

TRIGO

FOODS

DIRECT FROM THE GROWER TO YOU

This is a Sample List
Please contact us if you would like more information
Prices subject to change
due to market conditions

Product Description

PRODUCE

Berries

Strawberries - California - 8x11lb

our selection of Frozen Berries can be found below

Fruits

Apples Ambrosia - BC - 35lbs

Apples Granny Smith - BC - 35lbs

Apples Honey Crisp - BC - 35lbs

Apples Jonagold (organic) - BC - 72's 20 lbs
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Apples Pink Lady - BC - 35lbs

Apples Royal Gala - BC - 35lbs

Apples Royal Gala (organic) - BC - 100/113's
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Avocados (organic) - Mexico - 20x3's

Avocados (organic) - Mexico - 70's (20 ct bag)
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Avocados (organic) - Mexico - 70's

Banana Dole (organic) - South America - 40lbs

Cantaloupes - Coast Rica - 15's

Grapefruit Ruby - Florida - 56's

Grapefruit Ruby (organic) - Mexico - 48's

Grapes Flame (red/seedless) - California - 18lbs
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Honeydew - Mexico - 8's

Kiwifruit - Italy - 36's (102 ct)

Kiwifruit - Saanich - 20lbs

Lemons (organic) - California - 18x2lbs

Lemons Choice - California - 140's

Lemons Meyer - California - 18x1lb

Lemons Pink Zebra - California - 200's (1/4 count) 10lbs
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Limes - Mexico - 175's

Limes - Mexico - 200's

Limes (organic) - Mexico - 150's

SO

Mangoes Ataulfo - Mexico - 16's/18's/20's

SO

Mangoes Haden - Mexico - 8's/9's/10's/12's
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SO

Oranges Blood California 138's (1/2 count) 20lbs
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Oranges Navel - California - 72's

Oranges Navel - California - 138's/113's (juicing)
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Oranges Navel (organic) - California - 10x4lbs
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Oranges Navel FCY (organic) - California - 88's

Oranges Seville "marmalade" - Arizona - 138's

Pears Bosc - Washington - 70's

Pears Bosc (organic) - Washington - 70's
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SO

Pears D'Anjou - Washington - 70's

Pears D'Anjou (organic) - Washington - 100's
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SO

Pineapple - Costa Rica - 7's

Pineapple - Hawaii - 8's	
Pineapple (organic) - Costa Rica - 8's	
Watermelon Red Mini - Mexico - 11's	

Herbs

*all loose herbs charged by the pound, you can still order by bunch and the equivalent weight will be shipped
(can be bunched on request \$0.10/bunch)*

Basil - Hawaii - 6's	
Basil Thai - Hawaii - 1lb	
Chives - BC - 12's	SO
Cilantro - California - 30's	
Dill Baby - California - 12's	
Mint - California - 12's	
Oregano - BC - 12's	
Parsley Curly - California - 12's	
Parsley Italian - California - 12's	
Rosemary - BC - 12's	
Rosemary (org. grown/not cert.) - Saanich - loose	
Sage Green - BC - 12's	
Savoury (org. grown/not cert.) - Saanich - loose	
Tarragon - BC - 12's	SO
Thyme - BC - 12's	
Wild Onions "Gavin's Greens" (org. grown /not cert.) - Saanich - loose	

Nuts and Dried Fruits

Dates Medjool - California - 11lbs	Special
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Vegetables

Anise (Fennel) - California - 24's	
Artichokes - California - 24's	SO
Arugula "Suntrio Farm" (organic) - Saanich - 500grs	New
Arugula (organic) - California - 8x5 oz	
Asparagus X-large Bunched - Peru - 28lbs	SO
Bean Sprouts - BC/US - 5lbs	SO
Beans Green - Mexico - 30lbs	
Beets Candy Cane - BC - 25lbs	
Beets Golden - BC/US - 25lbs	
Beets Red - Saanich - 25lbs	
Beets Red (organic) - BC - 8x1lb	
Beets Red (organic) - California - 25lbs	SO
Belgian Endives - BC - 10lbs	SO
Belgian Endives Red - BC - 5lbs	SO
Brassicas Black Kale Tops "Longview Farm" (organic) - Saanich - 24's	New
Brassicas Green Cabbage Tops "Longview Farm" (organic) - Saanich - 24's	New
Brassicas Green Kale Tops "Longview Farm" (organic) - Saanich - 24's	New
Brassicas Red Cabbage Tops "Longview Farm" (organic) - Saanich - 24's	New
Brassicas Red Kale Tops "Longview Farm" (organic) - Saanich - 24's	New
Broccoli Bunched (organic) - US - 14's	SO
Broccoli Crowns - California - 20lbs	
Broccolini/Brocchetto (organic) - US - 18's	
Brussels Sprouts - California - 25 lbs	
Cabbage Green - Canada - 50 lbs	

Cabbage Green - Saanich - 50 lbs	
Cabbage Green "Longview Farms" (organic) - Saanich - 50lbs	<u>SO</u>
Cabbage Red - BC - 50lbs	
Cabbage Red - California - 45lbs	
Cabbage Red (organic) - California - 45lbs	
Cabbage Savoy - California - 40lbs	
Cabbage Savoy (organic) - California - 45lbs	
Cabbage Taiwan - California - 40lbs	<u>SO</u>
Carrots (organic) - Washington - 24x2lbs	<u>SO</u>
Carrots Bagged - BC - 10x5lbs	<u>SO</u>
Carrots Bagged - BC - 24x2lbs	<u>SO</u>
Carrots Bulk - US - lb	
Carrots Bunched - California - 24's	<u>SO</u>
Carrots Juicing (organic) - BC - 25lbs	
Carrots Jumbo - California - 50lbs	
Carrots Snaptop - California - 50lbs	
Cauliflower - US - 16's	
Cauliflower - US - 9 's	<u>SO</u>
Cauliflower (organic) - California - 16's	
Celery - California - 24's	
Celery (organic) - California - 30's	<u>SO</u>
Celery Root - California - 25lbs	
Celery Root (organic) - California - 25lbs	
Collards "Gavin's Greens" (org. grown/not cert.) - Saanich - lb	
Collards Greens (organic) - California - 24's	<u>SO</u>
Cucumber LE (organic) - BC - 12's	<u>SO</u>
Cucumber LE Large "Sunwing Farm" PF - Saanich - 12's	New
Cucumber LE Medium - BC - 12's	
Cucumber LE ungraded (food service) - BC - 12's	
Daikon - California - 40 lbs	
Eggplant - Mexico - 24's	
Eggplant Chinese - California - 30lbs	
Garlic - California - 30lbs	
Garlic - California - 5lbs	
Garlic (organic) - BC - 12x3oz	
Garlic Peeled - China - 6x5lbs	
Ginger - China - 30lbs	
Ginger (organic) - Peru - 30lbs	
Ginger (organic) - Peru - 5lbs	
Horseradish - California - lb	
Jicama Root - Mexico - 20lbs	
Kale Baby (organic) - California - 6 x 5 oz	<u>SO</u>
Kale Black (organic) - California - 24's	
Kale Black Loose "Longview Farms" (organic) - Saanich - 10lbs	
Kale Green - California - 24's	
Kale Green (organic) - California - 24's	
Kale Green Loose "Longview Farms" (organic) - Saanich - 10lbs	
Kale Red (organic) - California - 24's	
Kohlrabi - California - 40 lbs	
Leeks - Saanich - 30 lbs	
Lettuce Endive - California - 24's	<u>SO</u>
Lettuce Green Leaf - California - 24's	

Lettuce Iceberg - US - 24's	<u>SO</u>
Lettuce Red Leaf - California - 24's	<u>SO</u>
Lettuce Romaine - California - 24's	
Lettuce Salad Mix Power Green Blend (organic) - California - 6 x 5oz	<u>SO</u>
Lettuce Salad Mix Zen Blend (organic) - California - 6 x 5oz	<u>SO</u>
Lettuce Spring Mix (organic) - US/Mex - 3 lbs	
Mushroom King Oyster - imported - 14 x 300 grs	<u>SO</u>
Mushrooms #1 White Button - B.C. - 5 lbs	
Mushrooms #1 Crimini Button (brown) - 5 lbs	
Mushrooms Oyster (organic) - BC - 5 lbs	
Mushrooms Portobello #1 - B.C. - 5 lbs	<u>SO</u>
Mushrooms Shimeji (brown or white) - imported - 40 x 150 grs	<u>SO</u>
Mushrooms Shitake - BC/US - 5 lbs	
Mushrooms White Jumbo - B.C. - 5 lbs	<u>SO</u>
Mushrooms White (food service) - BC - 10lbs	
Mushrooms White Sliced - BC - 10 lbs	<u>SO</u>
Nettles Gavin's Greens - Saanich - lb	New
Onions Cipollini- Imported - 10lbs	<u>SO</u>
Onions Green - Mexico - 12's	
Onions Green - Mexico- 48's	
Onions Green (organic) - Mexico - 48's	<u>SO</u>
Onions Pearl (tri-colour) - California - 12 x 10 oz	<u>SO</u>
Onions Red (organic) - Washington - 16 x 3 lbs	
Onions Red Jumbo - California - 25 lbs	
Onions Shallots - Washington - 5 lbs	
Onions Spanish Sweet Jumbo - Idaho - 50lbs	<u>SO</u>
Onions Yellow (organic) - Washington - 16 x 3 lbs	
Onions Yellow Jumbo - Washington - 50 lbs	
Parsnip - BC/US - 20 lbs	
Pepper Bird Eye - Thailand - lb	<u>SO</u>
Pepper Green - Mexico - 11 lbs	Special
Pepper Hot Jalapeno -Mexico - 5 lbs	
Pepper Mixed (red, yellow, orange) - Mexico - 11lbs	
Pepper Orange - Mexico - 11 lbs	
Pepper Pasilla - Mexico - 10 lbs	<u>SO</u>
Pepper Red (Food Service) - Mexico - 11lbs	
Pepper Red xLge- Mexico - 11lbs	
Pepper Yellow - Mexico - 11 lbs	
Potato Red (organic) - BC - 10 x 5 lbs	<u>SO</u>
Potato Red Nuggets - BC - 50 lbs	
Potato Red Nuggets (organic) - BC - 20 lbs	<u>SO</u>
Potato Red Standard - BC - 50 lbs	
Potato Russet - BC - 5 x 10 lbs	
Potato Yukon (organic) - Washington - 10 x 5 lbs	<u>SO</u>
Potato Yukon Gold - BC - 50 lbs	
Potato Yukon Gold Nuggets - BC - 50 lbs	
Potato Yukon Nuggets (organic) - BC - 20 lbs	<u>SO</u>
Potatoes Fingerlings - Washigton - 20lbs	<u>SO</u>
Potatoes Fingerlings Red - Washington - 20 lbs	<u>SO</u>
Radicchio - California - 12's	
Radishes Red Bagged (no greens) - California - 0.5 lb	
Rapini - US - 20 lbs	<u>SO</u>

Salad Gavin's Greens Artisan Mix (org. grown/not cert.) - Saanich - lb	
Spinach Bunched - California - 24's	
Spinach Bunched - California - 6's	
Spinach Bunched (organic) - California - 24's	SO
Sprouts Alfalfa - BC - 5lbs	SO
Sprouts Buckwheat Suntrio Farm (organic) - Saanich - Tray	SO
Sprouts Daikon Radish Suntrio Farm (organic) - Saanich - Tray	SO
Sprouts Pea Suntrio Farm (organic) - Saanich - 500 grs	Special
Sprouts Pea Suntrio Farm (organic) - Saanich - Tray	SO
Sprouts Sunflower Suntrio Farm (organic) - Saanich - 500 gr	
Sprouts Sunflower Suntrio Farm (organic) - Saanich - Tray	SO
Sprouts Wheatgrass Suntrio Farm (organic) - Saanich - Tray	SO
Squash Acorn - Mexico - 30 lbs	
Squash Butternut - Mexico - 30 lbs	
Squash Carnival "Longview Farms" (organic) - Saanich - 35 lbs	SO
Squash Delicata "Longview Farms" (organic) - Saanich - 35 lbs	SO
Squash Kabocha - Saanich - 35lbs	Special
Sunchokes "Longview Farms" (organic) - Saanich - 10lbs	
Sweet Potato Medium - California - 40 lbs	
Sweet Potato Medium (organic) - California - 10x3lbs	
Swiss Chard Green (organic) - Arizona - 24's	SO
Swiss Chard Rainbow (organic) - California - 24's	SO
Swiss Chard Red (organic) - Arizona - 24's	SO
Tomatillo - Mexico - 10lbs	SO
Tomato Beefsteak - Mexico - 15lbs	
Tomato Cherry on-the-vine - Mexico - 16x340grs	
Tomato Grape - Mexico - 12's	
Tomato Roma - Mexico - 25lbs	
Tomato Roma (organic) - Mexico - 25lbs	SO
Tomato Tradiro Red on-the-vine - US/Mexico - 11lbs	
Tomato Tradiro Red on-the-vine (organic) - Mexico - 11lbs	SO
Turnips Purple Top - BC/US - 25 lbs	
Turnips Yellow "Rutabaga" - BC/US - 50 lbs	
Turnips Yellow "Rutabaga" (organic) - California - 25lbs	Special
Watercress - US - 2 doz	SO
Yams Medium - California - 40lbs	
Yams Medium (organic) - California - 10 x 3lbs	
Zucchini Green - Mexico - 24lbs	
Zucchini Green organic) - Mexico - 20lbs	SO

Asian Greens (many more varieties available please inquire)

Bok Choy - California - 50 lbs	
Bok Choy Baby - California - 30 lbs	
Shanghai Bok Choy - California - 30lbs	
Siu Choy - California - 50 lbs	

Frozen Products

Banana Frozen (organic) - south America - 10lbs	
Blackberry Frozen - Saanich - 10 lbs	
Blackberry Frozen IQF "Gobind Farms" - Saanich - 3lbs	
Cranberries Frozen - US/CA - 12oz IQF	
Mushrooms White Frozen - BC - 10lbs	

Raspberry Frozen IQF "Gobind Farms" - Saanich - 3lbs	
Strawberry Frozen (stem off) - Saanich - 10lbs	
Strawberry Frozen (stem on) - Saanich - 10lbs	Special
Strawberry Frozen IQF (stem off) "Gobind Farms" - Saanich - 3lbs	
Strawberry Puree Frozen "Vantreight Farm" (org.) - Saanich - +/-5lbs bag	Special
Tomato Frozen Mix Varieties - US/MEX - 10lbs	

Soy Products (produced using organic ingredients but not certified)

Tofu

Extra Firm "Green Cuisine" - Victoria - 12 x 1 lb
Medium "Green Cuisine" - Victoria - 12 x 1 lb

Tempeh

BBQ Tempeh Burgers "Green Cuisine" - Victoria - 12 x 170 g
Bulk Tempeh <i>IQF Frozen</i> "Green Cuisine" - Victoria - 4.54 kg
Indonesian Tempeh "Green Cuisine" - Victoria - 12 x 225g
Original Tempeh Burgers "Green Cuisine" - Victoria - 12 x 170 g
Simply Soybean Tempeh "Green Cuisine" - Victoria - 12 x 225 g
Smoked Tempeh "Green Cuisine" - Victoria - 12 x 225g

Meat Products

Eggs (all Free Range)

Chicken Eggs Large "Kildonan Farm" (free range) - Saanich - 15 dz (Retail)
Chicken Eggs Large (free range) - Saanich - 15 dz (food-service)
Duck Eggs (Free Range) "Hope Farm" - Duncan - dozen
Goose Eggs (Free Range) - Saanich - each
Turkey Eggs (free range) "Hope Farm" - Duncan - dozen

Poultry (all Free Range) *please pre-order by 4 pm on Tuesday for same week delivery*

Chicken Breast Boneless/Skinless Frozen - Saanich - 2 per pack	<u>SO</u>
Chicken Livers Frozen - Saanich - 1.5lbs bags (approx..)	<u>SO</u>
Chicken Thighs/Legs (all attached) Frozen - Saanich - 2 per pack	<u>SO</u>
Chicken Whole Fresh - Saanich - approx. 5/7lbs	<u>SO</u>
Sausage Chicken Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Chicken Honey & Garlic Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Chicken Tomato & Basil Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Turkey Chorizo Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Turkey Cranberry Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Turkey Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Turkey Hot Italian Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Turkey Maple Frozen - Saanich - Packs of 4	<u>SO</u>
Sausage Turkey Mild Italian Frozen - Saanich - Packs of 4	<u>SO</u>
Turkey Bacon Fresh - Saanich - (fresh and/or frozen)	<u>SO</u>
Turkey Bacon Fresh (whole for slicing) - Saanich	<u>SO</u>
Turkey Breast Lightly Smoked Fresh (whole for slicing) - Saanich	<u>SO</u>

Grocery Items

Cottlestone Apiary Honey - Duncan, Vancouver Island, BC

Orange Zest 190 ml cs/12	SO
Orange Zest 375 ml cs/12	SO
Wildflower 190 ml cs/12	SO
Wildflower - 375 ml cs/12	SO
Wildflower (food service) 40 lb pail	SO
Wildflower (food service) 7lb pail	

Saltwest Naturals - Sooke, BC

Organic Seasar Pleaser Cocktail Rimmer Tin 100g x 8	
Organic Maria Margarita Cocktail Rimmer Tin 100g x 8	
Island Gem- Raincoast Flor de Sal 100g x 10	
Organic Roasted Garlic & Onion Infused Sea Salt 40g x 10	
Organic Sweet Smokey Maple Sea Salt 40g x 10	
Organic Rosemary y Sage Infused Sea Salt 40g x 10	
Organic Lavender Mineral Sea Soak 150g x 10	
Organic Eucalyptus Mineral Sea Soak 150g x 10	
Tree-Hugger Blend Mineral Sea Soak 150g x 10	

Salish Sea Products - Cortes Island, BC

Bull Kelp Dried 1lb	SO
Bull Kelp Dried 2 x 40g	

Saltspring Sunrise Premium Edibles - Saltspring, BC

Sunrise Hazelnut Oil (organic) - Salt Spring - 100ml	a)
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Sweet Tree Ventures - Quesnel, BC

Sweet Tree Birch Syrup 375ML	a)
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OLIVES AND THINGS IMPORTS - Spain

Antonio Sotos D.O.P. La Mancha Saffron 0.5gr	a)
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NEFISS LEZIZZ DEVINE EXTRA VIRGIN OLIVE OIL - Turkey

Classic Sundried Gemlik Olives (lightly smoked) 800 grs	a)
Devine Extra Virgin Olive Oil 3lt tin	a)
Extra Virgin Olive Oil 3lt tin	a)
Green Aydin Martini Olives 350grs	a)
Green Edremit Olives 800grs	a)

SPINNAKERS CRAFT BREWED MALT VINEGARS, VICTORIA, BRITISH COLUMBIA

Apple Cider Malt Vinegar 200ml - (Lifecycles)	
Apple Cider Vinegar 200ml - (Lifecycles)	
Scottish Ale Malt Vinegar 200ml	

OKANAGAN VINEGAR BREWERY, SUMMERLAND, BRITISH COLUMBIA

6 Year Old Dark Balsamico Wine Vinegar 200ml	a)
Balsamic Raspberry Vinegar 200ml	a)
Iced Cider Apple Vinegar 200ml	a)
Riesling Wine Vinegar 200ml	a)

Triple Jims Juices, Chilliwack, BC

Cranberry Apple 12x946ml	SO
Jonagold Apple Cider 4x3.78lt	SO

Organic Apple Cider 12x946ml	<u>SO</u>
Organic Peach 12x946ml	<u>SO</u>
Organic Pear 12x946ml	<u>SO</u>
Pure Black Cherry 12x946ml	<u>SO</u>
Pure Cranberry 12x946ml	<u>SO</u>

a) = this items not available for retail resale.

HH = Hot House grow product

n/a = temporally unavailable

PF = pesticide free

SO = special order (*this item isn't keep in stock but most special orders are available next day if ordered before 6 pm*)

TO = transitional organic product

VF = Very Fancy