
Dr. Ingrid Pincott, ND

Recipe Collection

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, BC
(250) 285-3142

HEALTHYWAY VITAMINS

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

IRENE'S BAKERY (Irene's 100% Rye Bread)

2527 Government Street
Victoria, BC V8T 4P6
(250) 384-5543

QUALITY FOODS

SAVE ON FOODS
QUADRA FOODS
SUPERSTORE

THRIFTY FOODS

EDIBLE ISLAND

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:

MAPLESPRINGS FARM 250-338-6874 free range chicken and turkey (seasonal)

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

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

CAMPBELL RIVER SAUSAGE SHOP: 250-923-1877 (no lactose, wheat, preservatives or MSG) free run turkey and chicken.

SAVE ON & THRIFTY FOODS : sell some organic beef and chicken and bison, Macleans sandwich meats

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

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

VICTORIAN ACRES FARM 250-338-4964 Organic turkey products

GLEN ALWIN FARM 250-334-4665 6125 Island Highway, Courtenay (Beef, lamb and goat)

RESTAURANTS USING LOCAL FOOD

LOCALS 250-338-6498 364 8th Street Courtenay

RIPTIDE MARINE PUB AND GRILL 250-830-0044 1340 Island Highway, Discovery Plaza

OTHER IDEAS

SIGNATURE OIL AND VINEGAR 250-914-3800/Courtenay: 250-339-0223

ORGANIC BUTTER: best price at Superstore, freezes well

ORGANIC CANOLA OIL, ORGANIC OLIVE OIL AND ORGANIC COCONUT OIL best for cooking.

DAIYA CHEESE: dairy and soy free delicious cheese substitute available at Thrifty foods and Healthyway.

COCONUT MILK COFFEE AND TEA CREAMERS available at Healthyway

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

Campbell River, BC • (250) 286-3655 • (800) 898-6699

email: doctor@drpincott.com • www.DrPincott.com