

Get Fresh!

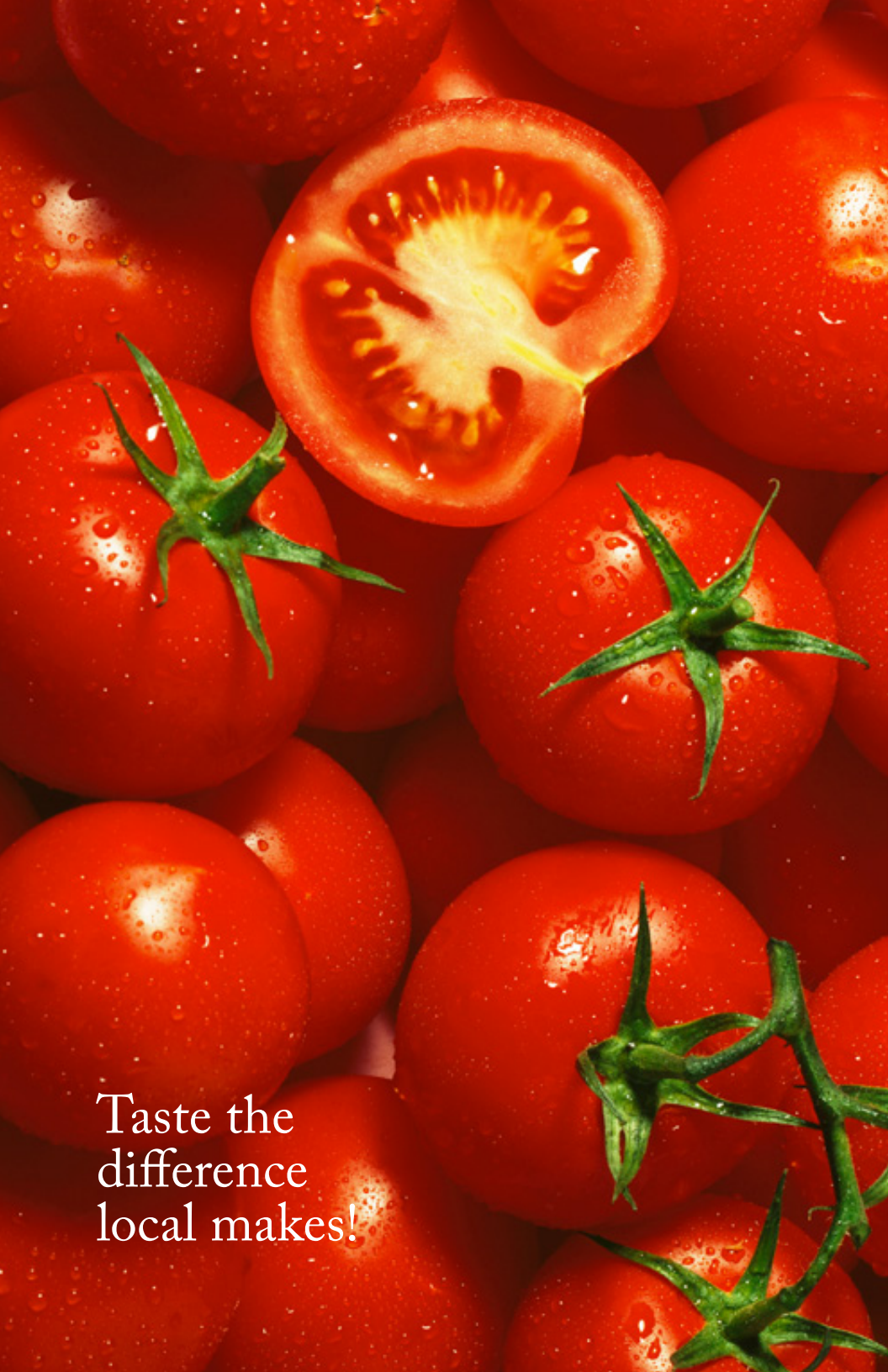
in Thunder Bay



Your Guide
To Local Food
2009



www.nwofood.ca



Taste the
difference
local makes!



Do you know where your food comes from?

Take a closer look.

Food produced around Thunder Bay is better for your health, our economy and the environment. Buying foods from our local farmers will help your family understand where their food comes from. It connects you to the people who produce the food you eat. The crisp, juicy freshness is more available than you think!

Choosing food grown close to home is good for you and your family.

- It's picked at the peak of freshness
- It's loaded with flavour
- It's high in quality

Buying food grown close to home is good for local farm families.

- It keeps local farmers in business
- It offers great value for your dollar
- It keeps money in our local economy

Looking for food grown close to home is good for the environment

- It travels less than 50 km instead of an average of 3500 km to reach your plate
- It requires less gas and packaging which means less pollution
- It uses less chemical fertilizer and pesticides

Thunder Bay Country Market

Saturdays

8:00 a.m. to 1:00 p.m.

Wednesdays

4:00 p.m. to 8:00 p.m.

Open Year-Round

CLE Dove Building (Corner of May St. & Northern Ave.)

"We Make it, Bake It, Grow It"

For further information visit www.thunderbaycountrymarket.com

Email info@thunderbaycountrymarket.com

Thunder Bay Farmers' Market Schedule

Victoriaville

9:00 a.m. - 4:00 p.m.	Thursday & Friday	May 7 to June 26
	Tuesday & Friday	July 3 to December 22

Wilson Street Park

9:00 a.m. – 11:30 a.m.	Saturday	May 30 to July 11
8:00 a.m. – 11:30 a.m.	Wednesday & Sat.	July 15 to October 31

Westminster Church (Grandview Mall)

1:00 p.m. – 4:00 p.m.	Saturday	May 30 to October 31
	Wednesday	August 5 to October 28

Lakehead Labour Centre

5:00 p.m. – 9:00 p.m.	Thursday	July 30 to September 24
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Subject to change.

For more information, call 622-3316 or 964-2042.



Do you know where your beef comes from?

Coming this Fall 2009... Superior Beef!

Look for these logos when you buy beef. It's your assurance that it was born and raised right here in Thunder Bay. Our "**Superior Beef**" has two brands - "**Grass-Fed Beef**" which is raised on a hay and grass diet and "**Grain-Fed Beef**" which is given barley for the last 100-120 days.



Grass-Fed Beef



Grain-Fed Beef

DIRECTORY

B&B Farms

Darren & Debbie Burgsteden
RR 5, 3523 Hwy 17, Thunder Bay, ON P7C 5M9
(807) 939-1446
thunderbayspuds@tbaytel.net

Products Available:

Potatoes: White, Red, Yukon Gold

Processed Potatoes: Whole Peeled, Cubed Peeled, Baby Roast Peeled, Fresh Cut Fries

Where to Buy:

Farm Gate, Thunder Bay Country Market, Local Area Grocery Stores

B&B Farms is locally owned and operated on Highway 17 just 8 miles west of Thunder Bay. We grow 200 acres of potatoes to supply Thunder Bay and the surrounding area.

Belluz Farms

The Belluz Family - Kevin & Jodi
RR 6, 752 Candy Mountain Drive, Thunder Bay, ON P7C 5N5
(807) 475-5181
info@belluzfarms.on.ca
www.belluzfarms.on.ca

Products Available:

Pick Your Own: Strawberries, Saskatoons, Gooseberries, Raspberries, Peas, Beans, Cucumbers

Fresh Picked: Herbs & Salad Greens, Strawberries, Raspberries, Cucumbers, Garlic, Sweet Corn, Heirloom Vegetables, Tomatoes (including Heirloom), Vine Ripened Melons, Pumpkins, Winter Squash and All Manner of Garden Veggies!

Where To Buy:

Farm Gate (Pick Your Own/Farm Market Store), Thunder Bay Country Market, Select Local Food Stores

We believe in sustainable farming and grow our fruits and vegetables following organic practices together with modern integrated management techniques. We also believe that sustainability must extend into all of our business practices from waste management and water use to packaging and employee standards. Come talk to us about our sustainable vision.

Blue Moon Ranch

Marianne & Greg Stewart

RR6, 617 Barrie Dr., RR 6, Thunder Bay, ON P7C 5N5

(807) 622-7169

gstewart@tbaytel.net

Products Available:

Grass-fed Lamb and Beef and Garden Vegetables

Where to Buy:

Farm Gate, Phone Orders

Blue Moon Ranch is a family farm located in the picturesque Slate River Valley. We maintain animal health and protect the environment by pasture raising our animals. Grass-fed meat benefits the environment by improving soil quality and offers greater health benefits to the consumer. Our goal is to produce exceptional products in a sustainable manner so that future generations will be able to farm our land.

Bockus Homestead

Diana & Larry Bockus

RR1, 448 Second Road, Nolalu, ON P0T 2K0

(807) 475-8761

info@bockushomestead.ca

www.bockushomestead.ca

Products Available:

Potatoes, Carrots, Berries (Pick Your Own), Jams/Jellies & Preserves

Where To Buy:

Farm Gate, Phone Orders, Hymers Fair

Our homestead was carved by horsepower out of Northwestern Ontario's rugged boreal forest. We farm with careful attention to the health and well-being of our living soil. Diana specializes in delicious, traditional preserves of home-grown vegetables, fruit & berries.

Buy local. It's easier than you think!



Boreal Birch Syrup

Dave Challen

PO Box 10306, Thunder Bay, ON, P7B 6T8

(807) 768-7958

info@birchsyrup.ca

www.birchsyrup.ca

Products Available:

Birch Syrup, Birch-Maple Syrup Blend

Where to Buy:

Thunder Bay Country Market, Online Orders, Various Food Stores in Ontario

Boreal Birch Syrup is produced at a small, sustainably managed woodlot just north of Thunder Bay. We tap 500 trees each spring, collect the sap by hand and boil it down with a wood-fired evaporator.

Boreal Edge Farm

Matthew & April Baughman

RR 1, Marttinen Lane, Nolalu, ON P0T 2K0

(807) 475-8835

borealedgefarm@gmail.com

www.borealedgefarm.googlepages.com

Products Available:

40-50 Different Kinds of Produce Grown Following Organic Principles, Grass-fed Young Beef (less than 18 months)

Where To Buy:

Thunder Bay Country Market, 80 Member Community Supported Agriculture (CSA).

Our business primarily produces beef and vegetables for our CSA members. We include bread, eggs and preserves from other local producers in our CSA boxes too.

Both Hands Bread

Derek Luchesse

RR 1, 413 Palisades Road, South Gillies, ON P0T 2V0

(807) 473-4599

bothhandsbread@yahoo.ca

(see Vendors Page on www.thunderbaycountrymarket.com)

Products Available:

Artisan Bread Made with Certified Organic Ingredients and Baked in a Wood Fired Brick Oven

Where To Buy:

Thunder Bay Country Market

We specialize in flavourful, whole grain bread made with certified organic ingredients, which is naturally leavened and nutritionally superior. We also have a portable wood fired brick oven for catering and build wood fired brick ovens.

Breukelman's Potato Farm

Arnold & Dan Breukelman

RR 6, 11 Piper Drive, Thunder Bay, ON P7C 5N5

(807) 935-4040

Products Available:

Potatoes

Where To Buy:

Farm Gate, Thunder Bay Country Market, Local Area Grocery Stores

We grow potatoes in the Slate River Valley. We provide a local product at a fair price and help support the local economy.

Taste the difference local makes!



What is a CSA?

(Community Supported Agriculture)

CSA members pay the farmer an annual membership fee to cover the production costs of the farm. In return, the farmer provides members with a weekly share of the harvest throughout the growing season. In this way, members share in the risks and satisfaction of farming, including poor harvests due to unfavorable weather or pests, and bountiful harvests during favorable growing conditions. CSA not only provides growers with a more economically stable farm operation, but it fosters a sense of responsibility between people and the food they eat, the land on which it is grown and those who grow it.



Bruce and Valve Forrest

Bruce Forrest

RR 6, 784 Barrie Drive, Thunder Bay, ON P7C 5N5
(807) 473-9609



Products Available:

Beef, Rabbits, Honey

Where To Buy:

Farm Gate, Phone Order

Environmentally friendly production of beef, rabbits and honey. Sides, quarters or individual cuts of beef are available year round, as well as ground beef and ready-made patties. Small orders welcome and delivery provided.

Brule Creek Farms

Jeff Burke

RR 1, 50 Pokki Rd. Kakabeka Falls, ON P0T 1W0
(807) 933-0570
jjburke@lakeheadu.ca

Products Available:

Stone-Ground Flour

Where to Buy:

Farmgate, Thunder Bay Country Market, Select Local Food Stores

We are a family farm that specializes in the production and milling of local grains. We use granite stone mills to produce a product with a unique taste and texture.



Chocolate Cow

Jane Stanton

RR 3, 261 McCluskey Drive, Thunder Bay, ON P7C 4V2

(807) 623-2628

crusader@tbaytel.net

www.stantonschocolatecow.com

Products Available:

Honey, Honey Butter, Apples, Pies Using Local Fruit

Where to Buy:

On Site: Monday-Friday 9am-5pm (please call first), Thunder Bay Country Market.

The Stanton Family invites you to enjoy a collection of peanut and tree nut free natural delectable treats including chocolate, honey, apples and home baking, from the Chocolate Cow, located in the Slate River Valley.

De Bruin's Greenhouses

Arjen & Henriët De Bruin

RR 3 Hwy 61, Thunder Bay, ON P7C 4V2

(807) 475-7545

debruin@tbaytel.net

Products Available:

Greenhouse Tomatoes, Cucumbers, Living Lettuces, Fresh Herbs (available May through November)

Where To Buy:

De Bruin's Greenhouses, Thunder Bay Country Market, Select Local Food Stores, Select Local Restaurants, Phone Orders

We are a family owned and operated greenhouse specializing in fresh, healthy and natural produce. No pesticides are used. Taste the difference. Some deliveries may be arranged. Greenhouse tours available.

Errindale Farms

Robert & Erik Johansson
RR 3, 3410 Hwy 61, Thunder Bay, ON P7C 4V2
(807) 475-9695

Products Available: Seasonal Fresh Pork and Lamb

Where to Buy: Farm Gate, Phone Orders

We have been producing high quality, naturally raised pork and lamb in the Slate River Valley for over 60 years and take pride in our top quality products. Please call before visiting our farm.

Little Doo's Farm

Glenn King & Michael Quibell
186 Morrow Road, Murillo, ON P0T 2G0
(807) 935-3362
kingod@tbaytel.net

Products Available: Lamb, Rabbit, Farm Gate Muscovy Duck

Where To Buy: Farm Gate, Thunder Bay Country Market, Phone Orders

Little Doo's Farm is a home-based business in the beautiful countryside west of Murillo. We specialize in a delicious assortment of quality home baking and comfort foods.

Enjoy a wide variety of brightly coloured fruits and vegetables each day.



Fresh fruits & vegetables are a great source of essential vitamins, minerals and fibre for good health.



Maki's Juswanna Farm

Carol or Allan & Cheryl Maki
RR 6, 94 Aspen Road, Thunder Bay, ON P7C 5N5
(807) 625-0030 or 626-9561
makisjuswannafarm@xplornet.com



Products Available: Beef, Pork, Farm Gate Poultry

Where To Buy: Farm Gate, Phone Orders, Select Local Food Stores

We operate an environmentally sustainable family farm in the foothills of Candy Mountain. Our animals are naturally raised with locally grown grain and hay.

Mile Hill Farms

Renata Thiboutot
Box 637, RR 1 Kakabeka Falls, ON P0T 1W0
(807) 939-7514
renata@milehillfarms.ca
www.milehillfarms.ca

Products Available: Beef, Pork, Garden Vegetables

Where To Buy: Farm Gate, Thunder Bay Country Market, Phone and Email Orders

Mile Hill Farms provides top quality beef, pork, garden produce, and also value added products. We follow organic principles in all our farming projects. All practices on the farm are focused on being self-sufficient and maintaining living soil quality, animal happiness and health.

Taste the difference local makes!



Nature's Choice

Renate Nitsche

RR 1, Kakabeka Falls, ON P0T 1W0

(807) 577-2310

rnitsche@tbaytel.net

Products Available: Seasonal Garden Vegetables including Spinach, Lettuce, Zucchini, Cucumbers, Tomatoes, Onions, Leeks, Cabbages, and Brussels Sprouts. Homemade Meals and Soups made with Local Vegetables and Meats. European Pastries & German Specialties.

Where To Buy: Thunder Bay Country Market

Rudi and Renate's vegetables are grown in a natural, sustainable environment that supports the whole ecosystem without the use of synthetic fertilizers and pesticides. Harvesting is done by hand at peak times, and the vegetables are also preserved to ensure that customers are able to enjoy local produce in the form of soups, entrees and baking, year-around.

Northern Unique

Rob Walsh

431 Northern Avenue, Thunder Bay, ON P7C 2V7

(807) 622-3955

northernunique@hotmail.com

Products Available: Baking, Prepared Foods, Locally Raised Pork & Wild Boar

Where To Buy: Thunder Bay Country Market, Phone Orders

Our focus is helping good food lovers in Northwestern Ontario experience all that this region has to offer. Northern Unique and its many friends will make every attempt to assist, educate and offer you some of the best responsibly raised regional fare you may ever experience.



Reidridge Farms

Jason & Trudy Reid
3415 Oliver Road, Thunder Bay, ON P7G 1S9
(807) 935-3224
reidridgefarm@rogers.com



Products Available:

Natural Beef, by the Side, Quarter or Assorted cuts. Hormone Free.

Where To Buy:

Farm Gate, Phone Orders

We are a young, energetic farm family. We own a cow/calf operation, finish our own beef and market to the health conscious consumers of Thunder Bay.

Sandy Acres Farm Inc.

Peter Brink & Scott Poluyko
RR 5, 4154 Hwy 11/17, Thunder Bay, ON P7C 5M9
info@sandyacresfarm.net
www.sandyacresfarm.net

Products Available:

Specializing in Black Angus and Limousin Beef. Sides, Quarters, Steaks, Roasts, Hamburgers and Ground - We'll "Meat" all Your Needs. Seasonal Vegetables and Farm-fresh Eggs are also available.

Where To Buy:

Farm Gate, Phone Orders, Website, Thunder Bay Country Market

We are a third generation farm that has been in operation since 1958. We pride ourselves on our high quality beef. Our livestock are not exposed to growth hormones, preventative antibiotics, or animal by-product feed. We look forward to hearing any questions or concerns you may have.

Sleepy G Farm

Brendan Grant & Marcelle Paulin
RR 1, Pass Lake, ON P7B 5N1
(807) 977-1631
sleepyfarm@gmail.com

Products Available:

Grass Fed Lamb, Farm Gate Eggs, Mixed Vegetables

Where to Buy:

Farm Gate by Appointment, Phone/Email Orders, Silver Islet General Store

Sleepy G Farm is a traditional small-scale farm which produces food in an ecological manner. By integrating crops and livestock, the farm is managed as a living entity. We aim to produce the highest quality food while enhancing the fertility and integrity of the soil.

Tarrymore Farms

William Groenheide
1789 Hwy 595, Box 429, South Gillies, ON P0T 2V0
(807) 475-3138
wjjgroen@tbaytel.net



Products Available: Beef, Lamb, Vegetables (in season)

Where To Buy: Farm Gate, Thunder Bay Country Market, Phone Orders

We're a family run farm that takes pride in producing products in a responsible fashion. We welcome questions about how our animals are raised and garden is grown.

The Fish Shop

Liisa Karkkainen

1960 Hwy 11/17 East, Thunder Bay, ON P7B 5E4

(807) 983-2214

Products Available:

Local Fresh Fish, Smoked Fish, Caviar, Pickled Herring, Saltfish, Lutefisk, Salt Cod

Where To Buy:

The Fish Shop (Open 8am to 8pm Daily), Thunder Bay Country Market

We specialize in local fresh fish and smoked fish prepared with a traditional Finn recipe using green alderwood and no chemicals, nitrates or liquid smoke.

The Squash Queen

Shannon and Dan Vanlenthe and Family

RR 1, South Gillies, ON P0T 2V0

(807) 939-1013

sdvanlenthe@tbaytel.net

Products Available:

Fresh Vegetables

Where To Buy:

Thunder Bay Country Market, Select Local Food Stores

During the growing season, every month brings new and wonderful produce from our gardens. From herbs and fiddleheads to melons, tomatoes, pumpkins & squash – we love to try new things and see how everything grows.



Thunder Oak Cheese Farm

The Schep Family
Boundary Drive, Neebing, ON P7C 4V2
(807) 628-0175
info@cheesefarm.ca
www.cheesefarm.ca

Products Available:

Gouda Cheese in a Large Selection of Flavours Made with Fresh Milk from our own Holstein Cows.

Where To Buy:

Farm Gate (Farm Store), Thunder Bay Country Market, Select Local Food Stores

We're a family run farm producing award winning Gouda cheese since 1995. Our cheese is crafted using traditional methods without the use of preservatives or artificial colouring.

Vanderwees Farms

Bruce Vanderwees
5221 Townline Road, Thunder Bay, ON P7G 1T4
(807) 935-2507
info@thunderbayfeeds.com

Products Available:

Fresh Eggs

Where to Buy:

Farmgate, Local Grocery and Convenience Stores

We sell a full line of Canada Grade A eggs that may be classic white or brown, free run, Omega-3, or Organic, in dozens or by the tray.



Get to Know Your Food Producer

When you buy local food you have the opportunity to ask questions. Here are some things you can ask your local producer:

1. How do you grow your fruits/vegetables? How do you manage weeds, pests & disease? How do you manage the health of your soil?
2. How are your animals raised? Are your animals finished in a feedlot? What is your policy on medicine and growth promoters for your animals?
3. How is food safety addressed when you process/package your products?
4. Do you provide WSIB coverage, fair wages and working conditions for your employees?

*You'll be surprised
how much local food is
available around
Thunder Bay!*





Keep Food Safety in Mind

Keep these tips in mind to ensure the food you're buying is safe.

- Wash all vegetables and fruits before eating.
- Always wash your hands before and after handling food.
- Take perishable items like meat home immediately after purchasing them, or bring a cooler with ice packs to help keep them cold (and safer) on the trip home.
- Unpasteurized juices and ciders should be brought to a boil before drinking.
- It is illegal to sell or distribute unpasteurized milk in Ontario. Even in small quantities, unpasteurized milk is unsafe, especially for children.
- Farm-fresh eggs can only be sold directly from the farm where the eggs were produced. All other egg vendors must sell eggs that have been graded at a registered egg grading station.
- All meat sold in Ontario must come from a federal or provincially inspected abattoir. Look for the inspection tags/stamps and labels.
- All prepared foods offered for sale must be from an inspected source.

Where does your favourite restaurant get its food from?

Our goal for the next printing of the Get Fresh Guide is to have a list of local restaurants and caterers using local produce.

In partnership with Slow Food Superior, the Food Action Network is actively working with restaurants and caterers to develop connections between their businesses and local farms.

Talk to your server or caterer – let them know that you want to see local food on the menu!



	May	June	July	Aug	Sept	Oct	Nov-Feb
Fiddleheads	█						
Greenhouse Herbs	█						
Greenhouse Salad Greens	█						
Jerusalem Artichokes (Sun chokes)	█						
Over-wintered Parsnips	█						
Rhubarb	█						
Wild Salad Greens	█						
Greenhouse Tomatoes	█	█					
Spinach		█					
Spring Beets		█					
Spring Carrots		█					
Spring Onions		█					
Asparagus			█				
Salad Greens			█	█			
Swiss Chard							
Herbs		█			█	█	
Beets			█				
Eggplant			█				
Leeks			█				
Tomatoes			█				
Blueberries			█				
Peas			█				
Zucchini/Summer Squash			█	█			
Baby Potatoes			█				
Gooseberries			█				
Raspberries			█				
Saskatoons			█				
Strawberries			█				
Beans				█			
Cantaloupe/Musk Melon				█			
Cucumbers				█			
Watermelon				█			
Broccoli					█		
Cauliflower					█		
Kale					█		
Kohlrabi					█		
Peppers					█		
Rutabagas					█		
Sweet Corn					█		
Parsnips				█		█	
Apples					█		
Brussels Sprouts					█		
Celery					█		
Beef - all year	█	█	█	█	█	█	█
Cabbage - all year	█	█	█	█	█	█	█
Carrots - all year	█	█	█	█	█	█	█
Cheese- all year	█	█	█	█	█	█	█
Cultivated Mushrooms - all year	█	█	█	█	█	█	█
Eggs - all year	█	█	█	█	█	█	█
Elk - all year	█	█	█	█	█	█	█
Game Meat - all year	█	█	█	█	█	█	█
Garlic - all year	█	█	█	█	█	█	█
Onions - all year	█	█	█	█	█	█	█
Pork - all year	█	█	█	█	█	█	█
Potatoes - all year	█	█	█	█	█	█	█
Poultry (Farm Gate) - all year	█	█	█	█	█	█	█
Pumpkins - all year	█	█	█	█	█	█	█
Rabbit - all year	█	█	█	█	█	█	█
Winter Squash - all year	█	█	█	█	█	█	█

Seasons change. So does what's growing!

This table on the left shows you what's in season around Thunder Bay throughout the year.

Crop availability varies from year to year.

It's always a good idea to check ahead.



Do you know where your food comes from? Take a closer look.

Food produced around Thunder Bay is better for your health, the economy and the environment. Buying foods from our local farmers will help your family understand where their food comes from. It connects you to the people who produce the food you eat. The crisp, juicy freshness is more available than you think!

Well travelled
is far from fresh.

- 4 am wake-up call
- 5 long layovers
- bruised & tired on arrival



Check where your food comes from.

For more information call 625-8315



www.nwofood.ca