

# Cochrane Family Farm

5324 Hwy 289, Upper Stewiacke, N.S. B0N2P0

902-671-2378 cochranefamilyfarm@bellaliant.com



## Some of the Speerville Organic Products we carry.

<b><u>Flour</u></b>		<b><u>Cereals &amp; Mixes</u></b>		<b><u>Sprouting Seeds</u></b>	
Acadia Whole Wheat 5lb	10.30	12 Grain Cereal 10KG	45.00	Alfalfa Seeds 910G	21.00
Acadia Whole Wheat Flour 10kg	33.00	12-Grain Cereal 910G	6.50	Crunchy Bean Mix 910G	16.00
Buckwheat Flour 910G	6.00	7-Grain Cereal 910G	5.25	Ancient Eastern 910G Sprouts	17.00
Buckwheat Flour 10KG	54.00	Buckwheat Pancake Mix 1KG	6.25	Radish Seeds 910g	15.00
Brown Rice Flour 910G	6.00	Maritime Sunshine Pancake Mix 1KG	6.00	Red Clover Seed 910G	16.00
Brown Rice Flour 10kg	49.00	Maritime Sunshine Pancake Mix 10KG	31.50	Mumm's Sandwich Booster 910G	23.00
Coconut Flour 910g	11.00	New Found Oatmeal 20kg	55.00	Mumm's Spicy Lentil Crunch 910G	21.50
Corn Flour 910G	4.29	Newfound Oatmeal 8KG	\$27.00	Mumm's Spring Salad Mix 910G	28.50
Kamut Flour 910G	6.25	Newfound Oatmeal 910G	4.75	Small pkgs of all above available \$2 -\$6	
Red Fife Whole Wheat Flour 10KG	34.00	Scottish Oatmeal 10KG	31.00	<b><u>Rice &amp; Rice Substitutes</u></b>	
Red Fife Whole Wheat Flour 2.27KG	10.30	Scottish Oatmeal 910G	4.50	Long Grain Brown Rice 5LB	15.50
Red Fife Wheat Kernels 10kg	29.00	<b><u>Beans &amp; Lentils</u></b>		Long Grain Rice 910G (2lb)	6.50
Rye Flour 2.27KG (5lb)	8.50	Adzuki Beans 2.27KG	17.00	Long Grain Brown Rice 11.34KG	55.00
Tapioca Flour 910g	8.50	Black Turtle Beans 5LB	16.00	Oat Grouts 5lb	11.00
Unbleached White Flour 11.34KG	37.50	Black Turtle Beans 910G	8.00	White Basmati Rice 5LB	22.00
Unbleached White Flour 2.27KG	9.50	Chick Peas (Garbanzo) 5lbs	18.00	White Basmati Rice 11.34KG	87.00
Unbleached White Flour 25KG	79.00	Red Lentils	21.50	Brown Basmati Rice 2.27KG (5lb)	21.00
Whole Spelt Flour 10KG	52.00	Split Green Peas 2.27KG (5lb)	16.00	Buckwheat Grouts 2.27kg (5lb)	16.00
Whole Spelt Flour 5lb	14.00	Navy Beans 5lbs	16.00	<b><u>Oils &amp; Vinegars</u></b>	
Whole Spelt Flour 910G	7.00	Pinto Beans 5LBS	15.00	Olive Oil 1L	16.00
Whole Wheat Flour 10KG	29.00	Pinto Beans 910G	8.00	Olive Oil 2L	30.00
Whole Wheat Flour 2.27KG	9.50	Red Kidney Beans 11.34kg Org.	76.00	Perry Vinegar 500ml	8.00
Whole Wheat Pastry Flour 10KG	30.00	Red Kidney Beans 5lb	25.00	Sunflower Oil 1L	14.75
Whole Wheat Pastry Flour 5lb	8.95	Jacob Cattle Beans 454G	4.50	Grape seed Oil 1L	15.50
<b><u>Other Grains</u></b>		Whole Green Peas 2.27KG (5lb)	11.00	Coconut Oil 454g	13.00
Amaranth Grain 5LB	21.95	<b><u>Green Lentils 910g</u></b>	6.75	Coconut Oil 850g	22.00
Cornmeal 910g	4.75	<b><u>Org Dried Fruit, Nuts non-Trail Mixes</u></b>		<b><u>Pastas</u></b>	
Cracked Rye 10kg	21.00	European Raw Almonds	8.75	Spinach Spaghetti 300g	6.00
Cracked Wheat 10kg	26.95	Dry Roasted Almonds	11.00	Tomato & Basil Linguini 230g	5.75
Cracked Wheat 910g	4.00	Dehydrated Apple pieces	5.50	Veggie Shells 350g	6.00
Hulled Millet 910g	7.00	BBQ Peanuts	3.75	Garlic Parsley Linguini 230g	5.75
Quinoa 910g	14.50	Roasted Brazil Nuts	9.50	Veggie Fusilli	6.00
Quinoa 5LB	33.00	Medjool Dates 250g	8.75	Kamut Linguini 230g	5.75
Wheat Bran 10KG	14.00	Peanuts Dry Roasted Split	3.75	<b><u>Gluten Free Pasta</u></b>	
<b><u>Seeds</u></b>		Dry Roasted Pecans	13.00	Linguini, Penne, Spaghetti, Fusilli	6.50
Brown Flax Seed 910G	7.00	Dried Papaya Spears	8.00	Rainbow Medley Mix 700G	4.50
Black Chai Seed 350g	16.00	Dry Roasted Almonds with Sea Salt	11.00	Baking Powder 2.27KG 5lb	24.00
Hulled Hemp Seed	9.00	Maple Flavoured Almonds	9.75	Baking Powder 350g	7.00
Hulled Sunflower Seeds 910g	8.00	Thompson Raisins 250G	5.00	White Sea Salt 700G	4.00
Sesame Seeds unhulled 910g	9.75	Dried Mango Pieces 200g.	11.00	Apple Cider Vinegar .95L	7.50
Yellow Flax Seed 910g (2lb)	7.50	Walnuts 250g	11.00	Yellow Split Peas 2.27kg (5lb)	12.00
Pumpkin Seeds 250g	6.00	California Trail Mix 250g	4.75	Lucuma Powder 75g	6.00
Popping Corn 5LB	18.00	Camp Trail Mix 250g	5.50	Stevia Leaves Powder 50g	6.00
Popping Corn 910g	7.40	Santiago Trail Mix 250g	6.10	Yacon Powder 75g	8.00
Tahini 500g	10.00	Trail Mix 250g	4.75	Maple Sugar	8.75
Almond Butter	11.50	Tropical Trail Mix 250 g	4.75	Coconut Palm Sugar 1kg	6.75
Cashew Butter 240G	10.50	Village Trail Mix 250g	5.00	<b><u>Down East Products</u></b>	
Maple Spread 250G	11.00			All Purpose Cleaner 4L	19.00
Crunchy Peanut Butter 500G	8.00			Dish Washing Liquid 4L	21.00
Smooth Peanut Butter 500g	8.00			Dish Washing Liquid 1L	7.25

The products we stock from Speerville Mills in our store are listed above, as new products become available they may not appear on this list, if looking for any additional items please contact us. Prices Subject to Change.





# Cochrane Family Farm



Winter 2017

## Just Us! Organic Fair Trade Coffee Roasters

Large selection of 12oz bags of fresh ground coffee in stock . Below is a list of some of the flavors. \$12.25 /bag—\$13.25 Colombian, Rebel, Ethiopian, Decaf French Roast, French Roast, Italian Roast, Jungle Blend, Mocha Java, Rise Again, Rainforest Rhapsody, Breaking The Silence, Tiara Madre and more. 2lb bags also for \$29.00—\$34.75 in both whole bean and fresh ground.

Organic Teas Indian Chai, Rooibos Chai, Maritime Breakfast, Earl Grey, Darjeeling, Green Tea 40g 20 bags \$4.50

Dark, Spicy, & Peppermint Stick Hot Chocolate 300g **\$10.50**  
1KG Organic Sugar **\$6.50** 4KG **\$24.00** Just Us! Organic Cocoa **\$6.99**



## Cochrane Family Seeds



To view or download our Seed Catalog or to order seeds online visit our online store at [www.cochranefamilyseeds.com](http://www.cochranefamilyseeds.com)

Or you can purchase our seeds in our retail store.

Also find us at the Seedy Saturday Events around Nova Scotia

## Pumpkin Moon Herbals



Is now owned and operated by **Cochrane Family Farm**

For a list of our hand crafted products here at the farm go to our online store at [www.pumpkinmoonherbals.com](http://www.pumpkinmoonherbals.com)

We run a Vegetable CSA and have fresh vegetables available for a large part of the year. We are Organic Certified. Vegetables grown on our farm include many different varieties of lettuces, spinach, salad mixes, carrots, beets, radishes, potatoes, onions, garlic, tomatoes, peppers, brussel sprouts, herbs, beans, peas, broccoli, zucchini, pumpkins, cucumbers, swiss chard, parsnips, squash, and many others. These are available through the CSA, at our Saturday Morning Farm Market running June to October, and at our storefront on the farm Monday through Saturday.

## Poultry For Sale

We are a Chick vendor and monthly from spring to fall bring in chicks.

3 times a year we bring in 18 week old laying pullets.

Meat Chicks \$1.60 day old and Brown or white Laying hen chicks \$2.60 day old

We carry 18 varieties of flavored Balsamic vinegars, as well as Organic dried herbs and more. Soap Company of Nova Scotia - Homemade Soaps and body products, Honey from Tony Phillips, Maple Syrup from up on the hill, in season produce, and organic Cranberry products from Springbrook Cranberry .