

Down to Earth Guide to Organics in Manitoba



Region	Farm/Business Name	Business Type	Location	Phone	Website	Organic Status
Winnipeg Central	Aviva Natural Health Solutions	Supplements, Teas, Herbs, Packaged Foods	52 Adelaide St	(204) 947-6789	www.aviva.ca	
Winnipeg Central	Bread and Circuses	Bakery and Café	238 Lilac St	(204) 477-4555		
Winnipeg Central	Café Carlo	Restaurant	B-243 Lilac St	(204) 477-5544	www.cafecarlo.com	
Winnipeg Central	Common Ground Café	Bakery and Café	79 Sherbrook St	(204) 453-5156		
Winnipeg Central	Dandelion Eatery	Restaurant	230 Osborne St.	(204) 453-5755	www.organzamarket.com	
Winnipeg Central	Dubrovnik's Restaurant	Restaurant	390 Assiniboine Rd	(204) 944-0594	www.restaurantdubrovnik.com	
Winnipeg Central	Exchange District Farmer's Market	Farmer's Market	Old Market Square, July, August, and September	(204) 942-6716	www.exchangedistrict.org	
Winnipeg Central	Harry's Foods	Grocer	905 Portage Ave	(204) 987-8840		
Winnipeg Central	Heartsease Inc	Beauty and Bath Products	941 Westminster Ave, corner of Lipton and Westminster	(204) 474-0470		
Winnipeg Central	Hempyrean	Hemp Clothing and Products	213-1 ForksMarket Rd	(204) 947-5223	www.hempyrean.com	
Winnipeg Central	House of Nutrition Ltd.	Grocer	770 Notre Dame Ave	(204) 775-9044		
Winnipeg Central	Human Bean	Coffee and Tea	147-1 Forks Market Rd and 1st Floor Millenium Library	(204) 947-3777/943-6687		
Winnipeg Central	Just Off Broadway	Restaurant	160 Smith St	(204) 975-6060		
Winnipeg Central	Mary Jane's Cooking School	Cooking School	252 Arlington St	(204) 775-2522	www.maryjanescookingschool.org	
Winnipeg Central	Mondragon Café and Bookstore	Café, Bookstore, and Venue	91 Albert St	(204) 946-5241	www.mondragon.ca	
Winnipeg Central	Organza Market	Grocer	230 Osborne St.	(204) 453-6266	www.organzamarket.com	
Winnipeg Central	Save Your Fork	Buying Coop	cpellerin@xplornet.com	1-807-466-7266	www.saveyourfork.ca	
Winnipeg Central	Sunrise Health Foods	Supplements, Teas, Herbs, Packaged Foods	Portage Place, Winnipeg Square	(204) 947-3188		
Winnipeg Central	Tall Grass Prairie Bread Co & Deli Inc	Bakery and Café	859 Westminster Ave / 120-1 Forks Market Rd	(204) 783-5097 / (204) 957-5097	www.tallgrassbakery.ca	
Winnipeg Central	Grass Roots Prairie Kitchen	Grocer and Deli	1 Forks Market Rd.	(204) 942-5097		
Winnipeg Central	Vita Health Natural Food Stores of Manitoba	Grocer, Supplements, and Health Products	102 Osborne Ave	(204) 984-9551	www.vitahealthstores.ca	
Winnipeg Central	Vita Health Natural Food Stores of Manitoba	Supplements and Health Products	234 Donald St. (City Place)	(204) 984-9556	www.vitahealthstores.ca	
Winnipeg South	A-1 Nutrition	Organic Meats, Supplements, Teas, Herbs, Packaged Foods	300-1120 Grant Ave	(204) 475-7522		
Winnipeg South	Almost Urban Vegetables	CSA - Vegetables, Herbs	St. Norbert	(204) 275-0253	www.almosturbanvegetables.com	Sustainable/Natural
Winnipeg South	Aqua Vitae	Wine	aquavitaeflora@shaw.ca	(204) 955-2238		
Winnipeg South	Borowski's Health Food	Organic meats, flours, seeds, Supplements, Teas, Herbs	437 St. Anne's Rd	(204) 257-7667		
Winnipeg South	Bosch Kitchen Centre	Grains and Flours	105-2800 Pembina Hwy	(204) 275-2617	www.blackskitchenmagic.com	
Winnipeg South	Buffalo Stone Café	Café/Restaurant	1961 McCreary Rd	(204) 989-8364?	www.fortwhyte.org	
Winnipeg South	Fort Whyte Farms	Market	1961 McCreary Rd, Tuesdays and Thursdays	(204) 895-2373	www.fortwhyte.org	Sustainable/Natural
Winnipeg South	Eat It.ca	Organic Market and Online Grocer	603 Wall St.	(204) 772-2136	www.eatit.ca	
Winnipeg South	Hemp Oil Canada Inc	Hemp food and body products	info@hempoilcan.com	1-800-289-4367	www.hempoilcan.com	
Winnipeg South	J&N Dueck's Whole Grain Foods	Bakery	St. Norbert Farmers Market and New Bothwell, MB	(204) 388-6266		
Winnipeg South	Le Marché St. Norbert Farmers Market	Farmers Market	3514 Pembina Hwy	pbates@stnorbertfarmersmarket.ca	www.stnorbertfarmersmarket.ca	
Winnipeg South	Nutrition Plus	Supplements, Teas, Herbs, Packaged Foods	16-2077 Pembina Hwy	1-877-269-5954	www.nutriplus.com	
Winnipeg South	Minnewashta Valley Organics	Handler/Processor of Certified Organic Beef and Bison	Winnipeg	hbouvier@organicrancherscanada.com	www.organicrancherscanada.com	
Winnipeg South	Prairie Oven	Bakery	1399 Pembina Hwy	(204) 474-5900		
Winnipeg South	Rita's Garden	Market Garden	361 Paul Blvd.	(204) 254-0700		
Winnipeg South	Sage Garden Herbs	Greenhouse/Garden Centre	3410 St. Mary's Rd	(204) 257-2715	www.herbs.mb.ca	
Winnipeg South	St. Norbert Arts Centre	Ecologically Focused Cultural Centre and Residency	100 rue des Ruines du Monastère	(204) 269-0564	www.snac.mb.ca	
Winnipeg South	Sunrise Health Foods	Supplements, Teas, Herbs, Packaged Foods	St. Vital Centre	(204) 255-9213		
Winnipeg South	Symon's Super Mix Ltd.	Wholesaler - Green Food Supplement	304-15 Cornish Ave.	(204) 774-8397		
Winnipeg South	Ten Thousand Villages	Fairly Traded Products	134 Plaza Dr	(204) 261-6381 / 261-0566	www.tenthousandvillages.ca	
Winnipeg South	Vic's Fruit Market	Fresh Produce and Specialty Foods	A-1038 Pembina Hwy	(204) 475-8332		
Winnipeg South	Vita Health Natural Food Stores of Manitoba	Grocer, Supplements, and Health Products	19-845 Dakota St	(204) 984-9554	www.vitahealthstores.ca	
Winnipeg South	Vita Health Natural Food Stores of Manitoba	Supplements, and Health Products	1765 Kenaston Blvd	(204) 984-9558	www.vitahealthstores.ca	
Winnipeg South	Wiens Shared Farm	CSA, Market Garden - Produce	1208 Provincial Road 200 (St. Mary's Rd)	(204) 255-7027	wiensfarm@yahoo.ca	Sustainable/Natural
Winnipeg South	Wriggler Wranch	Vermiculture	info@standinghorse.com	(204) 589-0241	www.standinghorse.com	
Winnipeg South	Gervais Seeds Ltd.	Grain Dehulling and Processing	Elie	(204) 353-2152		
Winnipeg West	Blue Lagoon Florascape	CSA, Market Garden, Catering - fruit, vegetables, berries, herbs	St Francis Xavier	(204) 864-2724		Certified Organic
Winnipeg West	Blue Sky Farm	Farm, Market Garden - Meats, Fruit, Vegetables, Preserves	Sanford	(204) 736-2941		Sustainable/Natural
Winnipeg West	Cauffield's Foods & Humbolt's Legacy	Grocer and General Store	887 Westminster Ave	(204) 772-1404 / (204) 786-3289		
Winnipeg West	Cornelia Bean	Coffee and Tea	417 Academy Rd	(204) 489-5460	www.corneliabean.com	
Winnipeg West	De Luca's Specialty Foods	Grocer	956 Portage	(204) 774-7617	www.deluca.ca	
Winnipeg West	For Goodness Sake	Supplements, Teas	2365 Ness Ave	(204) 837-9796		
Winnipeg West	Fresh Option Organic Delivery	Distributor / Home Delivery Service	1338 Clifton St.	(204) 772-1479	www.freshoption.ca	
Winnipeg West	Fusion Grill	Restaurant	550 Academy Rd	(204) 489-6963	www.fusiongrill.mb.ca	
Winnipeg West	Manitoba Harvest	Hemp Foods and Oil	15-2166 Notre Dame Ave	1-800-665-HEMP (4367)	www.manitobaharvest.com	
Winnipeg West	Minan Wild Blueberries	Wild Blueberry Products	250 Rodney St	(204) 888-8839		
Winnipeg West	Nature's Nutrition	Supplements, Teas, Herbs, Packaged Foods	1819 Portage Ave	(204) 889-2979		
Winnipeg West	Organic Planet Worker Co-op	Grocer and Deli	877 Westminster Ave	(204) 772-8771	www.organicplanet.coop	
Winnipeg West	Red River Ex Farmer's Market	Farmer's Market	3977 Portage Ave	(204) 888-6990	www.redriverex.com/farmer.html	
Winnipeg West	Scoop & Save Bulk Foods	Grains, Flours, and Bulk Foods, teas	3133 Portage Ave	(204) 888-1967		
Winnipeg West	Seeds to Bloom	Edible Flowers	sgowan@rainyday.ca	(204) 633-6754		
Winnipeg West	Steven & Andrew's	Grains, Flours, Wine	384 Academy Rd	(204) 487-7300		
Winnipeg West	Vita Health Natural Food Stores of Manitoba	Supplements, and Health Products	156-2025 Corydon Ave	(204) 984-9552	www.vitahealthstores.ca	
Winnipeg North East	Black Pearl Coffee	Fairly Traded Coffee	460 Dufferin	(204) 586-3989		
Winnipeg North East	Canadian Nutrition Centre Inc	Grains, Flours, Herbs, Packaged Foods, Teas, Supplements	1795 Henderson Hwy	(204) 339-0440		
Winnipeg North East	Devils Creek Herb and Berry Farm	Orchard, Market Garden - Fruit, Vegetables, Herbs	448 Manitoba Ave, Selkirk MB	(204) 482-8667		Sustainable/Natural

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Winnipeg North East	Earth & Sole	Grocer, Supplements, and Health Products	Oakbank	(204) 444-2387		
Winnipeg North East	Floodway Gardens	U-Pick, Market Garden - Vegetables	567 Shalom Path, St Clements MB	(204) 661-9162	www.floodwaygardens.com	Certified Organic
Winnipeg North East	Pine Ridge Hollow	Restaurant	Oakbank	(204) 777-3881	www.pineridgehollow.com	
Winnipeg North East	Sangster's Health Centre	Supplements, Teas, Herbs, Packaged Foods	63-A Main St., Selkirk	(204) 482-8590	www.sangsters.com/selkirk.html	
Winnipeg North East	Sunrise Health Foods	Supplements, Teas, Herbs, Packaged Foods	Kildonan Place	(204) 661-8065		
Winnipeg North East	Ten Thousand Villages	Fairly Traded Products	963 Hendersson Hwy	(204) 661-5545	www.tenthousandvillages.ca	
Winnipeg North East	Vita Health Natural Food Stores of Manitoba	Supplements and Health Products	46-11 Reenders Dr	(204) 984-9553	www.vitahealthstores.ca	
Winnipeg North East	Weigh N' Save Bulk and Health Foods	Bulk Foods	Selkirk	(204) 482-6660		
Winnipeg North West	Food for Thought Catering	Café and Catering	1236 Main St	(204) 772-3663	www.foodforthoughtcatering.ca	
Winnipeg North West	Frigs' Natural Meats and More	Meats and Deli	3515 Main St	(204) 334-9430		
Winnipeg North West	Naturally Nutritious Meats	Farm - Pork	Stonewall	(204) 467-9443		Sustainable/Natural
Winnipeg North West	Neechi Foods Community Store	Grocer and General Store	325 Dufferin Ave	(204) 586-5597		
Winnipeg North West	Organic Threads	Environmentally Sound Fabrics	fdnokes@hotmail.com	(204) 339-0322		
Winnipeg North West	Vita Health Natural Food Stores of Manitoba	Grocer, Supplements, and Health Products	2211 McPhillips Ave	(204) 984-9555		
South East	DuBois Wild Rice	Wild Rice	Lac Du Bois	(204) 256-3360		Certified Organic
South East	Good and Natural	Grocer, Supplements, and Health Products	Unit A, 116 Park Road West, Steinbach	1-866-794-4613	www.goodnaturalonline.com	
South East	Grange sur Seine	Farm - Lamb, Chicken, Pork, Turkey, Vegetables	La Broquerie	(204) 424-5566		Sustainable/Natural
South East	Jatlyn Gardens	U-Pick - Berries, herbs, teas, preserves	Roseau River	(204) 427-2673		Certified Organic
South East	Kagwiosa Manomin Wild Rice	Wild Rice	Wabigoon Lake, ON	1-888-771-9131	www.canadianwildrice.com	Certified Organic
South East	Marg's Strawberry Patch	U-Pick - Strawberries, rhubarb, crabapples, vegetables, pottery, strawberry honey	Lorette	(204) 878-4353		Certified Organic
South East	Nature's Farm	Farm and Food Processor - Eggs, Pasta	Steinbach	1-877-866-6353		
South East	Northern Sun Farm	Farm - Catering, Hospitality, Consulting	Pansy	(204) 434-6143 / (204) 434-6018		Sustainable/Natural
South East	Shepherd's Dream	Wool Bedding	Steinbach	(866) 552-0167	www.woolbed.ca	
South East	Stony Brook Pantry	Packaged Grains and Flours	107, Hwy 12N, Steinbach	1-866-415-9990		
South East	Ten Thousand Villages	Fairly Traded Products	355 Main St., Steinbach	(204) 326-3774	www.tenthousandvillages.ca	
South East	Vita Health Natural Food Stores of Manitoba	Grocer, Supplements, and Health Products	Steinbach	(204) 346-0884		
South East	Yummy Mommies	Catering	Pansy/Steinbach	(204) 434-6143		
South Central	Country Lane Organic Grain and Milling	Farm - Grains, Potatoes, Beans, Oil Seeds	Winkler	(204) 829-3841	www.geocities.com/countrylane223/	Certified/Sustainable/Natural
South Central	DeRuyck's Organic Farm	Farm - Flax, Vegetables, Grains, Flour	Swan Lake	(204) 836-2755		Certified Organic
South Central	Dueck Farm	Orchard - Berries	Winkler	(204) 325-5426		
South Central	Feelin' Good Health	Supplements, Teas, Herbs, Packaged Foods	372 Stephen St., Morden	(204) 822-6707		
South Central	Food Development Centre	Off-Farm Certified Food Processing	810 Phillips Rd., Portage La Prairie	1-800-870-1044	www.gov.mb.ca/agriculture/fdc	
South Central	Guilford's Organic Feed and Seed	Farm - Beef	Clearwater	(204) 873-2454	www.organiccentre.ca/VirtualFarmTour/vft_guilford.asp	Certified Organic
South Central	Heartland Herbs	Supplements, Teas, Herbs, Packaged Foods	Winkler	(204) 325-8668		
South Central	Honeycomb Health Foods	Supplements, Teas, Herbs, Packaged Foods	270 1st St., Winkler	(204) 325-9845		
South Central	JUST Community Market Co-operative Ltd	Farm - heirloom peppers, tomatoes, vegetables and herbs	Starbuck	(204) 480-8358	www.JUSTcommunitymarket.com	Sustainable/Natural
South Central	Kietke Bison Products	Farm - Bison	Brunkild	(204) 746-0462		Sustainable/Natural
South Central	Neuschwander Farm	Farm - Beef	Gladstone	(204) 385-3153	www.organiccentre.ca/NewspaperArticles/na_agabus_id.html	Certified Organic
South Central	Poplar Grove Farm	Farm - Vegetables	Winkler	(204) 325-4333		
South Central	Prairie Health	Supplements, Teas, Herbs, Packaged Foods	Portage La Prairie	(204) 857-3278		
South Central	Roseisle Community Grocery Co-op	Grocer	#1 Main Ave, Roseisle	(204) 828-3479, roseisle@mts.net		
South Central	Ten Thousand Villages	Fairly Traded Products	#34-777 Norquay Dr., Winkler	(204) 325-8365		
South Central	Ten Thousand Villages	Fairly Traded Products	67 2nd Ave. N.E., Altona	(204) 324-9973	www.tenthousandvillages.ca	
South Central	The Health Habit	Supplements, Teas, Herbs, Packaged Foods	Southland Mall, Winkler	(204) 325-5672		
South Central	The Healthy Herb	Supplements, Teas, Herbs, Packaged Foods	146 Main St. South, Morris	(204) 746-6626		
South West	Arlington Lane Organics	U-Pick, Orchard - Raspberries, Herbs, Garlic, Flax	Brandon	(204) 727-3989		Certified Organic
South West	CamOrganic Commodities	Farm - Grains, Flax Products	Storthoaks, SK	1-866-449-6531	www.camorganic.com	Certified Organic
South West	Country Gate Gardens	CSA, Market Garden - Produce	Brandon	(204) 728-2909		Natural
South West	Crocusview Organics	Farm - Grains, Bison, Forages	Kenton	(204) 838-2426		Certified Organic
South West	EJH Organic Farm	Farm - Pork, Beef, Chicken	Lenore	(204) 838-2009		Certified Organic
South West	Ekert's Organic Beef	Ranch - Beef	Wapella, SK	(306) 532-4844		Certified Organic
South West	Frances' Farm	Farm - Beef, Chicken, Trout, Grains	Kenton	(204) 838-2492		Certified Organic
South West	Grain Doctor	Grain Processing	Rivers	(204) 566-2195		
South West	Hedley's Health Hut	Supplements, Teas, Herbs, Packaged Foods	Shoppers Mall, Brandon	(204) 725-3131		
South West	Herbs for Health	Supplements, Teas, Herbs, Packaged Foods	487 Mountain Ave., Neepawa	(204) 476-5150		
South West	Hore Farm	Farm - Chicken	Wawanesa	(204) 824-2942		Sustainable/Natural
South West	Lady of the Lake	Shop, Café and Pub	135-B 17th St., Brandon	(204) 725-4181	www.ladyofthelake.ca	
South West	Laughing Magpie Produce	Farm - Chicken, Eggs, Turkey, Vegetables	Boissevain	(204) 534-6976		Sustainable/Natural
South West	Living Earth Farm	Farm - Grass-fed beef, lamb, chevon, pastured chicken, fine wool and cashmere, vegetables, herbs	Hamiota	(204) 764-3657	www.livingearthfarm.ca	Sustainable/Natural
South West	Marquis Project	Fairly Traded Products	912 Rosser Ave., Brandon	(204) 727-5675	www.marquisproject.com	
South West	McFayden Store	Greenhouse/Garden Centre	30 9th St., Brandon	(204) 571-7558		
South West	McKenzie Seeds	Seeds	30 9th St., Brandon	(204) 571-7500	www.mckenzieseeds.com	
South West	Murray/Proven Farm	Farm - Beef, Pork	Erickson	(204) 874-2324		Sustainable/Natural
South West	Prairie Orchard	Farm, Orchard - Fruit, Vegetables, Lamb, Catering	Neepawa	(204) 368-2428		Certified Organic
South West	Prairie Rose Meats	Meat Processor	Souris	(204) 483-2765		
South West	Prairie Seasons Bakery	Bakery	370 Mountain Ave., Neepawa	(204) 476-2024		
South West	Ranson Ridge Farm	Garden - Herbs, Tea Blends, Wild Flowers	Arden	(204) 368-2378		Sustainable/Natural
South West	Rigby Orchards Estate Winery	Orchard, Farm, Winery - Raspberries, Wine	Killarney	(204) 523-8879		Certified Organic

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South West	Room to Grow	Farm, Greenhouse - Bedding Plants, Hospitality	Boissevain	(204) 534-2303	www.roomtogrow.ca	Sustainable/Natural
South West	Ten Thousand Villages	Fairly Traded Products	829 Rosser Ave., Brandon	(204) 726-8755	www.tenthousandvillages.ca	
South West	The Tendercut Meat and Deli	Meat and Deli	Brandon	(204) 726-4639		
South West	Triple C Beef	Farm - Beef	Carroll	1-888-235-2641	www.triplecbeef.ca	Certified Organic
South West	Two Farm Kids Natural Foods	Grocer	565 34th St., Brandon	(204) 728-2855	www.twofarmkids.com	
South West	Unger Farm	Farm - Beef	Deloraine	(204) 747-2381		Sustainable/Natural
Parkland North	Earthkeeper Farm	Market Garden - Vegetables, Maple Syrup	Roblin	(204) 937-3055	www.earthkeeperfarm.blogspot.com	Sustainable/Natural
Parkland North	Far North Wild Rice	Wild Rice	Flin Flon	(204) 687-3631	www.wildrice.mb.ca	Certified Organic
Parkland North	K J Borcz Health & Hobby Shop	Supplements, Teas, Herbs, Packaged Foods	141 Main St, Benito	(204) 539-2659		
Parkland North	Northern Mist Wild Rice	Wild Rice	Snow Lake	(204) 358-2131		Sustainable/Natural
Parkland North	Nutter's Bulk and Natural Foods	Bulk Foods	Dauphin	(204) 638-4081	www.nutters.com	
Parkland North	Poplar Glen Organic Farm	Farm - Beef, Pork, Pullets	Grandview	(204) 546-2099	www.mts.net/~poplar2/	Certified Organic
Parkland North	Riverside Farms	Farm - Grains, Flax	Swan River	(204) 734-4938		Certified Organic
Parkland North	Swan Health Foods	Supplements, Teas, Herbs, Bulk and Packaged Foods, Hair and Body Care	115 4th Ave. South, Swan River	(204) 734-9118		
Parkland North	Tri Family Health	Supplements, Teas, Herbs, Bulk and Packaged Foods	229 Fischer Ave., The Pas	(204) 623-7042		
Parkland North	Triple 'S' Seeds	Seed Growers and Processors	Grandview	(204) 546-2590	www.triplesseeds.com	Certified Organic
Parkland North	Watkins Farms	Farm - Beef	Swan River	(204) 734-5675		Certified Organic
Parkland North	Wild Man Ricing	Wild Rice	The Pas/Winnipeg	(204) 794-7068		Certified Organic
Interlake	Boundary Creek Farm	CSA - Vegetables	Winnipeg Beach	(204) 389-4146	www.boundarycreekfarm.ca	Sustainable/Natural
Interlake	Hnatiuk Farm	Farm - Bison	Broad Valley	(204) 372-6748		Certified Organic
Interlake	Ian Smith Farm	Farm - Pork	Argyle	(204) 467-8590	www.naturalpork.ca	Winnipeg Humane Society Certified
Interlake	Integrity Foods	Bakery	Riverton	1-866-378-2887	www.integrityfoods.ca	
Interlake	Interlake Forage Seeds	Seed Growers and Processors	Fisher Branch	(204) 375-6920	www.interlakeforageseeds.com	
Interlake	Midlake Specialty Food Products	Specialty Processor	Arborg	(204) 376-3078		
Interlake	Mother Clove/Down to Earth Produce	Farm - Garlic, Preserves, Vegetables	Arborg	(204) 376-5358		Certified Organic
Interlake	Organics From the Ground Up	Farm - Beef, Grains, Flax, Forages	Arborg	(204) 378-2830		Certified Organic
Interlake	Plum Ridge Farm	U-Pick, Market Garden - Strawberries, Raspberries, Saskatoons, Apples, Asparagus, Geese	Teulon	(204) 886-3472		Sustainable/Natural
Interlake	Prairie Grass Fed Meat	Farm - Grass Fed Beef and Lamb, Pastured Poultry	Arborg	1-888 376-2369	www.countryquarters.com/grass_fed.html	Winnipeg Humane Society Certified
Interlake	Vi's Health Hutch	Supplements, Teas, Herbs, Packaged Foods	13 Main St. East, Ashern	(204) 768-3004		