

pick a peck of pickled peppers

Nothing compares to the taste of fresh local produce. Meet the farmers, families and creative entrepreneurs who are passionate about bringing a bounty of the healthiest products and produce to our tables.



► Don Buller

Goldsmith's Market

HOW LONG HAVE YOU BEEN IN BUSINESS?

I've been a manager here since 2008, however, the market was recently sold to long-time local farmers Brad, Teresa, Kyle and Debby Oakley. I look forward to continuing on as manager of the market.

WHAT'S GROWING ON YOUR FARM RIGHT NOW?

At the present time, apples, green beans, green peas, broccoli and corn are growing on our farm.

WHAT'S YOUR FAVOURITE VEGETABLE OF THE SEASON?

My favourite vegetable, as well as our customers, is our famous sweet corn. Our Manager of Farm Operations, Jim Clayfield, has been growing corn for over 45 years. The bi-colour corn varieties that Jim grows are very sweet, and when in season it's picked daily. Just can't get any fresher than that!



◄ Meredith Cowan

Meredith's Ginger Syrup

TELL US ABOUT YOUR PRODUCTS: Meredith's Ginger Elixir is a fresh and fun food experience! It's a handmade whole-food product created right here on my farm in Meaford, and it's only sweetened with the beautiful local honey that I produce in my backyard. I'm actually one of the beekeepers! Ginger not only tastes great, it has numerous health benefits when used daily. That's why I called it "Immunity for the Community."

HOW DID THE IDEA FOR YOUR ELIXIR COME ABOUT? It was the seasons that helped create Ginger Elixir. During the winter months, we naturally look for things to keep us warm. My Original Meredith's Ginger Syrup is great for doing this. In the hot months of summer, we look for things to cool us down. This is where the addition of freshly squeezed lemon and lime juices, blended with ginger, creates a unique and refreshing treat.

DESCRIBE YOUR PERFECT SUMMER DAY: Sitting on the verandah at the Kimberley General Store, sipping one of Stacie's awesome smoothies and watching the world go by. So relaxing and fun!

Continued on page 62

► Sandra Lackie
& Jackie Durnford
Creemore 100 Mile Store

**TELL US ABOUT YOUR FARM-
FRESH FOOD EXPERIENCE:**

Products change daily and seasonally at the store. Saturday mornings, wander into the heavenly aroma of maple cinnamon rascals fresh from the oven, warm oven-baked sourdough bread and baguettes and pies bursting with local berries. We also carry freshly harvested organic produce, as well as 100 per cent grass-fed organic beef, fresh local lamb, chicken, pork and game... all pasture raised, free range, hormone- and antibiotic-free.

WHY SHOP AT YOUR MARKET?

Our community-inspired store highlights an amazing variety of the best local food available. Our staff is knowledgeable; we know where your food comes from and how to prepare it. We are passionate about flavour, and any item on our shelves is there because we love it. If we're out of something, it's probably because we love it too much!

WHAT'S YOUR FAVOURITE

SUMMER DRINK? Our favourite summer sipper: Cilantro Lime Martini (invented on a Friday afternoon at the 100 Mile Store). 1.5 oz vodka & 1.5 oz gin (both available locally distilled in Ontario). 3 oz Meredith's Lime Ginger Elixir, 1 handful fresh local organic cilantro, shake over ice and strain. Cheers! (Serves 2) *Continued on page 64*



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▲ Jenna, Chris, pup Lachlan, Brynne, & Candace Currie Currie's Farm Market

WHAT ARE YOUR SPECIALTIES? We provide our customers with fresh, organically and sustainably grown produce that is hand-planted and harvested daily on our farm. We also specialize in supporting other local producers to offer our customers exceptional food choices every day at our on-farm market. We are a one-stop local food shop with milk, cheese, meat, pasta, prepared meals, fresh baking and bread, gluten-free and vegan items and much more.

HOW LONG HAVE YOU BEEN IN BUSINESS? Currie's Farm Market has been in business since 1957 and is now in its third generation.

WHAT PRODUCTS/PRODUCE SELL LIKE HOTCAKES THESE DAYS? Currie's own sweet corn has been a local favourite since 1957, and is still one of our best sellers. Another popular item is our organic garlic, which we plant and harvest by hand and dry in our log barn. Gluten-free options and organic greens are also very popular. *Continued on page 66*

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▼ John Miller & His Girls

Miller's Dairy

TELL US ABOUT YOUR MILK: The girls at Miller's Dairy produce a unique product because of their breed characteristics. Originating from the Isle of Jersey, these efficient brown cows produce milk rich in nutrients. Jersey milk contains 18-20 per cent more protein and 15-18 per cent more calcium, and contains higher levels of vitamins A, B1, and B2. Our customers rave about Miller's Dairy Jersey milk. This sweet taste brings the family to the fridge at all hours of the day... even for a late night slurp.

HOW IS YOUR DAIRY BEING ENVIRONMENTALLY RESPONSIBLE? We market our Jersey milk in reusable glass bottles. By producing and bottling milk on our farm, we create a smaller carbon footprint. Careful tillage practices preserve our soil structure, and provide healthy soil for our homegrown feed supply.

WHAT DO YOU LOVE MOST ABOUT SUMMER? All seasons are beautiful in Creemore!

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◀ Sarah Hallett Creemore Farmers' Market

WHAT'S NEW AT THE MARKET? New vendors at the market this summer include Rob Roy Market Garden with their produce; Ali's Kitchen, who make fresh East Indian food; the Creemore Horticultural Society, which provides gardening advice all season long; and Under The Ginger Tree, a company that makes amazing soups and ginger products.

ANY SPECIAL EVENTS THIS SUMMER? The market will be part of the festivities at the Creemore Children's Festival in early August.

WHAT'S YOUR FAVOURITE WAY TO SPEND A SUMMER EVENING? Eating dinner outside with my family, having veggies and salad from my community supported agriculture (CSA) share, alongside fresh cheese and bread from the market. Then I'll watch the sunset from the swing seat beside my husband.

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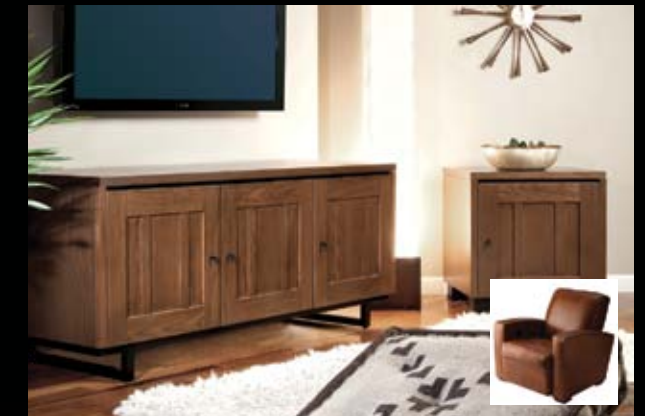
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▲ Bradley Kerr

Collingwood Community Food Co-op

WHAT SETS YOUR BUSINESS APART? We carry a wide variety of mostly local, organic, clean and fair-trade products. We have everything from raw vegetables and meats to spices and ingredients like flour and salt. We've got it all!

HOW DOES THE CO-OP WORK? We are owned and operated by our members for the benefit of our community. All profits go back into our business to improve the products and prices! Anybody can shop here, though members get benefits such as discounted products and business involvement. Members are asked to loan the co-op \$100, along with a \$60 annual fee. Volunteering members currently receive a 10 per cent discount whereas non-volunteering members receive five per cent.

WHAT'S YOUR FAVOURITE THING TO DO ON A HOT SUMMER DAY? Find a nice shaded trail near water to explore and go for a walk. *Continued on page 72*

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WHAT'S SPECIAL ABOUT YOUR STORE? We are a three-generation, family-run business. From maintaining and harvesting our orchards, to having three generations of women working in the store, from making pies to serving customers, we do it all!

DESCRIBE A FEW OF YOUR FAVOURITE PRODUCTS: Our favourite product would have to be our pies. We pride ourselves on using Great Grandma Lambe's recipes to make everything from scratch. Our pastry is the best around; it's flaky and melts in your mouth. Our fruit pies are made with local fruits, berries and our own homegrown apples. Our savoury pies, made with local meats and veggies, have really taken off, and are amazing for a quick, easy dinner. We always have something new for every taste and every season.

HOW MANY PIES HAVE YOU MADE... AND WHAT'S YOUR FAVOURITE? We've made thousands since we opened in 1984, and people travel from near and far to purchase our pies. Our family favourite is apple, and we all like it differently. Some like it with ice cream, others with cheese, or just plain. However it's served, our apple pie is classic comfort food. *Continued on page 74*



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▲ Isabel & Jim Almond Almond's Farm Market

HOW WOULD YOU DESCRIBE YOUR MARKET? Our market is a special place with a friendly, family atmosphere, where we offer our customers the finest fresh products and service from the heart. From 25-30 different varieties of apples to Beers Bird Seed, Beaver Valley honey, maple syrup, homemade jams and relishes, apple products and lots of homemade baking, we've got something for everyone!

WHAT'S NEW THIS SUMMER? An amazing variety of fresh, healthy and safe produce planted and handled by our family, and ready to share with yours, including a new harvest of sweet corn, peas, potatoes, tomatoes, sweet onions, gladioli, squash, and pumpkins. All seeds sewn in our garden are nurtured through the season with methods used by former generations.

WHAT'S YOUR FAVOURITE SUMMER MEAL? A Sunday BBQ! Fresh Georgian Bay fish or local chicken, salad greens, our sweet corn and a new baked potato, served with bread or rolls sold at our market. For dessert, nothing beats a fresh, seasonally inspired fruit salad served over frozen yogurt! *Continued on page 76*

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▼ Kara Wildeman

The Market Meaford (in the Ecolnhabit Barn)

DOES YOUR MARKET REALLY HAVE SOMETHING FOR EVERYONE? Yes! Our market caters to all foodie types: paleo, raw, vegan, vegetarian and gluten-free. We have a wide selection of organic produce and dairy products, local grass-fed beef and pork, and local chicken, lamb, elk and fish. We also offer a variety of local grains, freshly baked bread (including gluten-free), cereals, beans and canned goods.

TELL US ABOUT YOUR SUPPLIERS: I'm happy to say that we support local farmers, gardeners, cheese makers, apiarists, and chocolatiers. We work closely with all our suppliers to ensure they meet our criteria of sustainable practices, which involves visiting their farms for tours and investigating lists of ingredients. We also proudly support the "Non-GMO Project" to ensure that we don't support GMO (Genetically Modified Organisms) or offer them to our customers.

DESCRIBE YOUR FAVOURITE SUMMER LUNCH: My favourite summer lunch is a big bowl of organic greens from the garden with heirloom tomatoes, locally grown sprouts and micro greens, Welsh onions and other perennial edibles that I may have. All of this topped with hemp hearts and a creamy tahini dressing. YUM! **OH**



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