








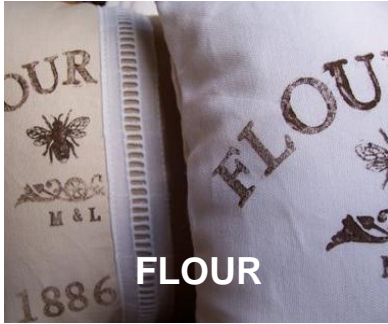



**Your 30 KILOMETRE LOCAL FOOD RESOURCE  
for Moving Planet Day ([www.350.org](http://www.350.org))**

Local and sustainable food is not only **fresh and delicious**, but also protects our environment and supports our local economy! Why not serve up some delicious, seasonal and local dishes on **Moving Planet Day** like squash soup, pumpkin muffins, or fresh apples & pears with local cheese...*yum!*

Below is a list of **SDG fruits and vegetables, honey, dairy products, flour and meats located within approximately 30 kilometers of Cornwall**. Thank you for showcasing local food on Moving Planet Day!

<b>LOCAL FALL PRODUCE &amp; PRODUCTS</b>	<b>TYPES AVAILABLE</b>	<b>Producer(s) &amp; Contact Information</b>
 <p align="center"><b>APPLES</b></p>	<p><b><u>Marlin's Orchards</u></b> Lobo, Macintosh, Royal Gala, Hibernial, Fall Crabapple, Ginger Gold, Honeycrisp, Cortland, Spartan, Wolfe River, Jonagold, and Empire.</p>	<p><b>Marlin Orchards</b> #613-931-1213 6864 Orchard Rd., Cornwall ON K6H 5R5 <a href="http://www.marlinorchards.com">www.marlinorchards.com</a> 9am – 5:30pm weekdays 9 am– 5:00pm Sat, Sun</p>
 <p align="center"><b>CORN ON THE COB</b></p>	<p><b><u>McMaze Farms</u></b> Corn on the cob</p>	<p><b>McMaze Farms</b> #613-932-7630 17049 Willy Allan Rd. St. Andrews, ON K0C 2A0 <a href="http://www.mcmaze.ca">www.mcmaze.ca</a> 11am – 5pm Mon.-Sat. 11am – 4pm Sun.</p>
 <p align="center"><b>SQUASH</b></p>	<p><b><u>Marlin's Orchards</u></b> Various pumpkin &amp; gourd varieties</p> <p><b><u>McMaze Farms</u></b> Squash and pumpkins</p>	<p><b>Marlin Orchards</b> #613-931-1213 6864 Orchard Rd., Cornwall ON K6H 5R5 <a href="http://www.marlinorchards.com">www.marlinorchards.com</a> 9am – 5:30pm Weekdays 9 am– 5:00pm Sat., Sun.</p> <p><b>McMaze Farms</b> #613-932-7630 17049 Willy Allan Rd. St. Andrews, ON K0C 2A0 <a href="http://www.mcmaze.ca">www.mcmaze.ca</a> 11am – 5pm Mon.-Sat. 11am – 4pm Sun.</p>

 <p><b>MAPLE SYRUP</b></p>	<p><b><u>Maple Ridge Farms</u></b>  <b>Maple products, including:</b>  <b>maple syrup, maple butter,</b>  <b>maple jelly, maple sugar,</b>  <b>maple mustard, maple salad</b>  <b>dressing</b></p>	<p><b>Maple Ridge Farms</b>  #613-527-5234  Apple Hill, ON K0C 1B0  <a href="http://www.mapleonline.com">www.mapleonline.com</a></p>
 <p><b>PEARS</b></p>	<p><b><u>Marlin's Pears</u></b>  <b>Bosc, Bartlett and Flemish</b>  <b>Beauty</b></p>	<p><b>Marlin Orchards</b>  #613-931-1213  6864 Orchard Rd., Cornwall ON  K6H 5R5  <a href="http://www.marlinorchards.com">www.marlinorchards.com</a>  9am – 5:30pm weekdays  9 am– 5:00pm Sat, Sun</p>
 <p><b>HONEY</b></p>	<p><b><u>Winook Farms Honey</u></b>  <b>Bring your own container &amp;</b>  <b>pre-packaged available</b></p>	<p><b>Winook Farms</b>  #613-938-9914, 613-932-9914  St. Andrews West, ON  *Call to order and arrange for  pickup.</p>
 <p><b>CHEESE</b></p>	<p><b><u>Glengarry cheeses available</u></b>  <b>Soft lactic bloomy rind cheese</b>  <b>(cow):</b> The Figaro  <b>Washed rind cheeses:</b> The  Alexandrin, The Fleur-en-lait,  and Big Brother  <b>Hard cheese:</b> The Lankaaster,  the Glengarry Fen  <b>Blue cheese:</b> The Barely Blue,  The Celtic Blue</p> <p><b><u>Upper Canada Village</u></b>  <b>Cheddar cheese</b></p>	<p><b>Glengarry Fine Cheese</b>  #613-347-1141  5926 County Rd 34  Lancaster, ON  <a href="http://www.glengarryfinecheese.com">www.glengarryfinecheese.com</a></p> <p><b>Upper Canada Village</b>  #613-543-4328  13740 County Road 2,  Morrisburg, ON K0C 1X0  <a href="http://www.uppercanadavillage.com">www.uppercanadavillage.com</a></p>

 <p><b>FLOUR</b></p>	<p><b><u>Bellamy's Mill bread flours</u></b>  <b>Super fine white (unbleached)</b>  <b>Whole wheat</b></p>	<p><b>Bellamy's Flour Mill</b>          (Upper Canada Village)          #613-543-4328          13740 County Road 2,          Morrisburg, ON K0C 1X0  <a href="http://www.uppercanadavillage.com">www.uppercanadavillage.com</a></p>
 <p><b>DAIRY</b></p>	<p><b><u>Organic Meadows</u></b>  <b>Various milk products (milk, cheese, kefir, yogurt, etc.)</b></p>	<p><b>Organic Meadows</b>  <a href="http://www.organicmeadows.com">www.organicmeadows.com</a></p> <p>Available at:          Baxtrom's Y.I.G.          Farmboy          Metro</p>
 <p><b>LAMB</b></p>	<p><b><u>Dusty Lane Farms</u></b>  <b>No hormones, pastured, fertilizer- &amp; pesticide-free, home-grown hay, all-season breeding, local abattoir (individual items or various combo packages)</b></p>	<p><b>Dusty Lane Farms</b>          #613-346-1185          17195 Rombough Rd.,          Monkland, Ontario  <a href="mailto:dustylanefarms@hotmail.com">dustylanefarms@hotmail.com</a>          Savour Ottawa profile on  <a href="http://www.savourottawa.com">www.savourottawa.com</a></p> <p>Farm-gate sales</p>
 <p><b>BEEF</b></p>	<p><b><u>Peasant's Craft</u></b>  <b>Grass-fed Highland beef: free range, no pesticides, no herbicides, no hormones, no antibiotics, paddock rotation, local abattoir (steaks, roasts, and other cuts available)</b></p>	<p><b>Peasant's Craft</b>          #613-662-7238          17829 Island Rd., R.R. #2,          Martintown, ON  <a href="mailto:info@peasantscraft.ca">info@peasantscraft.ca</a>  <a href="http://www.peasantscraft.ca">www.peasantscraft.ca</a></p> <p>Farm gate by appointment, delivery available.</p>

### **Fun facts about local food in SDG**

- ❖ Did you know that 2011 is the 200<sup>th</sup> anniversary of the McIntosh apple, native to SDG?
- ❖ Did you know that there are over **40** fruit, vegetable and grain producers in SDG?
- ❖ Did you know that you can now purchase gourmet goodies from across SDG, from distributor **KD's Kupboard** (<http://kdkupboard.com>)? KD's sells a collection of gourmet local goodies at the Cornwall Farmer's Market every Saturday, including products from Glengarry Fine Cheese, Levac Apiaries honey, Mrs. McGarrigle's Mustard, County Crackers, Steward bags, and more!

## **Fun facts about local food in SDG (continued)**

- ❖ Did you know that you can find additional information on SDG local producers and their products on the **SDG Farm Fresh** website ([www.sdgfarmfresh.com](http://www.sdgfarmfresh.com)) and **Savour Ottawa** ([www.savourottawa.ca](http://www.savourottawa.ca))?
- ❖ Did you know that a Community Food Network called **All Things Food** ([www.allthingsfoodbouffe360.ca](http://www.allthingsfoodbouffe360.ca)) is working on promoting and building local, sustainable food systems in SDG?

### **For more information, please contact:**

*All Things Food SDG Community Food Network*

Telephone: 1-613-875-3262

E-mail: [info@allthingsfoodbouffe360.ca](mailto:info@allthingsfoodbouffe360.ca)

Website: [www.allthingsfoodbouffe360.ca](http://www.allthingsfoodbouffe360.ca)