

Off the Farm

OTHER OUTLETS FOR LANARK LOCAL FLAVOUR:

Restaurants

- **BALLYGIBLIN'S** 151 Bridge St., Carleton Place 613-253-7400
- **BISTRO 54** 54 Foster St. Perth 613-267-5454
- **CASTLEGARTH RESTAURANT** Burnstown Rd., White Lake 613-623-3472
- **DALHOUSIE LAKE RESTAURANT AT SYLVANIA LODGE** Dalhousie Lake 613-278-0091
- **ELF-INN EXPRESS** Elphin 613-278-0207
- **FALL RIVER RESTAURANT** Hwy 7, Maberly 613-268-2197
- **FIDDLEHEADS BAR AND GRILL** Codes Mill, Perth 613-267-1304
- **HEIRLOOM CAFE BISTRO** 7 Mill St. Almonte 613-256-9653
- **MILL STREET CREPE COMPANY** 14 Mill St. Almonte 613-461-2737
- **O'REILLY'S ALE HOUSE** 43 Gore St. Perth 613-267-7994
- **SUNFLOWER BAKE SHOP** 100 Gore St. E. Perth 613-267-2458
- **THE GOOD FOOD COMPANY** 31 Bridge St., Carleton Place 613-257-7284
- **THE MASONRY RESTAURANT & MARKET** 8 Wilson St. E. Perth 613-285-4635

Retailers

- **BALDERSON FINE FOODS** Hwy 511, Balderson 613-264-1500
- **COUTTS COUNTRY FLAVOURS STORE** County Rd. 1 North of Rideau Ferry 613-267-0277
- **DANDELION FOODS** 451 Ottawa Street, Almonte (opening Fall 2013)
- **FOODSMITHS GOOD FOOD STORE** 106 Wilson St. W. Perth 613-267-5409
- **KUDRINKO'S COUNTRY GROCER** 22 Main St. Westport 613-273-2130
- **MR. BEEF** 223 Mcwatty Rd. Pakenham 613-624-5222
- **MODERN THYMES** 11 Russell St. E. Smiths Falls 613-283-3612
- **OUELLETTE FARM STORE** Wolfgrove Rd. Middleville 613-259-2188
- **PECHES & POIVRE** 89 Mill St. Almonte 613-256-5764
- **RIDEAU MEATS** 12090 Hwy. 15 N., Smiths Falls 613-283-3477
- **THE GARDEN MARKET** 115 William St. W. Smiths Falls 613-283-4821
- **SEED TO SAUSAGE** Hwy. 38, south of Sharbot Lake 613-279-2455

Bakeries

- **LITTLE STREAM BAKERY** Glen Tay 613-267-9712
- **SUNFLOWER BAKE SHOP** 100 Gore St. E. Perth 613-267-2458

Processors

- **NOBLE BEAN TEMPEH** Elphin Maberly Rd. McDonalds Corners 613-278-2305
- **PULSE FOODS** Mitchell Road, Lanark 613-256-6638

Check out the **Lanark Local Flavour** website www.lanarklocalflavour.ca or 'like' us on Facebook for more detailed listing information.

Local Food Groups

Neighbourhood Tomato Community Gardens (NTCG) – "Grow Food, Build Community"

Initiated 3 years ago to spur interest in community gardens throughout the Town of Mississippi Mills, the NTCG has broadened its areas of interest to include:

- support for existing and creation of new community gardens
- land and harvest sharing
- educational workshops about growing, cooking and preserving local food and intergenerational programs
- collaborating with different community partners to host inclusive community potluck dinners

More more info contact Jeff Mills, Coordinator Community Development, Mills Community Support 613-256-1031 ext 63

Slow Food Lanark County

A local chapter of the International Slow Food Movement, Slow Food Lanark County is committed to:

- revitalizing and celebrating local food production, preparation and tradition
- organizing lively and informative food-based community events
- promoting heritage breeds and seeds
- consumer education and political advocacy

To get involved or to find out more, call Janet Duncan, Convivium Leader at 613-256-2933

Lanark Local Flavour works to link local farmers with local eaters, expand capacity and access to sustainably produced food, inform the public about food issues and celebrate the people who grow our food. Use the Lanark Local Flavour website to find growers and outlets for local food, including Farmers' Markets, farm gate sale locations, community shared agriculture (CSA) opportunities, as well as restaurants, bakeries and retailers who make the effort to source local food. Join us on Facebook to hear about new local food venues and events.

Lanark Local Flavour is a project of:

ecoPerth

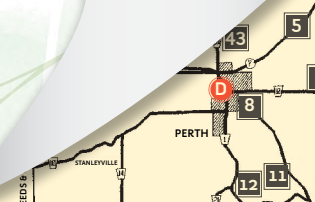
www.lanarklocalflavour.ca
www.ecoperth.on.ca
info@ecoperth.on.ca
613-268-2907



Your link to
local farm sales
in and around
Lanark County
2013

ecoPerth

www.LanarkLocalFlavour.ca



Four Good Reasons

Fresher, better tasting, better for you

Food is more nutritious when picked ripe and eaten fresh. Local farmers harvest your food at its prime, and select varieties based on taste, not how durable they are to transport.

Keep your money working in and around your community

Every \$1 you spend on local food means \$2.27 going back into your community. Money put in a farmer's pocket is then spent on goods and services in your community—likely someone in your family benefits from the buying power of local farmers.

It's good for the environment

Trucking food from the farm down the road to your local markets and restaurants has much less environmental impact than packaging, refrigerating and shipping food from long distances.

Keeps us "food secure"

Buying locally-grown food helps preserve farmland, and maintain the local capacity and skills to feed ourselves. This is especially important as we hear more about large-scale food contamination scares and surging energy costs.

LOCAL FLAVOUR HARVEST CHART

VEGETABLES	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
ASPARAGUS							
BEANS							
BEETS							
BROCCOLI							
CABBAGE							
CARROTS							
CAULIFLOWER							
CELERY							
CORN							
CUCUMBERS							
GARLIC							
KALE							
LEEKs							
LETTUCE							
MUSHROOMS							
ONIONS							
ONIONS (GREEN)							
PARSNIPS							
PEAS (GREEN)							
PEAS (SNAP & SNOW)							
PEPPERS							
POTATOES							
PUMPKINS							
RADISHES							
RUTABAGAS							
SPINACH							
SQUASH (WINTER)							
SWISS CHARD							
ZUCCHINI							
FRUIT, SYRUP & HONEY							
APPLES							
BLUEBERRIES							
GRAPES							
HONEY							
MAPLE SYRUP							
MELONS							
RASPBERRIES							
RHUBARB							
STRAWBERRIES							
TOMATOES (FIELD)							

Farmers' Markets

C MCDONALDS CORNERS

MERA Schoolhouse
McDonalds Corners
Saturdays, 9 am to 1 pm
May to Thanksgiving
Contact: Lynne Parks 613-278-2739

A ALMONTE

Almonte Public Library parking lot
(beside the Beer Store)
Saturdays, 8:30 am till 12:30 pm
May 18th until Thanksgiving
www.almontefarmersmarket.ca

B CARLETON PLACE

Market Square, corner of
Beckwith and Lake Ave.
Saturdays, 8 am until Noon
May 18th to October 11th
www.cpfm.ca

D PERTH

Tay Basin, between
Drummond and Gore Streets
Saturdays, 8 am to 1 pm
May 11th to Thanksgiving
Wed. afternoons during July and
August, 2 pm to 6 pm
www.perthfarmersmarket.ca

E SMITHS FALLS

RCAF Association Hall parking lot
44 Abbott St. N., next to the fixed bridge
Saturdays, 9 am to 1 pm
May 11th till Oct. 12th
www.smithsfallsfarmersmarket.com



Lanark Local Flavour thanks the following groups for their assistance:

- Little Stream Bakery
- Lanark County Agriculture Advisory Working Group



Some of these local products are available outside of the harvest season.



www.LanarkLocalFlavour.ca



Lanark Local Flavour | Farm Gate Sales

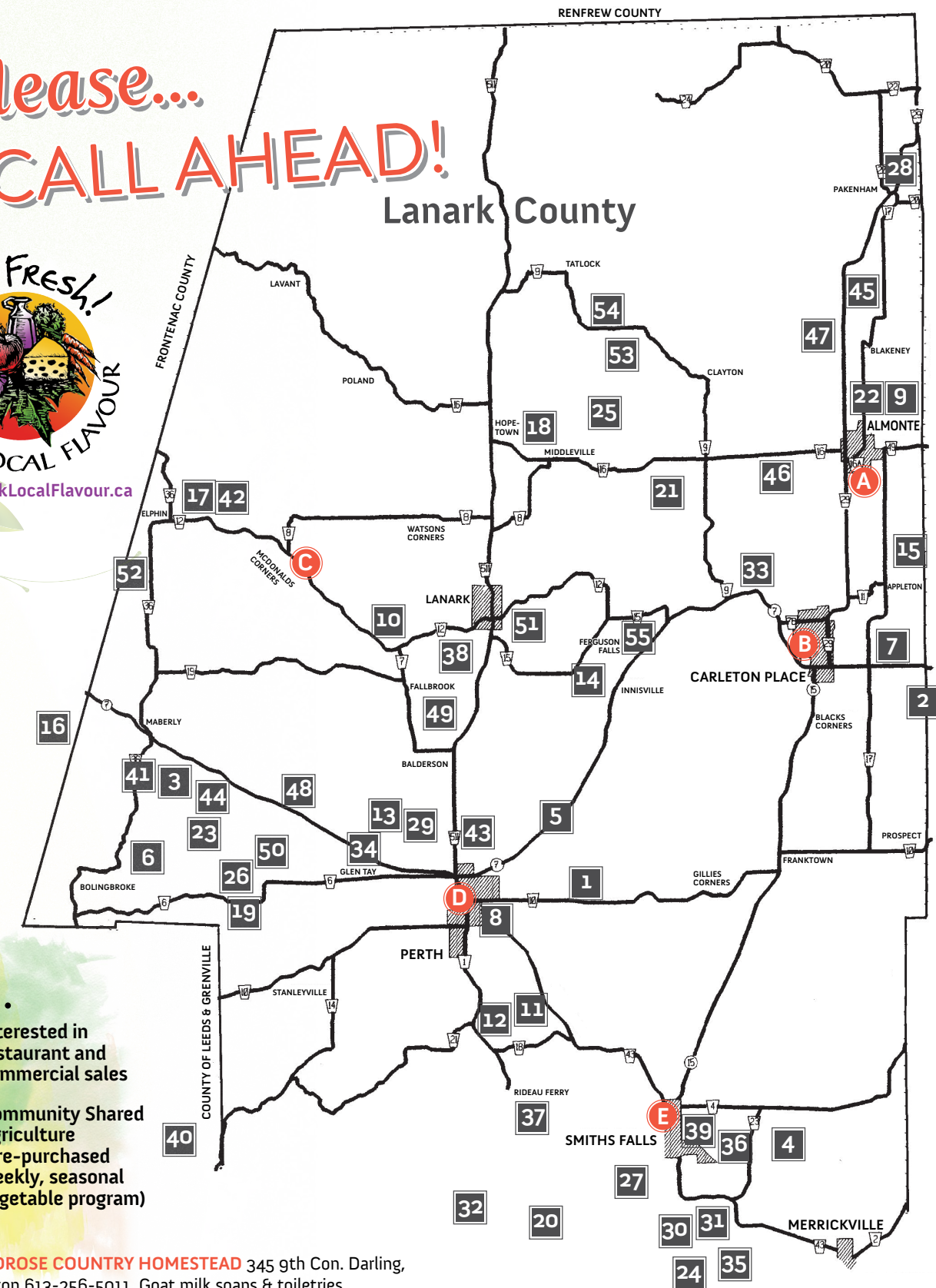
- 1 AGAPE GARDENS** 170 Drummond Concession 2A, DNE 613-552-2782. **Nutrient-rich vegetables, mushrooms, herbs, seeds,** permaculture education, children's garden. Perth Farmers' Market. **RS** www.agapegardens.ca
- 2 ALPENBLICK FARM** 8138 Golf Club Way, Ashton 613-253-2640. **Non-certified organic beef, goat, lamb & chicken, cheese, eggs & cow shares.** Carleton Place Farmers' Market, Farmgate on Thurs. 3:30 to 6:30 pm
- 3 AMARANTH FARM** 2116 Old Brooke Road, Maberly 613-268-2102. **Eggs, Saanen goats** and kids available. www.amaranthfarm.ca
- 4 BAKER'S FARM** 109 Rosedale Road Smiths Falls 613-283-5033. **Strawberries, raspberries, sweet corn and pumpkins**
- 5 BATTLE RIVER BISON CO.** 15593 Hwy. 7, just east of Perth 613-326-0573. **Bison meat** freezer sales. Foodsmiths. **RS** www.battlriverbison.ca
- 6 BEAVER POND ESTATES** 3656 Bolingbroke Road, Maberly 613-273-5683. **Certified organic garlic** for seed or table. Garlic growing information.
- 7 BECKWITH BERRIES** 9960 Cavanagh Sideroad, Carleton Place 613-253-4171. **PYO and pre-picked strawberries and raspberries.** www.beckwithberries.com
- 8 BECKWITH GARDENS** 85 Beckwith St. E., Perth 613-326-0465. **Non-certified organic vegetables.** Perth Farmers' Market **CSA**
- 9 BLOOMFIELD FARM,** Almonte 613-601-1465. Diverse mix of **vegetables, including sweet greens** throughout the winter. Grown using organic principles and practices. www.bloomfieldfarmmonte.com
- 10 BLUE CHICORY GARDEN & WORKSHOP** 694 Iron Mine Rd., Lanark Highlands 613-278-1226. **Honey and root vegetables.** Perth Farmers Market and direct orders. www.bluechicory.ca
- 11 CEDAR VIEW DORPERS** 5615 Hwy 43, Perth 613-267-7930 **Lamb cuts, roasts, chops, racks, sausage, shanks, ground & lamb burgers.**
- 12 COUTTS COUNTRY FLAVOURS FARM & STORE** Rideau Ferry & Port Elmsley Rds. 613-267-0277. Farm & retailer of local produce, meats incl. **certified organic grass fed beef, frozen prepared foods, maple syrup, baked goods & preserves.** Year round Wed–Sun 10–6, winter months Sun 11–5. www.couttscountryflavours.ca
- 13 DANCING DOG FARM** 790 5th Concession Bathurst 613-264-5405. **Pasture raised, non-certified organic lamb, geese, chicken, eggs** available at farm.
- 14 DIAMOND BROOK FARM** Prestonvale 613-259-5596 **Apples, sweet corn and popcorn.**
- 15 DUNBRAE FARMS** 4900 Appleton Side Rd., Almonte 613-256-2933. **Certified organic, heritage grass fed Red Poll beef.** Almonte Farmers' Market. **RS**
- 16 ELM TREE FARM** 1090 Hayes Rd. Arden 613-335-3361 **Biodynamically certified garden.** Sharbot Lake Farmers' Market **RS, CSA** www.elmtreefarm.ca
- 17 ELPHIN GOLD ORGANICS** 7316 McDonalds Corners Rd. Elphin 613-278-2868. **Non-certified organic vegetables, poultry, beef, pork, eggs, maple syrup,** hay, firewood. Sharbot Lake, Perth & McDonalds Crs. Farmers Markets
- 18 FERME OUELLETTE FARM** 4248 Wolf Grove Rd. 613-259-2188. Small traditional family farm, **pasture-raised beef cuts, herbs, tea, local produce** & more. Open Sat. & Sun. 10-5, May to Sept. www.ouellettefarm.ca

- 19 FFYNIANT FFARM** 419 Althorpe Rd. TVT 613-264-9995 **Non-certified organic lamb (pasture raised) and eggs. Freezer cuts, specialty lamb burgers & sausages, raw wool.** www.lambchop.ca
- 20 FUNNY DUCK FARMS** 963 Morrison Rd. Jasper 613-275-1917. **Certified organic pastured pork, chicken, veal, eggs, vegetables, herbal products, kefir grains, raw dog food.** Ottawa Organic Farmers' Market, **RS** www.funnyduckfarms.com
- 21 GEOBERN/JAMES FARM** 2634 Rosetta Rd. 613-256-1585 **Pumpkins, maple syrup,** hay rides, corn maze
- 22 GREENS WITH SPIRIT** 5907 Martin St. N. Almonte 613-256-2361. **Non-certified organic greens during the off season.** Almonte Farmers' Market, **CSA**
- 23 GREENWOOD ORGANICS** 894 Brooke Valley Rd. 613-264-2036. **Certified organic (in transition) garlic and seasonal vegetables. Organic, pastured eggs** available at the farm gate.
- 24 HERITAGE HARVEST FARM** 76 Crystal Rd. Jasper 613-702-4128. **Non-certified organic poultry, pork, beef, eggs, seasonal produce, preserves, bread.**
- 25 HERITAGE HAVEN FARM** 872 Galbraith Rd. Clayton 613-256-0646. **Fresh vegetables, broiler chickens, pork, eggs.** Almonte Farmers Market, **CSA** www.hertiagehavenfarm.com
- 26 HERITAGE HOMESTEAD** North Shore Christie Lake Rd. 613-267-2553. **Non-certified organic vegetables, bedding plants, lamb & eggs.** Perth & McDonalds Corners Farmers' Markets
- 27 HOLLYHOCK GRANGE** 577 Kitley Line 1, Smiths Falls 613-284-0578. **Non-certified organic vegetables, bedding plants, lamb & eggs.** Perth Farmers' Market www.hollyhockgrange.ca
- 28 HUDSON'S SWEET CORN & VEGETABLE STANDS** 613-839-2346. Mid-July to mid-Sept. Pakenham Bridge (11–6) Almonte Fitness Centre, 500 Ottawa St. (10–6)
- 29 JAMESHAVEN FARM** 613-267-6495 5th Concession Bathurst 613-267-6495. Preordered **chicken & turkey, pork, eggs, jam & baked goods incl. gluten-free.** Perth Farmers' Market. **RS**
- 30 JASPER APPLE FARM & JASPER ORGANICS** 1629 County Rd. 16. 613-283-8699. **Certified organic vegetables, bedding plants, garlic, raspberries & apples.** www.jasperfarm.ca
- 31 KILMARNOCK ORCHARDS** 1182 Kilmarnock Rd. 613-284-9843. **Apples, cider, baked goods,** farm tours. www.kilmarnockorchard.ca
- 32 KRICKLEWOOD FARM** 421 Kitley Line 8, Frankville 613-275-9901. **Cold pressed sunflower oil, goat's milk soap & fudge, eggs, beeswax candles, seasonal vegetables, herbs & cut flowers.** Goat Milk Soap Making & Cheese Making workshops. www.kricklewoodfarm.com
- 33 LACELLE'S APIARY** 126 Spruce Dr. Carleton Place 613-253-0566 **Unpasturized liquid, raw, chunk, creamed and comb honey, beeswax candles & skin cream.** Carp Farmers' Market
- 34 LITTLE STREAM BAKERY** 667 Glen Tay Rd. Tay Valley Twp. 613-267-9712. **Carrots, squash, garlic, organic raw sauerkraut.**
- 35 MCGRATH BERRY FARM** 761 Roses Bridge Rd. Merrickville-Wolford 613-284-0764. **PYO & pre-picked strawberries, raspberries.**

- 36 MILKHOUSE FARM & DAIRY** 1112 Matheson Dr. Montague 613-285-9250. **Farmstead sheep's cheeses, pasture-raised lamb, all natural wool products.** By chance or appt. www.milkhouse.ca
- 37 MILLER'S BAY FARM** 65 Rideau Ferry Rd., & Hwy 7 in front of Penny's Place. 613-283-0205. **Strawberries, sweet corn, tomatoes, cukes, potatoes and other seasonal vegetables** www.millersbayfarm.com
- 38 MISSISSIPPI BERRIES** Hwy 511, north of Balderson 613-259-9911. **PYO & pre-picked strawberries.** www.mississippiberries.ca
- 39 MONTAGUE HOUSE FARM** 1112 Matheson Dr. Montague 613-283-5270. **Non-certified organic beef, ground or by the quarter.** Foodsmiths, farm gate by chance or appt.
- 40 PALMER BERRY FARM** 5020 Salem Rd. Westport 613-273-3376. **Asparagus, strawberries, raspberries, corn & squash.** Open daily 8–6, closed on Sundays.
- 41 PARKS FAMILY FARM** 4724 Bolingbroke Rd. Maberly 613-268-2526. **Non-certified organic corn, squash, pumpkins and other seasonal vegetables, garlic braids, honey, eggs & maple syrup.** Boer goats for sale.
- 42 QUEEN BEET** 7316 McDonalds Corners Rd. Elphin 613-464-8945. Ecologically produced **heirloom vegetables, herbs, goat meat.** Perth Farmers' Market. **CSA RS**
- 43 QUINTA VERA** 898 Hwy 511 at Armstrong's Corners 613-264-0327. **Beef, lamb, seasonal produce & herbs.**
- 44 RAVENSFIELD** Old Brooke Rd. Maberly 613-268-2248. Wide range of biodynamically **certified organic vegetables, pigs, goats, chickens.** **CSA** www.ravensfield.ca
- 45 RIVERSIDE GARDEN** County Rd. 29 Mississippi Mills 613-256-9699. **Non-certified organic garlic & raspberries.** Carp Farmers' Market.
- 46 ROCK-N-HORSE FARM** 1267 Rae Rd. Almonte 613-256-6117 **Non-certified organic asparagus, salad greens, seasonal vegetables, melons, strawberries, raspberries, maple syrup, chicken, beef, pork, lamb & eggs.** Carleton Place Farmers' Market. **CSA** & farm gate. www.rocknhorse.ca
- 47 SAFFIRE FARMS** 282 Bennies Corners Rd. Almonte 613-256-3383. Wide range of **vegetables incl. greens, beets, carrots, potatoes, melons, tomatoes, leeks & squash, eggs & meat chickens.** **CSA**
- 48 STONY BRAE FARM** 111 Rutherford Sideroad TVT 613-264-8015. **Non-certified organic seasonal vegetables & garlic.** Shiitake mushrooms in spring & fall. Fruit jams, pickles, baked goods & hay. Perth Farmers' Market, **RS, CSA**
- 49 SWEET MEADOW FARM** 1807 Hwy 511, Balderson 613-259-5757. Wide range of **certified organic vegetables, from salad greens to corn.** Perth Farmers' Market, Foodsmiths & locations in Ottawa.
- 50 SYLVIA'S PLANT PLACE** 2172 Upper 4th Concession, Bathurst Twp. 613-267-7365. **Plants & cut flowers,** wholesale & retail. Perth Farmers' Market, **CSA, RS** www.sylviasplantplace.ca
- 51 TEAMWORK CSA/MAPLELANE FARM** 325 Concession 6A, Lanark 613-259-2177. **Non-certified organic vegetables, pork, eggs, honey.** Almonte Farmers' Market, **CSA**
- 52 TIRAILIN FOLD** Clarendon Rd. & Kingston Line 613-268-9999. **Pasture raised Tibetan yak, highland beef & lamb.**
- 53 WILD PARROT DELECTABLES** near Clayton 613-256-8080 **Non-certified organic salad greens – fall, early winter & spring, tomatoes, peppers, beans, eggplant, edamame, cukes & more.** Available (in season) at Peches & Poivre, Almonte.



Please...
CALL AHEAD!



FYI...

RS = interested in restaurant and commercial sales

CSA = Community Shared Agriculture (pre-purchased weekly, seasonal vegetable program)

54 WILDROSE COUNTRY HOMESTEAD 345 9th Con. Darling, Clayton 613-256-5011. Goat milk soaps & toiletries, reg. Nubian, Alpine & Angora goats, mohair, **goat meat, duck eggs, soap making workshops.** www.wildrosecountryhomestead.com

55 WINDBLEST FARM 1821 Ferguson's Falls Rd. 613-259-5484 **Pasture raised lamb, wool products & naturally grown vegetables,** available at the farm gate & McDonalds Corners Farmers Market. www.windblestfarm.ca

Liquid Gold

LANARK COUNTY MAPLE SYRUP PRODUCERS
Lanark County has long been known as the Maple Syrup Capital of Ontario. Discover the fine syrup producers of Lanark County here: www.ldmspa.com/maple.html

Farmers' Markets

- A ALMONTE** Almonte Public Library parking lot
- B CARLETON PLACE** Market Square, corner of Beckwith and Lake Ave.
- C MCDONALDS CORNERS** MERA Schoolhouse, County Road 12 at Concession 9A
- D PERTH** Tay Basin, between Drummond and Gore Streets
- E SMITHS FALLS** RCAF Association Hall parking lot, 44 Abbott St. N., next to the fixed bridge

Times and location info can be found inside the brochure.