PUTTING OUR MONEY WHERE OUR MOUTH IS...
SUPPORTING LOCAL FOOD IN LANARK COUNTY
BUYING LOCAL, SUPPORTING OUR COMMUNITY

Buying local supports farmers and fosters a more sustainable food system for everyone. By shortening the distance our food travels and simplifying the supply chain by purchasing directly from farms in our community, we contribute to our local economy, ensure the quality and freshness of the food we use in our programs, and build connections with each other and the land. Small, sustainable farms struggle to survive in our global, increasingly industrialized economy, which is why it is vital that we all begin to “put our money where our mouth is” and buy locally – and sustainably-produced food whenever we can.

The Table Community Food Centre is part of a movement that is based on an understanding of how food is woven into many aspects of society, and therefore how working through food programs can have a powerful influence on culture, health, the economy and the environment. In January 2012, the Perth & District Food Bank re-launched as The Table Community Food Centre, through a partnership with Community Food Centres Canada. We began offering a new suite of innovative, integrated programs aimed at addressing poverty, hunger and poor health in our community. While our programs are rooted in this core mandate of serving low-income communities, because we also understand the importance of agriculture to our local environment and economy, we endeavor to put our money where our mouth is through our purchasing and public education programs.

In our first year of operations, we spent more than $13,000 of our total food budget on local, local-organic and local-sustainable food. We plan to double our local food purchases in 2013, bringing more healthy and sustainable food into our good food bank, community meals and kitchens, and education programs. At a multiplier effect of 2.26, $26,000 spent locally turns into almost $60,000 re-invested in our community.

SHARE THE HEALTH

Community Food Centres Canada’s 2013 Share the Health initiative strives to highlight local farmers and producers through local food resources like this one, and through the Share the Health event series, featuring five lively community events — including our Barns, Farms and Wicked Chefs fundraiser — which bring farmers, chefs and artists together to raise funds to buy healthy local food for use in meals, hampers and kitchens at The Table and other CFCs in Toronto and Stratford. For more information, visit cfccanada.ca/sharethehealth

THE SHARE THE HEALTH INITIATIVE, INCLUDING THE PRODUCTION OF THIS BOOKLET, IS GENEROUSLY SUPPORTED BY THE GEORGE CEDRIC METCALF FOUNDATION AND THE SPROTT FOUNDATION.
This resource will introduce you to the wonderful local farmers, producers and processors who participate in our annual fundraiser, as well as those who supply our programs throughout the year. We encourage you to seek out their products and show your love for local all year-round.

**BACK FORTY ARTISAN CHEESE**

Founded in 2000, Back Forty is a small farm nestled in the heart of Lanark County. Using traditional old-world methods and 100% natural unpasteurized sheep’s milk, each cheese is made by hand in very small batches and then carefully tended to and aged from two to nine months. Back Forty’s artisanal cheeses have earned numerous accolades and have been featured in a host of newspaper and magazine articles as well as radio and television programs.

**LOCATION:** RR 3 Lanark, ON K0G 1K0

**PRODUCTS:** Flower Station, Madawaska, Bonnechere and Highland Blue artisanal cheeses

**WHERE TO BUY:** Locations across Ontario. See website for up-to-date list

**CONTACT:** Jeff and Jenna Fenwick, 613-287-7011, back40@artisancheese.ca, artisancheese.ca

**BLUE CHICORY**

Located in the Lanark Highlands, Blue Chicory farm grows crops organically without the use of any chemicals or genetically-engineered seed. In addition to vegetables and herbs they also sell their own wildflower honey.

**LOCATION:** 694 Iron Mine Road, Lanark, ON K0G 1K0

**PRODUCTS:** Honey, salad greens, potatoes, garlic, beans, peas, tomatoes, squash, carrots, beets, onions, other veggies, eggs and herbs

**WHERE TO BUY:** On farm (call ahead) and Perth Farmers’ Market

**CONTACT:** Kristine Swaren and Malcolm Williams, 613-278-1226, welcome@bluechicory.ca, bluechicory.ca

**COUTTS COFFEE**

Located in downtown Perth, Coutts Coffee roasts small batches of selected Fairtrade and Organic coffee right in their shop. Coutts Coffee is partnering with The Table Community Food Centre to create The Table coffee blend with $1 from each bag sold to be donated to The Table.

**LOCATION:** Code’s Mill Building, 17 Wilson Street E., Perth, ON K7H 1L3

**PRODUCTS:** Fresh roasted and brewed coffee, baked goods

**WHERE TO BUY:** In store and online, see website for ordering information

**CONTACT:** Al Telfissi and Sandra Coutts, 613-267-3713, couttscompany@hotmail.com, couttscoffee.ca

**HERITAGE HAVEN FARM**

Heritage Haven Farm is a small family run farm dedicated to feeding their family off the land. Heritage Haven is proud to offer the same satisfaction to other families through their CSA shares. Members can enjoy fresh vegetables, brown eggs and pasture raised pork and chickens which are all raised chemical free.

**LOCATION:** 872 Galbraith Road, RR2, Clayton, ON K0A 1P0

**PRODUCTS:** Season vegetables, herbs, garlic, brown eggs, maple syrup and preserves. Pasture raised meat chickens and pork through advanced orders only.

**WHERE TO BUY:** Almonte Farmers Market. See website for CSA drop-off and delivery details

**CONTACT:** Sylvia Whyte, 613-256-0646, heritageharvestfarm@outlook.com, heritageharvestfarm.ca
James Haven Farm

Located outside of Perth, James Haven Farms is a former pig farm that has evolved into an operation focused on local food production. The non-certified organic farm grows assorted vegetables and pastured chickens and turkeys.

LOCATION: 524 Concession 5 Tay Valley, RR 7, Perth, ON K7H 3C9

PRODUCTS: In season: assorted vegetables, chicken and turkey. Year-round: free-range eggs, baking and preserves (relishes, chili sauce, pickles, salsa)

WHERE TO BUY: Perth Farmers’ Market and from the farm gate

CONTACT: Phyllis and Mark James, 613-267-6495, familyjames@storm.ca

Kilmarnock Orchards

Kilmarnock Orchards is situated on the beautiful island of Kilmarnock overlooking the historic Rideau River and Rideau Canal system. Owned and operated by the Belot family since 1981, Kilmarnock Orchards features 25 varieties of apple trees covering 15 acres.

LOCATION: 1182 Kilmarnock Road, Jasper, ON K0G 1G0

PRODUCTS: Apples, baked apple treats, jams, jellies, honey, mustards, candy apples (weekends only) and freshly squeezed apple cider

WHERE TO BUY: Farm store

CONTACT: Isabelle Graveline, 613-284-9843 (in season), 613-283-8964 (off-season), isabelle@kilmarnockorchard.ca, kilmarnockorchard.ca

Kricklewood Farm

Started in 2009, Kricklewood Farm is eastern Ontario’s first producer of all-natural 100%-pure cold-pressed sunflower oil. The oil is made in small batches from herbicide and pesticide-free sunflower seeds. In addition to the sale of products, the farm also offers workshops and tours.

LOCATION: 421 Kitley Line 8 Road, Frankville, ON K0G 1H0

PRODUCTS: Cold-pressed sunflower oil, goat’s milk soap, goat’s milk fudge, beeswax candles, eggs, seasonal produce, fresh herbs and cut flowers, farm-inspired cards and art prints

WHERE TO BUY: From the farm gate and at several locations in Ontario. See their online store locator

CONTACT: Dale Horeczky and Brad Daily, 613-275-9901, dale@kricklewoodfarm.com, kricklewoodfarm.com
MILKHOUSE FARM AND DAIRY

Looking for a change in pace from city life, Cait and Kyle returned to the family farm to establish Milkhouse Farm & Dairy in 2010. The husband-and-wife team now produce raw sheep’s milk cheeses, grass-fed lamb, and all-natural wool products and are in charge every step of the way: from sheep, to milk, to cheese, to market. Their growing flock of British Milk Sheep rotate through fresh pastures and are fed local, certified-organic grain in exchange for their creamy, nutritious milk.

LOCATION: 1112 Matheson Drive, RR 1, Smiths Falls, ON K7A 3B8
PRODUCTS: Raw sheep’s milk cheeses, grass-fed lamb, all-natural wool products including yarns, scarves, duvets and pillows
WHERE TO BUY: Westboro Farmers’ Market (Saturdays), Kemptville Kinsmen Farmers’ Market (Sundays), Ottawa Christmas markets, and on farm by appointment
CONTACT: Cait and Kyle, 613-285-9250, cait@milkhouse.ca, milkhouse.ca, @milkhousedairy

PALMER BERRY FARM

Palmer Berry Farm specializes in seasonal fruits and vegetables.

LOCATION: 5020 Salem Road, Westport, ON K0G 1X0
PRODUCTS: Asparagus, strawberries, raspberries, corn, squash, maple syrup, potatoes, pumpkin, garlic and fruit trees
WHERE TO BUY: Farm gate. Open daily 8 a.m. to 6 p.m. Closed Sundays
CONTACT: Phil Palmer, 613-273-3376, phisb@kos.net

PARKS FAMILY FARM

Parks Family Farm is a small family farm that specializes in non-certified organic vegetable production.

LOCATION: 4724 Bolingbroke Road, Maberly, ON KOH 1B0
PRODUCTS: Boer goats, corn, squash, pumpkins and other seasonal vegetables, garlic braids, honey, eggs and maple syrup
WHERE TO BUY: Farm gate
CONTACT: Sandy Parks, 613-268-2526, parksfam6@aol.com

MILLER’S BAY FARM

Visit Miller’s Bay Farm’s “old-style” road-side stand for a large assortment of vegetables all season long. You can buy pre-picked strawberries (mid-June through early July), or enjoy the view of the Rideau while picking your own. Everything sold is grown right on the farm.

LOCATION: 65 Rideau Ferry Road, Lombardy, ON K0G 1L0
PRODUCTS: Beans, beets, brussels sprouts, cantaloupe, carrots, cucumbers, garlic, gladiolus, gourds, herbs, lettuce, leeks, onions, parsnips, potatoes, pumpkins, rhubarb, squash varieties, strawberries, sweet corn, tomatoes, watermelon, wild leeks and zucchini
WHERE TO BUY: Bountiful Baskets CSA, and from the farm gate May through November, Monday to Saturday, 9 a.m. to dark
CONTACT: Robert & Shannon Miller, 613-283-0205, millersfarmfresh@gmail.com, millersbayfarm.com
The Table Community Food Centre

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**ROSECAMP FARMS**

The Campbell’s are proud of their farming heritage with almost 200 years of production and eight generations on the same farm. In addition to egg production they also grow a variety of cash crops using minimum till practices.

**LOCATION:** 3069 Drummond Concession 7, Perth, ON K7H 3C8

**PRODUCTS:** Eggs and other crops

**WHERE TO BUY:** On Farm

**CONTACT:** Robert Campbell, 613-267-6461, rosecampfarm@ripnet.com

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**TEMPLES SUGAR BUSH**

Temples Sugar Bush is a family owned maple farm in the heart of Lanark County, the Maple Syrup Capital of Ontario.

**LOCATION:** 1700 Ferguson Falls Road (County Rd. 15), Ferguson’s Falls, ON K0G 1K0

**PRODUCTS:** Maple syrup and sugar year round, seasonal items include maple pancake mix, maple granola, maple tarts and maple butter

**WHERE TO BUY:** Grocers in Perth, Smith Falls, Westport, Newboro, Kingston area and Ottawa

**CONTACT:** Charles and Susan Temple, 613-253-7000, templesinfo@xplornet.com, templessugarcamp.ca

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**SEED TO SAUSAGE**

Seed to Sausage works with local producers wherever possible, and uses few additives and preservatives in order to make safe, good foods. Everything is made by hand, with care, from their award-winning fermented salami, pancetta and guanciale to simple sausages and an array of deli style and smoked meats.

**LOCATION:** 12821 Highway 38, Titchborne, ON K0H 2V0

**PRODUCTS:** Artisanal bacon, sausages, salami, charcuterie, smoked and other cured meats

**WHERE TO BUY:** Storefront and numerous fine food locations. See website for up-to-date listing.

**CONTACT:** Mike McKenzie, 613-279-2455 (shop) or 1-855-279-2455 (toll-free), mike@seedtosausage.ca, seedtosausage.ca

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**WINDBLEST FARM**

Windblest Farm pastures a small flock of dual-purpose sheep on about 100 acres of rolling Lanark farmland. They raise assorted vegetables ecologically, supplementing fertility with well-composted sheep manure and using no pesticides.

**LOCATION:** 1821 Ferguson Falls Road, Fergusson’s Falls, ON K0G 1K0

**PRODUCTS:** Leicesters, Border, Naturally Coloured and Blue Faced, pasture raised lamb, wool products including blankets and sheepskins, naturally grown vegetables from spinach to squash

**WHERE TO BUY:** McDonald’s Corners Farmers’ Market, wool products sold throughout the year on farm

**CONTACT:** Bryan, Janice and Simon Lever, 613-259-5484, shepherds@windblestfarm.ca, windblestfarm.ca, @WindblestFarm
THE PERTH FARMERS MARKET

The Perth Farmers’ Market was founded on June 13, 1992. The market is now located at the Crystal Palace in the Tay Basin of downtown Perth. Combining a scenic location, lots of free parking on Saturdays, al fresco eating tables and local music, the Perth Farmers’ Market is one of the most interesting and vibrant in Ontario.

The market is open every Saturday from Mother’s Day weekend to Thanksgiving, rain or shine, from 8:00 a.m. to 1:00 p.m. In July and August, a smaller market also runs Wednesday afternoons from 2 to 6 p.m. at the same location. There are also special fall and winter markets inside the Crystal Palace and a Seed Sale the first Sunday in March at the Royal Canadian Legion.

On any given day at the market, you might find local, organically grown produce; home-baked pies, pastries and breads; pickles, jams and preserves of all kinds; confections flowers, herbs and plants; garlic, honey and maple syrup; meat and eggs; weaving; juried crafts and jewellery; barbecued pork and the Market Cafe.

Every Saturday one lucky patron wins the contents of the market basket which is filled with samples contributed by the vendors that day.

MORE INFO: perthfarmersmarket.ca

WHAT DO WE MEAN BY LOCAL?

For us, defining local using a specific number of kilometres is less useful than recognizing the human time required to transport the food from farm to plate. At The Table, “local” means “within a reasonable drive.” For the most part, this keeps us buying from farms in Lanark County. In addition to our geographical understanding of localness, we also use the concept as a proxy for everything from seasonality and ecological awareness to humanizing scales of production and personal connections.
The Table Community Food Centre is a partner site of Community Food Centres Canada, a national organization that provides ideas, resources and a proven approach to partner organizations across Canada so they can establish responsive, financially stable Community Food Centres. These centres work to bring people together to grow, cook, share, and advocate for good food. With our partners and communities, we are working toward a healthy and fair food system.