



Markets & Mills



1 Arva Flour Mill & Store
2042 Elgin St., Arva
519-660-0199
Natural and organic flours, grains and beans, rice, pastas, honey, organic meats, poultry, cheese, sauces & oils
Year-round: Mon-Fri, 8am-6pm; Sat, 9am-5pm; Sun, 11am-4pm
www.arvafourmill.com

2 Covent Garden Market
130 King St. (Indoors), London
519-439-3921
Indoor market, produce, meat, bakery, some organic vendors
Year-round: Mon-Thurs, 8am-6pm; Fri, 8am-7:30pm; Sat, 8am-6pm; Sun, 11am-4pm
www.coventmarket.com

3 Covent Garden Farmers' Market
130 King St. (Outdoors), London
519-439-3921
Outdoor Market, produce, meat, bakery, cheese, some organic vendors
May-Dec: Thurs, 8am-2pm; Sat, 8am-1pm
www.coventgardenfarmersmarket.com

4 Homestead Country Market
21654 Purple Hill Rd., Thorndale
519-461-0116
Naturally grown meats, red veal, grain-fed beef, roasting chickens, tender pork, custom orders
Year-round by appointment; Sat, 8am-12pm

5 Ilderton Farmer's Market
13236 Ilderton Rd. (municipal parking lot), Ilderton
519-666-2032
Naturally grown meats, fresh local fruits & vegetables, homemade baked goods, maple syrup
Mid-June to mid-Oct: Sat, 8am-12pm
www.iaba.ca

6 Masonville Farmers' Market
1680 Richmond St. N., London (NW corner of mall parking lot)
519-438-5942
Local produce, meat, bakers, food artisans
May-Oct: Fri, 8am-2pm
www.masonvillefarmersmarket.ca

7 Trails End Farmer's Market
4370 Dundas St. E., Thorndale
519-268-3840
Vegetables, fruits, fresh-cut meats, baked goods
Year-round: Sat, 7am-5pm
www.trailsendmarket.com

8 Unger's Market
1010 Gainsborough Rd., London
519-472-8126
Homemade baked goods, corn-fed beef, ready-made foods, fresh produce, local honey & maple syrup
Year-round: Mon-Fri, 8am-7pm; Sat, 8am-6pm
www.ungers.ca

9 Western Fair Farmers' & Artisans' Market
316 Rectory St. (Confederation Building), London
519-438-5942
Local produce, meat, bakers, food artisans
Year-round: Sat, 8am-3pm
www.londonfarmersmarket.ca

34 Fort Rose Maple Company
27382 Coldstream Rd., Parkhill
519-232-9041
Maple syrup, maple butter & farm fresh eggs
Syrup sales: Year-round by appointment. Pancake house open late-Feb to early-Apr
www.fortrose.ca

35 In A Jam
6583 Longwoods Rd., Melbourne
519-289-JAMS (5267)
Jams, jellies, preserves, gift baskets, custom processing, wholesale & retail
Year-round and by appointment: Fri, 10am-6pm; Sat, 10am-4pm. Extended hours in Dec
www.inajam.ca

36 Lumsden Bros Maple Syrup
3257 Glasgow St., Strathroy
519-232-4877
Maple syrup (retail & bulk)
Year-round: 9am-5pm

37 McLachlan Family Maple Syrup & Pancake House
10279 Lamont Dr., Komoka
519-666-1846
Maple syrup, maple butter, candy, pancakes & sausage
Year-round: By appointment. Pancake house open mid-Feb to mid-Apr
www.mclachlansyrup.ca

38 Purple Hill Apiaries
20126 Purple Hill Rd., Thorndale
519-461-1858
Honey
Year-round: By appointment

39 Raevan Farms
1944 Bradley Ave., London
519-451-1281
Honey, maple syrup, apples, pumpkins (fall), sweet corn (July-Sept)
Year-round: 9am-6pm

40 Walker Apiaries
9327 Scotchmere Dr., Strathroy
519-245-5361
Honey (liquid, creamed), bee pollen, comb honey in season
Year-round: By chance or appointment

Meats & Fish

41 BaconAcre Farm
15429 Elginfield Rd., Granton
519-225-2001
Sweet corn, many cuts of pork
Year-round: By appointment; closed Sundays

42 Cornells Meats & Bar-B-Q Beef Catering
7086 Pack Rd., London
519-652-3679
Beef, pork, chicken, also BBQ'd
Year-round: Mon-Fri, 8am-5:30pm; Sat, 8:30am-2pm

43 Eatwell Foods at Duenk Farms
25425 New Ontario Rd., Denfield
519-232-4105
Naturally raised and hormone free meats, black Angus beef, heritage pork, chicken, turkey, eggs and seasonal vegetables
Year-round: By appointment
www.eatwellfoodsatduenkfarms.com

44 Everspring Farms Ltd.
2370 Adelaide St. N., Ilderton
519-659-5054
Goose & duck products, sprouted barley grass juice, sea buckthorn berries & juice, elderberries, flax products
Seasonal: Mon-Fri, 8am-4pm (call ahead)
www.everspringfarms.ca

45 Tom & Julie Field
4381 Calvert Dr., Glencoe
519-287-3849
Grass-fed lamb & beef, free-range chickens
Year-round: By appointment

46 Glengyle Farm
7860 Inadale Dr., Mt. Brydges
519-317-1422
Beef sides, quarters & freezer packs (hamburger, stewing beef & patties), natural corn-fed & organic grass-fed
Year-round: By appointment

47 Hawthorn Brae & Blossom Ridge Highlands
2534 Murphy Dr., Kerwood
519-247-3241
Grass-fed Highland beef (naturally raised, hormone free)
Year-round: By appointment

48 Sandy & Kathy Smith
22571 Glen Oak Rd., Melbourne
519-872-2199
Beef (sides and quarters), cooked roast beef, cooked roast lamb, vacuum-packed single-portion meats, omega eggs
Year-round: By appointment; closed Sundays

49 Sunnive Farm
27093 New Ontario Rd., Ailsa Craig
519-232-9096
Fresh seasonal vegetables, beef, chicken, lamb, water buffalo meat & dairy, eggs, baked goods, organic groceries, certified organic
Apr-Dec: Fri, 3pm-6pm; Sat, 9am-4pm
www.sunnive-farm.on.ca

Fruits & Vegetables

10 Apple Land Station
329 Richmond St., Thorndale
519-268-7794
PYO apples and pumpkins, strawberries, squash, fall raspberries
Aug-Dec: Mon-Sat, 9am-5pm; Sun & holidays, 10am-5pm
www.applelandstation.com

11 Arnold's Orchards
21710 Adelaide Rd., Mt. Brydges
519-264-1684
Ready-picked apples & pears
Sept-Mar: 9am-5pm

12 Arrowwood Farm
6460 Riverside Dr., Melbourne
519-289-2403
PYO blueberries
Approx. July 20-Aug 20: Mon-Fri, 8am-4pm; Sat, 9am-noon
www.harvestablecatering.com

13 The Corn Crib
24546 Adelaide Rd., Strathroy
21593 Richmond St. N., Arva
519-878-0720
Sweet corn, tomatoes, watermelon, cantaloupe, raspberries, peppers, cucumbers, zucchini, organic garlic
Mid-July to mid-Sept: Mon-Sun, 9am-6pm (approx.)

14 Cruncan Brothers Orchards
23840 Richmond St. N., London
519-666-0286
Apples, pears, peaches, honey, Ontario peanuts, maple syrup
Late-Aug to early-June: Mon-Fri, 9am-6pm; Sat, 9am-5pm; Sun, noon-5pm

15 Thomas & Cathy Dobrentey
7321 Calvert Dr., Strathroy
519-245-3174
Asparagus by the pound
May 6 to June 20: Mon-Sat, 9am-6pm; Sun, 10am-5pm

16 Drawf Tree Orchard
1697 Byron Baseline Rd., London
519-657-9448
PYO & ready-picked apples, pears & pumpkins, apple cider
Sept-Oct: Mon-Sun, 10am-6pm

17 Ferket Tomato & Vegetable Farm
21427 Muncey Rd., Mt. Brydges
519-264-1377
Tomatoes, peppers, eggplant, romano beans, cucumbers, sweet corn, beans, beets (some PYO)
Late-July to mid-Oct: Mon-Fri, 8am-8pm; Sat-Sun, 8am-5pm

18 G 'n G Fresh Market
10293 Glendon Dr., Komoka
28328 Centre Rd., Strathroy
519-264-9493
Sweet corn, tomatoes, beans, watermelon, cantaloupe, eggplant, peaches, beets, blueberries, raspberries, garlic (PYO at Komoka location)
Mid-July to mid-Sept: Mon-Sun, 9am-5pm (or until sold-out)
www.goldensweetcorn.blogspot.ca

19 Heeman Greenhouses & Strawberry Farm
20422 Nissouri Rd., Thorndale
519-461-0555
PYO & ready-picked strawberries, raspberries, sweet corn, sweet cherries, blueberries, fruit jams
Apr-Oct: Mon-Fri, 8am-8pm; Sat-Sun, 8am-5pm
www.heeman.ca

20 Her Farm
6869 Inadale Dr., Strathroy
519-289-9000
Potatoes & sweet potatoes
July 15 to Nov 30 (or until sold out): By chance or appointment

21 Kustermans Berry Farms
23188 Springwell Rd., Mt. Brydges
519-264-9199
PYO, ready-picked & frozen blueberries, raspberries, pumpkins, baked goods, jams, soups & sandwiches
July to early-Nov: Hours vary, call or check website. Frozen available year-round by appointment
www.berryblue.org

22 LCP Farms Inc - Watermelons Plus!
22130 Christina Rd., Mt. Brydges
519-264-2774
Seedless & seeded watermelons, cantaloupe, specialty melons
July to Sept: 12pm-5pm or by appointment

23 Millar Berry Farms
7375 Longwoods Rd. (1km west of Lambeth), London
519-652-2065
PYO & ready-picked blueberries, strawberries, raspberries, peas, corn, rhubarb
May-Oct: Hours vary, call or check website
www.millarberryfarms.com

24 Muscott Country Store
5313 Longwoods Rd., Melbourne
519-289-5445
In-season fruits & vegetables, honey, homemade preserves, maple syrup, meats
Apr-Dec: Mon-Sat, 7:30am-7pm; Sun & holidays, 10am-6pm

25 Andy & Maria Noorenberghe
8934 Glendon Dr., Mt. Brydges
519-264-2969
Sweet corn, garlic, squash & pumpkins
Aug-Nov: Mon-Sat, 10am-8pm

26 Olde Drive Blueberry Farm
8348 Olde Dr., Mt. Brydges
519-933-4648
PYO blueberries
Mid-July to late-Aug: 8am-6pm (call or check website for availability)
www.oldeblueberryfarm.com

27 Phillips' Farm
1092 Sarnia Rd., London
519-471-3707
Sweet corn, pumpkins, squash, gourds, maple syrup
Mid-July to late-Oct: 10am-5pm

28 M.P Slegers Ltd.
7480 Calvert Dr., Strathroy
519-245-8277, 519-871-5139
Ginseng
Year-round: By appointment

29 Slegers Organic Green
7496 Calvert Dr., Strathroy
519-245-1339
Organic living greens, salad mix, PYO
Year-round: Mon-Fri, 9am-5pm; Sat, 9am-1pm
www.slegersgreens.com

30 Thamesdale Sweet Corn
1511 Clarke Rd., London
519-659-8312
Sweet corn (in-season), frozen whole roasting chickens (by appointment only, Aug-Nov)
Aug to Labour Day: 1pm-6pm, weather permitting and by appointment

31 Thomas Bros Produce Inc.
7245 Colonel Talbot Rd., London
519-652-5551
Sweet corn, tomatoes, peppers, beans, peas, PYO & ready-picked strawberries
May-Oct: 8am-8pm

Honey, Maple Syrup & Preserves

33 Crinklaw Maple Products
4570 Westminster Dr., London
519-457-4550
Maple syrup, maple butter, maple sugar, pumpkins
March to mid-Apr: Thurs-Sun, 10am-3pm. Mid-Apr to Dec: Sat, 10am-3pm. Closed Nov, Jan and Feb
www.crinklawmaplesyrup.com



	County Road		Markets & Mills
	Provincial Highway		Fruits & Vegetables
	400 Series Highway		Honey, Maple Syrup & Preserves
	Arterial Roads		Meats & Fish
	Collector Roads		
	Local Paved Roads		
	Pick Your Own		

The individuals and organizations involved in the production of this guide are not responsible for the quality of the products sold at any of the farms or farm markets listed on this map, nor can we guarantee the hours of operation as advertised.

MIDDLESEX-LONDON LOCAL FOOD GUIDE



Get Fresh
...EAT LOCAL

Third Edition

*Fresh foods from the farms
and fields of Middlesex-London*

Middlesex Federation of Agriculture



Advancing Agriculture and the Rural Community through Partnerships, Education & Advocacy

The Middlesex Federation of Agriculture (MFA) was first established in 1939 and today has more than 1,800 members. The MFA is both pro-active and responsive on local issues that directly impact its members at their farm gate.

Acting as a sounding board for municipal issues and bylaws, the MFA also serves as a recognized source for producer and public information, and promotes education in agriculture by offering scholarship opportunities.

FUN FARM FACTS...

...of Middlesex County!

FACT There are 2.8 million chickens and hens on Middlesex farms—that's six times the current population of the county.

FACT Middlesex produces 32% of the green peas and 15% of the sweet corn grown in the entire province.

FACT There are approximately five million strawberry plants on just over 100 acres of soil in our County.

FACT There are approximately 57,000 taps on maple trees throughout the County. It takes approximately 40 litres of sap to make one litre of syrup.

FACT Middlesex County has almost 30,000 acres of pastureland.

FACT There are almost 520,000 cropland acres in Middlesex County where cash crops (including wheat, oats, barley, mixed grain, corn, alfalfa, hay, soybeans and potatoes) are grown. In addition to food products, cash crops can also be made into items such as bike tires, suntan oil, toothpaste, fuel, make-up, ink and paint.

FACT Farmers provide stewardship for 75% of the land area in Middlesex. According to the 2011 Census, there were 2,300 farms reported in our County, covering over 600,000 acres in total.



A Fresh Approach to Health

Mix & Match

Have a sweet tooth? Try a mix of fresh fruit salad or just pick your favourite fruit and savour the taste. Go for a variety of different vegetables for good health and energy. Be creative! Try new ways of preparing vegetables and fruit dishes for yourself and your family.



Get to Know Your Food

Trips to local farms and farm markets are one of the best ways to connect with your food source. Meet and talk to the local farmers and learn how your food is grown, where it is grown, when it is grown and why! They will give you ideas on how to store and preserve seasonal foods and provide great recipe ideas. Just ask!

Walk On!

Make farm visits a fun time for family as you walk in the fields and fill your basket with colourful goodness! Picking your own vegetables and fruit is also a great way to increase your level of physical activity to keep you fit and boost your energy.

The Middlesex Federation of Agriculture acknowledges the following contributors who helped make this project possible:

The County of Middlesex
www.county.middlesex.on.ca

City of London
www.london.ca

Middlesex-London Health Unit
www.healthunit.com



EAT LOCAL

BUY LOCALLY GROWN

It's Thousands of Miles Fresher!

Why Buy Local?

You'll Get Exceptional Taste and Freshness

Local food is fresher and tastes better than food shipped long distances. Foods imported from other locations are often picked before they are ripe and are forced to ripen during shipping. Fully vine-ripened fruits and vegetables have higher nutritional value and simply taste better.



You'll Support Your Local Economy

When you buy local, you connect with and support local farm families who produce the food you eat. It helps keep them in business and also helps create local jobs. You also help ensure there will be farms in your community for future generations.



You'll Help Sustain Food Diversity

Foods grown for transporting long distances are genetically chosen for the sole purpose of withstanding shipping and having a longer shelf life. Local farmers produce a wide variety of fruits, vegetables meats and other tasty edibles, many of which you can't buy in a regular marketplace.



You'll Protect the Environment

Food brought into this country either by plane or by truck causes environmental damage by producing greenhouse emissions and depletion of fossil fuels. Buying local products reduces pollution associated with extra packaging and transportation.



Encourage your local grocers and restaurants to include locally grown foods on their shelves and menus

Tips for Buying Local

- Use the map and listing to find the farms that offer the food and other items you want
- Bring a cooler with ice packs for your meats, fish and other perishable items
- Always remember to wash your hands before and after handling food
- Wash all vegetables and fruits before eating

PICK YOUR OWN, PYO & U-PICK

These are terms you may see and hear around local farms. PYO or U-Pick means you are able to pick the produce yourself. At some farms you may also purchase produce already picked. If you plan to pick your own, keep the following in mind:

- Call ahead to be sure the variety of fruits or vegetables you want are ready and available.
- Containers can be brought or purchased. Make sure the containers you use are clean.
- Some locations may require you to use containers they provide for picking produce on their farm. This is to avoid introducing small pests to the farm that could potentially damage the crop.
- Wear comfortable shoes and clothing. Long sleeves and a hat give added protection from the sun. And don't forget the sunscreen!
- Mornings and evenings are cooler and more comfortable for picking.
- Bring a hand towel, plenty of water to drink and, if the farm allows it, a snack or two.
- Many locations do not permit smoking or pets in the fields for sanitary and safety reasons. Remember, this is food and someone will be eating the produce that is growing there.
- It might be a good idea to bring a camera, especially if you bring your children.

- If you are shopping at a farmers' market, be aware that not every product sold is necessarily locally grown. If in doubt, ask the farmer or retailer where the food came from
- If you have further questions about the food listed on this map, ask the farmer or retailer. And don't forget to tell them that you saw their farm/business on the "Get Fresh" map!





What's in Season

Enjoy the many delicious fresh fruits and vegetables (and meats, preserves, breads, beverages and more...) available in Middlesex-London. Use this seasonal availability guide to determine when you can expect regional produce to be available. Remember, weather conditions affect the growing season, so calling ahead is a good idea.

Available Year Round

- Beef
- Herbs
- Home Baking
- Honey
- Lamb
- Maple Syrup
- Mushrooms
- Pork
- Poultry
- Preserves

FOOD FREEDOM DAY

In Canada, we mark Food Freedom Day each year in early-mid February (for 2013 it was February 14th). This is the calendar date when the average Canadian has earned enough income to pay his or her individual grocery bill for the whole year.

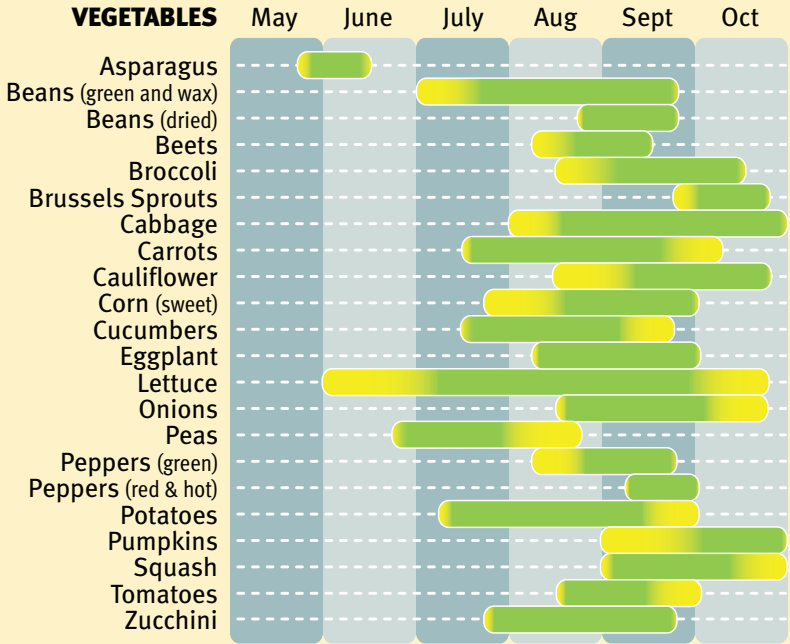
Canadians enjoy one of the lowest-cost "food baskets" in the world. Only 27% of the cost of an entire week's worth of groceries for a family of four goes back to the farm. Although consumer food prices go up, the amount that the farmer receives stays the same or even goes down.



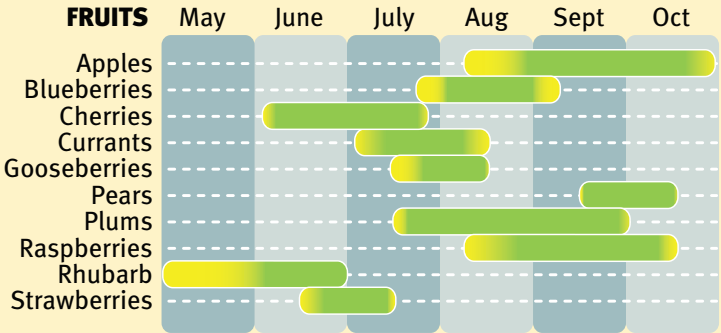
Sponsored by:



VEGETABLES



FRUITS



■ Main season ■ Extended season



Community Futures Development Corporation
of Middlesex County



FARM & FOOD
Care ONTARIO



Ignite your passion...

This guide to Middlesex-London farms is designed to show appreciation for our farmers and the agricultural community. It supports the Middlesex-London Health Unit's initiatives to promote healthy eating and physical activity. We invite you to purchase locally grown produce throughout the year. You can make a difference! Decide today to put some locally grown foods on your plate. Come and get it, we are right down the road!

...for local food.



For more information about this map, please contact:
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or email at mfa4h@bellnet.ca