

## SUPPLIER INFORMATION

### Circle N Dairy

<http://www.circlendairy.com/>

Cows grass-fed but do receive grain only while milking. This helps the milk have a more consistent flavor.

- milk & cream

### C est Si Bon Soaps

made by Cecilia Alvarez; email: [alvarezcec@verizon.net](mailto:alvarezcec@verizon.net)

### Green Pastures Fermented Cod Liver Oil & More

<http://www.greenpasture.org>

### Hidden Valley Creamery

<http://www.hiddenvalleycreamery.com>

- Goat Yogurt

### Holy Cow Beef Farm

<http://holycowbeef.com>

- beef products

### KbarK Ranch

<http://www.kbark.com>

- beef & pork products

### Mighty Kombucha

made by Odette Leon; email: [odetteleon@icloud.com](mailto:odetteleon@icloud.com)

### Rosey Ridge Farms

<http://www.roseyridgefarm.com>

Their cows are 100% grass-fed. Milk may taste different depending on what the cows ate before milking.

- diary, yogurt, broth, cheese and more.

### Windy Meadows Family Farm

<http://windymeadowsfamilyfarm.blogspot.com>

They grow & roast their own non-gmo organic feed. Does contain soy but they grow it and roast it themselves so it is non-toxic to the animal.

- chicken & broth

### Young Living Essential Oils & More

<https://www.youngliving.com>

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