

Resource List for Fresh & Local Foods in Central and Southern Ontario

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/>

<http://www.eatrightontario.ca/en/Recipes.aspx>



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!

<http://csafarms.ca/index.html> Ontario CSA Directory

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

