



SPECIALTY FARMS

Certified Organic

# Hemp Hearts

Nature's  
Perfect Food

Freshness From Our Family Farm to Your Table

VEGAN | LOW-CARB | KOSHER

# Harvested From Healthy, Nutrient-rich Canadian Prairie Lands



River Valley Specialty Farms is dedicated to providing safe food products for consumers everywhere and is certified by Primus GFS a Global Food Safety Initiative program. Our farms naturally grow great tasting, high yielding, organic hemp hearts (hemp seed). The rich soils, crisp air quality and unique fast-growing summer climate in Manitoba, Canada are ideal for producing one of the world's most nutrient-rich and beneficial "Super Foods."

**Packaged on an allergen and nut-free family farm, our food producers, distributors, customers, chefs and health-conscious home cooks value the excellent quality of this wonder food.**

## A Healthy Option with Built in Benefits

Our lightly-colored, delicious, nutty flavored, shelled hemp hearts are a great source of plant-based protein and provide a broad spectrum of health advantages, including:

- Increased and sustained energy,
- Effective weight loss,
- Improved recovery from disease or injury,
- Lowered cholesterol and blood pressure.

Hemp is also linked with a reduced risk of heart disease, reduced inflammation, better circulation, stronger immune system as well as natural blood sugar control.





# Farm-Fresh from Our Family-Managed Fields to Your Plate



**We recognize great hemp seed suppliers are often hard to find... Your search is over!**

We pride ourselves in being a family-run farm. It's been that way for generations. River Valley Farms produces and packages the same foods we serve at our tables.

The attention we give to managing our quality, nutrient-rich soils, growing healthy foods, and packaging and delivering our products exemplifies traditional home-grown values.

Our time-tested reputation and efficient distribution to large stores and broad markets show we have the capacity to reach most world markets. **Just ask us how we can get our hemp hearts to your business.**



Hemp hearts are a compliment to  
any meal and can be consumed  
raw, cooked or roasted.



RIVER VALLEY

**Order Today!**



**SPECIALTY FARMS**

Quality Organic and Specialty Produce & Grains

Box 33, Bagot, Manitoba, Canada R0H 0E0

204•274•2467

[james@rivervalleyfarms.ca](mailto:james@rivervalleyfarms.ca)

