

Stores & Market Links

- A** Local Family Farms • Verona 374-3663
- B** Rising Bun Bakery & Tea Room
Sharbot Lake 279-2573
- C** Sharbot Lake Freshmart 279-2171
- D** Meat and Bar-B-Que Centre • Sharbot Lake
279-2204
- E** J.M. Good Store~General Merchant • Parham
375-6335
- F** Joe's Good Value • Parham 375-6208
- G** IGA • Verona 374-2112
- H** Plevna Freshmart 479-2603
- I** DBM General Store, Snow Road Station
278-0498
- J** Douglas Sports and Marina,
Palmerston Lake, Ompah 479-2176

Markets

- M1** Perth
- M2** Verona

If you're interested in setting up a farmer's market, call Gord McCarthy at 479-0257

If you'd like to be listed, call 279-3731
the office of Community Living—North Frontenac

For information about getting connected with a food co-op go to www.onfc.ca or www.mountainpath.com

What's It All About?

Buying within 100 mile radius

When you buy "fresh" vegetables or fruit from most local grocery stores, that food has often travelled thousands of kilometres

just to get to your plate!

This uses up a lot of energy. For instance, it takes 436 calories of energy to transport a 7 calorie strawberry from California to Sharbot Lake.

You can change this!

Buying locally produced vegetables, fruit, syrup, honey and plants can benefit you, your local economy and the planet.

This brochure provides the information you need to buy local goods directly through farm gate sales and from local farmer's markets.

Enjoy the bounty that is right outside your door, and discover what "fresh" really means!

Human Resources and Social Development Canada:

Building Inclusive Communities

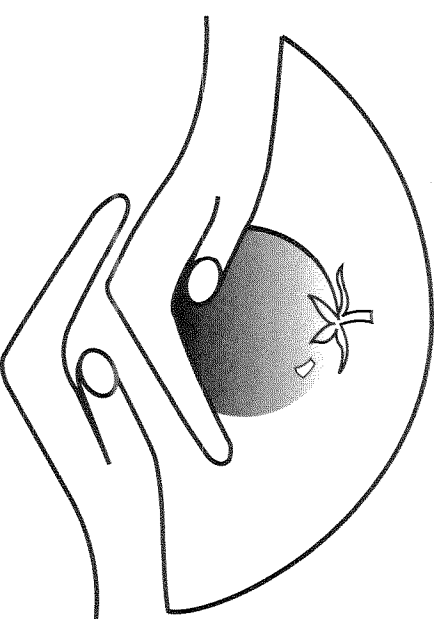


Government of Canada

Gouvernement du Canada

Hands on Harvest

2008



A guide to

Local Produce & Products in Frontenac & Area

