



**get local**



## **SUSTAINABLE TURKEY IN METRO VANCOUVER Producers & Retailers**

*Updated December 1, 2009*

### **PRODUCERS:**

#### **Certified organic:**

- ◆ Organa Farms, run by Shelley & Leo Deschamps in Chilliwack. They raise turkeys and a few other sources of protein. Phone (604) 855-7104 (You can pick up at the farm or they can deliver.) <http://www.organafarms.com>
- ◆ Lady Bug Manor, run by Marlene Freemantle and Rod Lacey in Aldergrove. (604) 857-9054 <http://www.ladybugmanor.com/>

#### **Non-certified:**

- ◆ JD Farms, run by Jack & Debbie Froese. They raise turkeys without medication or animal by-products. You can also purchase JD Farms turkeys at a variety of stores in town (listing is on their website) or you can order your turkey online and pick it up at the store (and be prepared to pick up a few other bits and sods as well, as they sell a small variety of other delicious items produced in BC as well.) In addition to Grade A (fresh & frozen) turkeys, they also sell Utility turkeys which are missing a limb or a piece of skin and are less expensive than Grade A's (and just as delicious!) [www.jdfarms.ca](http://www.jdfarms.ca)
- ◆ K&M Farms at 28494 MacLure Road in Abbotsford raise delicious turkeys outdoors, on pasture, with no antibiotics, hormones or animal byproducts. They also have a limited supply of small turkeys as well. Call ahead Phone: 604.857.8912 <http://www.members.shaw.ca/kmfarms/>
- ◆ Lamington Heritage Farm in Langley, run by Anja and Philip Gell, is dedicated to "slow food." Their birds are fed organic grain, are pastured and raised without medication. Phone 604.530.0559 **SOLD OUT FOR DECEMBER 2008**
- ◆ Goldwing Farm, run by Bonnie & Ed Curtis. They raise great, free-range, non-medicated turkeys and are located just off the highway. **SOLD OUT FOR DECEMBER 2008**

#### **RETAILERS (from East to West):**

Hopcott Meats (Pitt Meadows) sells JD Farms turkey. Deposit required.  
<http://www.hopcottmeats.ca>

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Planet Organic (Port Coquitlam) sells JD Farms turkey. Can pre-order or pick up on store. <http://www.planetorganic.ca>

The Organic Grocer (Surrey) <http://www.organicgrocerweb.ca>

Choices Markets (Various locations) sells JD Farms turkey. Pre order or buy in store. <http://www.choicesmarket.com>

Drive Organics (Vancouver east side) sells JD Farms turkeys. Need to order by phone 604.678.9665 1045 Commercial Drive, Vancouver.

East End Food Coop (Vancouver east side) sells JD Farms turkeys. Need to order by phone 604-254-5044. <http://www.east-end-food.coop>

Capers Whole Foods Market (Various locations) sells JD Farms and Lady Bug Manor turkeys. Call or order at their in-store Holiday Table from December 5<sup>th</sup> to December 21<sup>st</sup>. <http://www.wholefoodsmarket.com>

West Valley Market (Vancouver's West End) sells K & M Farms' turkeys. Pre-order at store. <http://www.westvalleymarket.com/>

Stong's Market (Vancouver west side) sells JD Farms turkey. Pre-order or buy in store (delivery also available.) <http://www.stongs.com>

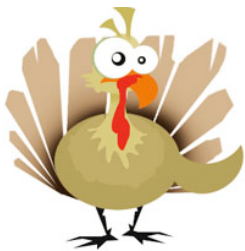
#### **TURKEY DELIVERY:**

spud! sells JD Farms & Organa Farms turkeys. Deposit Required. <http://www.spud.ca>

Stong's Market (Vancouver west side) - Sells JD Farms turkey. Pre-order or buy in store (delivery available.) <http://www.stongs.com>

#### **PREPARED HOLIDAY MEALS DELIVERED:**

Sliced Tomatoes, serving a variety of regions in Metro Vancouver (see website for map & delivery dates) <http://www.slicedtomatoes.ca/>



#### **AND DON'T FORGET YOUR ONLINE TURKEY GUIDE:**

Food Safety  
Nutrition Facts  
Thawing (If Frozen)  
Preparing, Stuffing, Roasting  
Carving, Serving Suggestions  
<http://www.jdfarms.ca/turkey.php>

For more information about eating locally and to find more local food, visit [www.getlocalbc.org](http://www.getlocalbc.org)

