

A handy guide to eating local

Buy local food

Fiesta Farms (200 Christie St., north of Bloor)
(sells Local Food Plus-certified food)

Greenbeltfresh.ca Greenbelt Farmers' Online Market www.greenbeltfresh.ca
(a directory to find local food)

Karma Food Co-operative (739 Palmerston Avenue, near Bloor and Bathurst)
(focuses on organic and local foods and eco-friendly household products) www.karmacoop.org

Local Food Plus www.localfoodplus.ca
(website offers a list of restaurants that serve, and stores that sell, local sustainable food)

Toronto Farmers' Market Network <http://tfmn.ca>
(a list of farmers' markets in Toronto)

Wychwood Barns Farmers' Market
(8 a.m. – noon on Saturdays year-round; moves outdoors May 15)

Grow your own

Bufco (The Backyard Urban Farm Company) <http://www.bufco.ca/>
(installs, plants and maintains raised organic vegetable beds)

Garden Jane www.gardenjane.com
(offers organic gardening and permaculture workshops and projects)

Green Gardeners Ecological and Organic Landscaping Toronto <http://greengardeners.ca>
(offers gardening services including edible gardens)

Sharing Backyards Toronto www.sharingbackyardstoronto.ca
(links up gardeners who are looking for a place to garden with homeowners with space in their yards)

The Greener Side <http://farminthecity.com/>
(designs, installs and services edible gardens)

The Locavores Garden <http://www.the-locavores-garden.com/>
(offers workshops on “how to grow a maximum yield garden on a budget”)

Volunteer at a community garden

Ben Nobleman Community Orchard www.communityorchard.wordpress.com

Children's Garden, Cedarvale Park Claire Rodgers crodger@sympatico.ca

Foodshare www.foodshare.net

(runs community gardens, community kitchens, the good food box and student nutrition programs)

Garrison Creek Park Garden www.garrisoncreekpark.wordpress.com

Toronto Community Garden Network www.tcgn.ca

Join a local group

Growing for Green <http://growingforgreen.wordpress.com/>

(“a gardening group based in Toronto’s Ward 21 that offers educational workshops, garden tours, volunteer gardening opportunities and social networking to local gardeners”; it “founded Toronto’s first community orchard at Ben Nobleman Park near Eglinton West subway station”)

Not Far From the Tree www.notfarfromthetree.org

(a residential fruit-picking program)

The Stop Community Food Centre

Yes in My Backyard - Yard Sharing Program

Contact Liz Curran at, 416-651-7867 ext. 27 or liz@thestop.org

(also offers gardening workshops and runs community gardens)

Young Urban Farmers www.youngurbanfarmers.com

(plants edible gardens; has also initiated a CSA that grows food in homeowners’ backyards)

Join a CSA Farm (Community Supported Agriculture)

Ontario CSA Directory <http://csafarms.ca/index.html>

(a directory of CSAs - Community Supported Agriculture farms)

Advocate on food issues

Toronto Environmental Alliance <http://torontoenvironment.org>

(has campaigned for the City of Toronto to purchase local food)

Toronto Food Policy Council http://www.toronto.ca/health/tfpc_index.htm

“Develops policies and programs promoting food security. Our aim is a food system that fosters equitable food access, nutrition, community development and environmental health.”

Food Connections <http://wx.toronto.ca/inter/health/food.nsf>

The Toronto Food Strategy project is an “initiative to show how cities can help build a healthy and sustainable food system for the 21st century.”

This fact sheet has been prepared by Green Neighbours 21 for its meeting on May 10, 2010 “Join the Local Food Revolution”.

Green Neighbours 21 does not endorse any of the private companies listed on this fact sheet.

www.gn21.ca

