

MIDDLESEX-LONDON LOCAL FOOD GUIDE



**Fourth Edition**

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

# 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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For more information about this map, please contact:  
Middlesex Federation of Agriculture at 519-264-9812  
[www.middlesexfarmers.ca](http://www.middlesexfarmers.ca) | [info@middlesexfarmers.ca](mailto:info@middlesexfarmers.ca)

# 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.**

## 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](http://www.farmersmarketsontario.com)

**Read** great articles and instructions on freezing and canning: [www.eatrightontario.ca](http://www.eatrightontario.ca)

**Learn** about the peak nutrition of produce: [www.ontario.ca/foodland/page/nutrition-guide](http://www.ontario.ca/foodland/page/nutrition-guide)

**Understand** product labeling: [www.ontario.ca/foodland/page/ontario-foods-definitions](http://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](http://www.eatlocalmiddlesex.ca)



# 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. Ontario also has many greenhouses, ensuring that some locally grown produce is available outside of the dates listed in the Foodland Ontario seasonal guide.

## Available Year Round

- Eggs
- Greenhouse Vegetables
- Herbs
- Honey
- Maple Syrup
- Meats
- Milk
- Mushrooms
- Preserves

## Food Freedom Day

In Canada, we mark Food Freedom Day each year in early-mid February (for 2017 it was February 8th). This is the calendar date when the average Canadian has earned enough income to pay for their individual grocery bill for the whole year. Canadians enjoy one of the lowest-cost "food baskets" in the world, and can be confident that they have access to safe, healthy food. By choosing to buy Canadian products, consumers are supporting our farmers and food system, positively impacting our country's agriculture and food security.

Food Freedom Day is calculated by taking Canadian's total expenditure on food and beverages and dividing it by the total Canadian household disposable income to create a percentage. The Canadian Federation of Agriculture then determines what this percentage of the year is, by day. Canadians spent 10.7% of their disposable income on food and beverages in 2015, which equates to 39 days, or February 8th.

Source: Statistics Canada, CANSIM TABLE 380-0072 and 380-0067

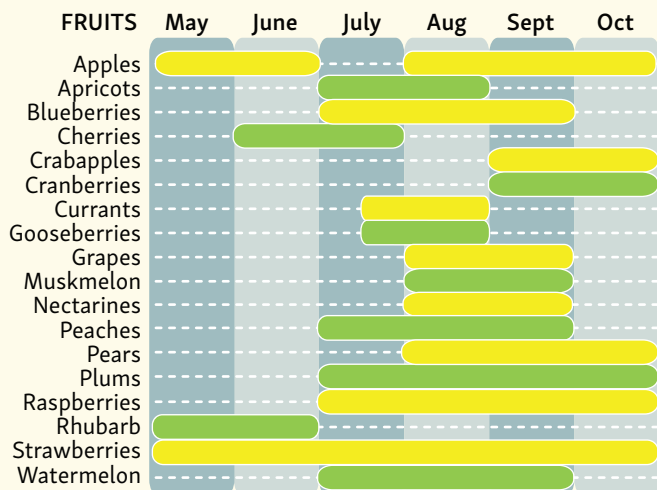
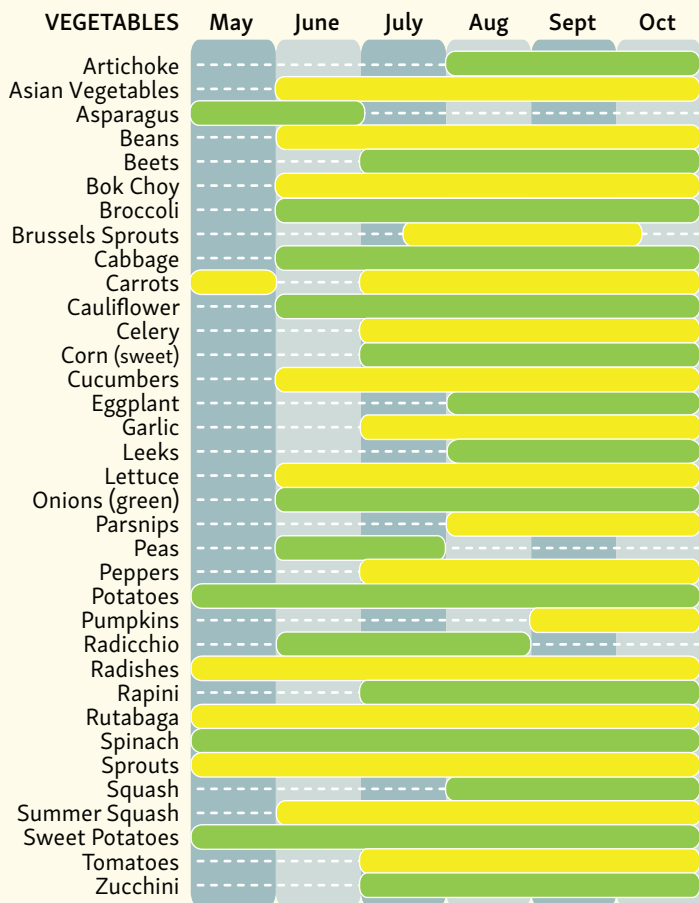


The Middlesex Federation of Agriculture acknowledges the following contributors who helped make this project possible:

The County of Middlesex  
[www.visitmiddlesex.ca](http://www.visitmiddlesex.ca)

Middlesex-London Health Unit  
[www.healthunit.com](http://www.healthunit.com)

# SEASONAL AVAILABILITY GUIDE



For more information, please visit:  
[www.ontario.ca/foodland/page/availability-guide](http://www.ontario.ca/foodland/page/availability-guide)




# 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.realdirtonfarming.ca](http://www.realdirtonfarming.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.

An interactive, online version of this map will soon be available!

[www.eatlocalmiddlesex.ca](http://www.eatlocalmiddlesex.ca)



# 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		
	PYO 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  
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.arvafourmill.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 Cruncan 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.cruncanorchards.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

