

ST. FRANCIS
HERB FARM

52
FIELDS



introducing
52 FIELDS
BY ST. FRANCIS HERB FARM

Wholesome foods from our family to yours

Hi, we are 52 Fields.

We are a family business, located in Eastern Ontario on 52 beautiful acres. This is where we live, and this is where we work, and we wouldn't have it any other way.

We believe in wholesome living. Nourishing your body with simple, natural, healthy foods so you can live a balanced life.

We believe in the value of family and community and how they enrich each other.

And we believe in valuing the land we are so lucky to have, showing it respect so it will feed us and many generations to come.

We invite you to join us at our table and feel the goodness of 52 fields.



meet the



LINE UP

Organic Virgin Coconut Oil: Cold-pressed from fresh coconuts, picked and pressed the same day! Certified Organic, our pure, minimally processed, coconut oil offers an amazing aroma and taste.

Ghee: Made from pure Canadian dairy, our ghee is from grass-fed and pasture raised cows and is free from hormones and antibiotics. Available in Natural Ghee and Organic Ghee.

Coconut Oil & Ghee: The perfect combination of good fats and wholesome nutrition. With a high smoke point and long shelf life, your dishes will be taste better than ever and be packed with nutrition. Available in Natural Coconut Oil & Ghee and Organic Coconut Oil & Ghee.

MCT Oil: Made exclusively from 100% coconut oil, our liquid MCT Oil is a great source of energy suitable for keto, vegetarian and vegan diets.

MCT and Coconut Oil: Stays liquid and non-rancid at room temperature. More readily metabolized by the body than any other oils and stimulates the production of ketones.

Ghee and MCT: An amazing combination of energy and brain boosting benefits of Medium Chain Triglycerides with the addition of good fats from Ghee.

Organic Olive Oil: Made with only certified organic olives and packaged in dark amber glass to protect it from the damaging effects of light.



CASE UPC	Code	NUTRITIONAL PRODUCTS	Case pack	ITEM UPC
817695002109	0210	Coconut Oil	6X370g	817695009108
817695002017	0201	Coconut Oil	6X800g	817695009115
817695002116	0211	Coconut Oil with MCT (Liquid)	6X500mL	817695002048
817695002123	0212	Coconut Oil with MCT (Liquid)	6X1000mL	817695002055
817695002130	0213	Coconut Oil & Organic Ghee	6X370g	817695009122
817695002147	0214	Coconut Oil & Organic Ghee	6X800g	817695009139
817695002154	0215	Coconut Oil & Ghee	6X370g	817695002062
817695002161	0216	Coconut Oil & Ghee	6X800g	817695002079
817695002086	0208	Ghee	6X370g	817695009146
817695002093	0209	Ghee - Organic	6X370g	817695009085
817695003021	0302	Medium Chain Triglycerides	6X500mL	817695004141
817695003045	0304	Ghee with MCT (Liquid)	6X500mL	817695008934
817695002024	0202	Organic Extra Virgin Olive Oil	6x946mL	817695004004