

Our products



- Everything is made by us from scratch.
- All products are Lacto-Fermented, Raw, Probiotic, Vegan, and Gluten Free.
- “Certified Organic” in Canada means 100% GMO-free!
- 100% Unpasteurised, a process which retains vital nutrients, enzymes, and beneficial Probiotic bacteria.
- Each recipe is formulated with Primarily Canadian Ingredients, available year-round.
- We use 100% reusable and recyclable North-American made Glass Mason Jars, because they’re better for our health and our planet.
- We don’t irradiate our food, or use any ingredients which have been irradiated.
- And always made with 100% pure Himalayan Pink Salt.



Organic Kimchi

Product Information

Throughout the year, we use a variety of field-grown cabbage, like Early Wakefield, Napa, Savoy, and Green, hand-chopped with big slices of carrot and radish. Just the right amount of onion, garlic, ginger, and chili. (Just how spicy is it? It's safe to say medium-hot. We like to be able to taste something else besides chili.) Each batch is barrel fermented and reflects the seasonality of the ingredients. And always, made with 100% pure Himalayan pink salt.



Kale Kimchi

Product Information

This recipe is closer to the original Korean formula, being made with Napa cabbage. Then we load three bushels of certified organic kale into each batch. A little bit spicier than our original recipe Organic Kim-Chi. Barrel fermented, hand packed into glass mason jars. And always, made with 100% pure Himalayan pink salt.



Organic Sauerkraut

Product Information

- Organic sauerkraut made with pink Himalayan salt
- Probiotic / Fermented / Paleo / Plant-Based / Glass Mason Jar / Year Long Date Code
- Made from Organic Cabbage and Pink Salt

The simplest recipe is arguably our most elegant. Organic field-grown cabbage, thinly sliced, combined with the best salt in the world. Pink salt is unlike regular salt. Harvested from deposits millions of years old, it is 80% sodium, and 20% soluble minerals and elements. This kraut is barrel-fermented a minimum of three weeks before being hand-packed into mason jars. The result is a surprisingly complex, crunchy, and tangy partner to every protein, especially BBQ.



Living Organic Beets

Product Information

Diced and spiked with organic ginger and pink salt, these so-darned-purple living beets are a stunner. Barrel-fermented three weeks before being hand-packed into mason jars, they're suited for pairing with anything not already purple. They are dee-lish. And always, made with 100% pure Himalayan pink salt.



Living Salsa

Product Information

- **Unique product, Premier's Award Winner for agri-food innovation! Made in Ontario from Ontario ingredients.**
- **Probiotic / Fermented / Paleo / Plant-Based / Glass Mason Jar / Year Long Date Code**
- **Tomato, Onion, Carrot, Radish, Pink Himalayan Salt, Cilantro, Cumin.**
- **Winner Best in Show annual fermented food competition, Picton Ontario 2018**

Back in the day, when tomatoes were sliced up with obsidian knives and the idea of a good time was human sacrifice, salsa was a fermented product. It was only in the past century or so that someone thought it would be a good idea to cook the living heck out of this delicate butterfly and seal it up for a long life on a grocery store shelf. We decided to revert back to the good old days, when calendars made sense, and salsa was a pro-biotic food. We think our process ennobles the flavours of our Canadian grown tomatoes, bringing new complexities to a homogenized world.



Living Organic Carrots

Product Information

Sliced and mixed with organic garlic and Nova Scotia Dulse flakes, these bright beauties have expanded the realm of the possible. Dulse is a sea vegetable incredibly rich in iodine, it tastes great, and looks pretty cool because it's purple. Barrel-fermented three weeks before being hand-packed into mason jars, these tangy carrots are ideal paired with almost anything except breakfast cereal or cake. And always, made with 100% pure Himalayan pink salt.



Living Veggie Pickle

Product Information

Have you ever noticed that most fermented vegetable are cabbage-based? Well, not this one! We use fresh cauliflower, carrots, celery, onion, radish, and bell pepper with organic herbs to create something uncommonly good. Living Veggie Pickle is great before meals, on a cheese board, in sandwiches, or by itself! And always, made with 100% pure Himalayan pink salt.



Living Mustard

Product Information

- The only sprouted mustard made in Canada
- Probiotic / Fermented / Paleo / Plant-Based / Glass Mason Jar / Year Long Date Code

There's nothing like this on the market today. We take Canadian grown whole mustard seeds, and sprout them in cool clean Wellington County deep spring water. Then we add organic raw apple cider vinegar, golden turmeric, and purée to a smooth consistency. A good way to think of this mustard compared to regular industrially made shelf-stable mustard is to compare good cheddar with processed cheese slices. Two similar yet vastly different products. Living mustard is great with anything that likes to have mustard on it, even French fries! And always, made with 100% pure Himalayan pink salt.



Fermented Hot Sauce!

Product Information

- **Unique product, Premier's Award Winner for agri-food innovation! Made in Ontario from Ontario ingredients.**
- **Probiotic / Fermented / Paleo / Plant-Based / Glass Bottle/ Year Long Date Code**
- **Raw Organic Kim-Chi Juice (Cabbage, Carrot, Radish, Onion, Garlic, Ginger, Pink Himalayan Salt, Red Chili), Chili Pepper Blend (Habenaro, Jalapeno, Bird's Eye, Cayenne, Serrano, Arbol Ghost.)**
- **Winner Best in Show annual fermented food competition, Picton Ontario 2018**

Back in the day, when Chilies were sliced up with obsidian knives and the idea of a good time was human sacrifice, Hot Sauce was fermented. It was only in the past century or so that someone thought it would be a good idea to make it shelf stable. We decided to revert back to the good old days, when calendars made sense, and Hot Sauce was a pro-biotic food. We think our process ennobles the flavours of our Canadian grown chilies, bringing new complexities to a homogenized world.



LARGE FORMAT Organic Kim-Chi

Product Information

- 1000 ml Organic Kim-Chi
- Probiotic / Fermented / Paleo / Plant-Based / Glass Mason Jar / Year Long Date Code
- Cabbage, Carrot, Radish, Onion, Garlic, Ginger, Seedless Red Chili Flake, Pink Himalayan Salt.

Throughout the year, we use a variety of field-grown cabbage, like Early Wakefield, Napa, Savoy and Green, hand-chopped with big slices of carrot and radish. Just the right amount of onion, garlic, ginger, and chili. (Just how spicy is it? It's safe to say medium-hot. We like to be able to taste something else besides chili.) Each batch is barrel fermented and reflects the seasonality of the ingredients. And always, made with 100% pure Himalayan pink salt.



Benefits of fermented foods

- The human microbiome is composed of living micro-organisms including that favour fermented foods from a vegetable source in order to maintain health and balance.
- More and more, scientific research is pointing to the ways in which physical and mental health are intimately related to our microbiome
- Fermented foods contain an abundance of prebiotic fiber that the probiotic live on
- Symposium PROBIO a l'université Laval as an indicator of the ongoing trend
- Consumers are increasingly becoming aware of the benefits and are looking to source them more readily
- Difference between dairy and non-dairy sources of probiotics



DAIRY Based Probiotics (yogurt, kefir)β

VEGETABLE Based Probiotics

Allergenic

Non Allergenic

Average shelf life (60 days)

Long shelf-life (365 days +)

Low price point

Higher price point

Big ecological footprint, resource intensive production (land, water, energy)

Sustainable ecological footprint, low resource inputs (carbon-neutral)

Often sugary

Zero added sugar

Minimal category innovation

Tip of the iceberg moment for category innovation

Why choose GTF?

We purchase our ingredients directly from farmers in our region. This ensures a fair price for the hard work they do all year long, and a stable price for our customers. We like to call it “**Local Fair Trade.**” With **Respect for People** being the motivating force, it helps to put food dollars directly back into our economy. We do not use any weird or unpronounceable ingredients, and keep our supply chain as simple and transparent as possible.

