
Dr. Ingrid Pincott, ND

SHOPPING FOR ORGANIC FOOD ON THE NORTH ISLAND

The widest selection of natural and organic foods in Campbell River and north can be found at health food stores and grocery stores such as:

AMPED ON NUTRITION

Unit #4 – 673 Plaza Rd., Quathiaski Cove, Quadra Island
(250) 285-3142

HEALTHYWAY VITAMINS

45 - 1270 Dogwood St., Campbell River
(250) 286-6011

Steiner Bakery

231 Dogwood Street, Campbell River
(250) 287-7323

Grains Bakery

445-10th Street, Courtenay
(250) 338-0955

Cipollines

2190 South Island Highway, Campbell River
(250) 923-4000

NON-MEDICATED FREE RANGE ANIMAL PRODUCTS:

I emphasize these products more than organic produce because they concentrate toxins more.

The following may not be certified organic sources but are not medicated with growth hormones or antibiotics. They supply bison, lamb, chicken, eggs, beef and turkey:

ANNA GUTHRIE (250) 337-5510 – lamb & eggs

BOLD POINT FARM Quadra Island (250) 285-2272 – lamb, geese, duck, chicken, eggs & veggies
website www.farmstay-ca.com

BUTCHER'S BLOCK – 319 4th Street, Courtenay (250) 338-1412

FISH: St. Jeans, Campbell River, 581 B 11th Ave, 250-287-2457

MYSTIC ISLE Campbell River – Albacore Tuna canned & frozen – Sheila Lloyd (250) 287-2524

HIGHLAND BEEF Duncan 1-866-748-6450

ISLAND BISON – Delton & Karen Henrich Hm. (250) 830-7390 or (250) 287-0042

JOHNSON RIDGE FARM 1476 Larkin Rd., Merville (250) 337-2035 – pigs & chickens

PIPERS MEATS 2139 Bowen Rd, Nanaimo (250) 758-3611 www.Pipersmeats.com

SAVE ON & THRIFTY FOODS: sell some organic beef and chicken and bison

SEAVIEW FARMS 168 Williams Beach, Merville (250) 337-5182

TANNADICE FARMS 3465 Burns Rd., Courtenay (250) 338-8239 – beef, pigs, chickens

LOCAL MARKET (old Arby's) 1121 Cedar St., Campbell River (250) 830-0065 – Bison, Pork, Lamb & Veggies

ORGANIC FRUITS & VEGETABLES

Small Potatoes

#3 – 956 Devonshire Road, Victoria
(250) 383-7969
www.spud.ca

Pattison Farms

9019 Clarkson Drive, Black Creek
(250) 337-8738
www.pattisonfarms.com

Island Sweetness Berries

2834 Smith Road, Courtenay
(250) 334-0735

Try reusable [Ever-Fresh](#) green bags to keep you veggies fresh in the fridge for up to two weeks. The bags come in three sizes. In Canada, call 1-800-567-3034