



Support Our Farming Neighbours

gbbr.ca/food
eatlocalsudbury.com
ttnorthbay.org
northbayfarmersmarket.com
simcoecountyfarmfresh.ca
savourmuskoka.com

Why Buy Local Food?

It's picked fresh and tastes great.

You'll know where your food comes from, the people who produced it and how it was grown.

It supports our local economy.

It's better for our environment since less energy is needed for transport.

Visit gbbr.ca/food for more information on restaurants and accommodations in our region that feature local foods.

Grown *by the* Bay

Shop at Our Local Farmers' Markets

Carling Market

Saturdays from end of June to early September. Also Saturday of Victoria and Thanksgiving weekends.
9am - Noon

McKellar Farmers' Market

Saturdays from end of June to early September. Saturday on both Victoria Day and Thanksgiving weekend.
9am-1pm

Parry Sound Farmers' Market

Tuesdays during July and August.
9am - 2pm

Rosseau Farmers' Market

Fridays during July and August.
www.rosseaumarket.com
9am - 2pm



Credit: M. Wallace
Credit: G. Darlington

Credit: J.Allen



Credit: M. Wallace



Ask – Is it Locally Produced?

Your Local Farmers Thank You

17 George St. Parry Sound, ON P2A2X4
705-774-0978 info@gbbr.ca gbbr.ca

Your Guide to Great Local Foods

Buy Fresh, Buy Local

CARLING

Valley Haven Farm - Richard & Ann Marshall

• 442 Hwy 559 • 705-342-5598

Products Sold: eggs, various fruits and vegetables, maple syrup, baked goods, preserves and herbal vinegars. Also a wide variety of daffodil bulbs.

Season: May 1st until Thanksgiving weekend. **Hours:** call ahead

W-Ranch - Renate Waefler

• 15 Alves Road (off of West Carling Bay Rd.) • 705-342-7350

Products Sold: Eggs, naturally raised beef (sold frozen), baked good (order two days in advance) & a variety of garden produce.

Season: Year round **Hours:** Every day 8:30-5:00 pm or call ahead

Gloria Marshall

• 136 Bayview Drive (Carling) • 705-342-9089

• tplherbal@gmail.com

Products Sold: Organically grown seedlings including heirloom flowers, herbs & vegetables, fresh herbs & edible flowers, herbal teas, herbal vinegars & oils, handmade soaps and bath products.

Season: April to November **Hours:** Call for more information

WHITESTONE

Rodney & Beth Matthews

• 9 Gorhams Road, Dunchurch, ON • 705-389-3257

• elgorham@hotmail.com

Products Sold: Eggs, pork, poultry and beef

Season: Eggs year-round, beef and pork typically in fall, poultry from June to Christmas.

Hours: Eggs self-service, meat orders by phone or email (beef/pork should be ordered in spring).

McEwan Maple Products

• 556 Balsam Road, Dunchurch • 705-746-9005

Products Sold: Maple Syrup

Season: Spring until sold out **Hours:** Call for information

PARRY SOUND

JB's Bees of Parry Sound

• 705-746-9542 or 705-746-2831

Bee yards in Seguin, McDougall and McKellar townships

Products Sold: #1 local honey. Available at McKellar Farm Producers Market and Local Fall Fairs

EAST PARRY SOUND

Midlothian Valley Farm (Gypsy Whole Foods)

• 981 Midlothian Rd. Burk's Falls

• 705-382-3561 or 1-866-844-2344

• gypsywholefoods@xplornet.com

Products Sold: An extensive variety of organic vegetables, herbs, fruit & shitake mushrooms. Cut flowers also available.

Season: Farm stand is open June to October

Home delivery available year round

Hours: Saturday & Sunday 10am to 4pm, by chance or appointment

ROCKHILL FARMS - Henry & Betty-Lee Farnsworth

• #2170 Hwy #520, Burks Falls • 705-382-9851

• rockhillhb@gmail.com

Products Sold: Naturally raised vegetables, pork, chicken & eggs

Hours: call ahead

Over The River Orchards - Helga Mertins and Bruce Baker

• 519 Hill 14 Rd. Sundridge • 705-492-7977

• helgamertins@yahoo.com

Products Sold: Vegetables, tree fruit, berries, shitake, jams, flowers. Bio dynamic farm

Season: May to Oct. **Hours:** call or email

MCKELLAR

Middle River Farms - Cameron and Katy Ward

• McKellar • 705-389-3326 • middleriverfarm.com

Products Sold: Visit our Farm Store where we carry Grass and Grain fed Beef, Pork, Chicken and Turkey. Eggs are sold in an outdoor fridge by honour system. **Season:** Year round

Hours: Sat, 9-5, Wed. 9-5, Thursday deliveries to Parry Sound. Alternate days by appointment or by chance

YogAloft Wellness Retreat - Theresa Gregory

• 86 Brownley Road, McKellar • 705-389-1669

• info@yogaloftwellness.com or yogaloftwellness.com

Products Sold: Naturally grown and produced herbal teas, healing salves, and hydrosols (distilled plant waters)

Season: Plants are harvested in the summer months but products are available all year round.

Hours: Order via email or phone.

Farm Gate Gardens - Joy Allan and Wave Weir

• 3 Lakeside Drive McKellar • jovitah@vianet.ca

• 705-389-2489 or 705-389-9847

Products Sold: Heritage tomato bedding plants in spring, fresh heritage tomatoes in season. Overflow garden produce, free range eggs, edible weeds. Raised organically.

Season: May to October **Hours:** phone ahead for availability and site info. Also at McKellar Farm Market.

MCDUGALL

B. LePage Fishery

• 149 Nobel Road • 705-342-5825

Products Sold: Fresh, frozen and smoked Georgian Bay fish

Season: Year-round **Hours:** By chance or call

Mrs Wilson's Kitchen

• 6 Frontier Trail, McDougall • 705-389-9554

(10 minutes east of Parry Sound off Hurdville Rd.)

mrswilsonskitchen@gmail.com or mrswilsonskitchen.com

Products Sold: Pickles, jams & chutneys made from wild plants and/or other local ingredients, baked goods including seasonal fruit pies, and meat pies with local grass fed beef or chicken.

Season: Many items available year round via web or phone.

Hours: Visit on summer Saturdays or by appointment

Sauce it UP! - Terrie Benoit

• 302 Hwy 124, McDougall • 705-389-9966 or 705-346-1626

Products Sold: Variety of homemade sauces to spice up your food.

Season: Year-round. **Hours:** Call for details

SEGUIN

John Warner and Karin Schuppenies

• 10 Warners Lane, RR#1 Rosseau, ON • 705-732-4075

Products Sold: Potatoes, carrots & misc other vegetables

Season: August to May or until sold out (starting in 2014)

Hours: Call ahead

Bradley's Maple Syrup - Dan and Liana Bradley

• 117 Bradley Road • 705-732-6903

• danbradleymaple@gmail.com

Products Sold: Maple Syrup

Season: Available year-round **Hours:** call or email

MUSKOKA

Brooklands Farm - Ken & Katya Riley

• 1375 Butter & Egg Rd, Milford Bay • 705-764-1888

• info@brooklandsfarm.ca

• brooklandsfarm.ca

Products Sold: wide range from maple syrup and honey to fruits and vegetables

Season: varies throughout year.

Hours: Call or email for current hours. Pick your own and community supported agriculture (CSA) options are available.

Moon Bay Shiitake - Jack Hay

• Mactier • 705-375-0978

Products Sold: Shiitake mushrooms

(fresh, dried and logs for home cultivation)

Season: May to October

Hours: Call for info

Iroquois Cranberry Growers

• Hwy 400 North Exit 182: Iroquois Cranberry Growers Dr

• Iroquoiscranberrygrowers.com • 705-762-5725

Products Sold: fresh and frozen cranberries, juice, preserves and honey.

Hours: Year round 5 days per week from 9 a.m. to 5 p.m. During harvest season, open 7 days from 9 a.m. to 5 p.m.

Johnston's Cranberry Farm

• 1074 Cranberry Road, Bala • 705-762-3203

• ontario@cranberry.ca or cranberry.ca

Products Sold: a variety of products including fresh, frozen and dried cranberries, cranberry preserves, teas, juices and wine.

Hours: Year round Mon - Sat, 9-5 and Sun, 11 - 4
Summer- July 1 until harvest Mon - Sat, 9-6 Sun, 11 - 5

Muskoka Honey Bee Products

Annmarie Boehm-Tapley & Ross Tapley

• 2840 Highway 60, Dwight • 705-783-3579

• info@muskokahoneybee.com

• muskokahoneybee.com

Products Sold: Honey and various honey products (candles, lip balm)

Hours: Year-round and open most days or call ahead. Available at Rosseau and Parry Sound Farmers' Markets

Look for local food at our stores, restaurants, farmers' markets and roadside stands.

Does your favourite grocer or restaurant offer local food? If not, please talk to them and ask for local options.

Go to gbr.ca/food for your map to great foods.

During harvest season, can, dry or freeze local produce to enjoy in winter.