Food Box Programs
To receive regular deliveries of locally grown fruits and vegetables, visit the following websites:
www.foodshare.net - All over Ontario
www.frontdoororganics.com - Toronto only
www.wanigan.com - Toronto, Aurora, Brampton, Mississauga, Newmarket, Oakville and Richmond Hill
www.greenearthorganics.com - Toronto and Simcoe-Muskoka
www.mamaearth.ca - Toronto only
www.planborganicfarms.ca - Greater Toronto Area
www.cleanfoodconnection.com - Uxbridge, Newmarket and Mount Albert

Farms and farmer's markets
Find a farmer's market close to home and purchase vegetables, fruits, milk, eggs and meat when they are at their freshest. Talk to the farmers and find out more about how they grow and produce their food.
http://ontariofarmfresh.com
http://www.farmersmarketsontario.com/Markets.cfm
http://ontario.farmvisit.com/
http://www.greenbeltfresh.ca/view/sort/farmers-markets/by-region-and-day

Seasonal foods
For the most freshness and nutrition, find out what fruits and vegetables are in season during the current month.
http://www.foodland.gov.on.ca/english/availability.html
http://greenbeltfresh.ca/whats-in-season
http://www.eatrealeatlocal.ca/
Recipes
Look up some nutritious recipes to prepare your local Ontario foods.
http://www.harvestcanada.com/recipes.php
http://www.foodland.gov.on.ca/english/recipes.html
http://www.foodland.gov.on.ca/english/food-facts.html information on buying and
http://ontariofarmfresh.com/consumers/recipes/

Community Gardens
For those who don’t own land but would love to have a small plot on which to grow some vegetables, a community garden is the perfect solution. To find a community garden near you:
www.tcgn.ca Toronto Community Garden Network
www.toronto.ca/parks to find directory of community gardens in Toronto

Community Supported Agriculture
Pay a fee before the start of the growing season to obtain a share in a local farm, and then receive food produced by the farm through the growing season. Some CSA’s also include dairy and meat or poultry along with fruits and vegetables, so be sure to ask!

What’s going on in the world of local food in your region?
http://www.hollandmarshgold.com/ Holland Marsh
http://www.peelregion.ca/planning/gip/ Peel
http://www.environmenthamilton.org/eatlocal/ Hamilton
http://www.foodlinkgreybruce.com/ Grey Bruce
http://www.simcoecountyfarmfresh.ca/index.php Simcoe County