

| <b>REGION</b>            | <b>BUSINESS</b>             | <b>PHONE</b> | <b>ADDRESS</b>            | <b>Serve/retail</b> |
|--------------------------|-----------------------------|--------------|---------------------------|---------------------|
| <b>VANCOUVER ISLAND</b>  |                             |              |                           |                     |
| Victoria                 | Solstice Café               | 250-475-0477 | 529 Pandora Ave           | serve/retail        |
| Port Alberni             | Bat Star Adventures         | 250-724-2049 | 4785 Beaver Creek Rd.     | retail              |
| Campbell River           | Healthy Way Vitamins Plus   | 250-286-6011 | 55-1270 Dogwood St.       | retail              |
| Comox                    | Signature Wine Cellars      | 250-339-0223 | 2060 Guthrie Road         | serve/retail        |
| <b>SOUTH COAST</b>       |                             |              |                           |                     |
| Vancouver                | Stong's Market              | 604-266-1401 | 4560 Dunbar St.           | retail              |
|                          | Mainly Organics             | 778-882-5804 | 4348 Main Street          | retail              |
|                          | El Taco Davies St.          | 604-806-0300 | Davies St.                | serve/retail        |
|                          | Drive Organics              | 604-678-9665 | 1045 Commercial Dr.       | retail              |
|                          | Templeton Café              | 604-685-4612 | 1087 Granville Street     | serve               |
| <b>SOUTH COLUMBIA</b>    |                             |              |                           |                     |
| Kelowna                  | Abaco Health                | 250-861-3090 | #8, 3818 Gorden Drive     | retail              |
|                          | Sunshine Market             | 250-764-7344 | #105, 4600 Lakeshore Road | retail              |
| Sun Peaks                | Bluebird Market             | 250-578-2414 | #2-3250 Village Way       | serve/retail        |
| Winfield                 | Farmer's Fruit & Produce    | 250-766-2226 | 9918 Hwy 97               | retail              |
| Revelstoke               | Revelstoke Alpine Equipment | 250-837-5517 | 213 MacKenzie Ave         | retail              |
|                          | Revelstoke Mountain Resort  | 250-814-9764 | #1 Ski Hill Road          | serve               |
|                          | Modern Bakeshop             | 250-837-6886 | 212 McKenzie Ave.         | serve               |
| <b>NORTH COLUMBIA</b>    |                             |              |                           |                     |
| Kamploops                | Full Boar Bike Shop         | 250-314-1888 | 310 Victoria St           | retail              |
| <b>NORTHERN BC</b>       |                             |              |                           |                     |
| Chase                    | Safety Mart #7              | 250-679-3261 | #6, 451 Brooke Dr.        | retail              |
| Fort St. John            | Cosmic Grounds              | 250-261-6648 | #1-10430-100th St         | serve               |
| <b>Hagensborg</b>        | Brockton House Inn          | 250-982-2298 | PO box 160                | serve               |
| <b>KOOTENAY BOUNDARY</b> |                             |              |                           |                     |
| Christina Lake           | Jimmy Beans                 | 250-447-6610 | 9 Johnson Rd.             | serve/retail        |
| Grand Forks              | Joga's Espresso             | 250-442-5558 | 236 Market Ave.           | serve/retail        |
|                          | New West Trading Co.        | 250-442-5342 | 278 Market Ave            | retail              |
| Trail                    | Café Americano              | 250-364-2000 | 1425 Bay Ave.             | serve/retail        |
|                          | Ferraro Foods               | 250-368-5558 | 850 Farwell St.           | retail              |
|                          | Trail Esso                  | 250-364-2818 | 798 Victoira St           | serve               |
| Rossland                 | Ferraro Foods               | 250-362-5206 | 2027 Columbia Ave         | retail              |

|                          |                                   |              |                                   |              |
|--------------------------|-----------------------------------|--------------|-----------------------------------|--------------|
|                          | Grind Coffee House                | 250-362-2280 | 2207 Columbia Ave                 | serve        |
| Castlegar                | Mother Nature's                   | 250-365-7750 | 276 Columbia Ave                  | retail       |
|                          | Kootenay Roost                    | 250-365-4866 | 10 10 3rd Street                  | serve        |
| Slocan Valley            | Cedar Creek Café                  | 250-226-7355 | HWY 6                             | serve        |
| Slocan City              | Slocan Village Market             | 250-355-2211 | Herrald Street                    | retail       |
| Crescent Valley          | Evergreen                         | 250-359-7323 | 1290 HWY 6                        | retail       |
|                          | Pony Espresso                     | 250-359-6711 | HWY 6                             | serve        |
|                          | Frog Peak Café                    | 250-359-7261 | HWY 6                             | serve        |
| Winlaw                   | Gaia Tree Wholefoods              | 250-226-7255 | Winlaw HWY 6                      | retail       |
|                          | Slocan Valley Co-op               | 250-226-7433 | Box 10 HWY 6                      | retail       |
|                          | Sleep is for Sissies              | 250-226-7663 | HWY 6                             | serve        |
| Silverton                | Silverton Big Way                 | 250-358-7292 | 222 Lake Ave                      | retail       |
|                          | Horse Feathers                    | 250-358-7772 | Silverton                         | serve        |
| <b>KOOTENAY BOUNDARY</b> |                                   |              |                                   |              |
| New Denver               | Panini Bistro                     | 250-358-2381 | 306 Main St.                      | serve        |
|                          | Soup du Jar                       | 250-358-2501 | Box 457                           | serve        |
|                          | Sweet Dreams Guest House & Dining | 250-358-2415 | 702 Eldorado                      | serve        |
|                          | Villa Dome Quioxte                | 250-358-4242 |                                   | serve        |
| Nakusp                   | Nakusp Hot Springs                | 250-265-4528 |                                   | serve        |
|                          | Nobaord Café                      | 250-369-0038 | 3d RR2                            | serve        |
|                          | Re-awakening Health Center        | 250-265-3188 | 320 Broadway                      | retail       |
| Nelson                   | All Season's Café                 | 352-0101     | 620 Herridge Lane                 | serve        |
|                          | Alligator Pie                     | 352-6115     | 1801 Hall St.                     |              |
|                          | El Taco                           | 352-2060     | Victoria St.                      | serve        |
|                          | Bigby Place                       | 352-0867     | Government Building (lower floor) | serve        |
|                          | Burrell's Grocery                 | 250-352-6646 | 1224 Stanley St.                  | retail       |
|                          | Busaba Thai Restaurant            | 352-2185     | 524 Victoria Street               | serve        |
|                          | Capitol Theatre                   | 352-6363     | 421 Victoria St,.                 | serve        |
|                          | Cornerhouse Café                  | 352-3773     | Anderson St                       | serve        |
|                          | Dancing Bear Inn                  | 352-7573     | 171 Baker St.                     | serve        |
|                          | Darwin's Produce Ltd              | 352-2120     | 460 Baker Street                  | serve/retail |
|                          | Dominion Café                     | 352-1904     | 334 Baker St                      | serve        |
|                          | Endless Harvest                   | 825 4636     | Home Delivery organic food        | retail       |
|                          | Fairview Esso                     | 352-7127     | 701 Nelson Ave                    | serve        |

|                      |                            |              |                          |              |
|----------------------|----------------------------|--------------|--------------------------|--------------|
|                      | Kootenay Baker             | 352-2274     | 377 Baker St.            | serve        |
|                      | Kootenay Co-op             | 354-4077     | 295 Baker St.            | retail       |
|                      | Max&Irma's                 | 352-2332     | 515A Kootenay St.        | serve        |
|                      | North Shore Naturals       | 825-2201     | 4596 Hwy 3A s            | serve/retail |
|                      | Outer Clove                | 354-1667     | 536 Stanley St           | serve        |
|                      | Preserved Seed             | 352-0325     |                          | serve        |
|                      | Psychedeli                 | 352-9477     | Nelson                   | serve        |
|                      | Redfish Grill              | 352-3456     | 479 Baker St             | serve        |
|                      | Rose Garden Café           |              | Lakeside park            | serve        |
|                      | Safeway                    | 352-9710     | 211 Anderson St          | retail       |
|                      | Save On Foods              | 352 5538     | 1200 Lakeside            | retail       |
|                      | Thor's Pizza               | 352-1212     | 303 Victoria St          | serve        |
|                      | Vienna Café                | 354-4646     | 411 Kootenay St          | serve        |
| Nelson B&B           | Cyderhouse B&B             |              | Kootenay Bay             | serve        |
|                      | Dandelion B&B              | 505-5466     | 519 Carbonate St         | serve        |
|                      | Inn The Garden B&B         | 352-3226     | 408 Victoria St.         | serve        |
|                      | Stanley House B&B          | 352-3777     | 420 Railway St           | serve        |
|                      | Mistisos Place Guest House | 229-4529     |                          | serve        |
| Ski Operations       | Baldface Lodge             | 352-0006     | Nelson                   | serve        |
|                      | CMH Adamants               | 403-762-7135 |                          | serve        |
|                      | CMH Bobbie Burns           | 403-762-7135 |                          | serve        |
|                      | CMH Bugaboos               | 403-762-7135 |                          | serve        |
|                      | CMH Galena                 | 403-762-7135 |                          | serve        |
|                      | CMH Gothics                | 403-762-7135 |                          | serve        |
|                      | CMH McBride                | 403-762-7135 |                          | serve        |
|                      | CMH Monashees              | 403-762-7135 |                          | serve        |
|                      | CMH Valmount               | 403-762-7135 |                          | serve        |
|                      | Powder Creek Lodge         | 250-226-7186 |                          | serve        |
|                      | Selkrik Wilderness Skiing  | 250-366-4424 | 1 Meadow Creek Rd        | serve        |
| Tour Companies Local | Valhalla Tours             | 250-358-7966 | New Denver               | serve        |
|                      | West Canada Bike Tours     | 250-359-5032 | South Slovan             | serve        |
| Procter              | Procter General Store      | 250-229-4311 |                          | retail       |
| Balfour              | Balfour Superette          | 250-229-4612 |                          | retail       |
| Kaslo                | Kaslo Pump                 | 250-365-5935 |                          | retail       |
|                      | Bluebelle Bistro           | 250-353-7361 | Box 939 Kaslo BC V0G 1M0 | serve (good) |

|            |                          |              |                          |                 |
|------------|--------------------------|--------------|--------------------------|-----------------|
|            | Silver Spoon Bakery      | 250-353-2898 | 301 Front St.            | serve           |
|            | Sunnyside Naturals       | 250-353-9667 | 404 Front St             | serve/retail    |
|            | White Goat Gallery       | 250-353-7178 |                          | serve           |
| East Shore | Destiny Bay Grocers      | 250-223-8055 | Boswell                  | retail          |
|            | Black Salt Café          | 250-227-9596 | Crawford Bay             | serve           |
|            | Mojo's                   | 250-225-3568 | Kootenay Bay             | serve           |
|            | Lakeview Store           | 250-227-9367 | Gray Creek               | retail          |
|            | Riondel Market           | 250-225-3214 | Riondel                  | retail          |
| Salmo      | Salmo Esso               | 250-357-2227 |                          | serve/retail    |
| Cranbrook  | Village Baker            | 250-489-2863 | 821 Baker St.            | serve/(retail?) |
| Kimberley  | Barking Gecko            | 250-427-0091 | 517-304th St, Marysville | serve/retail    |
|            | Mark Creek Market        | 250-427-4444 | 355 Ross St              | retail          |
|            | Natural Attractions      | 250-427-4349 | 145 Spokane Street       | retail          |
| Fruitvale  | Country Roads Gen. Store | 250-367-9229 | 1936 Main St.            | retail          |
|            | Liberty Foods            | 250-367-9911 | 1950 Main Street         | retail          |
| Creston    | Kingfisher Books         | 250-428-0553 | Creston                  | serve/retail    |
|            | Overwaitea Foods         | 250-428-2555 | 31000 NW Blvd            | retail          |
|            | Snoring Sasquatch Hostil | 250-428-4546 | Creston                  | serve           |

## **SOUTH ROCKIES**

|           |                  |              |                 |        |
|-----------|------------------|--------------|-----------------|--------|
| Invermere | Grant's Foods    | 250-342-7308 | 712 10th Street | retail |
| Fernie    | Cottonweed Tree  | 250-423-8081 | 562-A 2nd Ave   | retail |
|           | Mug Shots Bistro | 250-423-8018 | 592 3rd Ave     | serve  |

## **NORTHERN ROCKIES**

|        |              |              |                 |              |
|--------|--------------|--------------|-----------------|--------------|
| Golden | 180          | 250-344-4699 | 423-9th Ave     | retail       |
| Field  | Truffle Pigs | 250-343-6462 | 318 Stephen Ave | serve/retail |

## **ALBERTA**

|         |                             |              |                      |        |
|---------|-----------------------------|--------------|----------------------|--------|
| Jasper  | Coco's Café                 | 780-852-4550 |                      | serve  |
|         | Freewheel Cycle? Not often  | 780-852-3898 |                      | retail |
|         | Nutter's Bulk&Natural Foods | 780-852-5844 |                      | serve  |
| Canmore | Rocky Mtn. Bagel Co         | 403-678-9978 | 830 8th St (Main St) | serve  |

|                  |                                  |              |                              |                 |
|------------------|----------------------------------|--------------|------------------------------|-----------------|
| Calgary          | Nutter Bulk in Canmore           | 403-678-3335 | 900 Railway                  | unknown         |
|                  | The Coup                         | 403-541-1041 | 924B 17th Ave SW             | serve           |
|                  | Amaranth Whole Foods Market      | 403-547-6333 | #7 Arbour Lake Drive NW      | Serve/(retail?) |
|                  | Cadence Coffee                   | 403-247-9955 | 6407 Bowness Rd. NW          | serve/retail    |
|                  | Community Natural Foods 10th St. | 403-229-2383 | 1304-10th Ave SW             | retail          |
|                  | Community Natural Foods Chinook  | 403-541-0606 | 202-61 Ave SW                | retail          |
|                  | Savour Fine foods                | 403-532-8222 | 1331 9th Ave SE              | retail          |
|                  | Sunnyside Market                 | 403-270-7477 | #10 338 10th St NW           | retail          |
| Bragg Creek      | Bragg Creek Foods Town           | 403-949-3747 | Box 956                      | retail          |
| Pincher Creek    | Bridges Natural Foods            | 877-627-3767 | Box 2980                     | retail          |
| Lethbridge       | Harvest Haven                    | 403-329-9157 | RR8 s22 Comp 1               | retail          |
| <b>WINNIPEG</b>  | Tall Grass Praire Bakery         | 204 470 9668 | #119-120 One Forks Market Rd | serve           |
| <b>SASKATOON</b> | Fine Arts Café                   | 306-373-0755 | 702 14th St. E               | serve/retail    |

## **BLENDS**

Prince, Princess

Deeply,Prince,Mudshark,Raleigh

Deeply,Prince,Full Organic,Light Organic, Swiss

royal, purcell, meteor, fob, drs, raleigh, low acid

Deeply,Full Organic,Mudshark,Purcell,Royal Decaf

Swiss, Prince, Deeply, FOB

El Taco Blend/FOB

Deeply,Full Organic,Mudshark,Prince,Princess,Heart,Simply

Deeply, royal

Deeply, fob, simply, PH

Deeply,Full Organic,Prince,Raleigh,Purcell

Assorted dark

Assorted

Prince,Princess,Espresso,Raliegh,Mtn.Caribou,PH,Get Stoked,Royal Decaf

FOB, Deeply, MacKenzie

Modern Medium, Modern Dark, DRS

4 Bikes Blend (Meteor)

Assorted 1/2 lbs. Through Kootenay Baker

Meteor,Red Sea,Mudshark,Raleigh,Heart,Arabian,Princess, Prince,PH,Espresso,Road Rider

Assorted

Deeply,Prince, Princess,Road Rider

Prince,Road Rider,Joga's Espresso(Meteor),Royal Decaf

Princess,Espresso,Monashee(2/3 light Central,1/3 med. Central)

Purcell,Espresso,Royal Decaf(darker)

Assortment of all of our blends

Full Organic

Assortment of all of our blends

Grind Blend, Espresso, Princess, PH

Assortment of most of our blends

Kootenay Roost Blend, Prince, purcell, fob

Deeply,Simply,Royal Decaf

Assorted

Assortment of all of our blends

Espresson,Full Organic,Simply,Royal Decaf

Frog Peak Blend (Meteor), Princess

Deep, Roadie, Prince

Assorted Blends 1/2 lbs.

Mudshark,Royal Decaf (darker)

Prince,Full Organic, Espresso

Deep

FOB

prince, princess, mud, Purcell, royal

Sweet Dreams Blend (darker Selkirk),Royal Decaf

Full Organic

Deeply,Royal Decaf

Espresso, meteor, selkirk

Deeply,Simply,Swiss Decaf

All Season's After Dark(Purcell),Espresso,Royal Decaf

El Taco Blend

Assorted Dark (messy room)

1/2 lb Assortment of most of our blends

meteor

Full Organic, Royal Decaf

Prince, Light Organic, Royal Decaf

Deeply

deeply, prince, FOB, Princess, lob

Lucky boy, royal

All blends available for order

Purcell

Deeply, Swiss Decaf

Assortment of all of our blends

Full Organic(drip),House Espresso(2/3Prince,1/3PH),Royal Decaf

FOB, simply, esp

House Drip(Purcell),Espresso,Royal Decaf

FOB

Mud

Deeply, Royal Decaf

Meteor

Assortment of most of our blends

Assortment of most of our blends

Deeply,Simply,Full Organic, Silverspoon

Princess, Full Organic, Royal

Full Organic

Deeply

Meteor, Purcell

Purcell

Deeply, Royal Decaf

Baldface Blend(Deeply)

Deeply

Deeply

Deeply

Prince, Decaf (1/2Royal,1/2Swiss)

Prince

Deeply

Deeply

Deeply

House Blend(1/4dark Indo,1/2dark Central,1/4dark Aftrican),Royal Decaf

Meteor,Simply,Royal Decaf

Full Organic

Full Organic,Purcell

Assortment of blends, mostly organic

Prince, Deeply, purcell, fob

Full Organic,Prince,Princess,Espresso,Royal Decaf

Prince, Deeply

Silverspoon, Anne's Speckled Espresso(Espresso with splash light Central),Royal Decaf  
Full Organic,Simply,Espresso,Swiss&Royal Decaf,Low Acid,Dark French(Deeply)  
Princess

Full Organic,Mudshark,Espresso,Selkirk,Royal Decaf  
Black Salt Blend  
Deeply, Purcell  
Princess,Prince,Light Organic,Heart,Swiss,Simply,Deeply,Full Organic  
Assortment of all of our blends  
Deeply

Prince,Princess,Royal Decaf,Deeply,Mudshark,Meteor,Simply,Full Organic,Light Organic  
Deeply,Princess,Royal Decaf  
Assortment of some of our blends  
Deeply, Prince, Swiss, Esp, FOB  
Assortment  
fresh, fob, simply,meteor,purc,deep, prince, princess, royal  
Assorted  
FOB, Mud, Prince, Deeply  
Assorted

Assorted  
Deeply,Full Organic,Espresso, Simply,Mudshark, Royal Decaf  
Assorted

Mudshark,Prince,Princess,Full Organic,Red Sea,Road Rider  
Raleigh,PH,Mudshark,Princess,Simply,Purcell,Meteor,Heart

Prince  
Ho Chi Min(Ethiopia med,Ethiopia dark,Sumatra dark,Celebes med)  
Deeply,Mudshark,Prince,Simply,Swiss  
Prince, Full Organic

Placed two small orders

Espresso, Princess, Royal Decaf

Low Acid, deep;y

Espresso,Deeply,Silverspoon,Purcell,Royal Decaf

Meteor,Mudshark,Low Acid,Deeply,Darker Simply,Simply,Espresso,Swiss Decaf

Meteor,Mudshark,Low Acid,Deeply,Darker Simply,Simply,Espresso,Swiss Decaf

Assorted

Assorted

Assorted

Assorted

Assorted

Full Organic

Assorted Blends