

Ingredients general



Disclaimers:

Our products are prepared in a certified, professional kitchen. We work to the highest hygienic FoodSafe standards but we can't guarantee that the kitchen and utensils are completely free of potential allergens such as peanuts, tree nuts, gluten and dairy.

Although of very high quality, the products from Organic matters have been packaged in the same facility as peanuts, tree nuts, wheat, soy, and other potential allergens (www.omfoods.com).

ingredient	brand	certified organic	supplier	origins	notes / allergens
almond extract	own label	yes	Organic Matters, Nelson	USA	tree nuts
almond milk	So Nice	yes	Askews Armstrong / Salmon Arm	Canada	tree nuts, soy
almonds	own label	yes	Organic Matters, Nelson	Italy	tree nuts
apricots (dried)	own label	yes	Organic Matters, Nelson	Turkey	unsulfured
aquafaba		yes	Askews Armstrong / Salmon Arm	Canada	water from boiled chick peas
buckwheat flour	own label	yes	Rogers foods Ltd., Spallumcheen	Canada	
butter	Liberté Organic	yes	Askews Armstrong / Salmon Arm	Canada	dairy
cacao butter	own label	yes	Organic Matters, Nelson	Ecuador	
cane sugar	Rogers	yes	Rogers foods Ltd., Spallumcheen	Brazil	
carob powder (roasted)	own label	yes	Organic Matters, Nelson	Portugal	
cashews	own label	yes	Organic Matters, Nelson	Brazil, Vietnam or India	tree nuts
chia seeds	own label	yes	Organic Matters, Nelson	Mexico/ Bolivia/ Nicaragua	
chocolate, dark	own label	yes	Organic Matters, Nelson	Italy	soy and vanilla extract
chocolate, white	own label	yes	Organic Matters, Nelson	Italy	dairy, soy and vanilla extract
coconut	own label	yes	Organic Matters, Nelson	Philippines	Coconut is considered a tree nut by the Food and Drug Administration. desiccated - shredded
coconut flour	Rogers	no	Rogers foods Ltd., Spallumcheen	Philippines	tree nuts (see above)
coconut oil	own label	yes	Organic Matters, Nelson	Philippines	tree nuts (see above) virgin, unrefined, raw

coffee	Frog Friendly Wild	*	The Hive, Canoe	Mexico	*picked in the wild, PH neutral, roasted in Canoe
coffee creamer	Dairyland	yes	Askews Armstrong / Salmon Arm	BC	dairy
cranberries (dried)	own label	yes	Organic Matters, Nelson	Canada	dried, apple juice concentrate, organic sunflower oil <1%
currants (dried)	own label	yes	Organic Matters, Nelson	USA	
dates (dried)	own label	yes	Organic Matters, Nelson	Algeria or Tunisia	dried
demerara sugar	Rogers	no	Rogers foods Ltd., Spallumcheen	British Guiana	
eggs	Pure :-) . Gold Egg	*	our own chickens or . Askews Armstrong / Salmon Arm	BC	eggs * backyard chickens (non GMO chicken feed / organic scratch) free run
figs	own label	yes	Organic Matters, Nelson	Turkey	
flax seed (brown)	Willow Creek Organic	yes	Askews Armstrong / Salmon Arm	Canada	
flour (white)	Rogers	yes	Rogers foods Ltd., Spallumcheen	Canada	gluten
flour (whole wheat)	Rogers	yes	Rogers foods Ltd., Spallumcheen	Canada	gluten
goji berries	own label	yes	Organic Matters, Nelson	China	
honey	Pure :-)	*	Own bees!	Armstrong Enderby Vernon	* raw, unpasteurised
lemons	no label	yes	Askews Armstrong / Superstore	varies	juice and peel used
maple syrup	own label	yes	Organic Matters, Nelson	Canada	
margarin	Earth Balance	no	Askews Armstrong / Salmon Arm	USA	Soy, VEGAN, Gluten-free, Non-GMO
matcha tea	own label	yes	Organic Matters, Nelson	Japan	
milk	Dairyland	yes	Askews Armstrong / Salmon Arm	BC	dairy
molasses (black strap)	Wholesome	yes	Askews Armstrong / Salmon Arm	USA	
oats	own label	yes	Rogers foods Ltd., Spallumcheen	Canada	
olive oil	Terra Delyssa	yes	Costco, Kelowna	Tunesia	extra virgin
onions	no label	yes	Askews Armstrong / Salmon Arm	BC	
oranges	no label	yes	Askews Armstrong / Superstore	varies	orange peel used
peanutbutter	own label	yes	Organic Matters, Nelson	China	peanuts manufactured in Canada

pistachio nuts	own label	yes	Organic Matters, Nelson	USA	tree nuts
poppy seeds	own label	yes	Organic Matters, Nelson	Turkey	
pumpkin seeds	own label	yes	Organic Matters, Nelson	China	
raisins (dried)	own label	yes	Organic Matters, Nelson	USA	
raspberries	no label	*	back yard / Willow Tree farm (Armstrong)	Armstrong	no chemicals used
sesame seeds	own label	yes	Organic Matters, Nelson	India	
sourdough starter		yes	home made	Canada	made from Rogers flour
soy beans	Rogers	no	Rogers foods Ltd., Spallumcheen		soy
soy milk	Silk	yes	Askews Armstrong / Salmon Arm	USA	fortified soy bevarage
sugar syrup		no	Mediterranean Market, Vernon	Netherlands	non-GMO beet-sugar
sunflower seeds	Rogers	yes	Rogers foods Ltd., Spallumcheen	USA	
tea		*	The Little Tea Co.		*organic tea, blended with backyard herbs
vanilla extract	own label	yes	Organic Matters, Nelson	USA	
walnuts	own label	yes	Organic Matters, Nelson	USA	tree nuts
wild mushrooms		*	self picked	BC	boletes, blewits, morels, lobster mushrooms
yeast	Fleischmann's Yeast	no	Rogers foods Ltd., Spallumcheen	Canada	instant

Spices & herbs

Ingredient	brand	certified organic	supplier	origins	notes
anise	own label	yes	Organic Matters, Nelson	Egypt or Turkey	fair trade
cardamom	own label	yes	Organic Matters, Nelson	Guatemala	fair trade
cinnamon	own label	yes	Organic Matters, Nelson	Sri Lanka or Vietnam	fair trade
cloves	own label	yes	Organic Matters, Nelson	Sri Lanka	fair trade
coriander	own label	yes	Organic Matters, Nelson	Egypt or India	fair trade
dill		*	back yard	Armstrong	no chemicals used
ginger	own label	yes	Organic Matters, Nelson	India	fair trade
mace	own label	yes	Organic Matters, Nelson	Netherlands or Indonesia	fair trade
mustard seeds		yes	Nature's Fare Markets	Canada	
nutmeg	own label	yes	Organic Matters, Nelson	India or Sri Lanka	fair trade
pepper, black	own label	yes	Organic Matters, Nelson	India or Sri Lanka	fair trade
pepper, pink	own label	yes	Organic Matters, Nelson	Brasil or Madagascar	fair trade
pepper, white	own label	yes	Organic Matters, Nelson	India or Sri Lanka	fair trade
turmeric	own label	yes	Organic Matters, Nelson	Sri Lanka, Nicaragua, or India	fair trade
Himalayan salt			Organic Matters, Nelson		