	28
<b>Eriksdale</b>	
✎ Jordan, Theo and Susanne (D,R,P,N,I) .....	31
<b>Stony Mountain</b>	
✎ Beirnes, Kelly (D,R,P,N) .....	18
<b>Northern</b>	
<b>Ashville</b>	
✎ Eden, Mitchell (D,R,P) .....	24
<b>Dauphin</b>	
Bialkoski, Joe and Marie (R,P,N,I).....	18
✎ Genik Farm (D,R,N).....	27
✎ Smylski Farms (D,R,P,N,I) .....	40
<b>Flin Flon</b>	
✎ Far North Wild Rice (D,R,P,N,I) .....	25
<b>Gilbert Plains</b>	
Frykas, William B. (R,P,N) .....	26
✎ Plawicki Seeds (D,R,P,N,I) .....	36
Premium Organics (P,N,I).....	38
<b>Grandview</b>	
Morin, Nick .....	34
Poplar Glen Organic Farm (R,P,N,I).....	37
✎ Yurkiw, Morris (D,R,P,N,I).....	42
<b>McCreary</b>	
Oak Ridge Meats (R,P).....	35
<b>Russell</b>	
Keller, Larry and Joyce (R,P).....	31

### Swan River

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✦ Watkins, Neal and Louise (D,R,P,N,I).....	41
✦ Wind and Water (D,R,P,N,I).....	42

### Valley River

Prestayko, Rick (P,N,I).....	38
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## Southern

### Lowe Farm

✦ Groening Organics (D,N).....	28
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### Manitou

Wiebe Ventures Inc. (N,I).....	41
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### Morden

✦ Hoepfner Organic Farms (D,R,P).....	30
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### Roseisle

✦ Dyck, Ian (D,R,P).....	24
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### St. Agathe

Hemp Oil Canada Inc. (R,P,N,I).....	29
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### Winkler

✦ Ens Farms Ltd. (D,I).....	25
Keystone Grain (R,P,N,I).....	31
Mom's Milk (R,P,N).....	33
✦ Poplar Grove Farm (D,R,P,N,I).....	37
Zacland Dairy (R,P,N).....	42

## Western

### Baldur

✦ Gordon, Jack (D,R,P,N).....	27
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### Beulah

✦ Bouvier, Ted & Shawn* (D,R,P,N,I).....	19
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### Brandon

Double SS Hereford Farm (P,N,I).....	23
✦ Hickson Farms, Ltd. (D,R,P,N,I).....	30
✦ Howpark Farms (D,R,P,N).....	30
✦ Pollock Farms (D,R,P,N).....	37

### Brookdale

Maywood Farms Ltd. (I).....	33
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### Carberry

✦ Creekside Organics (D,R,P,N,I).....	22
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### Carroll

✦ Triple C Beef (D,R,P).....	41
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### Deloraine

✦ Black Family Farm (D,R,P,N,I).....	19
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<b>Erickson</b>	
✍️ McKay Pond View Organics (D,R,P,N).....	33
<b>Hartney</b>	
✍️ Agnew Organics (P,N,I) .....	17
✍️ Boulanger Farms (D,R,P,N,I) .....	19
✍️ Boulanger, Marc and Lindsay (D,R,P,N,I).....	19
<b>Inglis</b>	
✍️ Field 2 U Organics (D,R,P,N,I) .....	25
✍️ Freefield Organics (D) .....	26
✍️ Gschossmann, Christoph (R,P,N,I).....	29
<b>Kenton</b>	
✍️ Crocusview Farm Ltd. (D,P,N) .....	22
✍️ Wilson, Frances M. (D,R,P,N,I) .....	42
<b>Killarney</b>	
✍️ Green, Art (R,N,I).....	28
✍️ Rigby Orchards Estate Winery (R,P,N,I).....	39
<b>Lenore</b>	
✍️ EJH Organic Farm (D,R,P) .....	24
<b>McAuley</b>	
✍️ Cowan, Donald (D,R,P,N,I) .....	22
<b>Miniota</b>	
✍️ Bunn, Matt and Karen (D,R,P,N,I) .....	21
<b>Nesbitt</b>	
✍️ Logan Farms (D,R).....	32
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<b>Newdale</b>	
✍️ Denise Dewar and Dennis Norosky (I).....	23
<b>Pierson</b>	
✍️ Fewings, Wade and Loretta (R,P,N,I) .....	26
<b>Pipestone</b>	
✍️ Elliott, Glenn and Nancy (I).....	25
<b>Roblin</b>	
✍️ GM Seed Cleaning (R,P,N,I) .....	27
<b>Shellmouth</b>	
✍️ Marschall, Roy and Kim (R).....	33
<b>Souris</b>	
✍️ Prairie Rose Meats .....	38
<b>St. Lazare</b>	
✍️ Simard, Louis (P,N,I).....	39

## **Virden**

✎ Heritage, Don (D,R,P,N,I).....	29
✎ Organic Producers Association of Manitoba (OPAM) (R,P,N,I).....	35

## **Winnipeg**

Angostura Canada Inc. (R,P,N,I).....	17
✎ Bee Maid Honey (D,R,P,N,I).....	18
Canadian Wheat Board (R,P,N,I).....	21
CTC Brewt Corporation (R,P,N,I).....	22
Du Bois Wild Rice Ltd. (R,P,N,I).....	24
Growers International Organic Sales Inc. (P,N,I) ..	29
Manitoba Harvest (R,P,N,I).....	32
Organic Food Council of Manitoba.....	35
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

### Beverages – Alcoholic

Angostura Canada Inc. (R,P,N,I).....	17
Rigby Orchards Estate Winery (R,P,N,I).....	39
Totally Organic Beverages (R,N,I) .....	40

### 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

### Eggs and Egg Products

Countryside Farms* (R).....	21
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Advanced Grain Systems (N,I).....	17
Agnew Organics (P,N,I) .....	17
✍ 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
✍ Field 2 U Organics (D,R,P,N,I) .....	25
✍ Freefield Organics (D).....	26
✍ Genik Farm (D,R,N) .....	27
GM Seed Cleaning (R,P,N,I).....	27
Green, Art (R,N,I).....	28
Growers International Organic Sales Inc. (P,N,I)..	29
Gschossmann, Christoph (R,P,N,I).....	29
✍ Howpark Farms (D,R,P,N) .....	30
✍ Jordan, Theo and Susanne (D,R,P,N,I) .....	31
✍ Kasprick, Michael (D,R,P,N,I).....	31
Keystone Grain (R,P,N,I).....	31
M&M Organic Marketing (R,P,I) .....	32
Marschall, Roy and Kim (R).....	33
Morin, Nick.....	34
Mueller Seed Farm Inc. (P,N) .....	34
✍ Ploughshares Community Farm (D,R,P).....	36
Poplar Lane Farm (N,I) .....	37
Premium Organics (P,N,I).....	38
✍ Simundsson, Bragi (D,P,N) .....	40
✍ Smylski Farms (D,R,P,N,I) .....	40
Wiebe Ventures Inc. (N,I) .....	41
✍ Yurkiw, Morris (D,R,P,N,I).....	42

## Flour

Best Cooking Pulses Inc.* (P,N,I) .....	18
Brueggemann Organic Farms (D,R,P) .....	20
DeRuyck's Organic Farm (R,P,N).....	23
Freefield Organics (D) .....	26
Hemp Oil Canada Inc. (R,P,N,I) .....	29
Prairie Flour Mills Ltd. (D,R,P,N,I) .....	38

## Forage Crops

Beirnes, Kelly (D,R,P,N) .....	18
Bouvier, Ted & Shawn* (D,R,P,N,I) .....	19
Brown Homestead Farms (D,R,P,N,I).....	20
Chura, Norman (R,P,N,I) .....	21
Crocusview Farm Ltd. (D,P,N) .....	22
Eden, Mitchell (D,R,P) .....	24
Ens Farms Ltd. (D,I) .....	25
Frykas, William B. (R,P,N) .....	26
Genik Farm (D,R,N).....	27
GM Seed Cleaning (R,P,N,I) .....	27
Gordon, Jack (D,R,P,N) .....	27
Groening Organics (D,N) .....	28
Heritage, Don (D,R,P,N,I).....	29
Hickson Farms, Ltd. (D,R,P,N,I) .....	30
Jensen, Peder and Debbie .....	30
Jordan, Theo and Susanne (D,R,P,N,I) .....	31
Marschall, Roy and Kim (R) .....	33
McKenzie, Alan (I).....	33
Pine River Farms (R,P,N).....	36
Plawicki Seeds (D,R,P,N,I) .....	36
Poplar Glen Organic Farm (R,P,N,I).....	37
Poplar Grove Farm (D,R,P,N,I).....	37
Premium Organics (P,N,I).....	38
Rigby Orchards Estate Winery (R,P,N,I).....	39
Simundsson, Bragi (D,P,N) .....	40
Smylski Farms (D,R,P,N,I) .....	40
Wind and Water (D,R,P,N,I) .....	42
Yurkiw, Morris (D,R,P,N,I).....	42

## Fruit

Blue Lagoon Florascape (R,P).....	19
Eden, Mitchell (D,R,P) .....	24
Keller, Larry and Joyce (R,P).....	31
Marg's Organics Plus (D,R).....	32
Rigby Orchards Estate Winery (R,P,N,I).....	39
Wind and Water (D,R,P,N,I) .....	42

## Grains and Seeds

Advanced Grain Systems (N,I).....	17
Agnew Organics (P,N,I) .....	17
Beirnes, Kelly (D,R,P,N) .....	18
Bialkoski, Joe and Marie (R,P,N,I).....	18
Black Family Farm (D,R,P,N,I).....	19
Bouvier, Ted & Shawn* (D,R,P,N,I) .....	19
Bouw Farms (D,R,P,N,I).....	20
Brown Homestead Farms (D,R,P,N,I).....	20
Brueggemann Organic Farms (D,R,P) .....	20

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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](mailto:bbuhr@agsflax.com)  
[www.agsflax.com](http://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](mailto:info@angostura.ca)  
[www.angostura.ca](http://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](mailto: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 ¼s and ½s  
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: flcole@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: ghbruegg@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 1/4s, 1/2s 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](http://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](http://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](mailto:reid5@mts.net)

[www.greenbeancoffeeimports.com](http://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

Lowe Farm, Manitoba R0G 1E0

Phone: 204-746-8307

Cell: 204-209-0114

Fax: 204-746-8307

Email: [melnelva@mts.net](mailto: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.hempoilcan.com  
Contact: Shaun Crew, President  
shaun@hempoilcan.com  
Anndrea Hermann, Account Manager  
anndrea@hempoilcan.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](http://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](mailto: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@naturesfarm.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](http://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](mailto:info@opam.mb.ca)

[www.opam.mb.ca](http://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](mailto:hbouvier@organicrancherscanada.com)

[www.organicrancherscanada.com](http://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@xplornet.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](mailto: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](mailto:info@slwr.com)

[www.slwr.com](http://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](mailto: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

✂ **Smylski 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****Zacland Dairy (R,P,N)**

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

(A)  
 Milk

# Manitoba Organic Directory

## Restaurant, Retailer and Distributor

### Alphabetical Listing

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# Manitoba Organic Directory Restaurant, Retailer and Distributor Directory Listing

## A

### 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](http://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](mailto:info@ambrosiaapothecary.com)  
[www.ambrosiaapothecary.com](http://www.ambrosiaapothecary.com)

### Aqua Vitae

Wine distributor

39 Lochinvar Ave  
Winnipeg, Manitoba R2J 1R3  
Phone: 204-955-2238  
Email: [aquavitaefilia@shaw.ca](mailto:aquavitaefilia@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](http://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](http://www.corneliabean.com)

“Taste without the Travel!”

## **D**

### **Dandelion Eatery**

Restaurant  
230 Osborne Street  
Winnipeg, Manitoba R3L 1Z5  
Phone: 204-453-5755  
[www.organzmarket.com](http://www.organzmarket.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](http://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](mailto:grassroots@tallgrassbakery.ca)

[www.tallgrassbakery.ca/grassroots.html](http://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](mailto:reid5@mts.net)

[www.greenbeancoffeeimports.com](http://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](http://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](http://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 Westminster 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](http://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](mailto:info@luxalune.com)

[www.luxalune.com](http://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](mailto:marquisp@mts.net)

[www.marquisproject.com](http://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](mailto:mjcookin@mts.net)

[www.maryjanescookingschool.org](http://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](http://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](http://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](mailto: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](mailto:nutters@mts.net)

[www.nutters.com](http://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](http://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.organzamarke.com](http://www.organzamarke.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](http://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](mailto:sage@herbs.mb.ca)  
[www.herbs.mb.ca](http://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](http://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](http://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](mailto:suchots_kitchen@hotmail.com)

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

[www.wellingtonfinecoffees.com](http://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](http://manitoba.ca/agriculture/organic) for further information.

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Company Name

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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 \_\_\_\_\_

\_\_\_\_\_

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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](http://manitoba.ca/agriculture/organic)



**GROWING Opportunities**