

Buy Local. Support Local.

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. 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!



Project by



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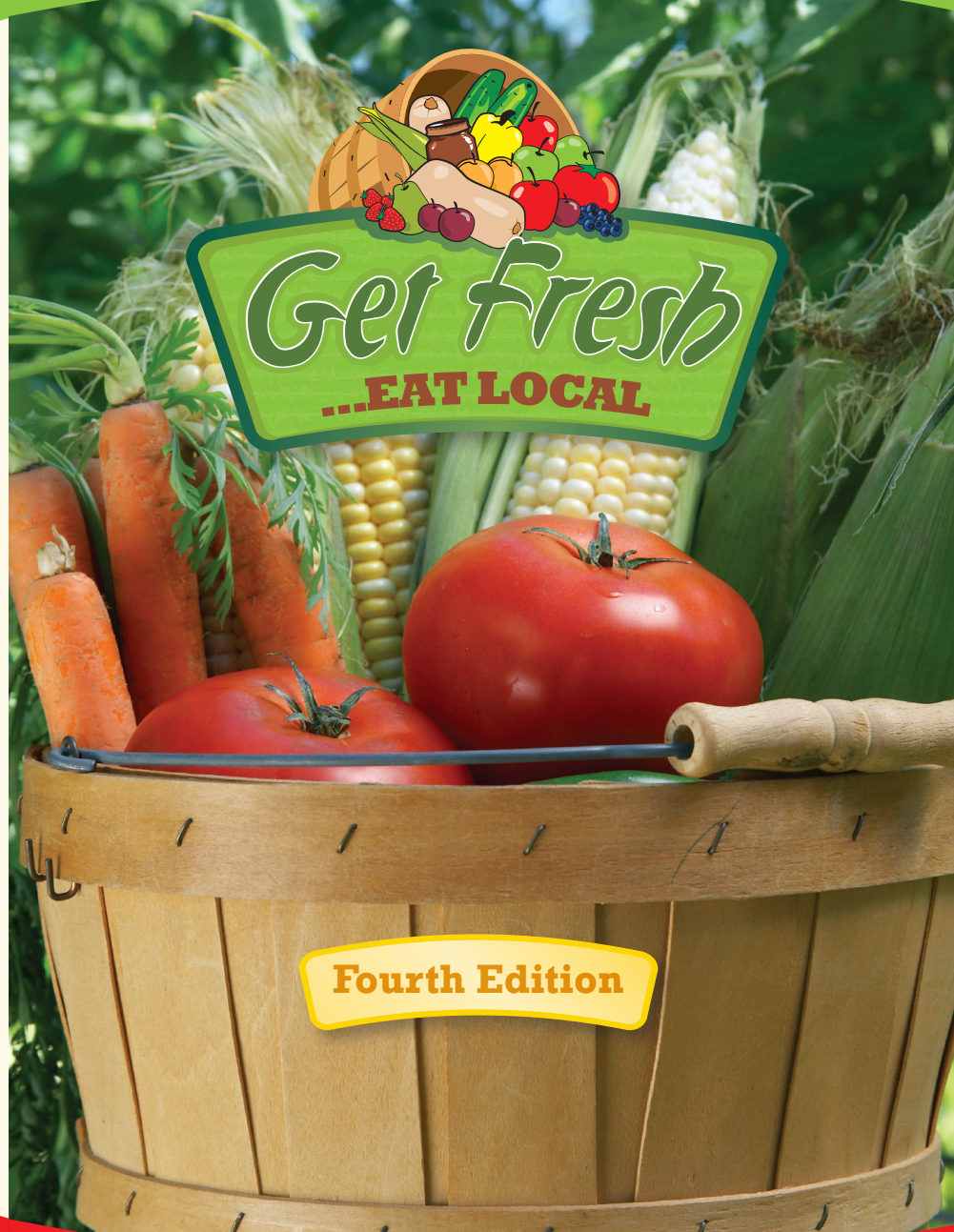


Partners



For more information about this map, please contact:
Middlesex Federation of Agriculture at 519-264-9812
www.middlesexfarmers.ca | info@middlesexfarmers.ca

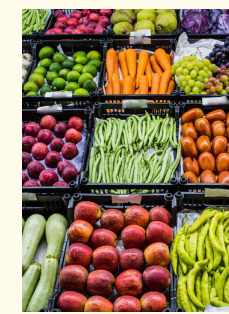
MIDDLESEX-LONDON LOCAL FOOD GUIDE



Fresh foods from the farms and fields of
Middlesex-London

Buy Locally Grown You Can Taste the Freshness!

Why Buy Local?



It Really Does Taste Better

Food that is grown locally is fresher and has more flavor because it doesn't need to travel long distances. Foods imported from further away need to be picked before they are ripe and are forced to ripen during shipping. When vegetables and fruit are allowed to ripen naturally, they taste much better. For many foods, the fresher they are, the higher their nutritional value. This also applies to local vegetables and fruit that are frozen. When produce is frozen at the peak of freshness, you enjoy both the fresh taste and the nutritional value when you eat it.

You'll Support Your Local Economy

Buying local supports local farm families who produce the food. It helps to keep them in business and helps to create local jobs. You also help to keep farms going in your community for future generations. Buying more food grown locally also helps to keep these food prices down. Middlesex farms produce many food products (grains, milk, meats) that are available at your local grocery store ~ look for them! **Local means Ontario and Canada too!**



Build a More Sustainable Local Food System

If we all ate more food that is in season, like strawberries in summer and root vegetables in winter (stored from the fall harvest), we could help make our local food system more sustainable. If we want to buy foods in winter that cannot be grown locally, this forces the system to get it from far away. Food shipped into our country is done so either by plane or by truck. Locally produced food requires less transport and in many cases, less packaging, which is better for the environment.



Ask where your food comes from...
at the grocery store, restaurants,
farmers markets, events and meetings.

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 proactive and responsive on local issues that directly impact its members. The organization promotes agriculture and consumer education, supports youth in Middlesex County and is a source for producer and public information. As a county affiliate of the OFA (Ontario Federation of Agriculture), our mission is to: **Advance agriculture and the rural community through partnerships, education and advocacy**

Fun Farm Facts... ...of Middlesex County!

FACT There are more than 2.5 million chickens and hens on Middlesex farms. That's over five times the current population of London and Middlesex.

FACT Middlesex produces 33% of the green peas and 14% of the sweet corn grown in the entire province.

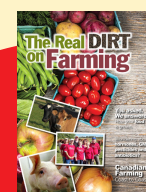
FACT There are almost six million strawberry plants on 118 acres of soil in our County.

FACT There are more than 61,000 taps on maple trees throughout the County. It takes approximately 40 litres of sap to make 1 litre of syrup.

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

FACT There are over 500,000 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, makeup, ink and paint.

FACT Farmers provide stewardship for a large portion of the land in Middlesex County. It is estimated that farmers care for about 75% of the 800,000 acres that make up the County. According to the 2016 Census, there were 2,335 farms reported in Middlesex.



For more information on local farming,
please visit www.realdirtontfarming.ca

Eat Local All Year Long!

Take advantage of locally grown foods and stock up when they are in season and well-priced. There is little difference in the nutritional value of fresh or plain frozen food. Freeze or preserve them or make them into soups and sauces! Most vegetables and fruit can be kept frozen for up to 12 months. Canning and freezing are great ways to enjoy local food all year long!

Tips for Buying Local

- use the Get Fresh...Eat Local map and listing to find farms and market locations
- bring a cooler with ice packs for meats & other food that need to be kept cold
- some locations offer ready-picked, pick-your-own (PYO) or you-pick options
- you may be required to use containers provided by the farm to avoid bringing in pests
- many farms do not permit smoking or pets to ensure cleanliness and food safety
- wash hands before and after handling food, wash vegetables and fruits before eating
- always ask where the food was grown, even when shopping at farmers markets
- look on labels for Product of Canada, a Foodland Ontario logo and/or the farm name

Find seasonal information on farmers markets: www.farmersmarketsontario.com

Read great articles and instructions on freezing and canning: www.eatrightontario.ca

Learn about the peak nutrition of produce: www.ontario.ca/foodland/page/nutrition-guide

Understand product labeling: www.ontario.ca/foodland/page/ontario-foods-definitions



Is it better to buy organic foods?

There is not enough research to say that organic foods are more or less nutritious than non-organic foods. To label a food as organic, farmers have to meet the standards on how the food is produced. Non-organic farmers often use some organic farm practices too. Simply eating more vegetables and fruit is more important than choosing only those that are labelled as organic.

Do pesticides make vegetables and fruits unsafe to eat?

The health benefits of eating more vegetables and fruit outweigh any health risks associated with crop protection products. The amount of residue that is actually found on foods you eat is quite small. To reduce exposure to pesticide residues, always wash vegetables and fruits, peel when you can and remove the outer leaves of lettuce and cabbage.

An interactive, online version of this map will soon be available!
www.eatlocalmiddlesex.ca

Healthy Eating Close to Home

Eat Variety

The more variety in your diet, the more likely you are to meet your nutrient needs. All foods and food groups vary in both the type and the amount of nutrients they contain. For example, dark green and orange colored vegetables contain higher amounts of folate and vitamin A. Meat and Alternatives contain more protein than the vegetables and fruit group.



Eat More Vegetables & Fruits

You can't go wrong by eating more vegetables and fruit. Those who eat more servings of veggies and fruit per day are at lower risk for chronic diseases such as certain types of cancer, heart disease and obesity. This food group has more fibre which helps with regularity. Certain vegetables and fruit like blueberries and garlic are some of the best sources of antioxidants.

Eat Antioxidants

Antioxidants are naturally found in whole foods including vegetables and fruit, whole grains, beans, lentils, nuts, seeds, and vegetable oils. Antioxidants include vitamins (A, C or E), plant chemicals and minerals like selenium. Antioxidants play a major role in protecting body cells from the damage that can lead to common diseases like heart disease and diabetes.

Eat More Legumes

A variety of legumes are grown locally. You may have heard the word pulses, which are also part of the legume family but "pulse" refers only to the dried seed. Dried peas, edible beans, lentils and chickpeas are the most common variety of pulses. Pulses are rich in fibre, protein, minerals such as iron, zinc and phosphorous and folate and other B-vitamins. Legumes and pulses improve the sustainability of cropping systems because when they grow, they fix nitrogen into the soil.

Eat Your Nutrients

Juices and sugar-sweetened drinks contain greater amounts of sugar and salt than the vegetable or fruit they are made from. And eating the whole food means you will get more fibre and fewer empty calories. Research supports eating less sugar and salt and more fibre to keep you healthier.

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MIDDLESEX-LONDON LOCAL FOOD GUIDE



eatlocalmiddlesex.ca

	County Road		Markets & Mills
	Provincial Highway		Fruits, Vegetables & Herbs
	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 they guarantee the hours of operation as advertised.

Fruits, Vegetables & Herbs

1 Adelaide Farms
21875 Adelaide St. N., Arva
519-660-0259
Ready-picked strawberries, sweet corn, tomatoes, asparagus, potatoes, cucumbers, pumpkins, beans, peas & beets. Open daily Spring, Summer & Fall. Reduced hours during Winter months.

2 Apple Land Station
329 Richmond St., Thorndale
519-268-7794
PYO apples & pumpkins. Bakery, cider, fudge, jams, honey, squash, gourds, dips. Jan-Aug: Sat 9am-5pm
Mid-Aug-Dec: Mon-Sat 9am-5pm, Sun & holidays 10am-5pm
www.applelandstation.com

3 Arrowwood Farm
6460 Riverside Dr., Melbourne
519-289-0389
PYO blueberries. Vegetables, baking & preserves.
Approx. July 20-Aug 20: Mon-Fri 8am-4pm, Sat 9am-noon
www.arrowwoodfarmontario.com

4 Mr. Corn
7248 Calvert Dr., Strathroy
519-282-4115
Sweet corn, green & yellow beans, cucumbers, tomatoes, beets & onions. Mid-July - Sept: Mon-Sun 9am-6pm

5 The Corn Crib
24541 Adelaide Rd., & 21593 Richmond St. N.
519-878-0720
Sweet corn, tomatoes, watermelon, cantalope, peppers, cucumbers, zucchini, garlic, potatoes. Mid-July - Sept: Mon-Sun 9am-6pm

6 G'N'G Fresh Market
10293 Glendon Dr., Komoka & 28328 Centre Rd., Strathroy
519-264-9493
Sweet corn, tomatoes, beans, watermelon, cantalope, cabbage, cauliflower, peaches, blueberries, raspberries, garlic. (PYO at Komoka location)
Mid-July - Mid-Sept: Mon-Sun 9am-5pm (or until sold-out for the day)
www.goldensweetcorn.blogspot.ca

7 Heeman's
20422 Nissouri Rd., Thorndale
519-461-1416
Strawberries (already picked and PYO). Other berries, fruits, vegetables, preserves. April - July: Mon-Fri 8am-8pm, Sat-Sun 8am-5pm
Off season hours vary - call or check website
www.heeman.ca

8 Kustermans Berry Farms
23188 Springwell Rd., Mount Brydges
519-264-9199
PYO, ready-picked & frozen blueberries, raspberries, pumpkins. Jams & baked goods, subs, pizza & hotdogs. Mid-May - Early-Nov: Hours vary - call or check website. Frozen available all year by appointment
www.berryblue.org

9 Millar Berry Farms
7375 Longwoods Rd., London
519-652-2065
PYO strawberries, raspberries & rhubarb. Tomatoes, squash, pumpkins, corn, peaches & apples. May - Oct: Hours vary - call or check website
www.millarberryfarms.com

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

11 Olde Drive Blueberry Farm
8348 Olde Dr., Mount Brydges
519-933-4648
PYO blueberries. Mid-July - Late-Aug: 8am-6pm
Call or check website for availability
www.oldeblueberryfarm.com

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

13 Slegers Living Organic Greens
7496 Calvert Dr., Strathroy
519-245-1339
Living greens, salad mix. Year-round: Mon-Fri 9am-5pm, Sat 9am-1pm
www.slegersgreens.com

14 MP Slegers Ltd.
7480 Calvert Dr., Strathroy
519-871-5139
Ginseng. Year-round by appointment

15 Thomas Bros. Produce Inc.
5856 Colonel Talbot Rd., London
519-652-5551
Sweet corn, tomatoes, peppers, beans, peas. Ready-picked strawberries. May-Oct: 8am-8pm

16 Viaene Strawberry Farms
7753 Walkers Dr., Strathroy
519-719-9810
Strawberries. Jun-Sep: Mon-Fri 8am-8pm, Sat-Sun 8am-5pm (depending on availability)
www.viaenestrawberry.com

Honey, Maple Syrup & Preserves

17 Crinklaw Maple Products
4570 Westminster Dr., London
519-690-1086
Maple syrup, maple butter, maple sugar. Mar-Apr: Thurs-Sun 10am-3pm
Dec: Sat 10am-3pm
www.crinklawmaplesyrup.com

18 Fort Rose Maple Company
27382 Coldstream Rd., Parkhill
519-232-9041
Maple syrup and maple butter. Syrup sales year-round by appointment. Pancake House open Late-Feb - Early-April
www.fortrose.ca

19 In A Jam
6583 Longwoods Rd., Melbourne
519-289-5267(JAMS)
Jams, jellies, pickles, preserves, condiments. Custom processing. Wholesale & retail. Year-round & by appointment: Fri 10am-6pm, Sat 10am-4pm. Extended hours in December
www.inajam.ca

20 Lumsden Bros. Maple Syrup
3343 Glasgow St., Strathroy
519-232-4877
Maple syrup (retail & bulk). Year-round: 9am-5pm
www.lumsdenfarms.com

21 McFalls Honey
2763 McGillivray Dr., Parkhill
519-617-0444
Raw unpasteurized liquid & creamed honey in various flavours. Combed honey & bee pollen. Year-round by appointment

22 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 - Mid-April
www.mclachlansyrup.ca

23 Walker's Apiaries
9327 Scotchmere Dr., Strathroy
519-245-5361
Honey, both liquid & creamed and bee pollen. Comb honey in season. Year-round by chance or appointment

Markets & Mills

24 Arva Flour Mill & Food Stores
2042 Elgin St., Arva
519-660-0199
Flours, grains & beans. Rice, pastas, honey, meats, poultry, cheese, sauces & oils. Year-round: Mon-Fri 8am-6pm, Sat 9am-5pm, Sun 11am-4pm
www.arvafLOURMILL.com

25 Covent Garden Market
130 King St., London (Indoor)
519-439-3921
Produce, meat, cheese, bakery, prepared foods. Year-round: Mon-Thurs 8am-6pm, Fri 8am-7:30pm
Sat 8am-6pm, Sun 11am-4pm
www.coventmarket.com

26 Covent Garden Market
130 King St., London (Outdoor)
519-439-3921
Produce, meat, bakery, cheese. May-Dec: Thurs 8am-2pm, Sat 8am-1pm
Jan-Easter: 9am-1pm
www.coventgardenfarmersmarket.com

27 Crunican Brother's Orchards
23840 Richmond St. N., London
519-666-0286
Apples, pears, peaches, honey, Ontario peanuts, maple syrup, squash. Late-Aug - Early-June: Mon-Fri 9am-6pm, Sat 9am-5pm, Sun Noon-5pm
www.crunicanorchards.com

28 Homestead Country Market
21654 Purple Hill Rd., Thorndale
519-461-0116
Meats (veal, beef, roasting chickens, pork). Custom orders. Year-round: By appointment & Sat 8am-12pm

29 Ilderton Farmers Market
13236 Ilderton Rd., Ilderton
Municipal Parking Lot
519-666-3993
Meats, fresh local fruits & vegetables, homemade baked goods, farm fresh graded eggs, goat cheese. Mid-June - Mid-October: Sat 8am-12pm
www.iaba.ca

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

Meats & Fish

31 BaconAcre Farm
15429 Elginfield Rd., Granton
519-225-2001
Many cuts of pork (year-round). Sweet corn (Aug-Sept). By chance or appointment. Closed Sundays

32 Eatwell Foods at Duenk Farms
25425 New Ontario Rd., Denfield
519-232-4105
Meats (beef, pork), eggs, garlic & seasonal vegetables. Year-round by appointment
www.eatwellduenkfarms.com

33 Tom & Julie Field
4381 Calvert Dr., Glencoe
519-287-3849
Meats (lamb, beef, chickens). Year-round by appointment

34 Parkhill Meats
3900 Elginfield Rd., Parkhill
519-293-3000
Local, fresh quality meats (beef, lamb, veal). Year-round: Mon-Sat 8am-4:30pm
www.parkhillmeats.ca

