

Why Buy Local?

Freshness and taste

Fresh foods often contain fewer preservatives that are necessary for foods that travel a long distance. Produce eaten soon after harvest retains its nutrients and just tastes better.

Safety Assurance

Ontario products are produced under the strict guidelines set up by the government. Food safety is important and farmers take pride in producing high quality, safe food for their customers. Knowing where and how your food is grown helps you feel secure.

Better for the Environment

Commercially grown foods can travel over 1500 kms to get to the store, while local foods don't have far to travel to get to our tables. Local produce promotes a cleaner environment by reducing fossil fuel consumption and reducing greenhouse emissions. Remember, farmers are stewards of the land. We live on our farms, raise our families and depend on our farms to grow our products. Farmers understand more than most the importance of healthy soil, clean water and air.

Helps the Local Economy

When you buy from local farmers and producers, you are supporting local businesses and providing income for families in your community. You are helping to keep agriculture viable. Money spent locally stays in your community.

To obtain more copies visit:

any **LIBRO CREDIT UNION** Branch near you, or contact:

the **ESSEX COUNTY FEDERATION OF AGRICULTURE**

ECFA

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"LIKE" US ON



Local Availability

	J	F	M	A	M	J	J	A	S	O	N	D
APPLES	•	•	•	•	•	•	•	•	•	•	•	•
APRICOTS						•	•					
ASPARAGUS					•	•						
BEANS - Green - Wax						•	•	•	•	•	•	•
BEETS	•	•	•	•	•	•	•	•	•	•	•	•
BLUEBERRIES						•	•					
CABBAGE	•	•	•	•	•	•	•	•	•	•	•	•
CARROTS	•	•	•	•	•	•	•	•	•	•	•	•
CAULIFLOWER						•	•	•	•	•	•	•
CHERRIES						•	•					
CORN						•	•	•	•	•	•	•
CUCUMBERS - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
CURRANTS - Red/Black						•	•					
EGGPLANT						•	•					
GARLIC	•	•				•	•	•	•	•	•	•
MUSKMELON						•	•					
MUSHROOMS	•	•	•	•	•	•	•	•	•	•	•	•
NECTARINES						•	•					
ONIONS - Green	•	•	•	•	•	•	•	•	•	•	•	•
PEACHES						•	•					
PEARS	•	•	•	•	•	•	•	•	•	•	•	•
PEAS						•	•					
PEPPERS - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
PLUMS						•	•					
POTATOES	•	•	•	•	•	•	•	•	•	•	•	•
PUMPKINS						•	•					
RASPBERRIES						•	•					
SQUASH	•	•	•	•	•	•	•	•	•	•	•	•
STRAWBERRIES - Field						•	•					
STRAWBERRIES - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
TOMATOES - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
ZUCCHINI - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•



Food items purchased at the farms gates are not necessarily from licensed or inspected facilities. For food safety information, contact the Windsor Essex County Health Unit at 519-258-2146.

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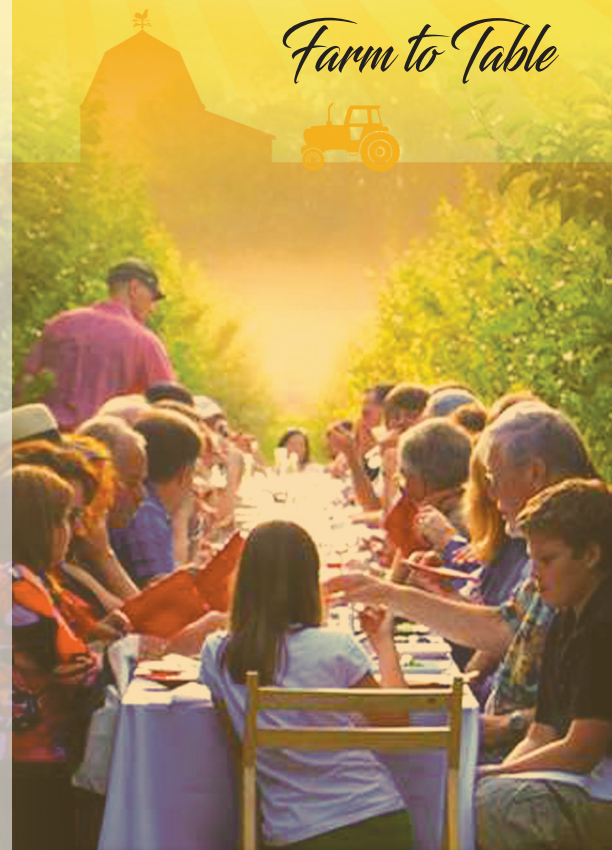


- BRANCH LOCATIONS**
- 1. Amherstburg**
463 Sandwich St. S.,
Amherstburg, ON
N9V 3K8
519-736-5409
 - 2. Belle River**
441 Notre Dame,
Belle River, ON
NOR 1A0
519-728-2471
 - 3. Essex**
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Essex, ON
N8M 2C6
519-776-5231
 - 4. Harrow**
174 King St. W.,
Harrow, ON
NOR 1G0
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 - 5. Kingsville**
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Kingsville, ON
N9Y 1A8
519-733-6521
 - 6. Leamington**
141 Erie St. S.,
Leamington, ON
N8H 3B5
519-326-8641
 - 7. Woodsee**
2536 County Rd. 27,
Woodsee, ON
NOR 1V0
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