# Why Buy Local? Local Availability

### 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 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



360 Fairview Ave. W., Suite 320 Essex, ON N8M 3G4

519-776-5159 ecfa@primus.ca | www.ecfa.ca



"LIKE" US ON



	J	F	M	A	M	J	J	A	S	0	N	D
APPLES	•	•	•	•	•	•		•	•	•	•	•
APRICOTS							•	•				
ASPARAGUS					•	•						
BEANS - Green - Wax						•	•	•	•	•		
BEETS	•	•	•	•			•	•	•	•	•	•
BLUEBERRIES							•	•	•			
CABBAGE	•	•	•	•		•	•	•	•	•	•	•
CARROTS	•	•	•	•	•		•	•	•	•	•	•
CAULIFLOWER						•	•	•	•	•	•	
CHERRIES						•	•					
CORN							•	•	•	•		
<b>CUCUMBERS -</b> Greenhouse	•	•	•	•	•	•	•	•	•	•	•	
CURRANTS - Red/Black							•	•				
EGGPLANT								•	•	•		
GARLIC	•	•						•	•	•	•	•
MUSKMELON		1						•	•	•		
MUSHROOMS	•	•	•	•	•	•	•	•	•	•	•	•
NECTARINES								•	•			
ONIONS - Green						•	•	•	•	•	•	
PEACHES							•	•	•			
PEARS								•	•	•	•	•
PEAS						•	•	•	•			
PEPPERS - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	
PLUMS		1					•	•	•	•		
POTATOES	•	•	•	•	•	•	•	•	•	•	•	•
PUMPKINS									•	•		
RASPBERRIES							•	•	•			
SQUASH	•	•	•						•	•	•	•
STRAWBERRIES - Field					•	•	•	•	•			
STRAWBERRIES - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
TOMATOES - Greenhouse	•	•	•	•	•	•	•	•	•	•	•	
<b>ZUCCHINI -</b> 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.

# Sponsored by:



# **BRANCH LOCATIONS**

### 1. Amherstburg 463 Sandwich St. S.,

Amherstburg, ON N9V 3K8 519-736-5409

### 3. Essex 147 Talbot St. N., Essex, ON

N8M 2C6

5. Kingsville 328 Main St. E., Kingsville, ON N9Y 1A8

519-733-6521

519-776-5231

### 7. Woodslee 2536 County Rd. 27,

Woodlsee, ON **NOR 1VO** 519-9752300

### 2. Belle River

441 Notre Dame, Belle River, ON NOR 1AO 519-728-2471

## 4. Harrow

174 King St. W., Harrow, ON NOR 1GO 519-728-2471

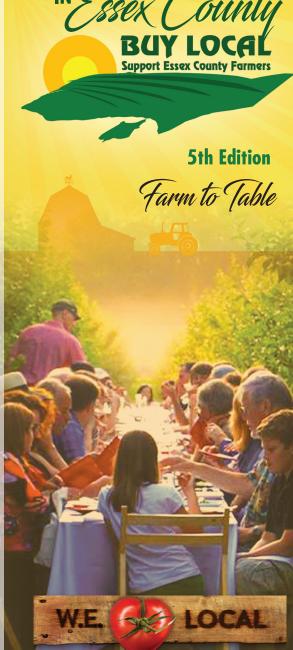
### 6. Leamington

141 Erie St. S., Leamington, ON N8H 3B5 519-326-8641

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www.weheartlocal.ca





# Farms, Food Et Local Fare



**Amherstburg Farmers' Market** 

7680 County Road 20, Amherstburg May 27th to October 7th, Saturdays from 8:30am -1:30pm The Amherstburg Farmers' Market is a weekly rural market for local farm, agricultural, prepared food, and craft products. Many weekends, we host community events that focus on healthy eating, and promote local businesses and attractions.

**Bouchard Gardens** 

6812 County Road 50, Harrow 519-736-2998 www.bouchardgardens.ca May — October, crops in season Locally owned, locally grown since 1973. Produce, flowers, herbs and more at our self-serve stand and most farmers' markets.

3. Mailloux's Farm Fresh

500 Alma Street, Amherstburg 519-819-6192 May — October, Weekdays 9-6, Sat 9-5, Sun 10-4 Local farm fresh vegetables, fruits and more!

4. Paradise Nursery and Garden Centre 4481 Alma Street, Amherstburg 519-736-4829 www.paradisenursery.ca

Spring/Summer M-F 8:30 — 7 pm, Fall/Winter M-Sun 8:30 — 5 pm Your full service garden centre featuring a wide selection of patio stones, soil, mulch, shrubs, trees, annuals and perennials. Also ornamental concrete for lawn and garden decor.

5. Zavaros Farms

4043 Concession 4, Harrow 519-736-8976 www.zavarosfarms.ca Find us on Facebook Fresh asparagus in May, PYO Strawberries, Blackberries, Haskaps, Saskatoons and Currants in season. Pickled asparagus, feed grains

### **Essex / Harrow**

6. Colio Estate Winery
1 Colio Drive, Harrow 519-738-2241 or 1-800-265-1322 www.coliowinery.com (May — Dec) M-W 10-5, Th-Sat 10-6, Sun 11-5 (Jan — Apr) M-Sat 10-5, Sun 11-5 Take an extensive tour of our world-class working winery and enjoy a sampling of our award-winning VQA wines. Here, you're among

7. Erie Shore Vineyard 410 County Road 50W, Harrow 519-738-9858 www.erieshore.cn Open daily year round — Mon-Fri 1-6 pm, Sat 10-6, Sun 12-5 Vineyard and Estate Winery located on the shores of Lake Erie, producing critically acclaimed and award winning wines.

8. Grondin Beef Feedlot

1152 South Malden Road, Amherstburg
519-982-8618 or 226-787-4115 CALL to place an order
Freezer Beef — Angus/Charolais cross steers. Quarter, half or whole.
Locally raised corn fed beef.

9. North 42 Degrees Estate Winery 130 County Road 50E, Colchester 519-984-2684 www.north42degrees.com Daily (May — Sept) 11-6, (Oct — Apr) 11-5 Come visit us at North 42 Degrees...purveyors of good times and

10. Roosters Old World Farm

2700 County Road 20, Harrow 519-991-4033
Tues, Wed 10-5, Thurs — Sun 10-7 Closed Mondays
Family farmed vegetables and fruit. Baked goods and preserves.
Fresh garlic and black garlic.

11. Serenity Lavender Farm 130 County Road 50E, Colchester 519-984-2684

www.serenitylavender.com (Oct — Apr) Daily 11-5 (May — Sept) 11-6 Serenity Lavender invites you to indulge in a scentsational experience.

12. The Fruit Wagon
793 County Road 50 East, Harrow 519-738-4819
www.thefruitwagon.com Visit us on Facebook and Instagram
Open daily 8 am to dusk, May to November (call year round for apple cider vinegar) Quality fruits, vegetables, herbs, flowers in season. Infused homemade apple cider vinegar. Ready picked on our self-serve wagon or at farmers markets.

13. Wrightland Farm

1000 Ridge Road, Harrow 519-738-6120 Approx. May 1—June 13 Daily 8-5 NO SUNDAY SALES Buy fresh asparagus.

14. Alsop Farm Pumpkins and More 195 Road 3 East, Kingsville 519-965-1284

Find us on Facebook. Sept 8 thru October 8 am until dusk. 7 days a week Pumpkins (mini to giant), specialty pumpkins, gourds, squash, straw, corn maze and activities for the kids.

15. Anna's Flowers

1911 Seacliff Drive, Kingsville 519-326-3409 www.annasflowers.ca Open daily March — December 9am — 5pm A gardener's paradise. Home to an unbeatable selection of flowers & plants, gorgeous home & garden decor and fresh produce picked

16. Black Bear Farms

1137 County Road 20 West, Kingsville 519-733-6289 www.blackbearfarms.ca Winery open year round M-Sat 11-6, Sun 11-5 Farm open June thru October depending on crops, call first Fresh, home grown strawberries, raspberries, black currants, blueberries, gooseberries, pears, potatoes and more. Estate winery on

17. Bradley's Potatoes

482 County Road 14, Cottam 519-999-6386 Stand open June 15 — Nov 1 8-6 daily. Winter — call first White, yellow, red and blue potatoes. Mini's, #1 and fingerlings. Sweet potatoes, carrots, beets and onions.

18. Brandner Farms Organic 1440 Road 5 East, Ruthven 519-919-1327 www.brandnerfarms.ca At our farm gate, May thru Oct Tues-Sat 9-5, Visit us also at the City Market and our new Tecumseh Market location ORGANICALLY GROWN, PESTICIDE-FREE fruits & veggies. Raspberries, rhubarb, watermelon, tomatoes, garlic, cukes, kale, peppers, beans, lettuce, zucchini, eggplant, herbs, squash and ready picked and PYO strawberries. Raw honey, breads and free range eggs.

19. Butcher of Kingsville

13 Main Street West, Kingsville 519-712-9573 Open year round — Tues-Fri 10-6, Sat 9-5, Sun 11-4 Closed Mon Full service butcher shop specializing in local, responsibly raised meats, artisan cheeses and fresh seasonal handcrafted foods.

20. Cottam Cold Storage and Meat Market
120 Talbot Street West, Cottam 519-839-4744
Mon-Fri 8:30 - 5:30, Saturday 8:30 — 4:30
Fresh line of beef, pork and chicken. Fresh smoked sausages. Also a

variety of frozen products. 21. E & B Medel Orchards

1706 Road 5 East, Ruthven, 519-326-0082 www.medelorchards.ca Aug — Feb M-F 9-5, Sat 9-1, March — May, please call ahead. Hand-picked, hand packed just for you. Fresh apples, peaches, pears, plums and more.

22. George Whaley and Sons
1903 Road 5 East, Ruthven 519-326-9330
M-F 8-12, 1-5pm, Sat 8-12 CLOSED SUNDAY
Producer of apples, peaches, pears, plums, apricots and blueberries.

23. Grape Lakes Farm and Vineyard 710 Seacliff Drive, Kingsville 519-562-0725

www.grapelakesfarm.com Open daily — Asparagus season 9-6, Summer through Oct 10-5 Handpicked asparagus, Concord grapes, free-run eggs, pesticide free non-GMO seasonal veggies and berries, lavender, eco-friendly products, FBF Organic trout & more!

24. Grateful Harvest Seasonal Produce/Go Produce 1373 Road 2 East, Kingsville 519-791-3909 Open April thru October: Spring 9-5, Summer 8-6 Your source for local, farm fresh, seasonal produce. FREE DELIVERY

available through Go Produce.

**25. Highline Mushrooms**2645 Division Road North, Kingsville 519-733-5251 www.highlinemushrooms.com
M — F 8-5, Saturday 8 - 1, Closed Sundays
Pick up farm-fresh, nutritious, pesticide-free mushrooms at both our Leamington and Kingsville farms.

**26.** Jack's Gastropub & Banded Goose Brewing Co. 31 Division Street South, Kingsville 519-733-6900

www.jacksgastropub.com Open 7 days a week Sun—Mon 11:30 — 8pm, Tues—Sat 11:30 — 9pm Team Jacks — home of local farmers, producers, brewers, winemakers, our friendly staff . . . & YOU!

27. Kingsville Community Farmers' Market 28 Division St S, Kingsville

May 20th to October 7th Saturdays from 10:00am -2:00pm We are located in the beautiful downtown core of Kingsville in a treed parkette. This Market comes alive during the summer & early autumn months. Beautiful old trees provide shade canopies & a pleasant vista while you shop and visit. Parking is available in the lot behind Carnegie Hall, street parking, and in the area public parking lots.

28. Lee and Maria's

692 Seacliff Drive, Kingsville 519-733-9328 www.leeandmarias.com Monday — Sunday 8am — 7 pm Lee & Maria's is an on-farm market providing fresh, locally grown produce along with organic and gourmet provisions.

29. Malott's Sweet Corn

454 County Rd 34W, Essex 519-818-1323 (visit our second location on Manning Rd between Rd 34 and Rd 46) July — Oct 9-7 daily Home grown sweet corn, fruit and vegetables, wholesale available. Everything for fall - pumpkins, mums and more.

30. Meleg's Lakeview Orchard
166 Amer Townline (Cty Rd 23), Kingsville 519-733-4857
www.melegsorchard.ca
Mon- Fri 9-6, Sat CLOSED, Sunday 10-5 U-pick and ready picked berries, peaches and apples. In our store — apple cider, honey, donuts, pies, fruits and vegetables.

31. Mettawas Station Italian Mediterranean Grill 169 Lansdowne Avenue, Kingsville 519-733-2459 Tuesday — Sunday open for lunch & dinner. CLOSED Monday Mediterranean inspired menu with fresh locally sourced ingredients located in a historic landmark.

32. Nickels Orchards

1498 County Rd. 34, Ruthven 519-919-3702 519-326-7093 Follow us on Facebook. July-November, 9-5, rest of the year call first. PYO sour cherries in season. On farm retail sales of apricots, peaches, nectarines, apples, pears, plums and more.

33. Our Farm Organics 284 County Road 34, Ruthven 519-839-6045 www.ourfarmorganicsontario.com Mon — Sat 9-5, Closed Sunday. Visit us Sat. at the Downtown Market Our Farm Organics is a Certified Organic family farm that is dedicated to providing people with food that is both beneficial to the people who eat it and the environment in which it is grown. We grow organic produce, raise pastured poultry, pork, beef, goat and free-range eggs.

**34. Pelee Island Winery**455 Seacliff Drive, Kingsville 519-733-6551 www.peleeisland.com Mon- Sat 9-6, Sunday 11-5

Friendly and knowledgeable guides offer a behind-the-scenes tour through every step of the winemaking process. Tours and wine tastings daily at 12, 2 and 4 pm. 35. Pretli's Green Acre Farm

150 County Rd 34E, Cottam 519-839-4478 Like us on Facebook!

End of May till November 1, Daily 9am until dusk Variety of fruit and vegetables picked fresh daily. Baked goods and preserves for personal use or gifts.

36. Raymont's Berries 445E County Road 14, Cottam 519-839-5422 Daily, May thru September 9-6 Retail farm market specializing in strawberries, raspberries, blackberries and a variety of locally grown produce.

37. Sun Parlor Honey
238E County Road 14 519-839-4000
(corner of the Graham Sdrd and Cty Rd 14), Cottam www.sunparlorhoney.ca Monday to Saturday 9-5
Come and buy our fresh local honey and see the BEES at work!

38. Sunrise Farms 2190 Seacliff Drive, Kingsville 519-326-5813 Find us on Facebook! Peak season Mon - Sat 8-7, Sunday 9-6 Local business that has been around for three generations with excellent customer service and delicious fresh produce. All products are local or home grown. Fruits and vegetables as well as honey, jams, maple syrup and much more! It's all in the taste.

39. Willow Tree Market 1827 Division Road North, Kingsville 519-791-1234

Find us on Facebook! May — Oct, Tues — Sun 9-7, CLOSED Mondays 100% local family farm market offering fruit, vegetables, homemade pies, sweets, Lebanese foods, Picard's and more!

### Lakeshore

40. Belle River Farmers' Market

Optimist Park, 705 Notre Dame St, Belle River
June 3rd to October 7th , Sundays from 10:00am -2:00pm
Weekly family oriented outdoor market held in beautiful Belle River,
Ontario. Featuring local produce, meat, fish, wine, baked goods, art,
special events and live entertainment.

41. Comber Farmers Market

7400 Community Centre Street, Comber 519-682-1149 2nd Saturday in May to last Saturday in October — Fri/Sat 9-5 All local in season plants, fruits, vegetables and flowers with muffins and coffee. Hot buttered corn.

42. Ewe Dell Family Farms
1282 Oriole Park Dr., Woodslee 519-723-4456 Find us on Facebook. Call first — Saturday mornings or by appointment Fresh, great tasting naturally fed lamb processed on our farm.

43. The Iron Kettle Bed and Breakfast

7005 County Road 46, Comber 519-687-2377 www.ironkettlebb.com Open year round — Reservations required
A six room Bed and Breakfast from 1876 with a focus on LOCAL

44. Wagner Orchards and Estate Winery 1222 Lakeshore Road 103, Maidstone 519-723-4807

www.wagnerorchards.com Daily 10am — 6pm Hormone and antibiotic free beef and pork, raw honey, bakery, winery, cidery, reception room and catering

45. Wayne White's Fresh Meats and Deli 1697 County Road 22, Belle River 519-727-0700 www.whitesmeat.com M — F 9:30-6:30, Sat 9:30-6, Sun 10-5
Our store is filled with freshly cut local meats and fresh local produce.

### LaSalle

46. Chappus Farm

2221 Front Road, LaSalle 519-734-7334 May 8-7, June through Sept 8-6 Family Farm growing a wide variety of fabulous flowers and offering delicious local fruits and vegetables.

47. Durocher's Petite Cote Produce
2399 Front Road (comer of Victory & Front Rd), LaSalle 519-734-8417
June 24 to Sept 3 — Saturday and Sunday ONLY noon — 5 pm Homegrown vegetables: sweet corn, beans, field tomatoes, bunched carrots, beets, radishes, muskmelons and squash. Locally grown peaches, apples and potatoes.

### Leamington

48. Bradt's Butcher Block

34 Mill Street West, Learnington 519-326-4871 www.bradts.com M-W 9-6, Thurs 9-7, Fri 9-8, Sat 8-5, Closed Sundays Fresh LOCAL ments, artisan cheeses, local produce, sweets and more Chef prepared meals and food to go.

49. Dockside Fisheries 913 Drovers Rd, Wheatley 519-825-3474

www.docksidefisheries.com Open Monday thru Saturday 9-5 Offering local fresh/frozen fish and seafood.

50. Highline Mushrooms

506 Mersea Road 5, Learnington 519-326-8643 www.highlinemushrooms.com M — F 8-5, Saturday 8 - noon, Closed Sundays Pick up farm-fresh, nutritious, pesticide-free mushrooms at both our Leamington and Kingsville farms.

51. Massad Farms

561 Hwy #77, Learnington 519-326-2278 Open all year long, 7 days a week at the farm OR visit us at Market Square Wednesday thru Sunday. Local fresh fruits and vegetables year round

52. Orangeline Farms/Zing! Health Forward 627 County Road 14, Learnington

www.zinghealthforward.com M — F 9-5, Sat 9-noon, Closed Sundays Zing! Health Forward is an award-winning boutique grower of specialty greenhouse products, who is committed to promoting active & healthy living.

**53. Peanut Centre Nursery**702 Mersea Road 6 (corner of Hwy 77 and Rd 6), Learnington 519-326-7450 www.peanutcentrenursery.com Open April thru October, call for updated hours. Garden Centre with locally grown trees, shrubs, annuals & perennials. Mulches, rockery and more

54. Simpson Orchards

237 Mersea Road 5, Learnington 519-326-9459 www.simpsonorchards.ca Open year round M-Sat 9-5:30 at the farm or visit us at Market Square, Windsor on Fridays and Saturdays. 30 varieties of apples, peaches, pears, cherries, plums, apricots, melons, quince, sweet potatoes, squash and more!

### **Tecumset**

55. Chana Food Products

11664 County Road 42, Tecumseh 519-979-1263
www.chanafoodproducts.com
M — F 7-4, Closed on long weekends, Call for after hours appt.
100% Stone Ground, Whole Grain Flours including wheat, corn, chickpea, spelt and more! Samosa Friday 8-6!

56. Green Acres Organic Produce 9440 Service Road, Maidstone 519-300-4480

Follow us on Facebook. Seasonal, call first. Specializing in organic garlic and sweet potatoes.

**57. Hylander Farms**15829 County Road 8, Essex 519-259-3027
Follow us on Facebook - Hylander Farms. Year round by appointment. Our savory Angus beef is marbled to perfection and properly aged. I

58. Lafferty Farms
Hwy 3 and Sexton Side Road, Maidstone
519-977-3335 or 519-566-1748
July thru Sept 9-6 daily Gourmet sweet corn, melons, tomatoes, peppers, and more. FRESH DAILY!

**59. Lafferty Farms** *1286 Lauzon Rd (next to Average Joe's), Tecumseh*519-977-3335 or 519-566-1748 July thru Sept 9-6 daily Gourmet sweet corn, melons, tomatoes, peppers, and more. FRESH DAILY!

60. Riberdy Farms
13049 Riverside Drive, Tecumseh 519-735-4808
May thru September, 12-6 daily
From our farm to your table since 1943. Fresh, wholesome fruits and vegetables, Seasonal. 61. Two J's Bird Seed/Robert Wickett Farms
6264 County Road 8, Maidstone 519-791-0397 or 519-818-5940
www.facebook.com/TwoJ'sBird Seed

Year round, call first, by chance or self serve.
Wild bird seed blended using locally grown ingredients. Also available at retailers throughout Windsor/Essex.

62. Downtown Windsor Farmers' Market

Pelissier St and Maiden Lane Windsor May 27th to October 7th, Saturdays from 8:30am -1:30pm The Market is a dynamic and exciting community-gathering place where neighbours, visitors, and friends can connect with the urban culture of downtown Windsor to enjoy locally grown, farm fresh fruit, vegetables, produce and unique artisan food products.

63. Elaine's Garden Market

4412 County Rd 17, Maidstone 519-735-8120 Mid July to Oct 7, 9am-6pm daily. Call first for updates. You will be able to buy fresh, grown on farm sweet corn, strawberries, peaches, blueberries, pears, potatoes, peppers, tomatoes, cucumbers, cabbage, cauliflower, raspberries. Assorted pies

64. Lafferty Farms
County Rd 42 at 9th Concession (near airport)
519-977-3335 or 519-566-1748
July thru Sept 9-6 daily Gourmet sweet corn, melons, tomatoes, peppers, and more. FRESH DAILY! 65. Lafferty Farms

2477 Dougall Ave (Dorwin Plaza) ) 519-977-3335 or 519-566-1748 July thru Sept 9-6 daily

Gourmet sweet corn, melons, tomatoes, peppers, and more. FRESH DAILY! 66. Riverside Pie Café

5560 Wyandotte Street East (between Prado & Villaire), Windsor 226-221-9117 www.facebook.com/riversidepiecafe Closed Mondays, Open Tues-Sun, Check facebook for seasonal hours. Sweet and savoury pies, scones, tarts & pasteries. Summer creamery and winter comfort. Cafe lunches baked local!

67. Robbie's Gourmet Sausage Co.

1506-1512 Wyandotte Street East (on Gladstone), Windsor 519-567-4377 www.facebook.com/robbiesgourmetsausages Tues — Fri 10-6, Sat 9-4, Sun 10-3 Award winning sausage maker. Innovative recipes and traditional methods with the highest focus on quality. Other great local products in-store.

**68. Walkerville Brewery** 525 Argyle Road, Windsor 519-254-6067

www.walkervillebrewery.com Sun-Wed 11-6, Thurs 11-7, Fri 11-9, Sat 11-7 Local Windsor Craft Brewery — always fresh, always handcrafted in small batches. Tours, Taproom, Beer Shoppe and Events.

**69. Windsor Market Square**2109 Ottawa Street (Ottawa and Walker Rd), Windsor 519-253-7746

www.windsormarketsquare.com Tues - Fri 8-6, Sat 7-4, Sun 10-3, CLOSED MONDAY Great Urban Setting for all things LOCAL! Butchers, Deli, Poultry, Fishmonger Produce, Cheese, Bakery and more!

