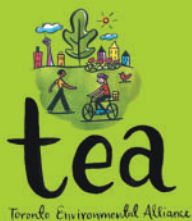


Locally-Grown African Caribbean Food Guide

Shop for fresh, locally-grown African Caribbean produce to meet your tastes – at a nearby grocery store, farmers' market, or a farm in and around Ontario's Greenbelt.



Possibility grows here.



Welcome to Toronto's first-ever guide to locally-grown African Caribbean food

Everyone deserves to eat fresh, locally-grown food and to cook with food that tastes like “home”. Cooking with products from our local farmers ensures that you get the healthiest, freshest, best quality food possible, at a good price! Have you ever wondered where you can get fresh “food from home”? Well the answer is in your hands.

You can't get more local than Ontario's Greenbelt. Just above Toronto, it makes sense that more and more Greenbelt farms are producing African Caribbean foods such as calaloo, chili-peppers, squash, sweet potato and okra. This guide shows you where you can find these freshly-picked products, and many more, in your neighbourhood grocery store, your local farmers' market and the Greenbelt farm closest to you. Carry it with you. The more you shop for locally-grown African Caribbean food, the more our local farmers will produce, ensuring you have fresh food that tastes like home for generations to come.

Why buy local fresh food?

- You will get exceptional taste and freshness
- You will safeguard your family's health
- You will strengthen your local economy
- You will support our farming neighbours
- You will reduce your carbon footprint



Food can lose vitamins when it travels long distances. To get the maximum nutritional value from your food, eat fruits and vegetables that are picked by local farmers as fresh as can be!

Below is a list of food retailers that sell fresh African and Caribbean produce and meat, grown on Greenbelt farms and other local farms surrounding Toronto



Etobicoke Area Grocery Stores

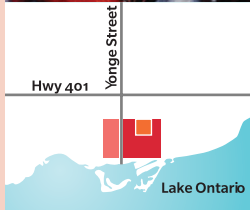
Map Key	Name	Address	Phone
1	Afro-Family Food Depot	1749 Jane St	(416) 241-9318
2	Baksh Halal Meat*	1666 Jane St	(416) 243-9473
3	Caribbean Food Basket	109-127 Westmore Dr	(647) 430-5320
4	Caribbean Island Food Market	3432 Weston Rd	(416) 746-1592
5	Danforth Food Market	301 Silverstone Dr	(416) 740-9870
6	G. Central Market	5010 Steeles Ave. W	(416) 745-5928
7	G. Prasad Caribbean Oriental*	1174 Albion Rd	(416) 748-9822
8	New Era Market Ltd	1148 Albion Rd	(416) 740-7955

North York Area Grocery Stores

Map Key	Name	Address	Phone
9	Cactus Exotic Foods	1911 Finch Ave W	(416) 633-2412
10	Danforth Food Market	3701 Keele Ave	(416) 398-8123
11	India Africa	2121 Jane St	(416) 241-5435
12	Kantamoto Market	1286 Wilson Ave	(416) 235-1470
13	Makola Tropical Foods	56 Beverly Hills Dr	(416) 244-4496
14	Parkway Fruit & Vegetables	1769 Eglinton Ave. W	(416) 780-9033
15	Uba Market	2502 Eglinton Ave. W	(416) 651-7252
16	York Village Butcher Shop	2599 Eglinton Ave. W	(416) 651-5194

* stores that sell Halal meat

To be listed in the on-line version of this guide or in future print issues, please contact the Toronto Environmental Alliance, (416) 596-0660.



East York Area Grocery Stores

Map Key	Name	Address	Phone
17	Iqbal Halal Foods*	2 Thorncliffe Park Dr	(416) 467-0177
18	Mecca Halal Meat*	25 Overlea Blvd. #6	(416) 467-7867
19	Monaroz West East Indian Grocery*	747 Don Mills Rd	(416) 421-6585
20	Overlea Halal Meat*	45 Overlea Blvd. #2	(416) 424-2034

Downtown East Area Grocery Stores

Map Key	Name	Address	Phone
21	Cai Yuan Supermarket*	359 Broadview Ave	(416) 465-1886
22	Dhanshiri Supermarket*	2978 Danforth Ave	(416) 693-5990
23	Fu Yao Supermarket	639-643 Gerrard St. E	(416) 778-1920
24	Kabul Farms*	240 Parliament St	(416) 368-8576
25	Marhaba Supermarket*	324 Parliament St	(416) 923-2933
26	Surma Supermarket*	330 Parliament St	(416) 925-2784
27	Trinity Supermarket	287 Gerrard St. E	(416) 462-1288

Downtown West Area Grocery Stores

Map Key	Name	Address	Phone
28	Best Choice Vegetables & Groceries	526 Oakwood Ave	(416) 656-2929
29	Caribbean Corner Tropical Foods	171 Baldwin St	(416) 593-0008
30	Castle Fruit	80 Kensington Ave	(416) 593-9262
31	Essence Of Life	50 Kensington Ave	(416) 506-0345
32	Kensington Fruit Market	34-36 St Andrew St	(416) 593-9530
33	Jungle Fruit	55 Kensington Ave	(416) 596-6637

* stores that sell Halal meat

Eating locally means varying what you eat depending on the season.
Be sure to ask your grocer what is in season and locally grown.



Scarborough Area Grocery Stores

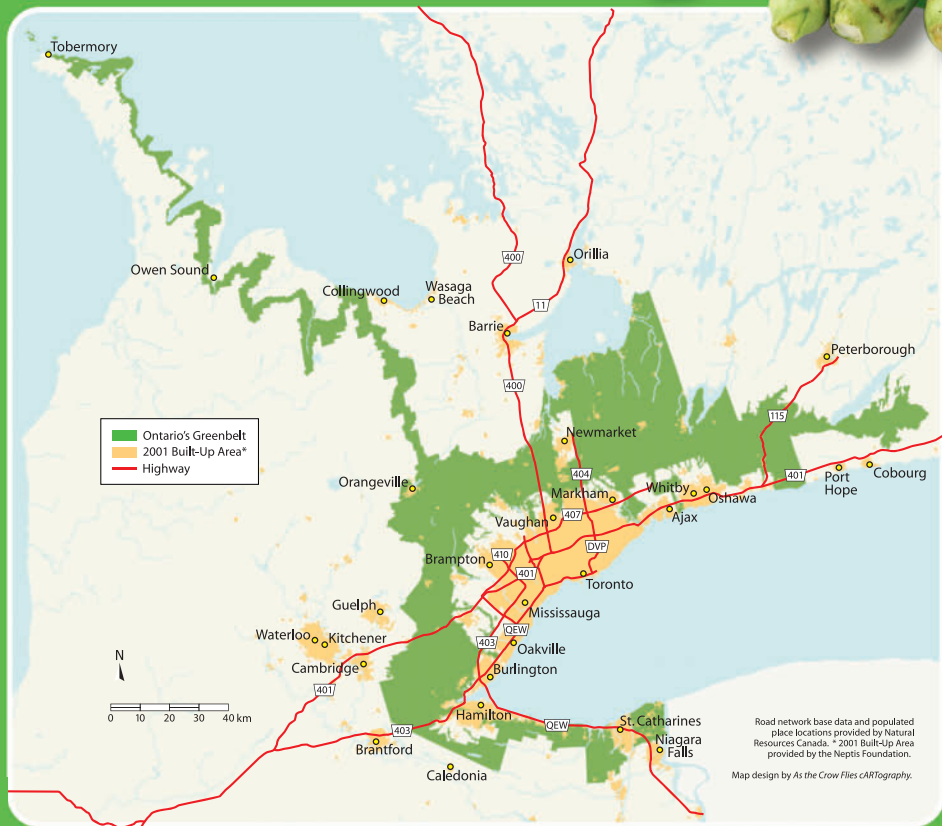
Map Key	Name	Address	Phone
34	Chung Hing Supermarket	17 Milliken Blvd	(416) 293-0188
35	Fu Yao Supermarket	462 Birchmount Rd	(416) 690-0081
36	Danforth Food Market	651 Markham Rd	(416) 439-6397
37	Danforth Food Market	3051 Pharmacy Ave.	(416) 490-9219
38	G. Prasad Caribbean Oriental*	4559 Sheppard Ave.E	(416) 291-9260
39	G. Prasad Caribbean Oriental*	5818 Sheppard Ave. E	(416) 291-4189
40	Nicey's Food Mart	60 Morecambe Gate	(416) 497-9717
41	Rubini East & West Indian Groceries	31 Tapscott Rd, B2	(416) 297-5053
42	Samah Supermarket*	4470 Kingston Rd	(416) 282-9692
43	Sheung Thai Supermarket	2684 Eglinton Ave. E	(416) 269-6070
44	Sheung Thai Supermarket	1255 Markham Rd	(416) 289-6137
45	Soon Lee Supermarket	629 Markham Rd	(416) 439-3333
46	Soon Tat Supermarket	2301 Brimley Rd #130	(416) 722-0266
47	Top Food Supermarket	2715 Lawrence Ave. E	(416) 752-3666
48	Uncle Seth Tropical Food	2069 Lawrence Ave. E	(416) 288-9330
49	Yousaf Halal Meat Supermarket*	683-685 Markham Rd	(416) 289-3664

* stores that sell Halal meat





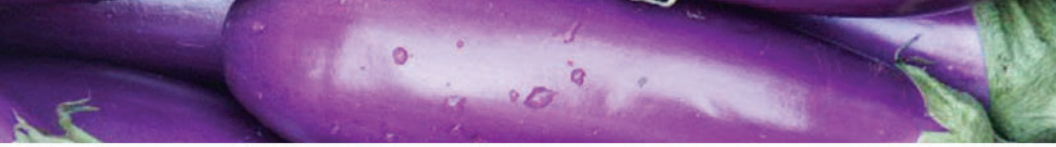
Ontario's Greenbelt



At 1.8 million acres, Ontario's Greenbelt is the world's largest and most diverse area of protected farmland, forests, wetlands, green space, and vibrant communities. Wrapping around the Golden Horseshoe, these environmental features help to filter our air, provide clean drinking water, cool the planet and produce healthy food. The Greenbelt is vital to providing a high quality of life in Ontario, for today and for generations to come.

What's growing and being raised in the Greenbelt?

- apples
- cantaloupes
- green chili
- chicken
- goat
- strawberries
- watermelon
- green pepper
- lamb
- spinach
- bitter melon
- carrots
- onions
- okra
- zucchini
- cauliflower
- cucumber
- potatoes
- calaloo
- grapes
- eggplant
- green beans
- pumpkin
- sweet potatoes
- squash
- tomatoes
- beef
- green peas
- thyme



Farmers' Markets

For the freshest African Caribbean produce, visit one of the following farmers' markets in the City of Toronto.

- **Brick Works Farmers' Market**
550 Bayview Ave.
(between Prince Edward Viaduct
(Bloor/Danforth) & Pottery Rd.)
www.evergreen.ca/rethinkspace/?p=148
- **Dufferin Grove Farmers' Market**
873 Dufferin St. (in Dufferin Grove Park)
www.dufferinpark.ca/market/wiki/wiki.php
- **Riverdale Farm Farmers' Market**
201 Winchester St. (in Riverdale Park)
www.friendsofriverdalefarm.com/market.htm
- **Trinity Bellwoods Farmers' Market**
1053 Dundas St. W.
(NW corner of Trinity Bellwoods Park)
- **Withrow Farmers' Market**
725 Logan Ave. (in Withrow Park)
www.withrowpark.ca/wiki/wiki.php
- **Weston Farmers' Market**
GO Train Parking Lot, John St.
(Weston Rd. & Lawrence Ave. W.)

On-farm Markets

For the true farm experience, take the whole family for a fun visit to an on-farm market. The following on-farm markets, located close to Toronto, sell African Caribbean produce.

- **Collins Farm Produce (Puslinch)**
Tel: (905) 659-6037
- **Greenfields Organic Farm (Campbellville)**
Tel: (905) 854-5458
www.greenfieldsfarm.ca
- **Plan B Organic Farm (Branchton)**
Tel: (905) 659-2572
www.planborganicfarms.ca
- **Shelton Farm (Millgrove)**
Tel: (905) 689-8039
- **Simpler Thyme Organic Farm (Hamilton)**
Tel: (905) 659-1576

Locally-grown tomatoes are full of vitamin C and are a great source of fibre, potassium and iron – all important for good health!



Your Guide to Fresh Locally-grown African Caribbean food from Ontario's Greenbelt and Beyond

Check out these other organizations for information about
the following topics:

A newcomer guide to healthy eating :

Access Alliance

www.accessalliance.ca

Eating well with Canada's food guide :

Health Canada

www.hc-sc.gc.ca

Farming opportunities for new Canadians:

FarmStart

www.farmstart.ca

Urban Farming and Community Gardens:

Afri-Can FoodBasket

www.africanfoodbasket.com

Local Good Food Markets and delivery of the
Good Food Box with healthy, locally-grown food:

FoodShare

www.foodshare.net

Farmers' Markets in and near the Greenbelt :

Greenbeltfresh

www.greenbeltfresh.ca

Local on-farm markets and
pick-your-own farms :

Harvest Canada

www.harvestcanada.com

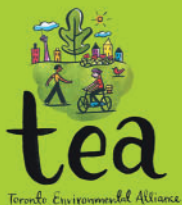
Healthy eating for your children :

**Toronto Public Health
Peer Nutrition Program**

www.toronto.ca/health

To learn more about Ontario's Greenbelt and its fresh,
healthy, locally-grown food, please visit

www.torontoenvironment.org & www.greenbelt.ca



Possibility grows here.

For free copies of this guide please contact the Toronto Environmental Alliance,
416.596.0660 or download a copy at torontoenvironment.org