



MADE-IN-MANITOBA GROCERIES



Note: This local grocery guide from the *Free Press* highlights some of the many food products grown, manufactured and sold in Manitoba. The following is not intended to be an exhaustive list. Find more information on local food resources via the [Government of Manitoba](#), [Direct Farm Manitoba](#), [Food and Beverage Manitoba](#) and elsewhere.

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PRODUCE



Vegetables

- ❑ **Fresh Forage, Winnipeg:** Fresh basil, microgreens, edible flowers and wheatgrass. [Online](#), select major grocers.
- ❑ **Greenland Gardens, Ste. Anne:** Greenhouse-grown, seasonally available tomatoes and cucumbers. [Specialty grocers](#).
- ❑ **Loveday Mushrooms, Oakbank:** White button, crimini, portobello and some exotic mushroom varieties. [Major grocers](#).
- ❑ **Peak of the Market, Winnipeg:** Distributor of Manitoba-grown potatoes, onions, broccoli, cabbage, carrots, celery, corn, peppers, squash and other vegetables. [Major grocers](#).
- ❑ **From the farm, Manitoba:** Many small-scale local vegetable farmers offer seasonal CSA (Community Supported Agriculture) subscriptions and sell produce at farmers markets during the growing season. See [Direct Farm Manitoba](#) for more info.

Fruit

- ❑ **From the orchard, Manitoba:** Pre-picked and U-Pick berries and tree fruits are available at local farms and orchards during the summer. Some varieties can be found frozen year-round at select specialty grocers. See the [Prairie Fruit Growers Association](#) for more info.
- ❑ **Jardins St-Léon Gardens, Winnipeg:** St-Léon has a line of 600 g bags of local and wild frozen strawberries, blueberries, rhubarb, haskaps and raspberries; as well as branded pickles. Available seasonally [in-store](#).

PROTEIN



Meat and poultry

- ❑ **All Natural Meats, Carman and Winnipeg:** Certified Halal cuts of local beef, lamb, chicken, turkey, bison, elk and goat. Kosher processing is also available. [Online](#) and in-store.
- ❑ **From the butcher shop, Manitoba:** Local meat products are available at standalone butcher shops and in-store deli counters across the province. Talk to your butcher for more info.
- ❑ **From the farm, Manitoba:** Large meat shares and individual cuts of beef, pork, bison, lamb, chicken, turkey and rabbit are available for purchase directly from local farmers and ranchers. See [Direct Farm Manitoba](#) for more info.
- ❑ **The Meat Company, Winnipeg:** Online butcher shop with individual cuts, deli products and pre-made meal items. Manitoba-raised products are listed as such. [Online](#), in-store.
- ❑ **Processed meat products, Manitoba:** Deli, sausage and processed meat products are available from local manufacturers, including [Tenderloin Meat and Sausage](#), [Winkler Meats](#), [Winnipeg Old Country Sausage](#) and others. In-store, online, major and specialty grocers.

Plant-based protein

- ❑ **Adagio Acres, Lundar:** Organic dried pulses, beans, grains and oats. Annual CSA available. [Online](#), major and specialty grocers.
- ❑ **Azra's Kitchen, Winnipeg:** Gluten-free, vegan chickpea burger patties. [Major grocers](#).
- ❑ **Manitoba Harvest, St. Agathe:** Hemp seeds, plant-based protein powder and granola. [Major grocers](#).
- ❑ **Plant Power Jerky, Winnipeg:** Plant-based jerky made from soybean protein. [Online](#), specialty grocers, pop-up markets.
- ❑ **The Stak Co., Manitoba:** Dry soup, chili and burrito mixes made with Manitoba-grown beans and pulses. [Online](#), select major grocers, pop-up market

Fish

- ❑ **Gimli Fish Market, Winnipeg:** Lake-caught pickerel, whitefish, pike, bass and trout products. [Online](#), in-store.
- ❑ **R&B Wild Caught Fisheries, Matheson Island:** Pickerel fillet, cheeks and ground whitefish. [Online](#), specialty grocers.

DAIRY



Butter

- ❑ **Notre Dame Creamery, Notre Dame des Lourdes:** Salted and unsalted churned butter. [Specialty grocers](#).
- ❑ **Von Slick's Finishing Butter, Middlebro:** Flavoured sweet and savoury specialty finishing butters. [Online](#), major and specialty grocers.

Cheese and yogurt

- ❑ **Bothwell Cheese, New Bothwell:** Flavoured and spicy hard cheeses; lactose-free cheddar; cheese curds and pre-sliced cheese. [In-store](#), major and specialty grocers.
- ❑ **Chaeban Artisan, Winnipeg:** Soft and firm feta, labneh, ricotta, mascarpone, halloumi, cream cheese and ice cream. [Online](#), major and specialty grocers.
- ❑ **Santorini Dairies, Winnipeg:** Feta cheese, plain and vanilla Greek and Balkan-style yogurt. Major and specialty grocers.
- ❑ **Unique Brazilian Dairy, Blumenort:** Minas frescal, grilling cheese, ricotta, dulce de leche. [farmers markets](#), major and specialty grocers.

Eggs

- ❑ **Graded eggs, Manitoba:** Much of the eggs available in local grocery stores are sourced from Manitoba egg farmers. National and provincial companies with local processing centres include Burnbrae Farms, Countryside Farms and Nature's Farm. Major and specialty grocers.
- ❑ **Ungraded eggs, Manitoba:** Small-scale farms with 300 or fewer laying hens can sell ungraded eggs directly to local consumers. See [Direct Farms Manitoba](#) for more info.

Milk

- ❑ **Stoney Brook Creamery, Steinbach:** Organic non-homogenized milk, chocolate milk, whipping cream and kefir in 1L glass bottles, cottage cheese and fresh curds. [On farm](#), specialty grocers, farmers markets.

GRAINS

Breads and wraps

- ❑ **From the bakery, Manitoba:** There are too many standalone bakeries in Manitoba to list here. Follow the smell of fresh baking to find a neighbourhood shop that suits your needs.
- ❑ **Fresh Pita Bakery, Winnipeg:** White and whole wheat pita. Available wholesale [online](#), select major grocers.
- ❑ **Los Comales Morales, Winnipeg:** Handmade corn tortillas and salsa. [Online](#), specialty grocers and farmers markets.
- ❑ **Piccola Cucina, Winnipeg:** Gluten-free wraps, pizzas, pie crusts, macaroons, cakes and almond flour. [Online](#), select grocers.
- ❑ **Store-bought, Manitoba:** Commercial bakeries with pre-packaged loaves, bagels and other bread products include [Natural Bakery](#), [City Bread](#), [Gunn's Bakery](#) and [Tall Grass Prairie Bread Company](#). In-store, major and specialty grocers.

Pasta, rice and oats

- ❑ **De Luca's, Winnipeg:** Fresh gnocchi, pasta sauces, oils, vinegars, coffee and other branded products. [Online](#), in-store, select grocers.

- ❑ **Nature's Farm, Steinbach:** Dried wheat, wholegrain, flavoured and wheat-free pastas in a range of shapes, as well as eggs and granola mixes. [Online](#), in-store, select grocers.
- ❑ **Rede-Made Foods, Winkler:** Thin and wide egg noodles (sold in Co-op Gold packaging) and frozen perogies. Online, major and specialty grocers.
- ❑ **Wild Man Ricing, Northern Manitoba:** Organic wild rice, soup mixes and gluten-free flour. [Online](#), select grocers.
- ❑ **Seriously Oats, Winnipeg:** High-protein oatmeal blends. [Online](#), specialty retailers.

Flour

- ❑ **Prairie Flour Mills, Elie:** All-purpose and specialty flours. Select [major grocers](#).
- ❑ **Bloom Bakery and Mill, Blumenort:** Stone-milled sifted and whole grain, barley and rye flour. [Online](#), specialty grocers and farmers markets.
- ❑ **Engrained Flour Co., Southwestern Manitoba:** Stone-milled sifted and whole grain flour. [Online](#) with free local delivery to Minnedosa, Rivers and Brandon; select Winnipeg grocers.

BEVERAGES



Coffee and tea

- Black Pearl, Winnipeg:** Coffee, espresso and decaf. [Select](#) major and specialty grocers.
- Cornelia Bean, Winnipeg:** Loose leaf tea and coffee. [Online](#) and in-store.
- Flatland Coffee Roasters, Gimli:** Coffee, espresso and decaf. [Online](#), in-store, specialty retailers.
- From the café, Manitoba:** Many cafés have locally roasted, in-house coffee lines, including [Thom Borgen](#), [Negash Coffee](#), [Más Coffee Co.](#) and others. Online, in-store.
- Heyru, Winnipeg:** Loose leaf tea. [Online](#), specialty grocers.
- Jacked up Jill, Winnipeg:** Coffee blends. [Online](#), specialty grocers, pop-up markets.
- Maté Factor, Winnipeg:** Bagged and loose-leaf yerba maté tea. [Online](#), in-store, select major and specialty retailers.
- North Star Tea, Winnipeg:** Loose leaf tea blends. [Online](#), farmers markets, craft sales.
- Sheepdog Brew Co., Winnipeg:** Coffee beans, cold brew and spice rubs. [Online](#), in-store, specialty grocers.

Cold drinks

- Juice Me, Winnipeg:** Concentrated frozen juice shots. [Online](#), major and specialty grocers.
- Manitoba Flax, Russell:** Original and vanilla flavoured unsweetened flax “milk” beverages, whole and ground flaxseed. [Online](#) and select major and specialty grocers.
- Prism Kombucha, Winnipeg:** Canned kombucha. [Online](#), major grocers.
- Wolseley Kombucha, Winnipeg:** Bottled and refillable bulk kombucha. [Online](#), in-store, major and specialty retailers.

SNACKS



Sweet

- ❑ **Cavalier Candies, Winnipeg:** Jelly fruit slices, hard candies and mints. [Major](#) and specialty grocers.
- ❑ **Chocolate, Manitoba:** Local chocolate-makers include [Mordens' of Winnipeg](#), [Chocolatier Constance Popp](#), [Decadence Chocolates](#), [Melt Chocolate Co.](#) and others. Online, in-store, specialty grocers.
- ❑ **Cranked Energy, Winnipeg:** Peanut butter and gluten-free protein bars. [Online](#), major and specialty grocers.
- ❑ **Gorp, Niverville:** Plant-based protein bars, bean chips, oatmeal blends and snacks. [Online](#), specialty grocers and sporting goods retailers.
- ❑ **OMGs Candy, Winnipeg:** Sweet and salty chocolate clusters. [Online](#), major retailers.

- ❑ **Utoffeea, West St. Paul:** Toffee bark and caramel popcorn. [Online](#), specialty grocers.

Savoury

- ❑ **La Cocina Foods, St. Anne:** Salted and seasoned tortilla chips and corn tortillas. [Major grocers](#).
- ❑ **Tomahawk Chips, Riverton:** Regular, ketchup, salt and vinegar, barbecue and “fire” flavoured potato chips. [Online](#), major and specialty grocers.
- ❑ **Ronnie's Original Jumbo Seeds, Winkler:** Unsalted and seasoned sunflower seeds. [Online](#), major grocers.
- ❑ **Jerky, Manitoba:** Locally made beef jerky is available through butcher shops and specialty producers, such as [Mr. Biltong](#) and [Taste of Africa](#). Online, in-store, select grocers.

CONDIMENTS



Spreads, dips and sauces

- ❑ **Bee Maid, Winnipeg:** Locally headquartered co-operative of western Canadian beekeepers. Pasteurized liquid, creamed and specialty honey. [Major retailers](#).
- ❑ **Chaps Handcrafted Peanut Butters, Winnipeg:** Filipino-style flavoured and natural peanut butters. [Online](#), specialty retailers.
- ❑ **Crampton's Manitoba Maid, Starbuck:** Jams, jellies, marmalades and syrups. [Specialty grocers](#) and farmers markets.
- ❑ **Happy Dance Hummus, East St. Paul:** Flavoured chickpea hummus, powdered aquafaba. [Online](#), major and specialty grocers.
- ❑ **Hot sauces, Manitoba:** There's a wide variety of local hot sauce makers, including [Tasty Heat's](#), [Intergalactic Sauces](#), [Fat Iguana Kitchen](#), [1882 Fruit Based Hot Sauce](#) and more. Major and specialty grocers, online, farmers markets.
- ❑ **Greetalia Food Products, Winnipeg:** Honey dill sauce. [Online](#), major grocers.
- ❑ **Smak Dab Mustard, Swan River:** Flavoured mustard blends. [Online](#), major and specialty grocers.
- ❑ **Raw honey, Manitoba:** A number of local producers sell unpasteurized honey direct to customers and

through retailers. See [Direct Farms Manitoba](#) for more info.

- ❑ **Spreads by Cede, Winnipeg:** Flavoured almond and cashew butters, energy bars. [Online](#), specialty grocers.
- ❑ **Westside Sauces, Altona:** Spicy and mild barbecue, marinade and finishing sauces. [Online](#), major grocers.
- ❑ **Gourmet Inspirations, Winnipeg:** Marinades, glazes, barbecue sauces, coffee syrups and spice rubs. [Online](#), specialty grocers.

Pickles

- ❑ **Elman's Kosher Deli Foods, Winnipeg:** Pickled cucumbers, vegetables, eggs, herring, garlic, horseradish, banana peppers, relish, mustard and sauerkraut. [Specialty grocers](#).
- ❑ **Jaya's Preserves, West St. Paul:** Flavoured vegetable pickles, jams, jellies and marmalades. [Online](#), craft sales and farmers markets.

CONDIMENTS



Spices

- ❑ **Spice World of Canada, Winnipeg:**
Seasoning blends, dried herbs and spices. [Online](#) and in-store.
- ❑ **Chris's Spice, Winnipeg:**
Seasoning blends and dry dip mix. [Online](#), farmers markets.
- ❑ **Railyard Spice Company, Headingley:** Seasoning blends, cocktail rimmers, flavoured salt and sugar mixtures. [Online](#) with free Winnipeg delivery.
- ❑ **Wild West Seasonings, Headingley:** Caesar Pleaser dry tomato-clam cocktail mix, cocktail rimmer. [Online](#), grocery stores.