

**Food for Thought :**

**A Buyer's Guide to Local and Seasonal Nova Scotia Agri-Food Products - March 2008**

# **G**RAIN PRODUCTS

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**Dover Flour**

730 Marginal Road  
PO Box 2185  
Halifax, Nova Scotia  
B3J 3C4  
Telephone (902)429-0622  
Toll-free: 1-800-663-6837  
Fax (902)423-9075  
Email: [dbryson@dovergrp.com](mailto:dbryson@dovergrp.com)  
Website: [www.dovergrp.com](http://www.dovergrp.com)

***Sales Contact***

David Bryson

***Products Produced***

Soft and hard wheat flour, over 100 dry bakery mixes and bases used at large and small bakeries, food wholesalers and food service distributors and retail grocery

***Brand Names***

Dover, extensive private label brands

***Distribution***

Direct sales, wholesalers - foodservice and retail, private label

***Markets***

Canada, United States, Caribbean, Middle East

**Steep Hill Solutions**

P. O. Box 52  
Lower Sackville, Nova Scotia  
B4C 2S8  
Telephone: (902)482-8393  
Fax: (902)252-9188  
Email: [blarsen@omegacrunch.ca](mailto:blarsen@omegacrunch.ca)  
Website: [www.omegacrunch.ca](http://www.omegacrunch.ca)

***Products Produced***

Omega Crunch roasted maple shelled flax; Omega Crunch regular shelled flax

***Sales Contact***

Brent Larsen

***Distribution***

Direct sales

**Valley Flax Flour Ltd.**

PO Box 89  
Middleton, Nova Scotia  
B0S 1P0  
Telephone (902)825-1528  
Toll-free: 1-866-825-8256  
Fax (902)825-6114  
Email: [info@flaxflour.com](mailto:info@flaxflour.com)  
Website: [www.flaxflour.com](http://www.flaxflour.com)

***Sales Contact***

Howard Selig

***Products Produced***

Flax flour (milled flaxseed, flaxseed meal)

***Distribution***

Direct sales

***Market***

Canada

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