

## SEASONAL AVAILABILITY



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July 4th, 2011

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Posted in

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If the farm could have all its needs met through barter with our local community, it would be ideal. Until then we are selling our goods at the Farmers Markets of Kamloops on Wednesdays and Saturdays, as well as Chase on Fridays. All of our produce is grown organically except for our sweet corn. Here in British Columbia, sweet corn seed that is untreated with fungicides is simply too difficult to grow. The corn itself isn't sprayed but the early seed that is planted is coated in a fungicide. We also use some artificial fertilizer on our corn. In 2010, we begin crop rotations as well as interplanting with legumes. This will hopefully eliminate our need for artificial fertilizers completely in the next years.

### SPRING!

- Spinach
- Carrots
- Baby Lettuce
- Leeks
- Radishes
- Dandelion Root Coffee (a new seasonal product that is an excellent alternative to coffee)
- Dried Chillies
- Fruit Pies
- Fruit Bars
- Bread (we make old-world style hearty loaves with organic flours including Quail's Farm certified organic and freshly milled wheat, spelt, rye, and oat flours when seasonally available)

### SUMMER!

- Strawberries
- Raspberries
- Peas
- Beans
- Lettuce
- Peppers
- Eggplant

- Tomatoes
- Cucumbers
- Zucchini
- Corn
- Beets
- Kale
- Chard
- Bread
- Fruit Pies
- Fruit Bars

FALL!

- Pumpkins
- Zucchini
- Winter Squash
- Tomatoes
- Spinach
- Lettuce
- Chard
- Kale
- Fruit Pies
- Bread
- Fruit Bars

Quote Bug

"Civilization is the limitless multiplication of unnecessary necessities." -Mark Twain

Beet The System



Tags

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