



LIMINAL GARDENS

Product List - Spring 2026

Healthy food, useful products, local source.

At a glance...

- 1) FOOD.** See sections below: Fresh, Frozen, Dried/Preserved, Pantry Staples, Snacks, Superfoods/Medicinal.
- 2 KITCHEN.** Knives, cutting boards, pottery, dish cloths and more. We supply useful *Masontops* products, and have various mason jar sizes of various sizes available in store.
- 3) PERSONAL CARE.** Locally made soaps, lotions, moisturisers, balms, salves, deodorant, and epsom salts. Plant-based and tallow-based products both available. We also stock reusable women's liners/pads made locally by *Mama Cloth*.
- 4) HOUSEHOLD/CLEANING.** Numerous cleaning products made by *Down East*, including a bulk refill station. Bring your own container, or we can supply one. We also sell simple vinegar, baking soda, and alcohol sprays.
- 5) ARTISANAL GOODS, SPECIALTY ITEMS, GIFTS:** The work of three potters is on display, hand-crafted knives and tools, cutting boards and other woodwork, hand-woven scarves, hand-sown hammocks, candles, and greeting cards. Almost all products are made right in our community.
- 6) GARDENING:** We sell seeds, seedlings, potted herbs, and propagate various edible perennials to sell. We have organic sprouting seeds and equipment to grow sprouts/greens at home.
- 7) KITCHEN PETS:** Try taking care of your own little 'kitchen pet' like a sourdough starter, sauerkraut, kimchi, yoghurt or other living thing in your own kitchen.
- 8) COTTAGE ESSENTIALS:** Bug repellent, after-bite balm, healthy snacks, ready-bake meals, basic cleaning supplies, firewood, etc.
- 9) VEGAN OPTIONS:** Many food and skin care options available for vegans and vegetarians.

Detailed list below...

Some repetition where things fit in more than one category...

1) FOOD

Fresh

Sourdough Bread (Lilacs & Lavender)

Loaves: Original, Jalapeno Cheddar,
Molasses Brown Bread, Maple Oat,
Rosemary and Garlic, and more
Bagels: Original, Everything, Cheddar, and
Sesame

Focaccia, sandwich bread, and more.

(Different varieties available fresh weekly,
and some available pre-sliced and
frozen.)

Mushrooms (Maritime Gourmet Mushrooms)

Various mushroom varieties are ordered
fresh every week or two. You can
pre-order to ensure we have a specific
variety available: Lion's Mane,
Maitake, Shiitake, Cinnamon Caps,
Pioppino, Grey/Pink/Yellow Oysters,
Shimofuri Hiratake, Beech.

Inoculated Mushroom Blocks (10 LB) are
available if you want to grow some in
your own home. Instructions included.
(Most varieties listed above can be
ordered as blocks.)

We also have a range of dried
mushrooms. (See Dried/Preserved"
below.)

Produce (Grown by Liminal Gardens, Breezy Pines Farm, etc.)

We stock a mix of vegetables, depending
on what is in season. All the produce
comes from a few local farms; no
pesticides or other sprays used.

Available by mid-summer, mostly small
quantities: kale, bok choy, Swiss chard,
beets, cabbage, leaf lettuce, head
lettuce, peas, beans, many different
tomato varieties, cucumber, basil,

parsley, thyme, sage, scallions, haskap
berries, raspberries, blueberries,
zucchini.

Coming soon: storage carrots, squash,
pumpkin, storage potatoes.

Produce is supplied by Liminal Gardens,
Breezy Pines Farm, Jemseg River
Farm, and others.

(All produce is grown without the use of
pesticides, herbicides, etc.)

Eggs

Chicken eggs, duck eggs

Foraged wild medicinals

Fresh plants available by request (see
also Medicinal and Superfoods)

Frozen

Produce

Haskap berries, black currants, sea
buckthorn berries, sea buckthorn juice,
rhubarb, fiddleheads

Rhubarb: chopped up and vacuum sealed,
easy to stew or use in baking

Fiddleheads: Tip: allow bag to fully thaw,
then steam for 2-5 minutes.

Prepared Food

Take 'n' Bake meals from *Caravan Bakery*:
meat lasagna, breakfast casserole,
chicken pot pie, shepherd's pie,
spinach dip, mac'n'cheese, tortiere,
etc. (*Caravan Bakery* uses Speerville
flour and they either source veggies
locally or grow the veggies
themselves.)

Pesto Cubes (vegan ingredients, contains
walnuts, by *Liminal Gardens*)

Pork (Philomena Farms)

Pork roasts/steaks, smoked hams, ham
steaks bacon, pork chops, pork ribs,
ground pork

Sausages: mild Italian, hot Italian, honey garlic, breakfast, Oktoberfest
Pasture/forest-raised, local, heritage breeds

Ground Beef (Angus Arabian Devon East)

Pasture-raised, local, quality beef

Frozen/sliced Sourdough Bread (organic flour)

Lilacs & Lavender: Pre-sliced and frozen for your convenience, mixed varieties.
Frozen bagels are also available.

Dried/Preserved

Mushrooms

We sell 'Mushroom Salt', which has a 2:1 ratio of salt to mushroom (lion's mane, maitake, and shiitake). Use in place of plain salt; irresistible umami flavour.

We have dried mushrooms kept in large pieces or in powdered form: lion's mane, maitake shiitake, pioppino, oysters, birch polypore, etc.

Large pieces can be rehydrated or added to soups as they are.

Powdered mushrooms can be used as a seasoning in almost anything. Some people even add powdered mushrooms (like lion's mane) to their coffee.

We also have chaga and turkeytail mushrooms available as a tincture.

(See also [Superfoods and Medicinal](#))

Canned Goods

canned chickpeas, vegan chili, coconut milk (all organic)

Coming Soon: in the summer/ fall we will have some salsa, tomato sauce, jams, and other preserves from this year's harvest.

Foraged wild medicinals (foraged from wild areas at *Liminal Gardens*)

We have a number of foraged plants available fresh when in season or dried other times (see full list below in [Superfoods and Medicinal](#))

Pantry Staples

Speerville Flour Mill (all organic)

Legumes: red lentils

Grains: basmati rice, popping corn, hulled barley, Scottish steel-cut oats, kamut kernels, seven grain cereal

Flours: whole wheat, whole 'white', spelt, rye, corn meal

Pancake mixes: Sunshine pancake mix, Buckwheat pancake mix.

Sweeteners

Wildflower honey (*Harron Brook Hills*)

Maple syrup (*Harron Brook Hills*)

Fats

Butter (*Natrel*)

Organic Olive Oil (*Terra Delyssa*)

Organic Canola Oil Spray (*Watkins*)

Vinegar

Boates Apple Cider Vinegar (1L, organic)

Allen's White Vinegar (5L)

Tea

JustUs!: Earl Grey, Maritime Breakfast, Green Tea

Traditional Medicinals Mint Herbal Tea

Brewed Bliss Tea: Happy Heart, Hibiscus Glow, Brain Bliss, Chamomile Dream, Apple Pie Zen, Cold & Flu, Arthritis Relief, Tension Tamer.

Chaga Tea (*Harron Brook*)

Coffee

Floyd's Coffee: Cottage Blend, Hunter's Blend, Christmas Blend, Peru Coffee, Honduras Coffee, Brazil Coffee.

JustUs!: Colombian Roast, French Roast, Italian Roast, Wild Brew.

Mink'a: single-origin Columbian coffee, Vallamaria and Bourbon Rosado, grown in Callas.

Some people add a small amount of mushroom powder to their coffee for medicinal reasons. For example, Lion's Mane mushroom is used to support brain health, improve focus, and reduce feelings of anxiety or depression. We usually have lion's mane mushrooms in powdered form, and others upon request.

Roasted Dandelion Root is also used as a coffee alternative. Research suggests there are beneficial properties to dandelion root, such as inducing apoptosis of different types of cancer cells. We can prepare some of this by request.

Reusable coffee pods, designed to fit Keurig and K-cup machines.

Condiments/Herbs/Spices

Maritime Madness!: We stock various hot sauces and spice rubs by this fun PEI-based company.

Okazu: A sesame/chili oil condiment that adds an amazing depth and complexity to almost any dish. We cook with this almost every day.

Umami Bomb: made with shiitake oil, etc., this is another condiment to have on hand for soups, stir fries, and more.

Watkins: **spices**: black pepper, peppercorn grinder, Himalayan salt, sea salt grinder, dill weed, cloves, cinnamon, crushed red pepper, Everything Bagel seasoning, Garlic Herb seasoning, Italian seasoning, Cajun, Spiced Maple, Mesquite Rub; **extracts**: lemon, mint, almond, vanilla; **popcorn seasoning**: Ranch, White Cheddar, and Butter Salt; **other**: natural food colouring.

Mushroom Salt by *Liminal Gardens*. We can refill your jar if you run out.

Liminal Gardens fresh or dried herbs/spices: Persian 'golpar' (ground angelica seed), basil, parsley, thyme, sage, chives.

Easy to Cook Meal Kits

Master Indian spice kits: Aloo Gobi, Butter Chicken, Korma, Tikka Masala, Vindaloo.

Watkins pouches: brown gravy mix, stew spice mix, taco seasoning.

Caravan Bakery Take 'n' Bake frozen meals (see "Frozen" section above)

Snacks

Liminal Gardens

(Pre-order kale/popcorn to guarantee availability.)

Kale chips (by *Liminal Gardens*): with olive oil and sea salt, soy-and-sesame, or *Watkin's* popcorn seasoning.

Organic seasoned popcorn (by *Liminal Gardens*): popped in avocado oil, then seasoned with raw olive oil and either sea salt or *Watkin's* popcorn seasoning.

Or DIY: make your own popcorn with a bag of *Speerville* popping corn and *Watkins* organic popcorn seasoning. We have a foolproof popcorn recipe you can follow.

Coming in 2027: fruit leather!

JustUs!

Hot chocolate, peppermint hot chocolate, milk chocolate bar, dark chocolate bar

Covered Bridge

Chips chips chips! Coming soon.

Cold Drinks

We keep a mix of different cold drinks on hand for a hot day. What we have in stock can vary, but we have some mix of these:

Gagetown Distillery produces a few craft sodas (non-alcoholic) that we like to keep in stock, but they sell out quickly!

Partake non-alcoholic beer.

Bubly (a few varieties)

Fuze iced tea

Kombucha... coming soon!

Superfoods and Medicinal

Mushroom powders/tinctures

Powdered (or in pieces): lion's mane, maitake, shiitake, and others.

Tinctures: chaga, turkeytail

Tea: chaga, birch polypore, turkeytail

Berries

All these berries offer numerous health benefits; look up their benefits to determine what's beneficial to you.

Black currants and haskaps (grown by *Liminal Gardens*)

Sea buckthorn (grown by *Big Sky Ventures*), available as whole frozen berries, frozen juice, and berry powder (which makes it easy to add to smoothies, yoghurt, etc.)

We may also have strawberries, raspberries, blueberries, and blackberries when in season.

Teas with Medicinal Benefit

JustUs! Green Tea, etc.

Brewed Bliss Tea: Happy Heart, Hibiscus Glow, Brain Bliss, Chamomile Dream, Apple Pie Zen, Cold & Flu, Arthritis Relief, Tension Tamer.

Coffee alternatives/supplements: roasted dandelion root, powdered Lion's mane Chaga tea (*Harron Brook Hills*)

Foraged wild medicinals (Fresh or Dried)

Goose grass

Dandelion greens/roots/flowers

Burdock root

Evening primrose seed/root

Nettle

Turkey tail mushroom

Birch polypore mushroom

Chaga mushroom

Camomile

More species available as the season progresses

(The benefits these medicinal foods impart are backed by good research, but take care to ensure they are appropriate for you.)

2) KITCHEN

Mason Jar Exchange Program

In an effort to avoid excessive packaging, we can sell some things in jars rather than in a plastic or other type of bag. We will charge a small deposit, which you get back after the jar is cleaned and returned. You can also keep the jars which have many useful functions in the kitchen. Price/Fee:

1cup to 1 litre ... \$3

1.5 litre-2litre ... \$6

MasonTops Products

More Uses for Mason Jars, with

MasonTops Products

Drinking lids: Water tight. Regular or wide mouth.

Cold Brew Coffee Kit

Fermentation Kit

Pickle Pipes: airlock for ferments in jars.

Pickle Pebbles: used to weigh down the fermenting veggies.

Bean Screen: for sprouting beans and seeds in a jar. Organic sprouting seeds/beans available, too.

MasonTops Continued...

Trap Cap: fruit fly trap.

Insulating jar sleeve (neoprene)

Tough Bands: strong plastic bands that won't rust.

Kitchen Accessories (Artisinal, high quality).

See "4) Artisanal Goods" for more detail on these items..

Knives

Paring knives, large kitchen knives, foraging tools.

Hand crafted by *Longdog Smithy*.

Cutting Boards

Various unique designs, custom orders welcome.

Hand crafted by *The Wood Palate*.

Dishware/Pottery

We carry the work of three different potters in our community. See "4) Artisanal Goods" below.

Kitchen towels, etc.

Dish cloths: screen printed in Canada (*Your True Kitchen*).

Bowl covers with elastic edge

Cloth produce/foraging bag.

All organic cotton.

3) PERSONAL CARE

Soap/skin care

Farm Cottage Soaps

Various essential oil based scents, made with the milk of happy goats.

Down East

Products are plant-derived, hypoallergenic, unscented, and free from questionable chemicals found in comparable products elsewhere .

Hand & Body Wash (unscented, plant based).

Liminal Gardens

Isopropyl alcohol deodorant spray with essential oils.

Citrus Oil Bug spray.

Tea tree oil disinfectant spray.

Nuna Blooms (tallow-based skincare)

Unscented beef tallow, beef and bear tallow, wild mint salve, lavender salve, fireweed moisturizer (beef tallow), vanilla infusion moisturizer (beef tallow).

Earth & Amber (plant-based skincare)

With CBD: Soothing balms, muscle & joint rub, lotions, soaps, milk bath, etc.

No CBD: Soothing balms, lotions, face scrubs, soaps, etc,

Gift Sets: various sets of Earth & Amber products are available in an attractive display. They make great gifts.

Big Sky Sea Buckthorn

Cuticle Brush

Jessie's Treasures

Epsom salts with Lavender and Sweet Orange.

Massage candles with Lavender or Sweet Orange.

Mama Cloth

Liners, pads, and more

Reusable pads and liners, made with organic cotton or bamboo. "Green your period," and avoid the questionable chemicals present in conventional pads/tampons. Carry pouches and heavy flow pads also available

Hair Accessories

Elastics and headbands, made with organic fabric by *Mama Cloth*.

4) ARTISANAL GOODS, ACCESSORIES, SPECIALTY ITEMS, GIFTS

Vita Plume

Woven Scarves

Each scarf is different, find one that suits you.

Bookmarks

Handwoven, traditional Latvian weaving technique.

Nancy Blanchard-MacDonald Pottery

Mugs, bowls, plates, etc.

Unique pottery with detailed paintings of birds, foliage. Products of a decades-long career.

Earth Sol Ceramics

Mugs, bowls, tumblers, etc.

The artist draws on the natural world for inspiration, with unique details on each piece.

Libby Ives Pottery

Mugs, tumblers, vases, etc.

Different styles and interesting glaze patterns, many unique concepts in Libby's designs.

Longdog Smithy

Paring knives, large kitchen knives, axes, foraging tools, hoof picks, keychains, etc.

Longdog Smithy produces hand-crafted tools that are beautiful but made to be used.

Made with high-carbon steel, which is strong enough to hold its sharp edge.

Care for a high-carbon blade as you would care for a cast iron skillet. Hand wash, wipe dry, and oil occasionally to keep the blade from rusting.

Hanging Hugs

Hammocks: locally hand made, custom designs available, including single/double sizes and bug nets, too.

Other Gift Ideas

Cards

Candles by *Flare* in New Brunswick.

Earth & Amber gift sets.

Massage candles, epsom salts.

Other soaps and skincare products.

Local Food gift basket.

5) HOUSEHOLD/CLEANING

Down East

Plant Based, Hypoallergenic, Simple Ingredients.

Dish washing liquid (650 ml or bulk)

Laundry Detergent (1.8l or bulk)

Hand & Body wash (500ml or bulk)

Cream Cleanser (for glass stoves, etc.)

Bathroom Cleaner spray bottle (650ml)

All Purpose Cleaner

Other

Arm & Hammer Baking Soda

Allen's White Vinegar

Huggies Wet Wipes

Buncha Farmers All Natural Stain Remover

6) GARDENING

Seeds

Annapolis Seeds

We sell a wide variety of Annapolis Seeds.

100% of their seed is grown in the

Maritimes.

Other

We also have seeds from Rainbow Seeds, in NB, and we save some of our own, too.

Sprouting seeds

Mumm's Sprouting Seeds are available, and some sprouting seeds are available in bulk amounts by weight. (All organic seeds.)

Seedlings

Liminal Gardens

We have a variety of annual seedlings and perennial plants growing at different times throughout the season.

Potted herbs are also available to keep in the kitchen or on a windowsill.

If you want a particular perennial, get in touch before the summer so I can plan what to propagate.

7) KITCHEN PETS

There are many fun ways to grow or preserve food in your kitchen. At *Liminal Gardens* we encourage trying lacto-fermentation, keeping a sourdough starter, sprouting seeds, and more. These activities take a certain amount of effort and maintenance, but there are worthwhile benefits: you can grow fresh food like sprouts and greens year-round, and you can feed your gut microbiome with fermented foods like kimchi. I call such things 'kitchen pets,' because they are quite literally tiny little creatures you need to care for. Talk to us about getting set up to have one yourself.

Sprouts/Microgreens

Lacto-Fermented Veggies

Sourdough Starter

Potted Herbs

8) COTTAGE ESSENTIALS

Here are a handful of products we stock that you may want around your cottage, which we list here for your convenience.

Healthy snacks like organic popcorn, craft soda, other drinks

Citronella bug spray

Earth & Amber after-bite soothing balm

Garden things: seedlings, potted herbs, garden gloves. Garden gloves!

Treat yourself with bath soaks, epsom salts, etc.

Take 'n' Bake meals by *Caravan Bakery*.

Basic cleaning supplies from *Down East*.

Kindling/firewood bundles are available

9) VEGAN OPTIONS / SPECIAL INTEREST

Earth & Amber: Plant-based skin care, carefully chosen mix of moisturizing oils, no animal testing.

Down East: plant-based saponfacients, simple ingredients, no animal testing.

Vegan food options: Mushroom Salt, Okazu Chili Oil, Umami Bomb Shiitake Oil, hot sauces, frozen pesto cubes, oat milk, dry red lentils, canned chickpeas, canned vegan chili, olive oil, canola oil spray. Many more vegan-friendly items in our store.