

MAP

tional farm features

Grown or raised by the farmer

Bought from another local source

166 Courthouse Sq., Goderich N7A 1N

Tel: 519-335-6352 Fax: 519-335-4352

Email: ieff@drudgefamilymaplesyrup.com

Web: www.drudgefamilymaplesyrup.com

continuously, since 1797!

Farm Gate Sales.

Diane Klopp

Exeter Recreation Centre

Tel: 519-236-7999

Email: dklopp@hay.net

"Home Grown Ontario"

Blyth Farmers' Market.

Email: mcford@hay.net

Farm Gate Sales.

38425 Dashwood Rd., RR1, Hay N0M 1W0

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.

Tel: 519-237-3216 Fax: 519-237-3216

Sweet Corn - "Picked Fresh Everyday"

corn stock bundles and Indian corn.

Late July-October: 8AM-dusk

94 Victoria St. E., Exeter

Web: www.farmersmarketsontario.c

May-October: Thursdays 3-7PM.

Buy fresh product directly from the farmers.

ozen meats, seasonal produce, crafts, cut flowers,

baked goods, prepared food, jams, jellies, preserves, etc.

FALCON SPRING FARM

Our family has been making Maple Syrup in Ontario,

Open year round by chance. No Sunday Sales.

Gift baskets made to order with local products.

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-September: Monday-Saturday, 10AM-9PM ber-December: Monday-Saturday, 10AM-6PM 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: 519-482-1666 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 42933 St. Michaels Road, Brussels N0G 1H0 Tel: 519-887-6972 Email: dgriffiths58@hotmail.com Controlled atmosphere cold storage ensures maximum 🦙 freshness is maintained. September-June by appointment or by chance. Farm Gate Sales First and second grade apples and Bartlett pears. Apple cider, honey and apple butter.

Pick you own apples available during the months of September-October. Bulk discounts are offered. BLYTH FARMERS' MARKET Corner of Hwy. 4 (London Rd.) and Dinsley St. W, Blyth (S) Tel: 519-523-9932 Email: sawchuk@tcc.on.ca Picked and baked fresh on market day. June-September: Saturdays 1PM-5PM. In-season vegetables, home baked goods, local fruit

Les & Deb Falconer 40987 Front Rd RR5 Clinton N0M 1L0 Tel: 519-233-5393 Fax: 519-233-5393 Open year round by appointment or by chance. Farm Gate Sales. Lamb and beef: hamburger, patties, quarter, side or \$100 box. 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

6 CHERRY RIDGE FARM FORDS FARM FRESH PRODUCE Pauline McFadden & Doug Ford Ed & Cathy VanDonkersgoed 43745 Spencetown Rd. RR2, Wroxeter N0G 2X0 Tel: 519-335-6432 Email: ecvd@wightman.ca OR ed_cathy@cherryridgefarms.ca Naturally-fed beef sold by the quarter, individual cuts 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. Goderich Farmers' Market Vince Bury 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"

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.

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.

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

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

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

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, guarter 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. 16 GRAND BEND FARMERS' MARKET 29 MULBERRY HILL FARM Nancy Hislop 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 ve a full cross section of vendors selling vegetables, fruits, cheeses, flowers (cut and potted), flour, baked goods and craf Weekly draw for a basket full of goodness (one item from each vendor). Entertainment, GLAD days, friendly vendors and an Farm Gate Sales NATURALLY ORGANIC 17 GRASSROOTS RURAL RETREAT

81831 North Line, RR4, Walton N0K 1Z0

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.

METZGER MEAT PRODUCTS

Gerhard Metzger

180 Brock Ave., Hensall N0M 1X0

Web: www.metzgermeats.com

Cheese and other specialties.

Home Grown Ontario™

Jim Rapson

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

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

Open year round by appointment or by chance.

specifications. Limited supply of individual cuts.

36670 Dashwood Rd., RR1, Dashwood N0M 1N0

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

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

38 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.

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

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

SHEPHERD'S FOLD

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

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

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.

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

Victoria Harron 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

Martin & Teresa Van Raay

Susan & Ryan Weth

Farm Gate Sales

dehydrated garlic available year round.

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

We deliver year round. Please call us to arrange a delivery.

ood N0M 1N0

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

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 products made with locally grown garlic. chicken or turkey drumsticks. Fresh market garlic when available, Frozen, minced and Bacon, wing sauces and marinades, dipping sauces opeye's Chicken, beef pies and vegetable pies. THE WHOLE PIG D-10 Brad Royce

COUNTRYSIDE POULTRY PRODUCTS LTD 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. 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.

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

New line of decadent truffles including flavours such as

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

Web: www.chocolatebarrs.com

Web: www.cestboncheese.com

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

George Taylor

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 quarter, 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 3197 Perth Rd 163, Fullarton N0K 1H0

Tel: 519-393-5512 Email: lu@erbcroft.cor

for updates. Farm Gate Sales.

ture-raised duck and turkey

Lamb: whole, half or by individual cuts

61 ESHCOL FARM

157030 Zorra Line 15, RR1, Lakeside N0M 2G0

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

All cuts of red veal, ground beef, all-beef summer sausage

Home Grown Ontario™

Duck and Chicken: whole

Stew Slater

Tel: 519-349-2783

Certified Organic.

By appointment.

Email: msslater@quadro.net

St. Marys Farmers' Market

Free-range and naturally raised homegrown product.

By appointment or by chance. Please visit our website

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 Meet the alpacas from which our hand crafted items Open year round by appointment or by chance (most days ality Peruvian alpaca products. Tours available by appointment. Farm Open House-please check our website for details.

48 ANNA MAE'S ROBINSON'S MAPLE PRODUCTS Mel & Marlene Herrfort 4060 Perth Line 72, Millbank N0K 1L0 Tel: 519-595-4407 Open year round: Monday-Saturday 7AM-8PM. No Sunday Sales. Muffins, tarts, cookies, chelsea buns, breads and iced buns Food and beverage in our restaurant Buses by appointment

> 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 ets (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

SMOKEY HOLLOW FARM MARKET Abner & Martha Baumai 6927 Nicklin St., Millbank N0K 1L0 Tel: 519-595-4885 Open year round by chance. No Sunday Sales. We are proud to produce a fresh, nutritious variety of produce and are glad to share our knowledge and enthusiasm with our customers May-November by chance or appointment. Farm Gate Sales. Supplies summer sausage, maple syrup, pecan pies and pie shells to York St. Kitchen, Stratford. radishes, beans, beets, squash, tomatoes, peppers, pumpking

Bruce and Shirley Mills

Web: www.alswebfarm.com

hides, horns and skulls.

Home Grown Ontario™

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. Bottled garlic products from Big Ass Garlic. July-October: Monday to Friday 9AM-6PM Saturday 9AM-5PM. No Sunday Sales. as broom corn, gourds, and pumpkins. Vases and unique gift items.

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 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.

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 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 coffee producing regions around the world including: Kenya, Nicaragua, Brazil, Columbia and Indonesia.

Naturally raised meat (poultry, bison, elk), honey, beans, cheese, eggs, Perth County pork products July Pie Festival, August S.P.L.A Heirloom Tomato and Cheese Tasting 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. "Pick Your Own" Strawberries from mid-June to early July Farm gate sales by chance. Wild boar: tamworth-tamshire, Iron Age, Stone Age and A pumpkin toss is held the first Saturday after Halloween

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.

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! Suzanne Turnbull & Dorothy Chamberlain 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 70 MITCHELL & AREA FARMERS' MARKET 83 PLETSCH FARMS L-10

Larry and Yvonne Pletsch Corner of Hwv. 8 (Ontario Rd.) and Blenheim St. 4004 Line 34 RR 4, Stratford N5A 6S5 Tel: 519-271-7649 July-September by chance. Email: diannasbakery@live.ca 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 55 Albert Street, Stratford N5A 3K2 9 Griffith Rd., Stratford N5A 6S4 Tel: 519-271-6910, 1-888-271-6910 Fax: 519-271-8083 Tel: 519-814-7920 Fax: 519-814-7921

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 19 Griffith Rd., Stratford N5A 6S4 Tel: 519-814-7920 Fax: 519-814-7921

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.

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 &

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

Artisanal Cheese.

Laurie Neubrand

soy nut butter.

Tom & Kathy Bickle

Fresh local products.

trees and gift baskets.

Lynn Elras

Kathy Hundt

Tel: 519-272-1956

Open year round:

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

PERTH COUNTY PORK

PRODUCERS PORK PRODUCTS

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

Web: www.passdapasta.com

uesday-Friday 10AM-6PM-

Jerry & Sandra DeGroot

Email: jersan@quadro.ne

Tel: 519-393-5237

No Sunday Sales in December

Stratford Farmers' Market.

County Food Co. and the Parlour

Tel: 519-462-2947 Fax: 519-462-1496

Please note our citrus is a product of the USA.

2301 Perth Line 43, RR 1, Stratford N5A 6S2

Tel: 519-625-1177 Email: ajyoung@organicoasis.on.ca

Eniov fresh greens year round from our greenhouses.

Tuesday-Thursday 10AM-6PM; Friday 10AM-7PM;

nicken, pork, eggs, sweet corn, tomatoes, beans, peas

Organic vegetable plants, grass-fed beef and fish (including wild

available in the summer. Subscribe to our e-newsletter by visiting our

Saturday 9AM-5PM. Closed Sunday-Monday.

All products are locally produce

Cheese production: April-October

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 We supply artisanal cheese to restaurants across to Stratford Country Club. 86 SHELDON'S BERRIES

73 NEUBRAND COUNTRY PRODUCE Ray Sheldon ine 49, RR 2, Monkton N0K 1P0 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 ORCHARD PARK FARMS

Farmers' Markets: St. Marvs. Grand Bend and Exeter 87 SOILED REPUTATION 4129 Rd. 130, Sebringville N0K 1X0 ford County Rd. 59, RR 6, Woodstock N4S 7W Tel: 519-393-6497 Fax: 519-393-6505 Email: johnfam@quadro.net Web: soiledreputation.com Certified organic, gourmet quality heirloom vegetables September-May: Monday-Saturday 9AM-5:30PM, Farm Gate Sales 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 Local produce, honey, apple products, jams, jellies, Christmas

v leeks, romanesco cauliflower, bok choi, Jerusalen supplies apples to Rose Maries in Shakespeare, Madelyns in artichokes, parsnips, onions, turnips and fava beans. Stratford, Black Angus in Stratford and Brenny's Bakery in Stratford. Farm tours available by appointment. ORGANIC OASIS FARM STORE SPRING VALLEY MAPLE George and Anne Roney 3301 Perth Rd. 180, RR2, Staffa N0K 1Y0 Tel: 519-345-0259 Fax: 519-345-0350 Email: springvalley@quadro.net Open year round. Maple syrup and maple syrup value-added products. C.D.L equipment dealers-everything you need from tree Farmers' Markets: Stratford and Mitchell. Perth County U Pick strawberries (June) & raspberries (September), Farm tours are

PALACE HILLSIDE ELK FARM 89 STECKLE'S PRODUCE & FLOWERS 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.

90 ST. MARYS FARMERS' MARKET PANDORA'S PANTRY 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, 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. Fresh pasta, sauces, lasagna, cannelloni, ravioli and organic

oduce, Black Angus beef, free-range chicker

STRATFORD & DISTRICT AG SOCIETY K-9 Pam Riehl 353 McCarthy Rd., (behind the arena) Stratford Tel: 519-271-5130 Fax: 519-271-0062 Web: www.stratfordfairgrounds.com Open year round every Saturday. Open on Wednesdays from June-Octobe Smoked pork chops, sausages, bacon burgers, pork steaks

4304 Perth Rd. 119 (Mornington St. N) Stratford N5A 6S2 5857 Perth Line 8, RR1, St. Marvs N4X 1C4 Tel: 519-273-1881 Fax: 519-273-510 Tel: 519-229-6344 Email: lswitzer@quadro.net Web: www.splitrailcountrystore.com Picked fresh daily and insecticide free "Home Grown Ontario"-Dewetering Hill Farm's meat July-November: 9AM-7PM Monday-Wednesday 9AM-5:30PM: Sweet corn, pumpkins, Indian corn, gourds, corn stalks Saturday 8:30AM-2:00PM. No Sunday Sales. Free range eggs, maple syrup, honey, Baden coffee, cheese Farm Gate Sales. locally manufactured pet food, bird seed, pet supplies, horse chick days, poultry supplies and much more. URQUHART FARM LTD.

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

H-11 Amberly Knott

Gary or Maria Urquhart 5604 Perth Line 8, RR 1, St. Marys N4X 1C4 2468 Lichty Road, Millbank N0K 1L0 Tel: 519-229-8955 Fax: 519-229-6839 Tel: 519-698-240 Experience the wild flavour of our partridges and naturally Email: urqfarms@quadro.net raised pork. Open by chance or by appointment. Tuesdays-Thursdays 9AM-6PM and by appointment. No Sunday Sales. Hungarian Partridge (no antibiotics) and pork (no GMO). Farmers' Markets: Cambridge

Murray & Leslie Switze

Supplies Partridges to Charbries in Waterloo

appointment.

95 TEA LEAVES TEA TASTING BAR John & Julie Koch 433 Erie Street, Stratford N5A 2N3 4859 Road 104 RR 1, Gadshill N0K 1J0 Tel: 519-273-1201 Email: info@stratfordtealeaves.com Tel: 519-656-249 Great BBQ products! Canada's leading purveyor of fine teas No farm gate sales Open year round: Wednesday-Saturday 11AM-5PM and by Home Grown Ontario $^{\text{TM}}$ Stuffed pork chops, Teriyaki Pork steaks, rib burgers, Blended teas & herbal tisane: Tea pots & interesting teaware. Supplies pork and beef to Pazzo's and Keystone Alley Herbal tasting & blending workshops. Tea and chocolate including Bijou, Rene's Bistro, Rundles, Revel Cafe, The Old Prune, Organic Oasis, Gentle Rain and Brew Garden

TENDERBUFF WATER BUFFALO WATKINS AND RAWLEIGH'S Jerry Cook & Todd Cook Henry, Inge, Fred & Irene Koskamp 4701 Line 29, RR3, Stratford N5A 6S 186 St Andrew St., Mitchell N0K 1N0 Tel: 519-393-5729 Fax: 519-393-5898 Email: tenderbuff@quadro.net Web: www.waterbuffalocanada.ca Email: dmcook888@gmail.com Locally raised water buffalo. Beans, tomatoes, zucchini, pumpki Open year round by appointment. Farm Gate Sales ed/green/orange/vellow peppers, peas and pears ocally raised water buffalo meat products including: frozen Our water buffalo are hormone and steroid free. Water buffalo is leaner than skinless chicken, turkey, bison and beef. Water buffale is low in cholesterol. Our products do not have a "gamey" taste. Supplies carcasses to White House Meats located at the St.

WHIRL CREEK FARM 97 THE BEST LITTLE PORK SHOPPE Linda Knechtel Mary Lynn & George Stevers 2146 Perth Line 34, Shakespeare N0B 2P0 5146 Perth Line 44, RR2, Gadshill N0K 1J0 Tel: 519-625-8194 Fax: 519-625-8879 Tel: 519-393-6855 Email: mary.stevers@gmail.com mail: info@porkshoppe.com Web: www.porkshoppe.cor Our meats are produced with our own home grown feeds and Celebrating 23 years of providing fine local meats to the free of GMOs, drugs and hormones. travelling public Open year round from 8AM-6PM. Farm Gate Sales. April- December 24th: Sunday-Friday 10AM-6PM; Saturday 9AM-6PM. Farm Gate Sales. No Sunday Sales. Home Grown Ontario ™ Transitioning to organic Beef, pastured pork, eggs, mixed greens, lettuce, spinach, liments such as BBQ sauce, mustard, bread dippers, etc Supplies peameal back bacon, smoked garlic sausage and onions, strawberries, beans, carrots, beets, tomatoes, peppers, cabbage, squash, potatoes, pumpkin, certified reakfast sausage to The Boathouse in Stratford and numerous raanic garlic and bedding plants Bed and Breakfasts in Perth County.

THE BUTCHER THE BAKER...

GOURMET FOODS INC. WILLOWGROVE HILL 4608 Perth Road 164, RR 5, Mitchell N0K 1N0 26 Wellington St., Stratford N5A 2L2 Tel: 519-348-8666 Fax: 519-348-9891 Tel: 519-273-1850 Fax: 519-271-8216 Email: rose@willowgrovehill.com Email: butcherbaker@wightman.ca Web: www.willowgrovehill.com Fresh Bread Baked Daily. Raised without antibiotics. Monday-Friday 9AM-6PM; Saturday 7AM-5PM; Open year round by appointment or by chance. Farm Gate Sales. Sunday 11AM-4PM. Home Grown Ontario™ and "Foodland Ontario". Home Grown Ontario ™ hops, bacon, sausages, roasts and ribs. Natural premium pork products, home raised without antibiotics, Fresh local meats, store made sausage, local cheese nutritionally enhanced with DHA/EPA Omega 3 preserves, local maple syrup and seasonal fruit and All local restaurants pick up various products Supplies pork tenderloin, pulled pork and chops to Deerhurst Resor

(Huntsville), Fairmont Royal York (Toronto) and Elmhurst Inn (Ingersoll) 99 THE GENTLE RAIN ZEHRS COUNTRY MARKET K-10 David Zehr 30 Rebecca St., Stratford N5A 3P1 6979 Main St., Millbank N0K 1L0 Tel: 519-271-0388 Since 1979 The Gentle Rain has been selling a wide

Tel: 519-595-4403 Fax: 519-595-2608 Open year round. selection of locally grown, organic food products. Organic squash and pumpkins Monday-Friday 9AM-7PM; Saturday 9AM-5:30PM Local meats, sausages, summer sausage, fresh fruit in and Sunday 12PM-4PM. season, strawberries, cherries, peaches, raspberries, etc Dairy products, meat, baked goods, fruit and vegetables unflower cooking oils, juices, honey, maple syrup and eggs.

THE KITCHEN CUPBOARD & ICE BOX Please visit our website 105 Elizabeth St W, Listowel N4W 1C8 Tel: 519-291-4777 to see videos, new Email: service@shopkci.ca Web: www.shopkci.ca producers and up to date

10 years of offering fabulous food, fine ingredients nd quality kitchenware! information. Open year round: Monday-Thursday 9AM-6PM; riday 9AM-8PM; Saturday 9AM-5PM. www.huronperthfarmtotable.ca

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

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.

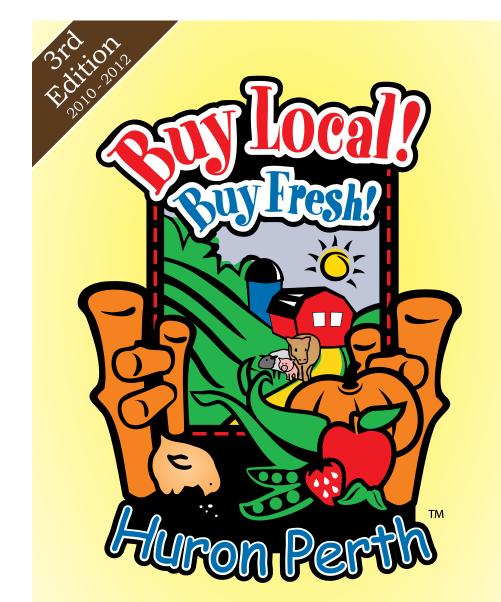
2 Separate raw food from cooked food and cover all foods. Store raw meat on the lowest shelf in the refrigerator to avoid juice drippings onto ready-to-eat food. 3 Cook food to the correct internal temperature:

ii. Poultry parts 74°C iii. Meat 71°C iv. Fish 70°C

i. Whole poultry 82°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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www.nfu.ca/on

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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