

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!

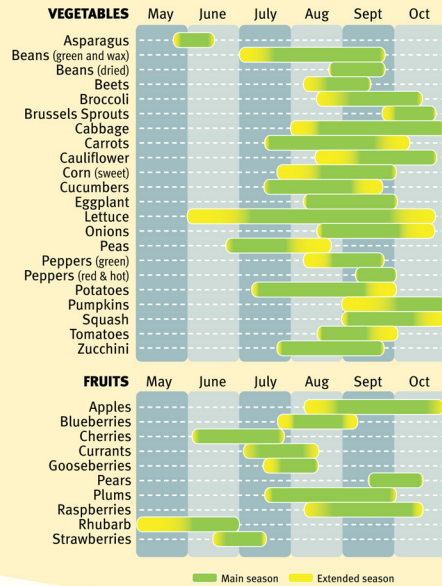
FACT There are 2.8 million chickens and hens on Middlesex farms—that's six times the current population of the county.

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 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.

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



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!

Ignite your passion...

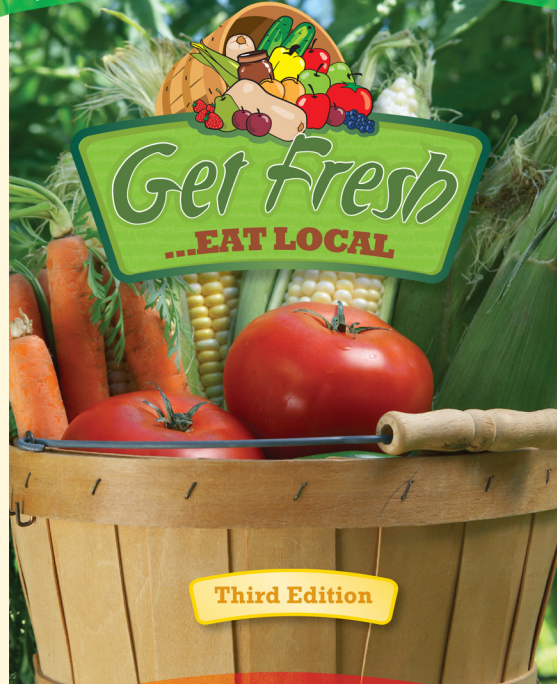
This guide to Middlesex-London farms is designed to show appreciation for our farmers and the agricultural community. It supports the Middlesex-London Health Unit's initiatives to promote healthy eating and physical activity. We invite you to purchase locally grown produce throughout the year. You can 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:
Middlesex Federation of Agriculture at 519-457-8444
or email at mfa4h@bellnet.ca

MIDDLESEX-LONDON LOCAL FOOD GUIDE



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



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:



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



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

Markets & Mills

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

519-463-0116

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

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!

2230 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 Muscitt Country Store

5131 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 (approx.)

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

32 Gene & Brenda Viane

7753 Walkers Dr., Strathroy

519-739-9810

PYO & ready-picked strawberries

June: Mon-Fri, 8am-8pm; Sat-Sun, 8am-5pm

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.harvesttablecatering.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 Crunican 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-Sept: 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

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.eatwellfoodsduenkfarms.com

44 Everspring Farms Ltd.

22370 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

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

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

Honey, Maple Syrup & Preserves

33 Crinklaw Maple Products

4570 Westminster Dr., London

519-457-4550

Maple syrup, maple butter, maple sugar, pumpkins