

# TASTES of the Greenbelt

from FoodShare's  
Good Food Programs



# Salads

## Spinach Salad with Strawberries and Toasted Pecans (Serves 4)

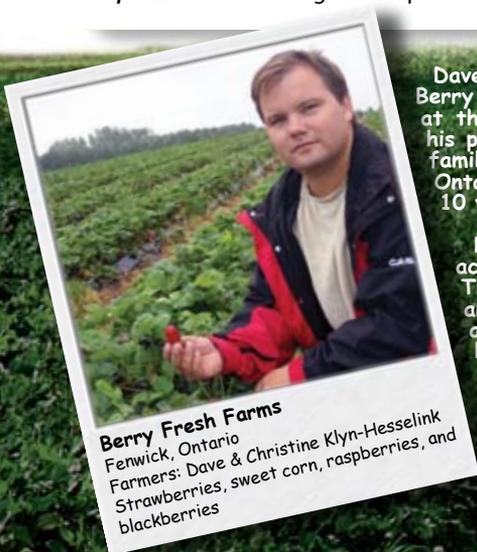
### Salad

|         |   |
|---------|---|
| 4 cups  | Fresh spinach, well washed, stems removed, and torn into pieces |
| 4 cups  | Leaf or romaine lettuce, washed, dried and torn into pieces     |
| 1 pt    | Fresh strawberries, well washed, stems removed and sliced       |
| 2-3     | Green onions, sliced thin, including the greens                 |
| 1/2 cup | Pecan halves, lightly toasted                                   |
| 1/2 cup | Crumbled feta cheese  |

### Dressing

|                          |                            |
|--------------------------|----------------------------|
| 1 clove                  | Garlic, minced             |
| 1 Tsp                    | Dijon mustard              |
| 1 Tbsp                   | Brown sugar or maple syrup |
| 1 Tbsp                   | Balsamic vinegar           |
| 1 Tbsp                   | Red wine vinegar           |
| 4 Tbsp                   | Olive oil                  |
| Salt and Pepper to taste |                            |

1. In a large salad bowl combine all Salad ingredients.
  2. In a blender or with a whisk in a bowl, mix Dressing ingredients.
  3. Toss a generous amount of the dressing with salad ingredients and serve.
- Tip:** Leftover dressing will keep covered in the refrigerator for up to 2 weeks.



**Berry Fresh Farms**  
Fenwick, Ontario

Farmers: Dave & Christine Klyn-Hesselink  
Strawberries, sweet corn, raspberries, and blackberries

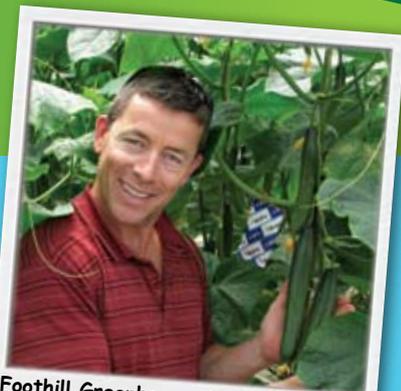
Dave's first farm experience was at Tigchelaar Berry farms in Binwood where he started working at the age of 16. It was there that he realized his passion for farming. Eventually he purchased a family farm - now called Berry Fresh Farms - in Ontario's Greenbelt that has been in operation for 10 years.

Dave now cultivates 20 acres of sweet corn, 13 acres of strawberries, and 5 acres of raspberries. The key to Berry Fresh Farm's success in growing and marketing strawberries has been the use of a day-neutral strawberry variety that produces berries in May, and then again from July through September, when local strawberries are rare and the demand is high.

Berry Fresh Farms started by selling produce at farmers' markets, but now also sell directly to 11 Sobeys stores, and through the Ontario Food Terminal.

In 1954, Foothill Farms started growing mixed vegetables with only a small greenhouse. Through careful planning, market research, and the development of expertise in growing high quality cucumbers, the farm is now exclusively a cucumber growing operation.

Located in Ontario's Greenbelt in the productive Holland Marsh, Foothill Greenhouses is easy to spot with 15 acres of Greenhouses, and a state-of-the-art packing and warehouse facility. Foothill mainly grows English cucumbers, for the wholesale market. The cucumbers are grown using hydroponic techniques and are kept healthy using biological control methods to keep pest and disease pressure to a minimum.



**Foothill Greenhouses Ltd**  
Bradford, Ontario  
Farmers: Edwin Hoogendorn, Farm Manager  
and Chris Voorberg, Farm Owner/Operator  
English cucumbers

## Fattoush

(Serves 4)

### Salad

|                          |                                |
|--------------------------|--------------------------------|
| 2 cups                   | Tomatoes, diced                |
| 2 cups                   | Cucumber, diced                |
| 1 cup                    | Red onion, finely diced        |
| 8                        | Green onions, finely chopped   |
| 8 Tbsp                   | Fresh mint, chopped            |
| 4 Tbsp                   | Fresh parsley, chopped         |
| 1 cup                    | Feta cheese, crumbled          |
| 2 pounds                 | Green beans, blanched and cut  |
| 4                        | Pitas                          |
| 1 cup                    | Romaine lettuce, cut in strips |
| Salt and pepper to taste |                                |

### Dressing

|                          |                    |
|--------------------------|--------------------|
| 1 ¼ cups                 | Mild olive oil     |
| 6-8 Tbsp                 | Lemon juice        |
| 1 Tbsp                   | Lemon zest, grated |
| Salt and pepper to taste |                    |

1. Whisk together all Dressing ingredients. (You will use approximately 1/3 of the dressing for this recipe and can keep the remaining dressing in the refrigerator for up to 2 weeks.)
2. Toast the pitas until semi-crisp and break into pieces about 2 inches wide. Do not crumble or make too small.
3. Toss a small amount of the dressing with the romaine lettuce and divide onto 4 salad plates.
4. In a large bowl, toss the vegetables, herbs and pita with vinaigrette and season to taste with salt and pepper. Divide into 4 portions, mounding on top of the romaine on the prepared plates, and serve.

# Soups

## Mushroom Barley Soup

(Serves 4)

|                          |   |
|--------------------------|---|
| 1/4 cup                  | Butter or oil                             |
| 1 lb                     | Mushrooms, chopped                        |
| 2                        | Carrots, chopped                          |
| 2                        | Celery stalks, chopped                    |
| 1                        | Onion, chopped                            |
| 1/2 cup                  | Pearl barley, rinsed                      |
| 2 Tbsp                   | Flour                                     |
| 8 cups                   | Vegetable stock or water                  |
| 1/4 cup                  | Fresh dill or parsley, chopped (optional) |
| Salt and pepper to taste |   |

1. Melt butter in a large soup pot over medium-high heat. Add mushrooms, carrots, celery, onion and barley. Sauté until vegetables begin to brown, about 10-15 minutes.
2. Add flour to the pot and stir for 5 minutes. Gradually mix in stock or water.
3. Bring soup to a boil, stirring frequently. Reduce heat to medium and simmer until barley is tender, about 40 minutes.
4. Add chopped herbs and salt and pepper to taste and serve.

## Greenbelt Facts

- There are approximately 7,000 farms in the Greenbelt, and farming is still largely a family affair, with the majority being sole proprietors.
- The Greenbelt preserves some of the most valuable agricultural lands in Canada, providing fresh fruits and vegetables, dairy, beef, pork and poultry products and grapes for prize-winning wines.

*"Farmers are the stewards of the greenbelt.  
We need to buy local produce so that we will be supporting local  
farmers as well as reducing the distance from the field to our tables,  
which reduces transportation costs and transportation-related  
pollution, including smog and greenhouse gases."  
-- Ontario Greenbelt Alliance*

## Dilled Beet and Potato Soup

(Serves 4-6)

|         |   |
|---------|---|
| 4       | Medium beets, washed                                    |
| 2 Tbsp  | Butter or oil   |
| 1       | Onion, chopped  |
| 1/2 cup | Fresh dill, chopped (plus more as a garnish if desired) |
| 4       | Medium potatoes, peeled and coarsely chopped            |
| 8 cups  | Vegetable stock or water                                |
|         | Salt and pepper to taste                                |

1. Place beets, skin still on, in a pot and cover with water. Bring to a boil. Cook beets until they are soft enough to pierce with a fork (about 25 minutes), then remove from heat and set aside.
2. Meanwhile, in a large soup pot, melt the butter and sauté the onions with the dill, until onions are translucent. Add the potatoes and stir to coat the potatoes. Add the water or stock and bring to a boil.
3. When the beets are cool enough to handle, skin them, chop them coarsely and add to the soup pot.
4. Continue cooking about 30 minutes longer, or until vegetables are soft. Puree using a hand blender or in batches in a food processor or blender. Add salt and pepper to taste. The soup should be thick, smooth and a gorgeous colour.
5. Serve hot or chilled, with dill as a garnish.

**Tip:** For added pizzazz, consider adding 1 cup whipping cream to the soup when you puree it, or adding a dollop of sour cream as a garnish when serving it.

- Ontario's Greenbelt is the largest in the world. It provides \$5.4 billion a year to the economy through farming and food production.
- 93% of Ontarians strongly support Ontario's Greenbelt.

-- Friends of the Greenbelt Foundation, [www.greenbelt.ca](http://www.greenbelt.ca)

# Mains

## Persian Lamb Stew with Rhubarb

(Serves 4)

|                          |  |
|--------------------------|--|
| 1 Tbsp                   | Vegetable oil                          |
| 1½ lb                    | Stewing beef or lamb                   |
| 1 large                  | Onion, chopped                         |
| 2 ½ cups                 | Water                                  |
| 2 Tbsp                   | Tomato paste                           |
| 1/2 Tsp                  | Turmeric                               |
| 3 Tbsp                   | Fresh parsley, chopped                 |
| 3 Tbsp                   | Fresh mint, chopped                    |
| 1 pinch                  | Saffron, dissolved in 1 Tbsp hot water |
| 1lb                      | Rhubarb, cut into 1 inch pieces        |
| 3 Tbsp                   | Lemon juice                            |
| Salt and pepper to taste |  |

1. Heat the oil in a very large saucepan until hot. Add onions and the meat, and cook until the meat is browned.
2. Add the water, tomato paste, turmeric, salt and pepper. Mix well and bring to a boil then reduce the heat, cover and simmer for 1 hour, stirring from time to time.
3. Sauté parsley and mint in a little vegetable oil until wilted and beginning to crisp, then add to the stew, together with the with saffron.
4. Continue to cook one hour longer, stirring from time to time, or until the meat is beginning to fall apart.
5. Add lemon juice and rhubarb, mix well and cook until the rhubarb is tender but not falling apart, about 5-10 minutes, and serve.

## In 2009 FoodShare's Good Food Programs:

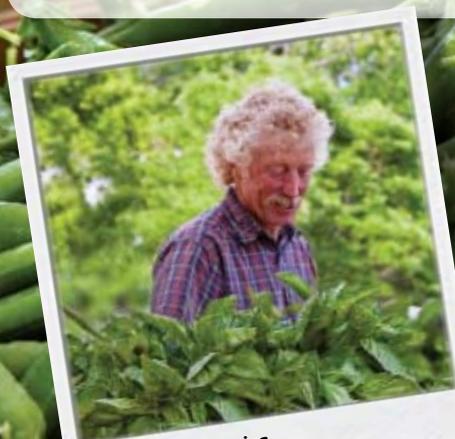
- Made buying healthy, fresh, culturally diverse and appropriate vegetables and fruit possible across our city, through bulk buying and a social enterprise alternative delivery model which led to savings of up to 40% against store prices, making both paying the rent and eating well a reality for many who could otherwise not do both.
- Helped 80,000 children, youth, adults, and seniors access Good Healthy Food directly.
- Made healthy high quality fresh vegetables and fruits affordable and accessible by delivering 4,000 Good Food Boxes per month to 200 Good Food Box stops, delivering to 250 schools and agencies and in supporting and supplying 17 Good Food Markets in communities across Toronto.
- Supported local farmers by purchasing \$500,000 of produce directly from their farms.

## Penne with Ricotta, Peas and Green Garlic Sauce

(Serves 4)

|         |   |
|---------|---|
| 1½ cups | Fresh ricotta cheese                    |
| 1/2 cup | Peas, shelled                           |
| 1/2 cup | Green garlic, finely chopped            |
| 2 Tbsp  | Parsley (or other fresh herbs), chopped |
| 1 lb    | Dried pasta                             |
| 2 Tbsp  | Butter                                  |
| 1/4 cup | Parmesan cheese, grated                 |
|         | Salt and pepper to taste                |

1. Combine ricotta, garlic, peas, fresh herbs and salt & pepper in a bowl.
2. Cook pasta in boiling water until al dente (8-10 minutes).
3. Remove 1/2 cup of hot water from pasta and combine with ricotta mixture to make a creamy paste.
4. Toss cooked pasta with butter, ricotta mixture & parmesan. Add more hot water if sauce is too thick.

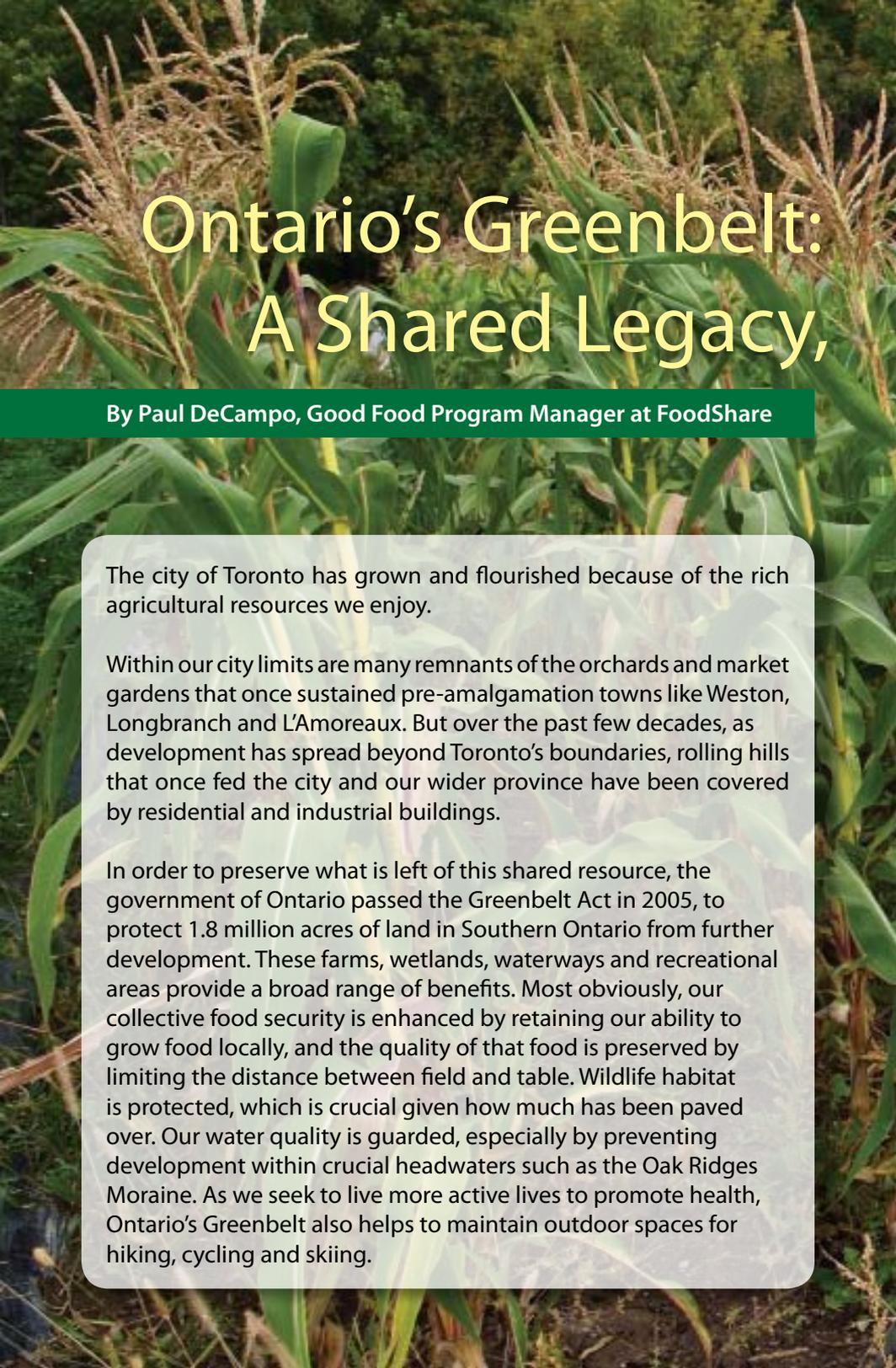


**Thorpe's Organics**  
Millgrove, Ontario  
Farmer: Ted Thorpe  
Lettuce, peas, beans, beets, bok choy,  
potatoes, onions, squash, chard, basil,  
melons, raspberries, zucchini

Ted Thorpe is a fourth-generation Ontario vegetable farmer who owns and operates a 32 acre farm near Millgrove, Ontario in Ontario's Greenbelt. He grows all kinds of vegetables, herbs and fruits and has been OCIA-certified organic since 1990.

Ted can be seen at many Toronto farmers' markets making customers smile and talking about the importance of sustainable agriculture and local food.

You can find Ted at the Dufferin Grove farmers' market, Riverdale farmers' market, and at the Green Barns farmers' market.



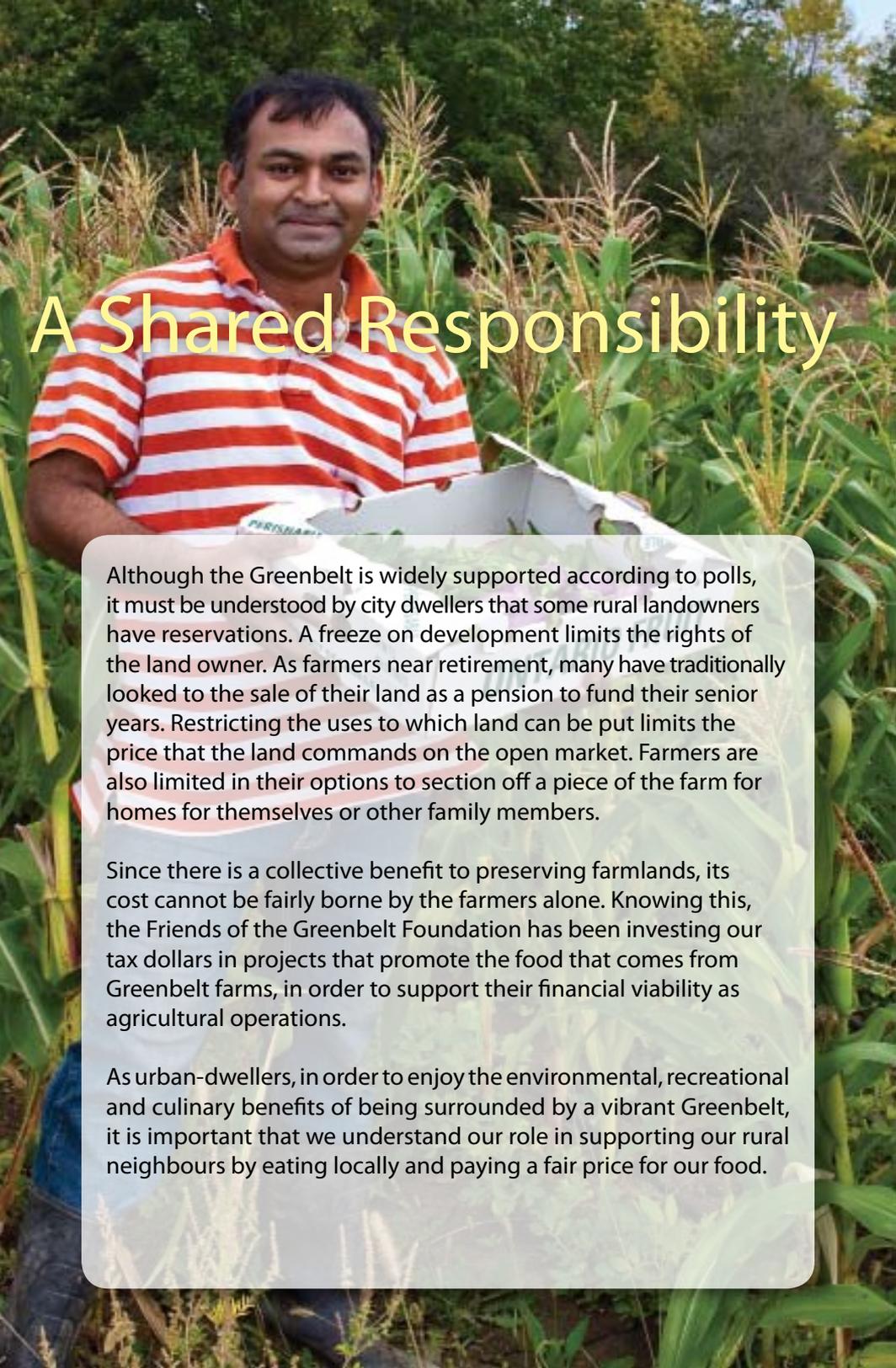
# Ontario's Greenbelt: A Shared Legacy,

By Paul DeCampo, Good Food Program Manager at FoodShare

The city of Toronto has grown and flourished because of the rich agricultural resources we enjoy.

Within our city limits are many remnants of the orchards and market gardens that once sustained pre-amalgamation towns like Weston, Longbranch and L'Amoreaux. But over the past few decades, as development has spread beyond Toronto's boundaries, rolling hills that once fed the city and our wider province have been covered by residential and industrial buildings.

In order to preserve what is left of this shared resource, the government of Ontario passed the Greenbelt Act in 2005, to protect 1.8 million acres of land in Southern Ontario from further development. These farms, wetlands, waterways and recreational areas provide a broad range of benefits. Most obviously, our collective food security is enhanced by retaining our ability to grow food locally, and the quality of that food is preserved by limiting the distance between field and table. Wildlife habitat is protected, which is crucial given how much has been paved over. Our water quality is guarded, especially by preventing development within crucial headwaters such as the Oak Ridges Moraine. As we seek to live more active lives to promote health, Ontario's Greenbelt also helps to maintain outdoor spaces for hiking, cycling and skiing.

A man with dark hair, wearing a red and white horizontally striped polo shirt, stands in a lush green cornfield. He is holding a white cardboard box in front of him. The background is filled with tall corn stalks and green leaves. The title 'A Shared Responsibility' is overlaid in a large, yellow, sans-serif font across the top half of the image.

# A Shared Responsibility

Although the Greenbelt is widely supported according to polls, it must be understood by city dwellers that some rural landowners have reservations. A freeze on development limits the rights of the land owner. As farmers near retirement, many have traditionally looked to the sale of their land as a pension to fund their senior years. Restricting the uses to which land can be put limits the price that the land commands on the open market. Farmers are also limited in their options to section off a piece of the farm for homes for themselves or other family members.

Since there is a collective benefit to preserving farmlands, its cost cannot be fairly borne by the farmers alone. Knowing this, the Friends of the Greenbelt Foundation has been investing our tax dollars in projects that promote the food that comes from Greenbelt farms, in order to support their financial viability as agricultural operations.

As urban-dwellers, in order to enjoy the environmental, recreational and culinary benefits of being surrounded by a vibrant Greenbelt, it is important that we understand our role in supporting our rural neighbours by eating locally and paying a fair price for our food.

# Mains

## Asparagus, Dill and Cheese Frittata

(Serves 2-4)

|                          |   |
|--------------------------|---|
| 1 bunch                  | Asparagus, tough ends removed             |
| 1 small                  | Onion, diced                              |
| 1 sprig                  | Dill, chopped                             |
| 1 cup                    | Cheese (Cheddar or Monterey Jack), grated |
| 6                        | Eggs, beaten                              |
| 1 Tbsp                   | Olive oil or butter                       |
| Salt and pepper to taste |   |

1. Preheat oven to 350 °F.
2. Trim asparagus and chop into 1½ inch pieces. Sauté in butter or oil with onions and dill until onions are transparent and asparagus has softened, approximately 5-7 minutes. Set aside.
3. In a bowl, beat eggs with salt and pepper.
4. Spread asparagus mixture over the bottom of a small baking pan. Pour eggs over asparagus. Sprinkle with cheese.
5. Bake for 15-20 minutes until the eggs are firm and golden brown on top and serve.

"I planned four meals for the week using the produce in our box."

"I am loving this program by the way. It's actually making us eat more vegetables! A small miracle in this house."

-- FoodShare Good Food Box customers, 2010

# Breast of Chicken with Ontario Goat Cheese & Quick Cherry Chutney

(Serves 2)

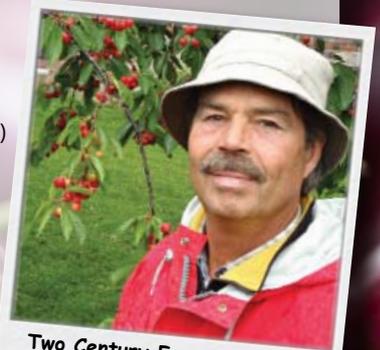
## Chutney

- 1 Onion, minced
- 1 Tsp Fresh ginger, minced
- 2 Tbsp White wine vinegar (or white vinegar)
- 1/4 Tsp Red pepper flakes
- 1 pinch Salt
- 2 Tsp Brown sugar
- 1 cup Fresh cherries, pitted

## Chicken

- 2 Deboned chicken breasts
- 4 Tbsp Soft Ontario goat cheese
- 1 Tbsp Olive oil
- Salt and pepper to taste

1. Preheat oven to 350 °F.
2. In a medium saucepan, combine onion, ginger, vinegar, red pepper flakes, salt and brown sugar. Bring to a boil and add cherries (if using sour cherries add an additional 2 Tsp brown sugar.) Turn heat to low and cook covered for 5 minutes. Increase temperature to medium and cook for 5 minutes longer, stirring to avoid burning, until cherries are thickened and jam-like. Let cool.
3. Drizzle chicken breasts with olive oil and sprinkle with salt and pepper. Bake in preheated oven for 10-15 minutes until cooked through but not dry.
4. Remove from heat, let cool briefly and slice each into 3 pieces across the width of the breast. Place 1 Tbsp of goat cheese between each cut piece and reassemble each breast.
5. Return to the oven for 5 minutes until breast is hot and cheese is melted but not runny. Serve with chutney.



**Two Century Farm**  
Grimsby, Ontario.  
Farmer: Duncan Smith  
Sour cherries, sweet cherries,  
apricots, pears, plums, apples,  
nectarines

## Two Century Farm

The original land of D. Smith and Son, Two Century Farm has remained in five continuing generations of Smith ownership since 1788. The acreage has grown, largely due to diligent farming practices, and the commitment and ambition of each succeeding grower, and family.

The first settler, John Smith, came from New Jersey in 1787, followed in ownership/management by the sons of each generation. The enviable location and desirable sandy soil contribute to the excellent quality of fruit and thus their reputation. Pick your own from July to October.

# Sides

## Sukuma Wiki – Kenyan Kale

(Serves 4)

- 1 bunch Kale, stems and center ribs discarded, leaves finely chopped
- 1 Onion, chopped
- 2 Tomatoes, chopped
- 1 clove Garlic, finely chopped
- 1 Tbsp Olive or canola oil
- Juice of 1 lemon
- Salt and Pepper to taste

1. Heat oil in a large frying pan or medium sized pot and add onion and garlic. Cook for 5 minutes until onion is transparent.
2. Add tomato, kale and lemon juice and cook covered until kale is wilted, about 5-7 minutes. Serve immediately.

When Immaculate Tumwine first came to Canada from Uganda, she did not recognize the food she saw in stores and bought junk food because it was cheap and available. She felt sick all the time.

Now, every two weeks, Immaculate orders a large Good Food Box from FoodShare brimming with fresh fruits and vegetables. And she tells her Good Food Box coordinator how much better she feels.

Not only that. Immaculate says that the Good Food Box is also important for her 'cultural development'. She meets her neighbours when she goes to pick it up, exchanges stories and recipes, and says she is getting to know her country and her community through the food.

Immaculate was so proud and excited to find kale in her Good Food Box, and a recipe to cook it with tomatoes, just like "Skuma" the way they cook it at home.

# Roasted Root Vegetables with Honey, Balsamic and Chilies

(Serves 4)

- 1 Small squash, peeled, seeded and cut into 2" pieces
- 2 Sweet potatoes, peeled and cut into chunks
- 1 Parsnips, peeled and cut in 1" rings
- 1 Carrot cut in 1" rings
- 2 Onions, peeled and quartered (optional)

## Glaze

- 6 Tbsp Olive oil
- 1/4 cup Balsamic vinegar
- 3 Tbsp Honey
- 1 Tsp Dried chili flakes
- 1 Tsp Dried thyme
- 1 Tsp Salt

1. Preheat oven to 350 °F.
2. Whisk together all Glaze ingredients in a large bowl.
3. Add vegetables to the glaze mixture, toss to coat. Transfer to a baking sheet and bake for 20 minutes, or until vegetables can be pierced with a fork.



**Carron Farms**  
Bradford, Ontario  
Farmer: Jason Verkaik  
Carrots, beets, cabbage, potatoes,  
and onions

## Carron Farms

In 1934 the Verkaik family purchased a parcel of land on the West side of the Holland Marsh in Ontario's Greenbelt. Over the years, the farm and families of the Verkaik brothers were continually growing, and in 1967 the farm was divided into separate family farms.

One of these family farms was run by Jacob (Jake) Verkaik and his family. They named the farm by combining the letters of the farm's two prominent vegetables, carrots and onions--Carron Farms. Jake continued farming with his family until the mid 1970's when he passed away, at which point Doug and Jack Verkaik, two of his sons, took over running Carron Farms. During the following years, Doug and Jack developed a state-of-the-art onion curing and storing facility as well as a carrot storing and packaging facility.

Under new direction from the next generation in the Verkaik family--Jason Verkaik (Doug Verkaik's son)--Carron Farms continues to be a strong and successful farming operation in the Holland Marsh.

# Desserts

## Peach Pie

### Pastry

|         |            |
|---------|------------|
| 2 cups  | Flour      |
| 2/3 cup | Olive oil  |
| 1/3 cup | Cold water |
| 1 pinch | Salt       |

### Filling

|         |                                |
|---------|--------------------------------|
| 3 cups  | Peaches, sliced, with skins on |
| 3 Tbsp  | Brown sugar                    |
| 2 Tbsp  | Flour                          |
| 1/4 Tsp | Nutmeg                         |

1. Preheat oven to 400 °F.
2. Combine all Filling ingredients in a large bowl and toss together to ensure that the peach pieces are uniformly coated with the rest of the ingredients. Set aside.
3. For Pastry, combine flour and salt in large bowl, add olive oil and water, and mix with a fork. Dough will easily come together. Divide into two halves and gently pat each half into a ball.
4. Roll each ball into a circle to fit your pie pan.
5. Place first circle of pastry in bottom of pie pan and fill with the Filling mixture. Top with second circle of pastry, and crimp edges all the way around to seal the two circles of pastry together. Use a sharp knife to make 4-6 slashes in the top of the upper crust to allow some steam to escape while the pie bakes.
6. Place the pie in preheated oven and bake for 10 minutes at 400 °F, then lower the temperature to 375 °F and bake for 30-40 minutes more, until the top is lightly browned and juices are boiling up out of the steam holes.

# Greenbelt Facts

- The Greenbelt produces over one quarter of Ontario's apples (27%), 88% of Ontario's peaches, 50% of Ontario's sour cherries, over 85% of Ontario's grapes, and 43% of Ontario's raspberries.
- The Holland Marsh is Ontario's vegetable basket. The area's main crops are carrots and onions, and other crops include lettuce, celery, potatoes, cauliflower, beets, radishes and parsnips.
- Enough carrots are grown in the Holland Marsh to provide every person in Canada with four pounds every year.

## Baked Apples

|                  |                            |
|------------------|----------------------------|
| 6                | Large firm apples          |
| 3 Tsp            | Butter                     |
| 6 pinches        | Cinnamon                   |
| 1 drizzle        | Maple syrup per apple      |
| 1/4 cup          | Currants or raisins        |
| 1/4 cup          | Chopped walnuts (optional) |
| Juice of 1 lemon |                            |

1. Preheat oven to 350 °F.
2. Cut the top "cap" off each apple and set aside. Core the apples, making sure that the bottom is not pierced. Sprinkle each apple with lemon juice.
3. Place 1/2 Tsp butter in the centre of each apple, followed by the currants, walnuts, and a pinch of cinnamon.
4. Drizzle each apple with maple syrup, then replace its cap. Place all the apples in an oven-safe baking pan and bake in the preheated oven for 20 minutes or until they are soft.



**Warner's Farm**  
Farmer: Torrie Warner  
Beamsville, Ontario  
Peaches, apricots, pears, plums, cherries,  
apples

Started in 1920, this family-run farm produces apples, peaches, pears, plums, nectarines, grapes, apricots, quinces, nuts, currants and berries and focuses on supplying the highest quality produce.

Warner's Farm aims to allow fruits to tree-ripen to give them maximum flavour and sweetness. The farm is now under the ownership of Torrie Warner, grandson of its original owner.

Warner's Farm sells produce at several farmers' markets in the GTA including Stonegate, Nathan Philips Square, Metro Hall, Square One, Etobicoke, and Scarborough.

# FoodShare

**FoodShare** is a Toronto non-profit community organization (and Canada's largest community food security organization) whose vision is **Good Healthy Food for All**. Founded 26 years ago to address hunger in our communities, FoodShare takes an innovative multifaceted and long-term approach to hunger and food issues. We work to empower individuals, families and communities through food-based initiatives, while advocating for the broader public policies needed to ensure that everyone has adequate access to sustainably produced, good healthy food. Working "from field to table," we focus on the entire system that puts food on our tables: from the growing, processing and distribution of food to its purchasing, cooking and consumption. Our programs, which reach over 145,000 children and adults per month in Toronto, include Student Nutrition, Field to Table Schools, The Good Food Café, Focus on Food youth internships, the Good Food Box, Good Food Markets, Fresh Produce for Schools and Community Groups, Baby and Toddler Nutrition, Community Kitchens, Field to Table Catering, the Food Link Hotline, Power Soups, Community Gardening, Composting, Beekeeping and Urban Agriculture.

FoodShare's **Good Food Programs**, which include the **Good Food Box, Good Food Markets, and School and Bulk Produce**, are subsidized fresh produce distribution programs. FoodShare's distribution of fresh produce started 15 years ago as a way to create linkages between field and table. The goal was to increase the income of farmers, at the same time making affordable produce more accessible to Toronto communities, particularly prioritizing low income people. Today, FoodShare's Good Food Programs distribute almost \$2 million worth of fresh produce annually, purchasing this produce directly from at least 25 family farmers, and supporting many more farms through purchases made through wholesalers at the Ontario Food Terminal.

**Please visit us at 90 Croatia Street, Toronto, ON M6H 1K9  
to see all of our programs in action!  
Call 416.363.6441 ext 226 to arrange your tour.**

**Find Fresh Local Food Fast! [www.greenbeltfresh.ca](http://www.greenbeltfresh.ca).**



[www.foodshare.net](http://www.foodshare.net)

