

# Farm Fresh Fare

local, sustainable, delicious



*Recipes  
inside!*

## Be a locavore!

How-to tips, plus local food producers,  
farmers, cheesemakers, distributors, restaurants,  
caterers and more.

BROUGHT TO YOU BY GREEN LIVING IN PARTNERSHIP WITH SLOW FOOD,  
EVERGREEN AND THE PROVINCE OF ONTARIO



**EVERGREEN  
BRICK WORKS**



Barry Choi

## Farm Fresh Fare... each and every Saturday

The Evergreen Brick Works Saturday morning Farmers' Market features the best of each season, with local fruits, vegetables, wild fish, meat, cheese, milled flours, eggs and oils. That's not all: we offer cooking classes, kids' games and activities, the BeLong Café and our sustainable garden centre.

Come see for yourself the amazing transformation of abandoned heritage buildings into a unique new community environmental centre—right in the city.

[ebw.evergreen.ca](http://ebw.evergreen.ca)

550 Bayview Avenue, south of Pottery Road.

**Bus. Bike. Walk.** Take our free shuttle bus from Broadview Station.

# *Local is better*

You're probably aware that eating local food is healthier, more environmentally friendly and just plain better tasting. Green Living believes that being a locavore – a word for someone who eats food that is grown within 100-mile radius from home – also has a tremendous impact on our sense of well-being. Whether we recognize it or not, strong community bonds are formed when we shop for food from sources who live just around the corner.

Buying local supports micro-scale farmers in Ontario, cycling money through the community and ensuring a lifetime of the freshest, greenest, easily accessible, affordable good eats possible. Of course, we may not recognize this in the moment; we're just enjoying a leisurely trip to the local market with our family, a conversation with our local butcher, or biting into an exquisite strawberry tenderly grown by farmer Smith. This kind of community experience, the social glue of life, is just another perk of eating local.

Three years ago, along with Evergreen and Slow Food, we created Farm Fresh Fare (FFF), a sampling venue at the Green Living Show that showcases local food provided by Ontario farmers and prepared by talented chefs. We were inspired by food fairs like those put on by Evergreen. Thanks to Toyota Canada's support, for just \$2 a sample, anyone can experience the benefits of eating sustainable, local food. The broad swath of FFF participants – from Hearty Catering and Marben to two community kitchens, The Stop Community Food Centre and FoodShare – demonstrates that there really are no limits to who can eat local.

We hope you're inspired by the farmers and chefs at FFF, and that you'll reference this guide, created with support from the Ontario Market Investment Fund, at home to be green and eat local as often as possible!



**Laurie Simmonds**  
President and CEO Green Living Enterprises

**greenliving**™

A SPECIAL THANKS TO MIRIAM STREIMAN, PAUL DECAMPO, SEANA IRVIN, ARLENE STEIN, MARINA QUEIROLO, LAURA ARSIE, CURTIS SANDS AND NATE HABERMEYER.



# The benefits of being a locavore

Our lives revolve around food – we nourish our bodies with it, but we also celebrate, entertain and express affection with it. So it's no surprise that we all want only the healthiest, freshest, best-tasting food. In order to serve the best, and by proxy, create a myriad of other positive effects, we need to shop for local, Ontario-grown foods.

## 8 reasons to buy local

### 1. It's better for everyone's bottom line

When we shop for local foods, we are getting the satisfaction of knowing that we are contributing to our local communities and economies. For example, research out of Brock University suggests \$3 billion would be added to the local economy if five million Ontarians spent \$10 of their grocery budget on local foods each week. You don't always have to spend more to shop for local food; in some cases it can cost less because in-season foods are generally cheaper and travel costs are minimized.

- **Support a new local food project! Find a list of the latest Ontario Market Investment Fund projects across Ontario at [omafra.gov.on.ca/english/food/domestic/omif/omif.html](http://omafra.gov.on.ca/english/food/domestic/omif/omif.html)**

### 2. It supports the future of farming in Ontario

The stronger our local farmer gets, the more we ensure local goods can be grown and raised for generations to come.

**3. It promotes biodiversity** Our demand for local food creates greater variety. Farmers who run community-supported agriculture programs, sell at farmers' markets and provide for local restaurants have the support they need to raise more types of produce and livestock than multinational commercial enterprises looking to squeeze every dollar out of one type of crop.

### 4. It promotes cultural diversity

Many local Ontario farmers are growing varieties of “culturally diverse” ingredients locally so traditional recipes from different heritages can still be honoured and prepared – fresh – in Ontario.

**5. It empowers consumers** Shopping locally gives us a chance to engage our Ontario growers directly.

Building a relationship with farmers is fun – who doesn't love a trip to the farmers' market? We get to learn something new about our food, including when the freshest produce is in-season. And we are reassured when we ask growers directly about sustainable production, including whether pesticides are used. It's important to ask about sustainable growing practices because buying local does not automatically mean the food is sustainably produced.

### 6. It promotes a greater sense of family

When we buy local foods, we are encouraged and inspired by our food. Who doesn't spy a brimming basket of apples and think, “homemade apple pie!” We hit the kitchen, whipping up favourite family recipes and applying our creative juices. And then, we get to savour the bounty with loved ones, enjoying the experience slowly, talking about the effort and the end result (rather than wolfing down pre-made reconstituted food with the TV on!).

### 7. It boosts our well-being

Of course, when local foods are grown sustainably, using humane animal practices and without pesticides and chemical fertilizers, we can also be confident that our food is healthier and environmentally friendly. So every time you buy Ontario-produced food, you can feel good knowing you are making a difference.

**8. It tastes better!** Finally, local foods taste better because they are in-season, recently harvested and didn't have to travel far to get to our plates. Check out how gourmet chefs prepare fresh, local ingredients, starting on page 9.

## Where do I find a farmer's market?

Search these sites to find a market near you:

### Evergreen Brick Works

[evergreen.ca/whats-on/farmers-market](http://evergreen.ca/whats-on/farmers-market)

### Farmers' Markets Ontario

[farmersmarketsontario.com](http://farmersmarketsontario.com)

### City of Toronto Markets

[toronto.ca/markets/index.htm](http://toronto.ca/markets/index.htm)

### FoodShare

[foodshare.net](http://foodshare.net)

### Ontario Farm Fresh

[ontariofarmfresh.com](http://ontariofarmfresh.com)

### Ontario Greenbelt

[greenbeltfresh.ca](http://greenbeltfresh.ca)

# How to eat local

Opting for locally grown foods simply means buying foods that are produced as close to home as possible. Affordable, fresh Ontario-grown foods are available at farmers' markets, but also in grocery stores throughout the year (check labels for the origins of produce), and restaurants that choose to make the most of the freshest, in-season

ingredients. You can also support small-scale, local Ontario farmers, and ensure that local food continues to grow as close to home as possible by participating in a community shared agriculture program that has fresh Ontario-grown produce, meat and eggs delivered to your door. (Google search "CSA" in your community.)

- **Experience Evergreen Brick Works Farmers' Market Winter and Summer!**  
Learn more at [ebw.evergreen.ca/whats-on/farmers-market/](http://ebw.evergreen.ca/whats-on/farmers-market/)

## Know your labels

**Foodland Ontario** This symbol is an easy way to identify Ontario foods at grocery stores, farmers' markets and on-farm markets.

**Local Food Plus** This symbol represents certification for local sustainable food producers (and restaurants and retailers) who reduce or eliminate pesticide use, treat their animals well, conserve soil and water, protect wildlife habitat, provide safe

and fair working conditions, reduce energy use, and sell locally wherever possible.

**Organic labels** Not all foods labelled organic are local. But you can be comforted by knowing you are still doing the planet a favour by opting for foods that aren't produced using nasty pesticides. Look for **Pro-cert** and **Ecocert**, two large organic certifying bodies.



TURN THE PAGE FOR DELICIOUS RECIPES FEATURING LOCAL ONTARIO INGREDIENTS FROM PARTICIPATING FARM FRESH FARE CHEFS!

## Glossary of terms

Eliminate any confusion at the counter: here are the key terms you need to know when shopping for food that is accessible, healthy and environmentally friendly.

### Sustainable agriculture

Food that is produced using methods that are healthy, do not harm the environment, respect labourers, are humane to animals, provide fair wages to farmers and support farming communities. The production methods support local communities

and economies, while enriching the soil, protecting air and water and reducing energy.

**Food biodiversity**  
Biodiversity for food and agriculture includes variety and variability of ecosystems, animals, plants and micro-organism at the genetic, species and ecosystem levels, necessary to

sustain both human life and the key functions of ecosystems. Without food biodiversity, entire single-source crops are vulnerable to disease.

**Industrial agriculture**  
A system that is entirely dependent on fossil fuels, which, when refined and burned, create greenhouse gases and contribute to the climate

change. Chemical fertilizers and pesticides are a major contributor to agricultural GHG emissions, and packaging and transportation of food are environmental stressors.

**Local food** Shopping for sustainable foods supports the production of sustainable agriculture; however, local food is not automatically sustainably produced. Pesticides, chemical

fertilizers, factory farming, hormone use and non-therapeutic use of antibiotics can all be involved in local food production. TIP: Local is relative – shop for food items produced as close as possible to where you live, even national over global sources is a step toward eating local.

**Natural food** This generally refers to foods that are not altered chemically or synthesized in any way. These are

derived from natural sources, including animals and plants. These may or may not be organic foods.

**Organic food** This refers to foods that are produced, manufactured and handled using organic means that are defined by regulating or certifying bodies, generally, as employing no chemical pesticides, fertilizers or preservatives. These may or may not be natural foods.

# Rod's Newfoundland-style *baked beans*



**LOCAL INGREDIENT LIST**

- Rowe Farms bacon
- Zephyr onions and garlic
- Ninutik maple syrup
- Organic Meadow butter
- Utopia canned tomatoes
- Sleeman original draught
- Mountain Path dried beans

A perfect, delectable side for all your BBQs this summer, by Rodney Bowers of Rodney Bowers. You'll need to make it at least seven hours ahead. Makes 6 main course servings.

- 2 lbs dried beans
- 1 lb bacon (sliced)
- 2 onions, finely diced
- 2 cloves garlic, smashed
- 4-oz tin of tomato paste
- 8 oz of jarred or canned summer tomatoes
- 2 tbsp Dijon mustard
- 1/2 cup maple syrup
- 1/4 cup apple cider vinegar
- 1/4 cup molasses
- 3 tbsp butter
- 1 can of favourite local beer

1. Soak beans before you go to bed.
2. The next morning, wash beans thoroughly. Put beans in a pot and add water until a few inches above beans. Boil until just tender, about half an hour.
3. Preheat the oven to 275°F (135°C). In a large oven-proof dish, sauté bacon until fat is rendered out. Strain off half of fat. Add onions and garlic and sauté for two or three minutes. Add tomato paste and sauté for another minute. Add tomatoes, mustard, syrup, vinegar, molasses and beans, and stir well. Add half of beer and enough water to cover beans.
4. Bake covered in oven at 250°F (120°C) for about six to seven hours. To darken up beans, remove cover for last hour and dab on butter. Serve with freshly baked buttered bread.



# *meatloaf cupcakes*

*with leek bread pudding icing*



## LOCAL INGREDIENT LIST

**Beretta Organic Farms** grass-fed beef  
**Fresh Marvin Farms** leeks and onions  
**ACE Bakery** organic bread  
**Harmony Organic** milk and cream

A surprising, delicious twist on a family favourite, by **Karen Viva-Hayes** of **Viva Tastings**. Makes 24 cupcakes.

### CUPCAKES:

- 2 tbsp olive oil
- 1 large Ontario onion
- 1 lb fresh local spinach
- 2 lbs of ground beef brisket
- 2/3 cup fresh bread crumbs
- 1/2 cup tomato sauce
- 1/4 cup chimichurri sauce
- 1 large organic egg
- 1 tbsp kosher salt
- 1 tbsp pepper
- 1 tsp chili powder

1. Cook onions in olive oil in pan over medium heat until soft.
2. Increase heat and add spinach. Cook until liquid has evaporated.
3. Preheat oven to 350°F (175°C).
4. Place ground beef, bread crumbs, cooled spinach mixture, tomato sauce and chimichurri sauce in a large bowl.
5. In a small bowl, whisk egg with dry ingredients.
6. Add egg mixture to bowl with beef. Combine everything.
7. Pack 3 oz of mixture into cupcake liners in a tray. Create a divot in each.
8. Add 1 tbsp Leek Bread Pudding Icing (see right).
9. Bake for 15 to 20 minutes until internal temperature is 160°F (71°C).

### ICING:

- 2 tbsp unsalted butter
- 2/3 cup thinly sliced washed leeks, white and light-green only
- Kosher salt
- Freshly ground black pepper
- 4 cups 1/2-inch-cubed crust less organic white sandwich loaf
- 1/2 tbsp finely chopped chives
- 1/2 tsp fresh thyme leaves
- 1 large organic egg
- 1 cup whole milk
- 2/3 cup heavy cream
- Freshly grated nutmeg
- 1/3 cup shredded Gruyère cheese

1. In a pan over medium-high heat, sauté butter and leeks for 5 minutes. Reduce heat, cover and cook until very soft, about 30 minutes. Season to taste with salt and pepper.
2. Bake bread cubes on a baking sheet until dry, about 20 minutes. Transfer to a large bowl.
3. Add leeks, chives and thyme to bread; toss well. In another large bowl, lightly whisk the egg, then whisk in milk, cream, a generous pinch of salt, pepper and a pinch of nutmeg.
4. Add egg mixture to cubed bread along with Gruyère and toss to coat. Let rest 15 minutes.



# Rod's pasta *carbonara*



## LOCAL INGREDIENT LIST

**Rowe Farms** eggs and bacon  
**Pasta Corner** fresh pasta  
**Monforte Dairy** cheese  
**Organic Meadow** butter

Do like the Italians and eat this classic pasta dish, created here by Rodney Bowers of Rodney Bowers, for breakfast (and then lunch and dinner)!  
Makes 4 servings.

- 4 oz bacon cut into 1/2-inch pieces
- 1 medium Ontario onion, finely chopped
- 1 clove garlic, thinly sliced
- 1/2 cup organic cream
- 3 free-run fresh eggs
- 1 lb fresh local pasta, preferably a thick spaghetti or penne (or dry)
- 2 tbsp butter
- 1/2 cup freshly grated firm cheese (pecorino, parmesan, or an Ontario-aged Gouda or other firm cheese)
- 3 tbsp freshly grated black pepper

1. In a very large pot, bring 6 L of water to a boil. Add 3 tbsp salt.
2. Place bacon in a large sauté pan and cook over medium heat until fat has rendered out. Remove bacon and drain off fat, reserving 1 tbsp.
3. In the same pan with reserved bacon fat, sauté onion and garlic until translucent, about 10 minutes. Add cream and cook until reduced by half. Remove pan from heat.
4. Separate eggs, keeping yolks whole. Cook pasta until al dente; drain in a colander.
5. Add hot noodles to pan and toss over medium heat until coated with sauce. Add half cheese and stir in egg whites quickly. Add butter and some black pepper and stir. Divide into four servings. Top with egg yolk, remaining cheese and more black pepper.



# loaded potato soup

*with garlic, leeks and  
aged white cheddar*



## LOCAL INGREDIENT LIST

**Pfenning's Organic Farms and  
Zephyr Organic Farms** onions,  
garlic, leeks and potatoes

**Best Baa Farm Eweda** white  
cheddar cheese and sour cream

**Green Gate Farms** smoked bacon

**Ontario's Own** vegetable stock

Brimming with wholesome, hearty goodness, this soup by Lesley Stoyan of Daily Apple makes an excellent lunch or dinner starter. Makes 4 servings.

1 tsp olive oil

1 tsp minced garlic

1 small Ontario onion, chopped

2 leeks, cleaned well and finely chopped

3 1/2 cups peeled diced potato

3 cups vegetable stock

1 cup shredded aged white cheddar cheese,  
plus 2 tbsp for topping

1 cup organic milk (rice, cow or goat)

No-salt seasoning (NSS), salt and black pepper to taste,  
fresh parsley or dill (extra for garnish)

Optional toppings: sour cream, diced organic tomatoes, chopped green onions, crisp smoked bacon or pancetta

1. Using a stock pot, sauté garlic, onion and leeks in oil over medium-low heat.
2. When onions become translucent, add potatoes. Mix and sauté for several minutes.
3. Add vegetable stock. Bring to a boil, then reduce heat to a simmer. Cook, covered for 20 minutes, or until potatoes are soft.
4. Purée with hand-held blender, or conventional mixer.
5. Add cheese, milk, NSS, salt and pepper, parsley and dill. Simmer until cheese melts.

Serve in bowls or fancy mugs, topped with a small sprig of fresh parsley or dill, shredded cheese and desired toppings.



# LPK's *raised doughnuts*



## LOCAL INGREDIENT LIST

**CIPM Farm red fife flour**

**Harmony Organic milk**

**Organic Meadow eggs and butter**

**Ninutik maple sugar**

**FlorAlp Farms sunflower oil**

These delectable, homemade treats, concocted by Lesia Kohut of LPK's Culinary Groove, are best eaten the day they are made, but can be kept refrigerated or frozen and then reheated in a warm oven until toasty. Makes 12 to 16 large (3") doughnuts.

**3 tbsp active dry yeast**  
**3/4 cup milk, warm (not hot)**  
**2 cups mix all-purpose and red fife flour (plus extra if dough is wet)**  
**1/4 cup homo milk, room temperature**  
**2 tbsp Ontario maple sugar**  
**1/2 tsp Atlantic grey sea salt**  
**1 tsp vanilla extract**  
**3 large fresh egg yolks**  
**1/4 cup plus 1 tbsp unsalted butter at room temperature**  
**Sunflower or coconut oil for deep frying**

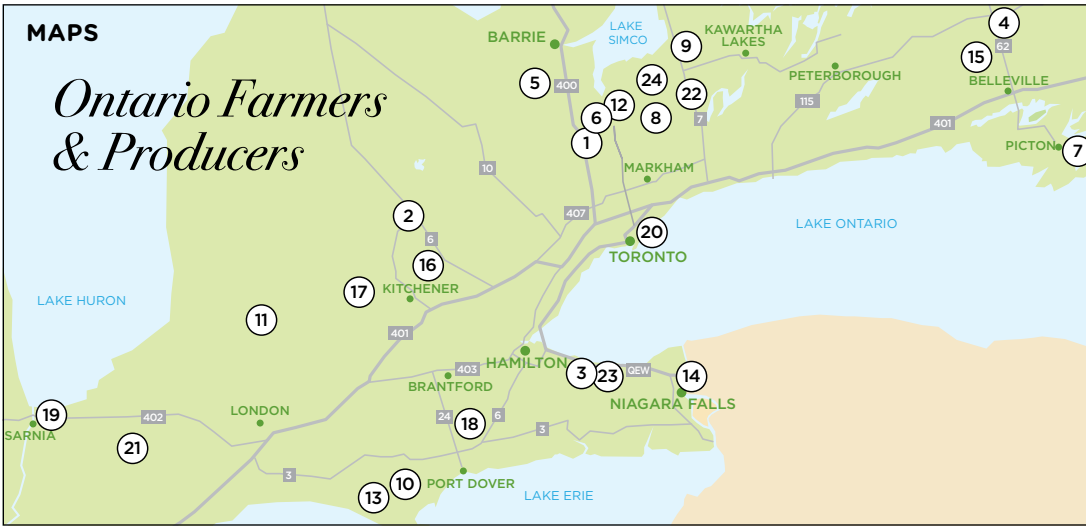
1. Dissolve yeast, 3/4 cup of milk, and 2/3 cup flour into mixing bowl. Cover and let rest in a warm place for five to 10 minutes, until mixture expands and has a bubbly appearance.
2. Fit electric mixer with paddle. Mix in remaining milk on low speed until combined.
3. Mix in remaining flour on low, then medium-low, until combined.
4. Mix in maple sugar, sea salt, vanilla extract and yolks on low speed, then medium-low, until combined.

5. With mixer on low, add butter in pieces, and keep beating until mixture is combined. Dough should be smooth, elastic and moist. Cover bowl and let rest in refrigerator for one hour (up to 12 hours), until doubled in volume.
6. Remove dough from refrigerator. Knead dough a little on counter dusted with flour to smooth and soften it up. Roll out with rolling pin to desired thickness (1/4"-1/2" thick). Using cookie cutters, cut out desired shapes. Place on parchment-lined tray and let rest while oil is heating up.
7. Fill a large pot or sauté pan with sunflower or coconut oil at least 2" deep. Allow at least 2" of clearance from rim of pan. Heat oil to 360°F (160°C) on a candy or deep-fry thermometer.
8. Once oil has reached 360°F (160°C), gently add doughnut shapes and fry for one to two minutes per side.
9. Remove and place onto paper towels. Toss in sugar, glaze, or fill as desired. If filling, let doughnuts cool to room temperature first.



MAPS

# Ontario Farmers & Producers



- |   |  |  |
|---|--|--|
| 1. Belmonte Raw<br>KING CITY                  | 9. Kawartha Ecological<br>Growers<br>WOODVILLE | 17. Pfenning's Organic<br>Vegetables Inc.<br>BADEN   |
| 2. Best Baa Dairy<br>FERGUS                   | 10. Kernal Peanuts Ltd.<br>VITTORIA            | 18. Pristine Gourmet<br>WATERFORD                    |
| 3. Cherry Lane<br>Frozen Fruits<br>VINELAND   | 11. Monforte Dairy<br>STRATFORD                | 19. Purdy Fisheries<br>Limited<br>POINT EDWARD       |
| 4. CIPM Farm<br>MADOC                         | 12. Nature's Emporium<br>NEWMARKET             | 20. Rowe Farms<br>TORONTO                            |
| 5. Cookstown Greens<br>THORNTON               | 13. Nature's Way Organics<br>WALSINGHAM        | 21. Slegers Greenhouses<br>STRATHROY                 |
| 6. Dingo Farms<br>BRADFORD                    | 14. Niagara Food<br>Specialties<br>QUEENSTON   | 22. Sovereign Farms<br>WATERFORD                     |
| 7. Fifth Town<br>Artisan Cheese Co.<br>PICTON | 15. Ontario Water<br>Buffalo Co.<br>STIRLING   | 23. Warner's Farm<br>BEAMSVILLE                      |
| 8. Fun Guy Farm<br>GOODWOOD                   | 16. Organic Meadow<br>GUELPH                   | 24. Zephyr Organics,<br>Farm Share Program<br>ZEPHYR |

# Toronto Restaurants



TURN THE PAGE  
FOR COMPLETE  
LISTINGS OF ONTARIO  
FARMERS AND  
RESTAURANTS.

# Local food sources

## Farm Fresh Fare Partners:

### EVERGREEN

BOOTH #920  
Evergreen is improving the health of our cities in schools, communities, homes by connecting people with nature. **Evergreen Brick Works** 550 Bayview Ave. Toronto, ON M4W 3X8 (416) 596-1495 evergreen.ca

### SLOW FOOD TORONTO

Connects Torontonians with local, sustainable and just food communities. [slowfood.to](http://slowfood.to)

### Restaurants, Caterers, Cooking Studios, Prepared Foods, Community

### DAILY APPLE

Daily Apple... fresh living made fun! (416) 899-1990 [dailyapple.ca](http://dailyapple.ca)

### DISH COOKING STUDIO

Fun and informative cooking classes; prepared foods from fresh and local ingredients; café and catering. 390 Dupont St. Toronto, ON M5R 1V9 (416) 920-5559 [dishcookingstudio.com](http://dishcookingstudio.com)

### ENOTECA SOCIALE REAL ITALIAN WINE-BAR

A Roman wine bar in the west end of Toronto. 1288 Dundas St. W. Toronto, ON M6J 1X7 (416) 534-1200 [sociale.ca](http://sociale.ca)

### EPIC AT THE FAIRMONT ROYAL YORK

EPIC, the Fairmont Royal York's signature four-diamond restaurant, features the best of Ontario's growers. 100 Front St. W. Toronto, ON M5J 1E3

(416) 860-6949  
[epicrestaurant.ca](http://epicrestaurant.ca)

### GEORGE RESTAURANT

Smart, seasonal cuisine with varied yet balanced dishes. Open kitchen and inviting dining room. 111C Queen St. E. Toronto, ON M5C 1S2 (416) 863-6006 [georgeonqueen.com](http://georgeonqueen.com)

### GILEAD CAFÉ + BISTRO

Chef Jamie Kennedy's Corktown café and restaurant celebrates the glorious bounty of our region's gastronomy. 4 Gilead Pl. Toronto, ON M5A 3C9 (647) 288-0680 [jamiekennedy.ca](http://jamiekennedy.ca)

### GRACE RESTAURANT

"Modern Farmhouse" cuisine. Updating the classics with a modern twist. Located in Little Italy. 503 College St. Toronto, ON M6G 1A5 (416) 944-8884 [gracerestaurant.ca](http://gracerestaurant.ca)

### HALL'S KITCHEN

Fresh, healthy, handcrafted soups and stews. No chemicals, additives or preservatives. Gluten-free, GMO-free. 1 Wiltshire Ave. Toronto, ON M6N 2V7 (647) 294-0827 [hallskitchen.ca](http://hallskitchen.ca)

### HEARTY CATERING INC.

Delicious and creative, local and organic catering for corporate and social functions. Canadian College of Naturopathic Medicine 1255 Sheppard Ave. E. Toronto, ON M2K 1E2 (416) 410-2928 [heartycatering.com](http://heartycatering.com)

### LE MATIN

BY JEAN PIERRE CHALLET  
Authentic French bakery

that utilizes the finest ingredients and specializes in baguettes, croissants and other gourmet goods. 1560 Queen St. E #102 Toronto, ON M4L 1E9 (416) 461-6992 [lematinbakery.com](http://lematinbakery.com)

### LE SÉLECT BISTRO

Toronto's most authentic Parisian bistro. 432 Wellington St. W. Toronto, ON M5V 1E3 (416) 596-6405 [leselect.com](http://leselect.com)

### LOCAL KITCHEN & WINE BAR

Locally grown, Italian inspired. 1710 Queen St. W. Toronto, ON M6R 1B3 (416) 534-6700 [loalkitchen.ca](http://loalkitchen.ca)

### LOIC GOURMET

Freshly prepared French-inspired food to go, and full-service caterer. 722 Queen St. E. Toronto, ON M4M 1H2 (416) 850-8835 [loicgourmet.ca](http://loicgourmet.ca)

### LPK'S CULINARY GROOVE

Organic cakes, pastries and chocolates that dazzle the palate and delight the senses. 718 Queen St. E. Toronto, ON M4M 1H2 (416) 461-6440 [lpksculinarygroove.com](http://lpksculinarygroove.com)

### MAGIC OVEN

Award-winning, feel-good pizza since 1997, with traditional and innovative choices. 798 Danforth Ave. Toronto, ON M4J 1L6 (416) 868-0VEN (6836) [magicoven.com](http://magicoven.com)

### MARBEN

A farmhouse revival restaurant. 488 Wellington St. W. Toronto, ON M5V 1E3

(416) 979-1990  
[marbenrestaurant.com](http://marbenrestaurant.com)

### MILDRED'S TEMPLE KITCHEN

Certified fork-huggers, dedicated to seasonal fare and gracious hospitality. "Worship flavour," says Mildred. 85 Hanna Ave., Ste. 104 Toronto, ON M6K 3S3 (416) 588-5695 [templekitchen.com](http://templekitchen.com)

### PARTS & LABOUR RESTAURANT

Good, simple food on Queen West. 1566 Queen St. W. Toronto, ON M6R 1A6 (416) 588-7750 [partsandlabour.ca](http://partsandlabour.ca)

### RODNEY BOWERS

Will consult and create for any food venture, in a sustainable, conscious way. Located in Toronto, Canada, available worldwide. (416) 455-4046 [rodneybowers.com](http://rodneybowers.com)

### SPLENDIDO

A contemporary fine dining experience, serving high-quality, seasonal, locally sourced, family-farmed products prepared traditionally. 88 Harbord St. Toronto, ON M5R 1G5 (416) 929-7191 [splendido.ca](http://splendido.ca)

### STARFISH OYSTERBED AND GRILL

World and Guinness oyster shucking champion Patrick McMurray. 100 Adelaide St. E. Toronto, ON M5C 1K9 (416) 366-7827 [starfishoysterbed.com](http://starfishoysterbed.com)

### THE CEILI COTTAGE

An Irish local. 1301 Queen St. E. Toronto, ON M4L 1C2 (416) 406-1301 [ceilicottage.com](http://ceilicottage.com)

### THE STOP COMMUNITY FOOD CENTRE

The Stop strives to increase access to healthy food in a manner that maintains dig-

nity, builds community and challenges inequality. PO Box 69 Stn. E Toronto, ON M6H 4E1 (416) 652-7867 [thestop.org](http://thestop.org)

### TORITO TAPAS BAR

Spanish tapas bar that focuses on global food using local ingredients. 276 Augusta Ave. Toronto, ON M5T 2L9 (416) 961-7373 [toritorestaurant.com](http://toritorestaurant.com)

### VIVA TASTINGS

The tastiest local and artisanal prepared food for pick-up or full-service catering in Toronto. Contact us about our underground dining. 52 Henry St. and St. Lawrence Farmer's Market Toronto, ON (416) 595-0636 [vivatastings.com](http://vivatastings.com)

### WOODLOT RESTAURANT

Simple, honest, handmade. 293 Palmerston Ave. Toronto, ON M6J 2J3 (647) 342-6307 [woodlotrestaurant.com](http://woodlotrestaurant.com)

### Producers, Farmers, Cheesemakers, Distributors, Retailers

### 100KM FOODS INC.

Award-winning local food distribution company, partnering chefs and producers to bring Ontario-grown food directly from farm to restaurant. 1 Indian Grove Toronto, ON M6R 2Y1 (416) 203-2164 [100kmfoods.com](http://100kmfoods.com)

### BELMONTE RAW

Toronto's leading source for organic raw food and juice cleanses ... delivered to you! [carol@belmonteraw.com](mailto:carol@belmonteraw.com) [belmonteraw.com](http://belmonteraw.com)

### BERETTA FARMS

Certified organic meat products: antibiotic-free, growth-hormone-free, gluten-free and raised locally (within 200 km of the GTA). King City, ON L7B 1K4

(416) 674-5609  
[berettaorganics.com](http://berettaorganics.com)  
[berettaranch.com](http://berettaranch.com)

### BEST BAA DAIRY

Ontario artisanal sheep milk products crafted with a focus on quality, environmental stewardship and family farming. 820 Gartshore Rd. Unit 1 Fergus, ON N1M 3L4 (519) 787-0707 [ewenity.com](http://ewenity.com)

### CHERRY LANE FROZEN FRUITS

Family-owned business offering cherry concentrate for pain relief, local frozen and dried fruit. 4230 Victoria Ave. Vineland, ON LOR 2E0 1-877-CHERRY-6 [cherrylane.net](http://cherrylane.net)

### CHOCOSOL

Chocosol is a social innovative enterprise that produces local, stone-ground, artisanal chocolate. 6 St. Joseph St. 4th Floor Toronto, ON M4Y 1J7 (416) 923-6675 [chocosoltraders.com](http://chocosoltraders.com)

### CIPM FARM

RR 3 Rd. Madoc, ON (613) 473-4927

### COOKSTOWN GREENS

Growing premium specialty vegetables for Toronto's discriminating chefs since 1988. 6321 Line 9 RR 3 Thornton, ON L0L 2N0 (705) 458-9077 [cookstowngreens.com](http://cookstowngreens.com)

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fifthtown.ca**

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A city-wide food security organization committed to the principle of "good healthy food for all."  
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foodshare.net**

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mycosource.com**

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kawarthaecologicalgrowers.com**

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ontariosown.ca**

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Naturally and locally raised water buffalo meat products from Stirling, Ont.  
**3346 Stirling-Marmora Rd.  
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(613) 395-1342  
ontariowaterbuffalo.com**

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1-866-767-9694  
organicmeadow.com**

#### **PFENNING'S ORGANIC VEGETABLES INC.**

Pfenning's Organic Vegetables Inc. is a grower, packer, importer and wholesaler of certified organic produce.  
**1209 Waterloo St.  
Baden, ON N3A 1T1  
(519) 662-3468  
pfenningsfarms.ca**

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pristinegourmet.com**

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rowefarms.ca**

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(519) 245-1339  
slegersgreens.com**

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**130 Lutesville Rd.  
Waterford, ON N0E 1Y0  
(519) 443-4061  
sovereignfarms.ca**

#### **WARNER'S FARM**

Torrie Warner.  
**4045 John St.  
Beamsville, ON L0R 1B1  
(905) 562-5637  
warnersfarm.ca**

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