

MAP

tional farm features

Grown or raised by the farmer

Bought from another local source

166 Courthouse Sq., Goderich N7A 1N

Web: www.drudgefamilymaplesyrup.com

continuously, since 1797!

"Home Grown Ontario"

Farm Gate Sales.

Our family has been making Maple Syrup in Ontario,

ozen meats, seasonal produce, crafts, cut flowers,

Sweet corn picked fresh daily, summer/winter squash,

sunflowers, pumpkins, decorative gourds, mini bales,

GORDON'S GOAT DAIRY

Goat cheese made from our own fresh goat's milk!

Open year round by appointment or by chance. No Sunday

Products are available for fundraising events. Call for details

Farmstead artisan goat cheese including: havarti, gouda

43253 Cline Rd., RR2, Wroxeter N0G 2X0

el: 519-335-4321 Fax 519-335-4321

probiotic, onion/chives and chili pepper.

Fmail: gordonsgoatdairy@gmail.com

Web: gordonsgoatdairy.ca

Sales. Farm Gate Sales.

corn stock bundles and Indian corn.

Farm Gate Sales.

Open year round by chance. No Sunday Sales.

Gift baskets made to order with local products.

May-September: Monday-Saturday, 10AM-9PM

ber-December: Monday-Saturday, 10AM-6PM

Tel: 519-524-7986 Fax: 519-524-7986

The BUY LOCAL! BUY FRESH! Map is the only guide you need to find locally-produced food. You can choose to buy direct from the farm or from retail outlets listed by the farmer. This map will help you to choose foods grown with pride right here

If you have further questions about the food listed on this map, ask the farmer or retailer. And don't forget to tell them you saw their farm/business on the BUY LOCAL! BUY FRESH! Map!

The farms and retail outlets are listed by county in alphabetical order. See listings for their complete product list.



rincipal Category 73 NEUBRAND COUNTRY PRODUCE

6584 Line 49, RR 2, Monkton N0K 1P0 el: 519-347-2766 Email: veggiepielady@hsfx.ca Inique heritage vegetables picked fresh daily. All products are locally produced. Open year round 9AM-5PM. Farm Gate Sales. Jams, jellies, pies baked with our own berries, hone apple cider, soy nut butter. Stratford Farmers' Market Supplies seasonal vegetables to The Screaming Avocado,

Food products listed in the **red** print are grown or raised by the farmer listed.

Food products listed in **green** print are sold by the farmer listed: These products were bought from another source, usually a neighbour, sometimes from further afield.

You can also buy local farm products at farmer's markets and a variety of retail locations. These are listed in blue.

Huron County

BARRKING HILL FARM F-11 Carolyn Porter MacDonald 70209 Evergreen Line RR3, Exeter N0M 1S5 Y Tel: 519-229-6220 Fax: 519-229-6220 No growth hormones, vaccinations or unnecessary antibiotic use. All natural feeds. Open year round: Monday & Wednesday 3PM-7PM; 1st and 3rd Saturday of every month 10AM-4PM. Also available by appointment. Highland beef, mother-fed yeal, pork, chicken, brown eggs

May-December: Open Sunday. ade fudge, ice cream cakes, frozen yogu O'Brien's Meats, Pine River cheese, Sugar and Spice and rabbit. Individual cuts or bulk orders available lates. Robinson's Maple Products, honey and German Shepherds he Garlic Box's garlic products. 2 BAYFIELD BERRY FARM 9 DRUDGE FAMILY MAPLE SYRUP Jeffrey Drudge 43269 Amberley Rd., RR2, Wroxeter N0G 2X0 Tel: 519-335-6352 Fax: 519-335-4352 Email: ieff@drudgefamilymaplesyrup.com

Tel: 519-482-1666 Fax: 519-482-8268 Email: berryfarm@hurontel.on.ca Web: www.bayfieldberry ample our "field to table" products in our establishment. April-May; November-December: Thursday-Sunday 8AM-4PM June-October: Daily 8AM-6PM (8PM in July and August) Farm Gate Sales. Pick your own strawberries, raspberries and Saskatoon berries. Catering available. Our establishment can handle bus and school tours. We supply white and green asparagus, strawberries, raspberries, Saskatoo berries and apple cider to The Little Inn, The Red Pump and Forager Food.

EXETER FARMERS' MARKET BLAKE'S APPLE ORCHARD Diane Klopp Exeter Recreation Centre 42933 St. Michaels Road, Brussels N0G 1H0 94 Victoria St. E., Exeter Tel: 519-887-6972 Email: dgriffiths58@hotmail.com Tel: 519-236-7999 Controlled atmosphere cold storage ensures maximum 🦙 Email: dklopp@hay.net freshness is maintained. Web: www.farmersmarketsontario.c September-June by appointment or by chance. Buy fresh product directly from the farmers. Farm Gate Sales May-October: Thursdays 3-7PM. First and second grade apples and Bartlett pears.

Apple cider, honey and apple butter.

Pick you own apples available during the months of

baked goods, prepared food, jams, jellies, preserves, etc. September-October. Bulk discounts are offered. BLYTH FARMERS' MARKET FALCON SPRING FARM Les & Deb Falconer

40987 Front Rd RR5 Clinton N0M 1L0 Corner of Hwy. 4 (London Rd.) and Dinsley St. W, Blyth (S) Tel: 519-233-5393 Fax: 519-233-5393 Tel: 519-523-9932 Email: sawchuk@tcc.on.ca Open year round by appointment or by chance. Picked and baked fresh on market day. Farm Gate Sales. June-September: Saturdays 1PM-5PM. Lamb and beef: hamburger, patties, quarter, side or \$100 box. In-season vegetables, home baked goods, local fruit Can accommodate bus tours upon request, please call for preserves, lamb and wool products, honey and maple syrup. Many of the products are chemical free.

5 CEDAR VILLA ANGUS FARMS FARM FRESH PRODUCE Noah Stutzmar Diane Klopp

37241 Zurich-Hensall Rd., Zurich N0M 2T0 84407 Prosperity Line, RR2, Auburn N0M 1E0 Tel: 519-236-7999 Grass fed and GMO free beef and pork available Email: dklopp@hav.net Open year round. No Sunday Sales Individual cuts of beef and por Closed on traditional holidays. Farm Gate Sales. Open year round by appointment or by chance. reens, onions, strawberries, peas, beans, sweet corn Angus beef, pork and old-fashioned pork sausage tomatoes, herbs. Orders for beef and pork processed Farmers' Markets: Grand Bend, Exeter and Pinery Antique and Flea Market Maple syrup and honey Blyth Farmers' Market.

6 CHERRY RIDGE FARM FORDS FARM FRESH PRODUCE Pauline McFadden & Doug Ford Ed & Cathy VanDonkersgoed 38425 Dashwood Rd., RR1, Hay N0M 1W0 43745 Spencetown Rd. RR2, Wroxeter N0G 2X0 Tel: 519-237-3216 Fax: 519-237-3216 Tel: 519-335-6432 Email: mcford@hay.net Email: ecvd@wightman.ca OR ed_cathy@cherryridgefarms.ca Sweet Corn - "Picked Fresh Everyday" Naturally-fed beef sold by the quarter, individual cuts Late July-October: 8AM-dusk

or 50lb and 25lb packs. Open year round by appointment (call or email) No Sunday Sales. Farm Gate Sales. Non-GMO naturally-fed beef which is drug and

7 CRANSTON FARMS MAPLE SYRUP 85847 Lucknow Line, RR2, Lucknow N0G 2H0 Tel: 519-529-7360

Email: icranston@hurontel.on.ca Third generation owner/operators. Member of Ontario Maple Syrup Producers. Open year round by appointment or by chance Farm Gate Sales. Maple Syrup

GOUD FARMS Gustav & Claudia Goud 79136 Orchard Line RB2 Goderich N7A 3X8 Email: goud.can@hotmail.com All our products are picked fresh daily! May to October: 8AM-8PM. A variety of potatoes, corn, tomatoes, cucumbers, peppe summer squash, beans, carrots, lettuce and other seasonal Asparagus, rhubarb and some small fruits.

Natural Dog food and peanuts.

Vicky & Roger Morrison

736 Bruce Rd., RR1, Lucknow N0G 2H0

Tel: 519-528-2210 Fax: 519-528-3877

Web: www.grassrootsruralretreat.com

by appointment. Farm Gate Sales

egetables, herbs and flowers.

Weekly draw for a basket full of goodness (one item from each vendor). Entertainment, GLAD days, friendly vendors and an

We offer organic vegetables through our CSA membership

Saturday 10AM-2PM. Tuesday and Thursday evenings

"Foodie Fridays" - "Celebrating Food and Friends on

the Farm". June-September: Fridays 3PM-7PM

7 Dashwood Rd. RR 2, Dashwood N0M 1N0

Email: info@havtersfarm.com Web: www.havtersfarm.com

Full and unique line of turkey products! LCBO Agency and Beer

Mon - Sat 9-6. Sun for summer 11am-4pm (May 24 to Sept 2) only

Supplies whole birds, roasts, schnitzels, and burgers to restaurants

HIGH CREEK FARM ENTERPRISES

chnitzel, breasts, roasts, smoked products: summer sausag

Ready to cook items by Jerry Rader in Zurich: lasagna.

Teresa and Mike DeJong/ Meighan DeJong

Tel: 519-527-0202 Fax: 519-527-2206

43065 Canada Company Rd., RR 1, Walton N0K 1Z0

"Bring your special occasions to High Creek Farm

where you can expect the extraordinary in a place

J. R. FEAR APIARIES INC.

200 Potter St., RR 2, Wingham N0G 2W0

Winter: Tuesday-Saturday 8:30AM-5:00PM

JANET SOER

Farm Gate Sales. No Sunday Sales.

22 KINGS VIEW FARMS

Tel: 519-529-7059 Fax: 519-529-7059

35311 Belgrave Rd., RR 7, Lucknow N0G 2H0

trawberries, potatoes, onions, pickling cucumbers, lettuce

omatoes, beans, beets, wood oven bread, preserves, jams

Freshly baked bread and pretzels on Fridays!

23 KINLOSS PRODUCE

1404 Grey Ox Ave, RR 5, Lucknow N0G 2H0

May-October: Monday-Saturday 8AM-7PM.

24 KOERT ORGANICS

Tel: 519-590-0334 Email: davekoert@gmail.com

43652 Bridge Rd, RR 5, Seaforth N0K 1W0

Web: www.dkorganicfarms.blogspot.com

Stratford Slow Food Market

Sandy Garnet

Open year round:

No Sunday Sales.

Clare & Gwen Gerber

Tel: 519-357-4347

Fran & Tony McQuail

seedling sales.
Farmers' Market: Stratford and Goderich

and The Church Restaurant in Stratford.

38 Albert Street, Clinton N0M 1L0

Tel: 519-482-1445 Fax: 519-482-1191

Wholesale and retail sales. Buy Direct, Buy Fresh!

squash, pumpkins, fall decorative gourds and cauliflower.

Growing over 150 varieties of Certified Organic Fruits and Vegetables.

May-November by appointment. Farm Gate Sales. No Sunday Sales.

Beets, beans, broccoli, brussels sprouts, carrots, kohlrabi, peas,

adishes, summer and winter squash, salsify, swiss chard, spinac

MADE IN HURON CRAFTS & MORE

Supplies fruit, vegetables and cut flowers to Westover Inn in St. Marys Farmers' Markets; Exeter and St. Marys

26 MEADOWVIEW FARM & APIARY 39 STOREY FARM

MEETING PLACE ORGANIC FARM 400 SUNHOLM FARMS

rugula, mixed greens, herbs, cucumbers and cut flowers.

CSA drop-offs available throughout Huron and Perth counties

Crafts and products from local artisans and producers.

Monday-Friday 9:30AM-5PM; Saturday 10AM-4PM.

Honey, jams, preserves, maple syrup, garlic spread,

91104 Holmes Line, RR2, Wingham N0G 2W0

Organic and grass-fed beef, lamb and poultr

k Line, RR1, Lucknow N0G 2H0

Certified organic for twenty-five years. Heritage, pastured pork.

Pre-order meat by mail or through our website. "Pick your own"

organic apples in September and October by appointment.

reezer beef and pork, CSA vegetable shares, apple butter, app

and the opportunity to learn about organic farming, vegetable and herb

Tel: 519-528-2493 Web: www.meetingplaceorgar

sweet corn, strawberries and tomatoes.

May-September (vegetables). By chance for meat and honey

Organic pork, Honey, beeswax candles, summer sausage

Beef and lamb is available by side, quarter or individual cuts.

Pork available by side or whole. Oven-ready chickens and

Organic beef, lamb, poultry and pork!

Farm Gate Sales. No Sunday Sales.

turkeys in the summer and fall.

handcrafted articles, jewellery, wood, clothing and glass

Maple syrup, honey, canned goods and lawn furniture

Year round: 9AM-6PM. No Sunday Sales.

Siegfried and Gabriele Poganat:

pickles, frozen beef and pork.

Goderich Farmers' Market

Farm Gate Sales.

No Sunday Sales.

Farm Gate Sales.

Summer: Monday-Saturday 8:30AM-5:30PM

Honey (liquid or creamed), comb honey, beeswax candle

71430 Bluewater Hwy (Hwy. 21), Dashwood N0M 1N0

Tel: 519-357-3656 Fax: 519-357-2419

Email: mummy_bee_2@hotmail.com

18 HAYTER'S FARM

Joanne Maguire and/or Elaine Hayter

Store retail partner.

Home Grown Ontario™

London and surrounding area.

Web: www.highcreekfarm.ca

Open year round, by appointment

Murray & Carolyn Fear

No Sunday Sales.

Farm Gate Sales.

Tel: 519-238-8019

el: 519-237-3561 Fax: 519-237-3460

February-December: Tuesday-Friday 10AM-5PM:

Supplies various meats to most restaurants in the area. Goderich Farmers' Market 16 GRAND BEND FARMERS' MARKET 29 MULBERRY HILL FARM Vince Bury Nancy Hislop Highway 21 and Highway 81, Grand Bend Fel: 519-243-4015 Fax:519-238-5201 We Grow It. Produce It. Bake It or Make It and our vendors are local. May-October: Wednesday 8AM-1PM Organic and "Home Grown Ontario" ve a full cross section of vendors selling vegetables, fruits, cheeses, flowers (cut and potted), flour, baked goods and craf

38307A Blyth Rd., RR3, Auburn N0M 1E0 Tel: 519-526-1024 Email: hislop5@sympatico.c Web: mulberryhillfarm.ca A large variety of heirloom tomatoes and vegetables June-November: Friday-Saturday 11AM-5PM. Peas, beans, tomatoes, peppers, squash, free-range eggs Farm Gate Sales NATURALLY ORGANIC GRASSROOTS RURAL RETREAT Jim Rapson 81831 North Line, RR4, Walton N0K 1Z0

METZGER MEAT PRODUCTS

Gerhard Metzger

180 Brock Ave., Hensall N0M 1X0

Web: www.metzgermeats.com

Cheese and other specialties.

Home Grown Ontario™

Tel: 519-527-1078

Farm Gate Sales.

All Local Products.

Market Store

Beth Fulton

G-3 Marcia Swain

Tel: 519-238-8382

and baked goods

C-10 Sophie & Christian Burdan

Email: mswain@hay.net

Web: www.pineryantiquefleamarket.com

May to Thanksgiving: Sundays 8AM-4PM.

peppers, cherries and raspberries.

2560 Bluewater Hwy., Goderich N7A 3X9

Tel: 519-524-1283 Email: sophieburdan@yahoo.ca

Summer: Tuesday, Thursday, Friday, Saturday 3PM-7PM

sinnamon rolls, potatoes, squash and pumpkins, homemad

84548 St. Augustine Line, RR2, Auburn N0M 1E0

Certified organic maple syrup available year round.

Year round by appointment or by chance. Farm Gate Sales.

chives veggie dip and maple peanut brittle and stirred sugar

During the spring season we offer tours of the sugar camp

Supplies maple syrup to Benmiller Inn, Thyme on 21 and

36 SHEPHERD'S FOLD

Ontario Fresh Lamb that is preservative, drug & hormone free!

40218 Brandon Rd., RR 5, Brussels N0G 1H0

Open year round by appointment or by chance.

specifications. Limited supply of individual cuts.

Whole or half freezer lamb, cut and packaged to your

We also sell 100% pure wool blankets and sheepskins from

sheep grown and raised at Shepherd's Fold. Blankets are

SMOKEY HOLLOW FARM MARKET

We are proud to produce a fresh, nutritious variety of produce and

May-November by chance or appointment. Farm Gate Sales.

radishes, beans, beets, squash, tomatoes, peppers, pumpking

STEELE WOOL FARM

38689 Moncrieff Rd. RR 3, Blyth N0M 1H0

Open year round by appointment or by chance

42107 Winthrop Rd., RR 1, Seaforth N0K 1W0

Open year round by chance. Farm Gate Sales.

44522 Brandon Rd., RR1, Ethel N0G 1T0

Certified organic and "local food plus" family farm. We can

all-beef summer sausage, nursed veal, heritage Tamworth

pork, chicken, lamb and free-range eggs.

Open year round by appointment, Farm Gate Sales.

Organic grass-fed frozen meats including: beef patties,

steaks, roasts, pepperettes, sausage, bologna

Tel: 519-887-8020 Fax: 519-887-9140

Email: gpmartin@wightman.ca

provide individual meat cuts

Tel: 519-527-1049 Fax: 519-527-1049

Email: barbara.storey@hotmail.com

"Certified Natural Humane Pork"

Certified natural humane pork.

Maple syrup and honey.

Grant & Pamela Martin

Goderich Farmers' Market.

Grass fed lamb: half, whole or individual cuts. Washabl

lambskins, wool blankets and hand-dyed wool yarn.

Farm Gate Sales. No Sunday Sales.

are glad to share our knowledge and enthusiasm with our customers

Strawberries, raspberries, lettuce, spinach, greens, peas,

and gourds, herbs, cut flowers and other decorative items.

36670 Dashwood Rd., RR1, Dashwood N0M 1N0

Toll-Free: 1-888-537-3163 Tel: 519-237-3163

Maple syrup, maple sugar, maple butter, maple onion and

Tel: 519-529-7857 Fax: 519-529-3036

Email: robinmap@hurontel.on.ca

Web: www.robinsonmaple.com

Bethanee Jensen

Tel: 519-887-9948

Farm Gate Sales.

Joan, Katie and Rebecca Brady

Email: jbrady@hay.net

Transitioning to organic.

Rick and Marg Steele

Tel: 519-526-7446

Grass-fed lamb.

Barbara Storev

Home Grown Ontario™

"Come see our Traditional Brick Oven". School tours are available

upon demand. We will be hosting an open house, please call for details

ROBINSON'S MAPLE PRODUCTS

A great selection of products from Ontario farmers

Beef, baked goods, tomatoes, cucumbers, onions

sweet corn, apples, potatoes, strawberries, beets, lettuce,

34 RED CAT FARM: BURDAN'S PASSION BREAD

D-10 Karen Smith

No Sprays or Implants.

Open year round by chance

Potatoes and maple syrup.

Beef: whole, half, quarter or individual cuts

OLD 86 FARMERS' MARKET

44229 Amberley Rd., RR2, Wroxeter N0G 2X0

Summer: Monday-Thursday & Saturday 9AM-6PM:

Boxed meat, maple syrup, pickles, preserves, cheese and

PANDORA'S PANTRY

Tel: 519-291-4643 Fax: 519-887-9995

Friday 9AM-9PM; Sunday 10AM-5PM.

222 Josephine St., Wingham N0G 2W0

Tel: 519-357-3466 Fax: 519-357-3466

Custom-made gift baskets with local products.

Local preserves, organic garlic, apple butter, maple

syrup, summer sausage and pepperettes. Vitamins and supplements, dairy, wheat and gluten free foods, bulk

PINERY ANTIQUE FLEA & FARMERS' MARKET

10163 Lakeshore Rd., Hwy. 21 Grand Bend N0M 1T0

Email: pandoraspantryonline.com

Monday-Saturday 9AM-5PM.

Tel: 519-262-3130 Fax: 519-262-2584

Email: gmetzger@metzgermeats.com

Antibiotic and hormone free beef and pork.

Saturday 8AM-3PM. No Sunday Sales.

Open year round: Monday-Friday 8AM-6PM

Beef, pork, poultry, processed meat and salami

76 Courthouse Square, Goderich N7A 1M6 Tel: 519-524-5785 Everything is made on the premises and locally sourced All day breakfast. THE GARLIC BOX INC. **Jackie Rowe** 54 London Rd., Hwy #4, Hensall N0M 1X0 Tel: 519-262-2470 Fax: 519-262-2466 Web: www.thegarlicbox.com

products made with locally grown garlic.

dehydrated garlic available year round.

THE WHOLE PIG

ood N0M 1N0

7871 Dashwood Rd., Dashwood N0M 1 el: 519-237-3255 Fax: 519-237-3196

Email: vanraay@hay.net Web: thewholepig.ca

ork (1 lb.), a variety of sausages (1 lb.) and smo

35809 Union Rd., RR2, Goderich N7A 3X8

Open year round by appointment: 9AM-5PM.

Tel: 519-524-4263 Fax: 519-524-2142

Fresh certified organic crop every weeks

Email: rweth@hurontel.on.ca

Organic Shitake Mushrooms

Martin & Teresa Van Raay

Susan & Ryan Weth

Farm Gate Sales

TASTY NU BAKERY

Tel: 519-236-4912 Fax: 519-236-4912

All products are made fresh daily on the premises.

Open year round from 9AM-6PM. Closed Sunday.

Homemade pies, squares, tarts, cakes, doughnuts, cookie

18 Goshen St. N., Zurich N0M 2T0

Email: tastynu@yahoo.com

Victoria Harron

New line of decadent truffles including flavours such as 56 CNC POULTRY PLACE F-9 Christena Kuepfer/Cindy Streicher 6A Main Street South, Milverton N0K 1M0 Tel: 519-595-2620 Email: kcdj@cyg.ne Drug free and free range! We produce 5 flavours of pickled Ontario garlic. Open year round: Monday-Friday 9:30AM-6PM; Saturday Open year round: Monday-Friday 9AM-5PM. 9:30AM-3PM. No Sunday Sales hicken breasts, wings, chicken or pork sausage, beet We manufacture and sell value-added gourmet garlic food rgers, chicken burgers, turkey burgers, chicken fingers chicken or turkey drumsticks. Fresh market garlic when available, Frozen, minced and Bacon, wing sauces and marinades, dipping sauces

54 C'EST BON CHEESE

55 CHOCOLATE BARR'S CANDIES INC.

4675 Line 3 RR 3 St Marys N4X 1C6

Email: gwtfarm@aol.com

Organic goat's milk cheeses

Year round by chance

Derek & Jacqueline Barr

Gelato all summer long!

Tel: 519-272-2828 Fax: 519-272-0257

Monday-Thursday 9AM-6PM; Friday 9AM-8PM;

reams, mints, sponge toffee, truffles, hard candies, barks

Saturday 9AM-6PM; Sunday 11AM-5PM.

Web: www.chocolatebarrs.com

Web: www.cestboncheese.com

Tel: 519-284-2599 Fax: 519-284-0088

George Taylor

opeye's Chicken, beef pies and vegetable pies. COUNTRYSIDE POULTRY PRODUCTS LTD D-10 Brad Royce 8585 Hwy 23 N, Listowel N4W 3H2 Tel: 519-291-2486 Open year round: Monday-Friday 9:30AM-5:30PM: We deliver healthy, high quality, vacuum packed pork cuts to your Saturday 9:30AM-2:30PM. No Sunday Sales. We deliver year round. Please call us to arrange a delivery. Home Grown Ontario™ ne package includes two chops, ribs, roasts, bacon, lean grou sausage, turkey pies, turkey roasts, wieners, fillets, breasts, eliver. For other requests, please call and we will try to make th Smaller packages are available to fit into your fridge freezer. We offer Maple syrup, cheese, jams and dressings which are all locally a variety of cuts in each package so your meals will be attractive to the young and old. With each package you will receive ideas for cooking each product. Great for the beginner or the gourmet chef! DE WETERING HILL FARMS 45 WETH MUSHROOMS INC.

D-6 Richard and Terry De Wetering 4115 Perth Road 140, RR 5, Stratford N5A 6S6 Tel: 519-393-5612 Fax: 519-393-5613 Web: www.deweteringhillfarms.com Pasture-fed Angus beef and probiotic fed pork for that natural farm taste. All our products are antibiotic and hormone free. Open year round by appointment or by chance. We sell \$40 boxes which contain mixed cuts of beef and pork provide custom orders for "free-run" chicken and heritage breed Other mushrooms varieties depending on the seasor guarter, half or whole. We supply restaurants with our products in Bayfield, Goderich, Stratford, Kitchener, Toronto, Ottawa and Quebec We supply specialty cuts of pork and/or beef to Alexa's Cafe in 59 DIANNA'S COUNTRY BAKERY **ZEHR'S COUNTRY MARKET** Dianna Weirmie

61 ESHCOL FARM

FULL OF BEANS

Email: fullofbeans@live.ca Web: www.full-of-beans.ca

Open year round by appointment. Farm Gate Sales

A variety of locally grown bean mixes and gluten-free

6455 Line 42, RR5, Mitchell N0K 1N0

Tel: 519-348-9057 OR 519-347-2091

Bulk orders available upon request.

Pick your own pumpkins in the fall.

2549 Road 164, RR 1, St Marys N4X 1C4

nato plants, asparagus, sweet corn, heirl

tford and Little Falls Artisan Crafters' Market in St. Marvs

GREG & HELMA LUYTEN

omatoes, fresh dug potatoes, watermelons, canteloupes

Fax: 519-347-2955

Seasonal bean salsa.

Joanne Foster

Tel: 519-229-8237

Email: j.foster@quadro.net

Taste the difference local makes!

May-November. Farm Gate Sales

squash, pumpkins and popping corn.

Barrie Farmers' Market

3197 Perth Rd 163, Fullarton N0K 1H0 75073 Bluewater Hwy RR 1, Bayfield N0M 1G0 Tel: 519-229-6440 Email: diannasbakery@live.ca Tel: 519-565-5566 Fax: 519-565-2280 Email: paulzehr@tcc.on.ca We only use our own cucumbers, grown without sprays or Delicious homemade quality. fertilizers, for our pickles. Year round 9AM-6PM. Closed Sunday. Farm Gate Sales Open year round by appointment. No Sunday Sales. Pork and beef products, baked goods and apples. In season fruits and vegetables, maple syrup, honey and Maple syrup Stratford Farmers' Market **Perth County**

60 ERBCROFT FARMS 47 ALPACA ACRES Tim & Luann Erb 3979 Road 108 BR 4 Stratford N5A 6S5 3907 Road 134 (Station Rd), RR 3, Stratford N5A 6S4 Tel: 519-625-1064 Email: info@alpacaacres.ca Tel: 519-393-5512 Email: lu@erbcroft.cor Meet the alpacas from which our hand crafted items Free-range and naturally raised homegrown product. By appointment or by chance. Please visit our website Open year round by appointment or by chance (most days for updates. Farm Gate Sales. Home Grown Ontario™ ture-raised duck and turkey ality Peruvian alpaca products. Lamb: whole, half or by individual cuts Tours available by appointment. Farm Open House-please Duck and Chicken: whole

check our website for details. 48 ANNA MAE'S Mel & Marlene Herrfort Stew Slater 4060 Perth Line 72, Millbank N0K 1L0 157030 Zorra Line 15, RR1, Lakeside N0M 2G0 Tel: 519-595-4407 Tel: 519-349-2783 Open year round: Monday-Saturday 7AM-8PM. Email: msslater@quadro.net No Sunday Sales. Certified Organic. Muffins, tarts, cookies, chelsea buns, breads and iced buns By appointment. Food and beverage in our restaurant All cuts of red veal, ground beef, all-beef summer sausage Buses by appointment St. Marys Farmers' Market

49 ANN SLATER, FRESH ORGANIC VEGETABLES 157030 15th Line Zorra, RR1, Lakeside N0M 2G0 Tel: 519-349-2448 Email: aslater@guadro.net Certified Organic with some heritage varieties. May-December by appointment. over thirty varieties of vegetables including: lettuce pinach, salad greens, tomatoes, heritage cherry tom atoes (fingerlings and other rare varieties), beans and eets (red and golden). St. Marvs Farmers' Market We supply vegetables such as lettuce, beets, summer

squash and beans to Woolfy's at Wildwood. 63 GOOD LUCK GARDENS 50 BAUMAN APIARIES Abner & Martha Baumai 6927 Nicklin St., Millbank N0K 1L0 Tel: 519-595-4885 Open year round by chance. No Sunday Sales. Supplies summer sausage, maple syrup, pecan pies and pie shells to York St. Kitchen, Stratford.

Bruce and Shirley Mills

Web: www.alswebfarm.com

hides, horns and skulls.

5679 Line 4. RR 6. St Marvs N4X 1C8

Open year round by appointment.

Popcorn on the cob and firewood. Popcorn is available at The Butcher and The Baker in BLACK CREEK FLOWER FARM /PEETERS ENTERPRISES GLADIOLUS Karin and Robert McDougall Greg & Helma Luvten 5216 Line 49, RR 2, Gadshill N0K 1J0 4858 Line 34, RR 5, Stratford N5A 6S6 Tel: 519-393-8265 Fax: 519-393-8266 Tel: 519-595-4260 Email: galuyten@cyg.net Email: kmcdougall@quadro.net August-February by appointment We grow over 500 different gladiolus from all over Canada and the world. Our store gives you an ever changing ampling beginning in late July until frost. July-October: Monday to Friday 9AM-6PM Saturday 9AM-5PM. No Sunday Sales. as broom corn, gourds, and pumpkins. Vases and unique gift items.

Bottled garlic products from Big Ass Garlic. 65 GUENTHER'S BAKERY 52 BLANBROOK BISON FARM Greg and Doug Guenthe 39 Main Street N, Milverton N0K 1M0 Tel: 519-229-6316 Email: blanbrook@quadro.ne Tel: 519-595-8854 Email: kluckhardt@cyg.net Bison is low in fat, low in cholesterol and high in protein and iron. Serving Milverton and Area since 1894 It is sweeter than beef and does not have a "gamey" taste. Open year round: Monday-Friday 7AM-6PM: growth hormones or steroids are used on our animals. Saturday 9AM-1PM. No Sunday Sales. zen bison meat: steaks, roasts, ground, burgers, ste Bread, buns, cookies, tarts and squares. Cheese, jam, fudge, bulk baking supplies and honey. Supplies bread, buns, and rolls to Ginnie's Restaurant in Farmers' Market: Stratford and London Covent Garden

coffee producing regions around the world including:

Kenya, Nicaragua, Brazil, Columbia and Indonesia.

idge Country Meat Store located at RR1 Ayr, ON. Choice Café in Listowel and Westside Café in St. Jacobs. Supplies fresh bison striploin to Woolfy's at Wildwood. 53 CARSONS COUNTRY MARKET 66 INFUSION COFFEE ROASTING CO Rick Herrewynen & Charlene Verbeek 5531 Perth Line 86. RR 3. Listowel N4W 3G8 360 King St. Unit 2 Palmerston N0G 2P0 Tel: 519-291-1094 Fax: 519-291-1471 Tel: 519-291-8170 Fax: 519-291-6091 Email: infusion@persona.ca Web: www.infusioncoffee.com Email: carsonscountrymarket@bellnet.com Open year round: Monday-Saturday 8AM-5PM. A proud Canadian-owned business that provides freshly roasted oremium coffee. We hand-roast and custom blend all of our Home Grown Ontario™ coffees in small batches. We are dedicated to roasting each green bean to perfection to create that perfect up of coffee. Monday-Friday 2PM-5PM; Saturday morning. Local pork products, baked goods and preserves Fair trade, organic and decaffeinated varieties of coffee We also offer coffees as single origins to showcase the

PERTH PORK PRODUCTS LTD. Fred & Ingrid de Martines 4538 Line 38, RR1, Sebringville N0K 1X0 Tel: 519-393-6846 Fax: 519-393-5096 Email: info@perthporkproducts.com Heritage breed pigs that taste like "old fashioned" pork. May-Nov: Monday-Saturday 8AM-8PM; Sunday 8AM-5PM. Farm gate sales by chance. Wild boar: tamworth-tamshire, Iron Age, Stone Age and A pumpkin toss is held the first Saturday after Halloween Suzanne Turnbull & Dorothy Chamberlain

Ted Keller

3585 Line 164, RR1, Mitchell N0K 1N0

Tel: 519-348-9836 Fax: 519-348-9756

Pork products such as smoked chops, pork steaks

Email: tedkellerfarms@hotmail.com

Open year round. Farm Gate Sales

Homegrown Ontario.

Perth County pork products

Supplies asparagus and strawberries to Woolfy's, Rundles, Westover Inn, The Belfry, Hearn's Ice Cream and Pazzo's. MILVERTON FARMERS' MARKET 82 PICKLES EH! 51 Louise Street, Stratford N5A 2E3 Tel: 519-275-3775 Email: suzanne.turnbull@sympatico.ca OR dotty.c@hotmail.cor Summer in a jar! Year round 9AM-5PM by appointment. Please call or e-mail. Home baking, produce, on-site food booth, frozen meats, et Pickles, relishes, mustards, jams, jellies, marmalades, chutneys, vinegar and specialty fruits. Pickle lessons available through Stratford Tourist Alliance. Farmers' Markets: Stratford and St. Marvs. We supply relishes, jams, jellies, mustards, marmalades chutneys, pickles and vinegar to Foster's Inn, Stratford 83 PLETSCH FARMS 70 MITCHELL & AREA FARMERS' MARKET L-10

Larry and Yvonne Pletsch 4004 Line 34 RR 4, Stratford N5A 6S5 Corner of Hwy. 8 (Ontario Rd.) and Blenheim St. Tel: 519-271-7649 July-September by chance. Monday 9:30AM-5:30PM Web: www.mitchellfarmersmarket.com Saturday and Sunday 11:00AM-5:30PM May-Thanksgiving: Fridays 9AM-1PM Sweet corn, potatoes, tomatoes, beans, peas, beet d fresh" fruit and vegetables, some organic produc garlic, onions, cantaloupe, watermelon, peppers and baked goods, jewellery, homemade cabinets, preserves Weekly BBQ with live music and a storyteller MONFORTE DAIRY COMPANY LTD 84 RHEO THOMPSON CANDIES K-10 Kristene Steed

67 McCULLY'S HILL FARM

mail: info@mccullys.ca Web: www.mccullys.ca

April-December: Daily 10AM-5PM. Farm Gate Sales.

October: Harvest Festival. March/April: Maple Festival.

2877 Perth Rd 119, RR 7, St. Marvs N4X 1C9

Day neutral (fall) strawberries available until October.

"Pick Your Own" Strawberries from mid-June to early July

Asparagus, strawberries, pumpkins, squash, fall decor

Fel: 519-284-3199 Fax: 519-284-1250

Email: info@megensfamilyfarm.ca

Annual farm social held in late June.

40 Temperance St., Milverton N0K 1M0

Email: farmersmarket@milvertonfair.ca

June-September: Thursday 3-7PM.

MEGENS FAMILY FARM

Naturally raised meats (beef and pork), maple syrup, vegetables, jam &

Naturally raised meat (poultry, bison, elk), honey, beans, cheese, eggs,

July Pie Festival, August S.P.L.A Heirloom Tomato and Cheese Tasting

Everything is produced or grown within 50 km

074 Line 9, RR 2, St. Marvs N4X 1C5

Andy & Pam Megens

Sandra Kuepfer

Milverton Fairgrounds

Tel: 519-595-3225

Tel: 519-229-6440

and maple syrup.

Ruth Klahsen

Email: diannasbakery@live.ca

9 Griffith Rd., Stratford N5A 6S4

19 Griffith Rd., Stratford N5A 6S4

Cheese production: April-October

Artisanal Cheese.

Laurie Neubrand

soy nut butter.

Tom & Kathy Bickle

Fresh local products.

trees and gift baskets.

Stratford Farmers' Market.

Tel: 519-814-7920 Fax: 519-814-7921

ine 49, RR 2, Monkton N0K 1P0

All products are locally produce

Tel: 519-814-7920 Fax: 519-814-7921

55 Albert Street, Stratford N5A 3K2 Tel: 519-271-6910, 1-888-271-6910 Fax: 519-271-8083 Monforte Dairy is Southwestern Ontario's premier artisanal Our products are made onsite starting from scratch. cheese company known for its range of extraordinary cheeses. Monday-Saturday 9AM-5:30PM; Sunday 11AM-3PM. May-October: Wednesday-Sunday 10AM-7PM. April, November-December: Wednesday-Sunday 10AM-5PM ndies, assorted fudge, nutty pop, caramel corn, ocal vegetables, fruits and berries, preserves, grains and gar-free chocolate and sugar-free candies. We supply products to restaurants across Southern and We also sell a wonderful collection of gifts ready for any MONFORTE DAIRY COMPANY LTD 85 SHAKESPEARE PIES & FARM GATE OUTLET K-10 Gerry & Susie Wagler 2264 Line 34, RR 1, Shakespeare N0B 2P0

Fresh pies daily! Open year round: Tuesday-Thursday 10AM-5:30PM: Friday 9AM-6PM; Saturday 9AM-5PM. No Sunday Sales Fruit pies, meat pies (8 varieties), bread and butter tarts. Retail Outlet open year round: 9AM-5PM in season and by appointment during the off season. Farm Gate Sales Honey, comb honey, apple butter, maple syrup, garlic spread pickled eggs, Distinctly Tea products, farm fresh eggs, orga nuesli, relish, pickles, Niagara peaches in-season, fresh Stratford Farmers' Market and retail store located at the Supplies meat pies to Wellesley Service Centre and fruit pies to Stratford Country Club. 86 SHELDON'S BERRIES

We supply artisanal cheese to restaurants across 73 NEUBRAND COUNTRY PRODUCE Ray Sheldon RR 3 Lakeside N0M 2G0 Tel: 519-347-2766 Email: veggiepielady@hsfx.ca Tel: 519-283-6025 June-October: 9am to 6pm Open year round 9AM-5PM. Farm Gate Sales beans, yellow beans, tomatoes, peppers, melons, squash, gourds and pumpkins Jams, jellies, pies baked with our own berries, honey, apple cider,

Supplies seasonal vegetables to The Screaming Avocado County Food Co. and the Parlour ORCHARD PARK FARMS ford County Rd. 59, RR 6, Woodstock N4S 7W Tel: 519-462-2947 Fax: 519-462-1496 September-May: Monday-Saturday 9AM-5:30PM, Farm Gate Sales No Sunday Sales in December Please note our citrus is a product of the USA. Local produce, honey, apple products, jams, jellies, Christmas supplies apples to Rose Maries in Shakespeare, Madelyns in Stratford, Black Angus in Stratford and Brenny's Bakery in Stratford.

ORGANIC OASIS FARM STORE SPRING VALLEY MAPLE George and Anne Roney 2301 Perth Line 43, RR 1, Stratford N5A 6S2 3301 Perth Rd. 180, RR2, Staffa N0K 1Y0 Tel: 519-625-1177 Email: ajyoung@organicoasis.on.ca Tel: 519-345-0259 Fax: 519-345-0350 Email: springvalley@quadro.net Eniov fresh greens year round from our greenhouses. Open year round. Tuesday-Thursday 10AM-6PM; Friday 10AM-7PM; Saturday 9AM-5PM. Closed Sunday-Monday. Maple syrup and maple syrup value-added products. nicken, pork, eggs, sweet corn, tomatoes, beans, peas C.D.L equipment dealers-everything you need from tree Organic vegetable plants, grass-fed beef and fish (including wild Farmers' Markets: Stratford and Mitchell. Perth County U Pick strawberries (June) & raspberries (September), Farm tours are available in the summer. Subscribe to our e-newsletter by visiting our 89 STECKLE'S PRODUCE & FLOWERS

76 PALACE HILLSIDE ELK FARM Lyle & Teresa Renecker Melvin and Joanna Steckle 1941 Line 36, RR5, Stratford N5A 6S6 5857 Hwy 89, RR 1, Harriston N0G 1Z0 Tel: 519-393-6425 Fax: 519-393-6404 Tel: 519-338-5381 Fax: 519-338-5537 Email: renecker.farm@guadro.net Visit our farm market and experience family farm fresh. Web: www.eatingelk.com Open Mothers Day to Thanksgiving: Elk meat cuts and processed meat products. Farm fresh eggs. Monday-Saturday 9am to 7pm Open year round by appointment or chance. Farm Gate Sales. Elk meat products, free-range brown and white eggs and The Butcher The Baker in Stratford, McCullev Hill Farm. Pickles, jams, maple syrup and honey Greenridge Acres, Forager Foods & Stratford Farmers' Market Supplies elk meat products to the following establishments: Bijou in Stratford, Garlics of London.

ST. MARYS FARMERS' MARKET PANDORA'S PANTRY Lynn Elras K-5 Ann Slater 120 Inkerman St. E., Listowel N4W 2L9 Jones St. Parking Lot. Tel: 519-291-4920 Fax: 519-291-4920 Corner of Jones St. and Water St. St. Marys Tel: 519-349-2448 Email: pandoraspantryonline.com Email: aslater@quadro.net Custom-made gift baskets with local products Monday-Saturday 9AM-5PM. Producer based market featuring homegrown and local We sell organic garlic, apple butter, maple syrup, summer May-October: Saturdays 8AM-12PM. sausage and pepperette Organic is available Vitamins and supplements, dairy, wheat and gluten free food bulk and organic food. Vegetables, berries, fruit, frozen meat, home baking,

78 PASS DA PASTA

127 Albert Street, Stratford N5A 3K5

New! Take-out Panini and pasta salad.

Saturday 10AM-5PM. No Sunday Sales

Cheese, extra virgin olive oils and vinegars

4983 Perth Line 44, RR2, Gadshill N0K 1J0

Open all year by appointment or by chance.

bacon, breakfast sausage and pork loin roast

Smoked pork chops, sausages, bacon burgers, pork steaks

Order one week ahead: Black Forest Ham, bacon, peameal

PERTH COUNTY PORK

Web: www.passdapasta.com

uesday-Friday 10AM-6PM-

Jerry & Sandra DeGroot

Email: jersan@quadro.ne

Tel: 519-393-5237

Kathy Hundt

Tel: 519-272-1956

Open year round:

Pancake breakfasts are held once a month 91 STOVEL-SIEMONS LTD. K-10 Michelle Siemon 6115 West Perth Line 39, RR 5, Mitchell N0K 1N0 Tel: 519-348-8503 Fax: 519-348-4220 No Sunday Sales. No Farm Gate Sales.

oduce, Black Angus beef, free-range chicker

Fresh pasta, sauces, lasagna, cannelloni, ravioli and organic STRATFORD & DISTRICT AG SOCIETY PRODUCERS PORK PRODUCTS K-9 Pam Riehl 353 McCarthy Rd., (behind the arena) Stratford Tel: 519-271-5130 Fax: 519-271-0062

Web: www.stratfordfairgrounds.com

Open on Wednesdays from June-Octobe

Open year round every Saturday.

and Sunday 12PM-4PM. Farmers' Markets: St. Marvs. Grand Bend and Exeter Dairy products, meat, baked goods, fruit and vegetables unflower cooking oils, juices, honey, maple syrup and eggs. 87 SOILED REPUTATION 4129 Rd. 130, Sebringville N0K 1X0 Tel: 519-393-6497 Fax: 519-393-6505 Tel: 519-291-4777 Email: johnfam@quadro.net Web: soiledreputation.com Certified organic, gourmet quality heirloom vegetables Web: www.shopkci.ca which are grown in a manner that enriches the environment. Open year round 9AM-7PM. Farm Gate Sales. Salad greens, arugula, specialty potatoes, coloured car nbo shallots, assorted kole crops, green beans, sugar v leeks, romanesco cauliflower, bok choi, Jerusalen artichokes, parsnips, onions, turnips and fava beans. Farm tours available by appointment.

THE KITCHEN CUPBOARD & ICE BOX 105 Elizabeth St W, Listowel N4W 1C8 Email: service@shopkci.ca 10 years of offering fabulous food, fine ingredients nd quality kitchenware! Open year round: Monday-Thursday 9AM-6PM; riday 9AM-8PM; Saturday 9AM-5PM.

Please visit our website to see videos, new producers and up to date information.

www.huronperthfarmtotable.ca

Please tell our Farmers and Advertisers you saw them on the Buy Local! Buy Fresh! Map.

93 SWITZER SWEET CORN & PUMPKINS 101 THE SPLIT RAIL COUNTRY STORE

H-11 Amberly Knott

4304 Perth Rd. 119 (Mornington St. N) Stratford N5A 6S2

"Home Grown Ontario"-Dewetering Hill Farm's meat

Free range eggs, maple syrup, honey, Baden coffee, cheese

locally manufactured pet food, bird seed, pet supplies, horse

Tel: 519-273-1881 Fax: 519-273-510

Web: www.splitrailcountrystore.com

Monday-Wednesday 9AM-5:30PM:

Gary or Maria Urquhart

John & Julie Koch

Tel: 519-656-249

Great BBQ products!

Home Grown Ontario $^{\text{TM}}$

Jerry Cook & Todd Cook

186 St Andrew St., Mitchell N0K 1N0

Beans, tomatoes, zucchini, pumpki

ed/green/orange/vellow peppers, peas and pears

WHIRL CREEK FARM

5146 Perth Line 44, RR2, Gadshill N0K 1J0

Tel: 519-393-6855 Email: mary.stevers@gmail.com

Open year round from 8AM-6PM. Farm Gate Sales.

Our meats are produced with our own home grown feeds and

Beef, pastured pork, eggs, mixed greens, lettuce, spinach,

onions, strawberries, beans, carrots, beets, tomatoes,

WILLOWGROVE HILL

4608 Perth Road 164, RR 5, Mitchell N0K 1N0

Home Grown Ontario™ and "Foodland Ontario".

hops, bacon, sausages, roasts and ribs.

nutritionally enhanced with DHA/EPA Omega 3

6979 Main St., Millbank N0K 1L0

Organic squash and pumpkins

Open year round.

Tel: 519-595-4403 Fax: 519-595-2608

peppers, cabbage, squash, potatoes, pumpkin, certified

Open year round by appointment or by chance. Farm Gate Sales.

Natural premium pork products, home raised without antibiotics,

Supplies pork tenderloin, pulled pork and chops to Deerhurst Resor

ZEHRS COUNTRY MARKET

Local meats, sausages, summer sausage, fresh fruit in

season, strawberries, cherries, peaches, raspberries, etc

(Huntsville), Fairmont Royal York (Toronto) and Elmhurst Inn (Ingersoll)

Email: dmcook888@gmail.com

Mary Lynn & George Stevers

No Sunday Sales.

Transitioning to organic

free of GMOs, drugs and hormones.

raanic garlic and bedding plants

Tel: 519-348-8666 Fax: 519-348-9891

Email: rose@willowgrovehill.com

Web: www.willowgrovehill.com

Raised without antibiotics.

K-10 David Zehr

No farm gate sales

TENDERBUFF WATER BUFFALO WATKINS AND RAWLEIGH'S

Email: urqfarms@quadro.net

Saturday 8:30AM-2:00PM. No Sunday Sales.

chick days, poultry supplies and much more.

102 URQUHART FARM LTD.

5604 Perth Line 8, RR 1, St. Marys N4X 1C4

Tel: 519-229-8955 Fax: 519-229-6839

4859 Road 104 RR 1, Gadshill N0K 1J0

Stuffed pork chops, Teriyaki Pork steaks, rib burgers,

Supplies pork and beef to Pazzo's and Keystone Alley

Open by chance or by appointment.

Murray & Leslie Switze

Email: lswitzer@quadro.net

July-November: 9AM-7PM

Picked fresh daily and insecticide free

2468 Lichty Road, Millbank N0K 1L0

Farmers' Markets: Cambridge

433 Erie Street, Stratford N5A 2N3

Canada's leading purveyor of fine teas

Blended teas & herbal tisane:

Tea pots & interesting teaware.

Henry, Inge, Fred & Irene Koskamp

Locally raised water buffalo.

Linda Knechtel

travelling public

Home Grown Ontario ™

4701 Line 29, RR3, Stratford N5A 6S

Tel: 519-393-5729 Fax: 519-393-5898

Tel: 519-229-6344

Farm Gate Sales.

Tel: 519-698-240

No Sunday Sales.

appointment.

raised pork.

5857 Perth Line 8, RR1, St. Marvs N4X 1C4

Sweet corn, pumpkins, Indian corn, gourds, corn stalks

Experience the wild flavour of our partridges and naturally

Tuesdays-Thursdays 9AM-6PM and by appointment.

Supplies Partridges to Charbries in Waterloo

Hungarian Partridge (no antibiotics) and pork (no GMO).

95 TEA LEAVES TEA TASTING BAR

Tel: 519-273-1201 Email: info@stratfordtealeaves.com

Open year round: Wednesday-Saturday 11AM-5PM and by

Herbal tasting & blending workshops. Tea and chocolate

Prune, Organic Oasis, Gentle Rain and Brew Garden

including Bijou, Rene's Bistro, Rundles, Revel Cafe, The Old

Email: tenderbuff@quadro.net Web: www.waterbuffalocanada.ca

ocally raised water buffalo meat products including: frozen

Our water buffalo are hormone and steroid free. Water buffalo is

is low in cholesterol. Our products do not have a "gamey" taste.

Supplies carcasses to White House Meats located at the St.

97 THE BEST LITTLE PORK SHOPPE

mail: info@porkshoppe.com Web: www.porkshoppe.cor

liments such as BBQ sauce, mustard, bread dippers, etc

reakfast sausage to The Boathouse in Stratford and numerous

Supplies peameal back bacon, smoked garlic sausage and

Celebrating 23 years of providing fine local meats to the

April- December 24th: Sunday-Friday 10AM-6PM;

2146 Perth Line 34, Shakespeare N0B 2P0

Tel: 519-625-8194 Fax: 519-625-8879

Saturday 9AM-6PM. Farm Gate Sales.

Bed and Breakfasts in Perth County.

THE BUTCHER THE BAKER...
GOURMET FOODS INC.

26 Wellington St., Stratford N5A 2L2

Email: butcherbaker@wightman.ca

Fresh Bread Baked Daily.

Home Grown Ontario ™

Sunday 11AM-4PM.

Tel: 519-271-0388

Tel: 519-273-1850 Fax: 519-271-8216

Monday-Friday 9AM-6PM; Saturday 7AM-5PM;

Fresh local meats, store made sausage, local cheese

preserves, local maple syrup and seasonal fruit and

Since 1979 The Gentle Rain has been selling a wide

selection of locally grown, organic food products.

Monday-Friday 9AM-7PM; Saturday 9AM-5:30PM

All local restaurants pick up various products

99 THE GENTLE RAIN

30 Rebecca St., Stratford N5A 3P1

leaner than skinless chicken, turkey, bison and beef. Water buffale

Open year round by appointment. Farm Gate Sales

Use this map to learn more about how to find locally produced safe, fresh food!

Think Safety at each Stop

1 Always keep an insulated cooler bag in your car. If you do stop at a local producer, you will have somewhere to keep your cold foods.

2 When you know that you are going shopping, put an ice pack in your cooler bag to keep your cold foods cold. 3 Food should not be kept in the cooler bag without an ice pack for any

longer than two hours from the time of purchase. Check the temperature in the bag. Ideally it should be 4°C. 4 When running errands, leave food shopping for the last task.

5 All meat is to be government inspected. You should ask the producer about where the meat was processed and inspected to be sure you are getting a 6 Farm gate eggs may not be cleaned and graded. Eggs can be a food safety

risk and should be handled with care. This means, do not eat raw eggs, cook them until the yolk is firm, keep them cold and wash your hands and surfaces with soapy water after using. 7 In Canada, all milk must be pasteurized to kill harmful bacteria before

it can be sold. Be sure the milk you are buying is pasteurized. 8 Buy fresh vegetables and fruits that are not bruised or damaged.

Their surface acts as a natural defense against harmful bacteria.

9 Wash ALL produce, even if it was pre-washed. Use cold running water to remove dirt and bacteria.

10 Apple cider and juices must be sold as pasteurized and produced in an inspected facility

Home Hints for Food Safety (Clean, Separate, Cook, Chill)

1 Always clean your hands, food and surfaces before and after handling food.

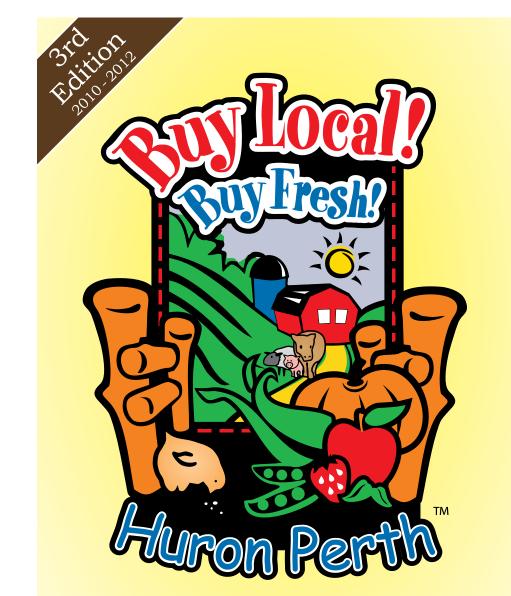
2 Separate raw food from cooked food and cover all foods. Store raw meat on the lowest shelf in the refrigerator to avoid juice drippings onto ready-to-eat food. 3 Cook food to the correct internal temperature:

i. Whole poultry 82°C ii. Poultry parts 74°C iii. Meat 71°C

iv. Fish 70°C

4 Chill all cold foods within two hours from the time of purchase and after cooking.

For more information: www.inspection.gc.ca/english/fssa/fssae.shtml For recipes and more food information, visit: www.foodland.gov.on.ca



Your Guide to Local Food Eat Quality with Confidence

A project of the Huron Perth Farm to Table Committee

www.huronperthfarmtotable.ca

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Questions? Don't be a stranger!

tourism@huroncounty.ca or info@visitperth.ca 1-888-524-8394 x 3 or 1-888-366-0160

> www.ontarioswestcoast.ca www.visitperth.ca www.huronperthfarmtotable.ca

Use this seasonal availability guide to determine when you can expect regional produce to be available. Weather conditions affect the growing season, so calling ahead is a good idea.

Apples Asparagus Beans Beets Blueberries Broccoli Cabbage Carrots Celery Cherries Corn Cucumbe Eggplant Lettuce Onions Pears Peppers Potatoes Pumpkins Radishes Rhubarb Squash Tomatoes

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