

Produce Dept

from Ben Morris, Produce Coordinator



It is now May and the local growing season is upon us. Asparagus, lettuce, spinach and more are arriving to satiate your appetite for fresh, nutritious, high quality produce!

The Kootenay Co-op wants to supply you with an affordable variety of fruit and vegetables and we are working to bring you the best produce this region has to offer. With this in mind, it is important that the Co-op continues to build and support local food systems, achieving more food security and sovereignty.

In addition to our contracts with local growers certified organic through Kootenay Organic Growers (KOGS), we will also be carrying locally grown produce certified through Kootenay Mountain Grown (KMG).



Kootenay Organic Growers Society (KOGS)

KOGS is the local organic certification body accredited through the Certified Organic Associations of British Columbia (COABC). Independent third party inspectors carry out duties to ensure farmers are meeting organic standards annually.

This non profit organization has had members supplying the Kootenay Co-op since their inception. Farmers work to a set of detailed organic standards to provide you with produce you can trust. More information on KOGS can be found at: www.kogs.bc.ca



Kootenay Mountain Grown is the marketing label for Kootenay Local Agricultural Society (KLAS). This new regional non profit initiative is an independent organization. The certification is based on annual farmer to farmer inspection and reporting. Farmers will carry out inspections to the KMG standards. KMG standards have been adapted from existing organic standards.

Farmers commit to the KMG principles and pledge to produce and consume food locally in a sustainable and ecologically sound way. More information on KMG can be found at www.kootenaymountaingrown.org

The Co-op is supportive of both these organizations and their growing standards. We are extremely fortunate to have two local grower organizations so committed to supplying us with fresh, healthy, sustainable food. There is much more information on organic agriculture and its principles though the International Federation of Organic Agricultural Movements (IFOAM) at: www.ifoam.org or Canadian Organic Growers at www.cog.ca

There is information in the produce department about organic agriculture, standards and both of these local organisations. If you have any questions please speak to our produce department. We look forward to another year of abundant, wonderful food.

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