

Organic Whole Grains, Legumes & Seeds

Sourced from Canadian Farmers

Fieldstone Organics is devoted to supporting a healthy, wholesome and organic way of life.

We have been providing a wide variety of Canadian Organic whole foods to homes and businesses alike for over a decade. Fieldstone Organics is proud to be the connection between field and food.



Available To Customers
Throughout Canada



Certified Organic by
Pro-Cert



Always
Non-GMO



Food Quality Assured by
HACCP



Healthy
Whole Foods



Supporting Sustainable
Canadian Agriculture

FIELDSTONE GRANARY LTD

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Ancient & Heritage Grains

Ancient grain crops come from seeds that have been around for millennia. These seeds are free of hybridization. Ancient grains have a more water soluble gluten which makes them easier to digest.

While ancient grains date back thousands of years, heritage wheats are younger. Red Fife is a heritage grain that serves as the foundation of many modern hybrid wheat varieties, though it has not undergone the hybridization of modern wheats itself.



Lentils & Peas

At Fieldstone Organics we offer a variety of lentils. If you prefer quick cooking red lentils to thicken soups and sauces, French Green Lentils or Black Lentils that hold their shape well and make a great addition to salads or Green Lentils to add to your favorite stew we have the lentils to suit the dish.

Our whole peas can be used in soups, your favorite ethnic dishes or sprouted. Split peas are quicker cooking peas and chickpeas are commonly enjoyed in hummus, soups and stews.

For a pleasing combination in your favorite soup or stew recipe try Fieldstone Organics soup mix which includes, black lentils, green lentils and split yellow peas.



Wheat & Grain

Barley – whole grain, with all of the bran intact.

Corn – milling grade or suitable for nixtamalization.

Durum wheat – pasta wheat

Hard Red Spring Wheat – highest protein for bread baking, often used for wheatgrass

Hard Red Winter Wheat – general baking, also used for wheatgrass

Hard White Wheat – yeast breads, flatbreads

Soft White Wheat – pastries and cakes

Oats – whole oat groats, suitable for flaking, milling, soaking or cooking

Rye – flavorful choice for sourdough starter or added to your favorite bread recipe

Triticale – a hybrid grain resulting from a cross between wheat and rye

Cereals & Seeds

Flax – grind on demand and add to smoothies, cereals and baked goods

Buckwheat – groats with their outer hull removed. Perfect for cereals, salads, light buckwheat flour

Buckwheat in the Hull – with the hull intact. Suitable for brown buckwheat flour.

Okanagan Apple Breakfast Cereal – soaked or cooked this delightful blend of whole grains and seeds has dried apple and cinnamon included in the package.

Ultimate Whole Cereal – soaked or cooked this 6 ingredient cereal allows you to be creative with your own toppings of spices, seeds, fruits and sweetener.

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