

# Locally-Grown South Asian Guide to Fresh Food

**From Farm to Table in York Region**



Photo courtesy of Susan Dedora

**Shop for fresh, locally-grown South Asian 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 York Region's first-ever guide to locally-grown South Asian 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, and best quality food possible. Have you ever wondered where you can get fresh “food from home”? Well the answer is here.

You can't get more local than Ontario's Greenbelt. Encompassing York Region, it makes sense that an increasing number of farmers are producing South Asian foods such as eggplant, okra, coriander, green chili and sweet potatoes. This guide tells you where you can find fresh-picked produce. The more you shop for locally-grown South Asian food, the more local farmers will produce, ensuring you have fresh food that tastes like home for generations to come.

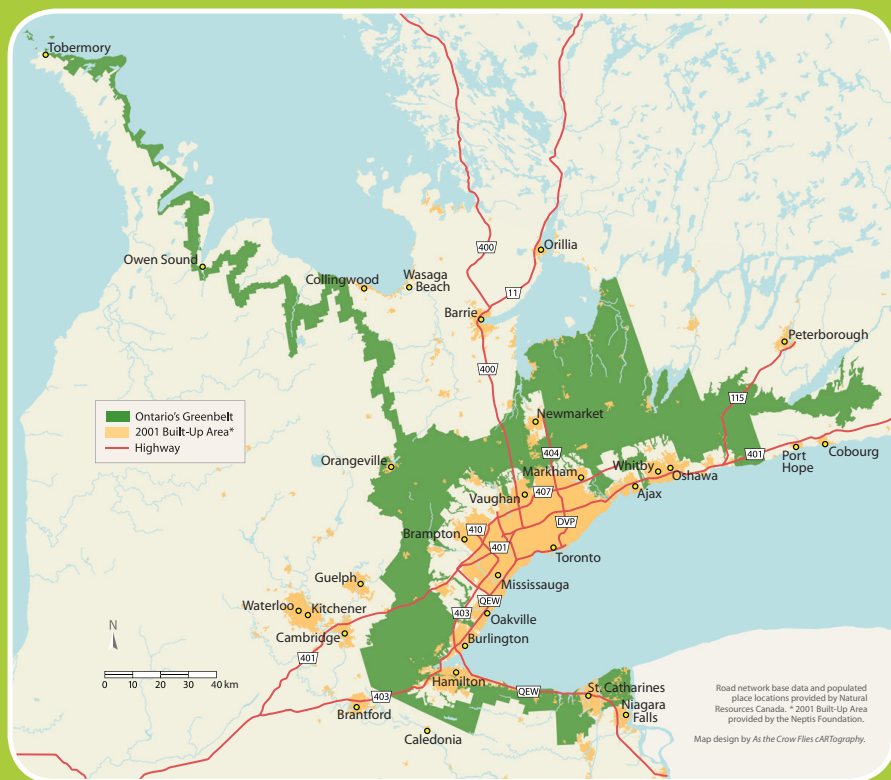
### Why buy local fresh food?

- You will get exceptional taste and freshness
- You will 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 locally-grown and freshly picked fruits and vegetables.

# Ontario's Greenbelt

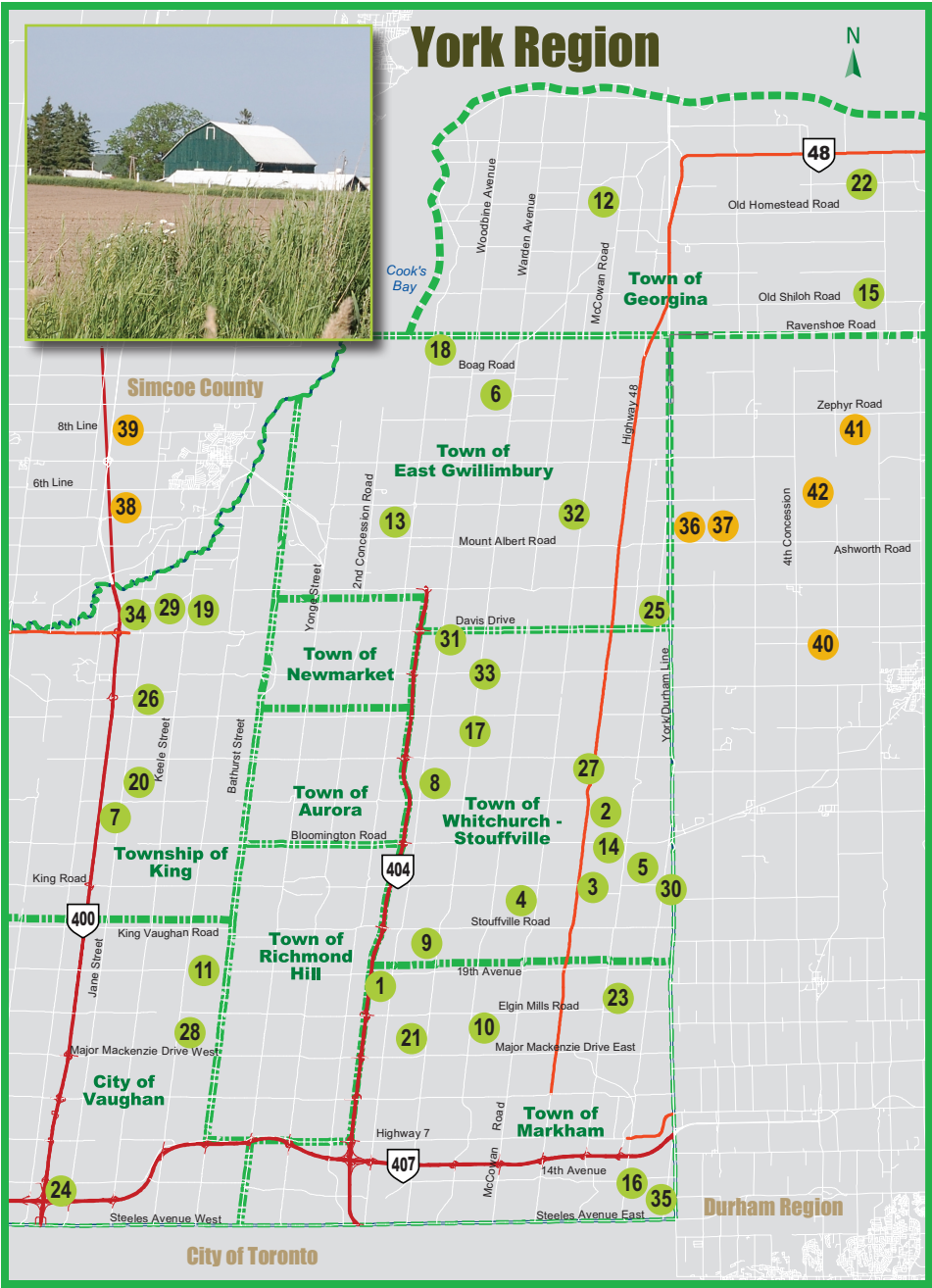


At 1.8 million acres, Ontario's Greenbelt is the world's largest and most diverse area of protected farmland, forests, wetlands, green space, and vibrant communities. Wrapping around the Golden Horseshoe, these environmental features help to filter our air, provide clean drinking water, cool the planet 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       | • Cucumber     | • Okra     | • Squash       | • Beef    |
| • Bitter Melon | • Eggplant     | • Onions   | • Strawberries | • Chicken |
| • Cantaloupes  | • Green Beans  | • Potatoes | • Tomatoes     | • Goat    |
| • Carrots      | • Green Chili  | • Pumpkin  | • Watermelon   | • Lamb    |
| • Cauliflower  | • Green Pepper | • Spinach  | • Zucchini     |           |

Below is a map of On-Farm Markets that sell fresh produce and meat grown and raised on Greenbelt farms in and around York Region.



















**For the true farm experience, take the whole family for a visit to an on-farm market. The following on-farm markets, located in and around York Region, sell a variety of fruits, vegetables and meat.**








## On-Farm Markets in York Region

| Map Key  | Name/ Phone Number                                 | Address/ Website                                     | Town        |
|--|--|--|-------------|
| 1    | 19TH AVE. FARMERS' MARKET<br>(905) 887-8954 ext. 2 | 2931 - 19th Avenue<br>www.toptomatofoods.ca          | Markham     |
| 2   | ABBOTT FARMS<br>(416) 460 3303                     | 13961 Highway 48                                     | Stouffville |
| 3     | ALTMANN COUNTRY MARKET<br>(905) 642-1885           | 5601 Bethesda Road                                   | Stouffville |
| 4   | APPLEWOOD FARM & WINERY<br>(905) 640-5357          | 12442 McCowan Road<br>www.applewoodfarmwinery.com    | Stouffville |
| 5   | BARRY'S GARDENS<br>(905) 640-1345                  | 6143 Bethesda Road                                   | Stouffville |
| 6   | BILL'S TURKEY FARM<br>(905) 478-4677               | 2978 Holborn Road<br>www.billsturkeyfarm.com         | Queensville |
| 7    | COUNTRY APPLE ORCHARD FARM<br>(905) 833-3434       | 3105 16th Sideroad<br>www.countryapple.ca            | King City   |
| 8   | DIVERSITY FARMS<br>(905) 751-1323                  | 2572 Vandorf Sideroad                                | Stouffville |
| 9    | FARINTOSH FARMS<br>(905) 887-5727                  | 11858 Warden Avenue<br>www.farintosh.com             | Gormley     |
| 10    | FORSYTHE FAMILY FARMS INC.<br>(905) 887-1087       | 10539 Kennedy Road<br>www.forsythefamilyfarms.com    | Markham     |
| 11     | FRONT STEP FARMS<br>(905) 237-8999                 | 11490 Bathurst Street<br>www.berries.tv              | Vaughan     |
| 12     | HOMESTEAD ORCHARDS<br>(905) 722-5325               | 3961 Old Homestead Road<br>www.homesteadorchards.com | Sutton      |
| 13    | HOWARD'S FARM<br>(905) 836-6882                    | 19301 Concession #2<br>www.freewebs.com/howardsfarm/ | Newmarket   |
| 14    | HULSHOF FARM<br>(905) 640-1380                     | 5538 Bloomington                                     | Stouffville |
| 15     | JAK'S GARDEN<br>(705) 437-1953                     | 8597 Old Shiloh Road                                 | Pefferlaw   |
| 16     | JUDY'S TROPICAL GARDEN<br>(905) 201-8624           | 7297 Reesor Road                                     | Markham     |
| 17    | KING COLE DUCKS<br>1-800-363-3825                  | 15351 Warden Avenue<br>www.kingcoleducks.com         | Newmarket   |
| 18     | MACWILLIAM FARMS<br>(905) 836-9656                 | 22645 Leslie Street<br>www.macwilliamfarms.ca        | Queensville |
| 19    | NORMAN YOUNG FARM<br>(905) 775-5283                | 500 Woodchoppers Lane<br>www.normanyoung.com         | Kettleby    |
| 20    | PINE FARMS ORCHARD<br>(905) 833-5459               | 2700 16th Sideroad<br>www.pinefarmsorchard.com       | King City   |
| 21     | PINERIDGE FARMS<br>(905) 887-9129                  | 10508 Warden Avenue                                  | Markham     |

**Before visiting an on-farm market it is important that you call ahead to inquire about hours of operation and products sold.**

|    |   |   |   |              |
|----|---|---|---|--------------|
| 22 |  | RAE FAMILY FARMS<br>(705) 437-2461                        | 8163 Morning Glory Road   | Pefferlaw    |
| 23 |  | REESOR FARM MARKET<br>(905) 640-4568                      | 10825 - 9th Line<br>www.reesorfarm.com                            | Markham      |
| 24 |  | ROSA AND MARIA VEGETABLE FARM<br>(905) 761-0333           | 7332 Jane Street  | Vaughan      |
| 25 |  | ROSE FAMILY FARM<br>(905) 473-3574                        | 17569 Centre Street<br>www.rosefamilyfarm.com                     | Mount Albert |
| 26 |  | ROUND THE BEND FARM<br>(905) 727-0023                     | 16225 Jane Street<br>www.roundthebendfarm.com                     | Kettleby     |
| 27 |  | SIMPSON PRODUCE<br>(905) 640-2657                         | 15152 Hwy 48  | Stouffville  |
| 28 |  | SOUTHBROOK PUMPKIN PATCH<br>(905) 832-2548                | 1150 Major Mackenzie Drive West<br>www.southbrookpumpkinpatch.com | Vaughan      |
| 29 |  | SPROUTS FOR LIFE<br>(905) 778-8574                        | 565 Woodchoppers Lane<br>www.sproutsforlife.ca                    | Kettleby     |
| 30 |  | STOUFFVILLE FRUIT AND VEGETABLES<br>(416) 729-2058        | 12875 - 10th Line   | Stouffville  |
| 31 |  | STRAWBERRY CREEK FARM<br>(905) 868-9996                   | 17471 Woodbine Avenue<br>www.strawberrycreekfarms.com             | Newmarket    |
| 32 |  | THOMPSON POTATO FARM<br>(905) 473-3460                    | 19228 McCowan Road  | Mount Albert |
| 33 |  | TRAPPER BOB FARM<br>(905) 836-6358                        | 16864 Warden Avenue<br>www.trapperbob.ca                          | Newmarket    |
| 34 |  | VANHART FARMS ALL ORGANIC<br>(905) 775-7412               | 950 Woodchoppers Lane<br>www.vanhartsallorganic.ca                | Kettleby     |
| 35 |  | WHITTMORE'S FARM MARKET & PICK-YOUR-OWN<br>(905) 294-3275 | 8100 Steeles Avenue East<br>www.whittmoresfarm.com                | Markham      |

### On-Farm Markets neighbouring York Region

|    |   |  |  |              |
|----|---|--|--|--------------|
| 36 |  | BROOKS FARM<br>(905) 473-3920              | 122 Ashworth Road<br>www.brooksfrarms.com            | Mount Albert |
| 37 |  | COOPER'S CSA FARM & MAZE<br>(905) 830-4521 | 266 Ashworth Road<br>www.coopersfarm.ca              | Zephyr       |
| 38 |  | COUTTS FARM<br>(905) 775-6417              | 3177 6th Line  | Bradford     |
| 39 |  | DINGO FARMS<br>(905) 775-5520              | RR#2 Bradford; 3412 - 8th Line<br>www.dingofarms.com | Bradford     |
| 40 |  | f.N. HAPPY FARMS<br>(905) 862-0591         | 439 Feasby Road RR #1<br>www.fnhappyfarm.ca          | Uxbridge     |
| 41 |  | WILLO WIND FARM<br>(905) 852-3878          | 12740 Concession #5                                  | Uxbridge     |
| 42 |  | ZEPHYR ORGANICS<br>(905) 852-3956          | 10900 Concession #4<br>www.zephyrorganics.com        | Zephyr       |

 vegetables    fruits    meat

**For the freshest South Asian produce, visit one of the following farmers' markets in York Region.**

|   |   |
|---|---|
| <b>AURORA FARMERS' MARKET &amp; ARTISAN FAIR</b>        | Aurora Town Park, Aurora                                |
| (416) 807-2253      www.town.aurora.on.ca               | May-Oct Sat 8-1   |
| <b>BRADFORD FARMERS' MARKET</b>                         | 125 Simcoe Road, Bradford                               |
| (905) 778-0657      www.gotobwg.ca                      | May-Oct Sat 8-1   |
| <b>DOWNTOWN STOUFFVILLE FARMERS' MARKET</b>             | Corner of Main Street and Park Drive, Stouffville       |
| (905) 640-0749      www.townofws.com/farmersmarket.asp  | May-Oct Thurs 2:30-7:00                                 |
| <b>HILLCREST MALL FARMERS' MARKET</b>                   | Hillcrest Mall, 9350 Yonge Street, Richmond Hill        |
| (905) 591-0064      www.bunchafarmers.com               | May-Oct Wed 10-6  |
| <b>MAIN STREET MARKHAM FARMERS' MARKET</b>              | 132 Robinson Street, Markham                            |
| (905) 472-2462      www.mainstreetmarkham.com           | May-Oct Sat 8-1; June 17-Sept 23 Thurs 3-8              |
| <b>NEWMARKET MAIN STREET FARMERS' MARKET</b>            | Call for current location details, Newmarket            |
| (905) 830-8983      www.newmarketfarmersmarket.com      | May-Oct Sat 8-1   |
| <b>RICHMOND GREEN FARMERS' MARKET</b>                   | 1300 Elgin Mills Road East, Richmond Hill               |
| (905) 591-0064      www.bunchafarmers.com               | May-Oct Sun 10-4  |
| <b>SOUTHLAKE REGIONAL HEALTH CENTRE FARMERS' MARKET</b> | 596 Davis Drive, East Parking Lot, Newmarket            |
| (905) 830-8983  | Call for Information                                    |
| <b>STIVER MILL FARMERS' MARKET</b>                      | Corner of Eureka Street and Station Lane, Unionville    |
| (905) 477-1987  | June-Oct Sun 10-3                                       |
| <b>STOUFFVILLE COUNTRY MARKET</b>                       | 12555 10th Line, Stouffville                            |
| (905) 640-3813      www.stouffvillemarket.com           | May-Oct Sat 8-4; Sun 9-4                                |
| <b>VILLAGE MARKET</b>                                   | Toronto Waldorf School, 9100 Bathurst Street, Thornhill |
| (416) 875-4205      www.villagemarket.ca                | Year Round: Sat 8:30-1:30                               |
| <b>WOODBRIIDGE VILLAGE FARMERS' MARKET</b>              | 140 Woodbridge Avenue, Market Lane, Woodbridge          |
| (905) 851-1705  | May-Oct Sat 9-2   |
| <b>YORK FARMERS' MARKET</b>                             | 7509 Yonge Street, Thornhill                            |
| (905) 886-9992  | Year Round: Thurs 11-7; Fri 10-8; Sat 8-4               |

**Eating locally means varying what you eat depending on the season. Be sure to ask your grocer what is in season and locally-grown. For a list of in-season fruits and vegetables go to:**

**[www.greenbeltfresh.ca/whats-in-season](http://www.greenbeltfresh.ca/whats-in-season)**

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



Below and to the right are a map and list of food retailers in Southern York Region that sell fresh South Asian produce and/or meat, grown on Greenbelt farms in and around York Region.



Markham Area Retailers

|    |                               |                               |                |
|----|-------------------------------|-------------------------------|----------------|
| 1  | AL-HABIB SUPERMARKET          | 2860 Denison Street           | (905) 201-6455 |
| 2  | ASIAN CARIBBEAN FOODS         | 2002 Middlefield Road, Unit 8 | (905) 471-8051 |
| 3  | BOMBAY BAZAR                  | 7657 Kennedy Road             | (905) 480-9441 |
| 4  | CHANKANAI CHANTHAI LTD        | 186 Old Kennedy Road          | (905) 947-0014 |
| 5  | GOLDEN GROCERIES              | 5995 14th Avenue              | (905) 201-8570 |
| 6  | MARKHAM FINE FOODS            | 23 Wootten Way North          | (905) 294-5521 |
| 7  | PRIYAS                        | 2 Fenton Road, Unit 6         | (905) 415-8508 |
| 8  | RICE & SPICE INDIAN GROCERY   | 38 Buttonfield Road           | (905) 944-1457 |
| 9  | SHADLOCK SUPERMARKET          | 8 Shadlock Street             | (905) 471-5442 |
| 10 | SPICETOWN & HALAL MEAT MARKET | 280 Elson Street              | (905) 471-9444 |
| 11 | TAAZA BAZAAR                  | 9909 Markham Road, Unit 12    | (905) 554-8292 |





### Richmond Hill Area Retailers

|    |                                 |                            |                |
|----|---------------------------------|----------------------------|----------------|
| 12 | OAK RIDGES FOOD MARKET          | 13144 Yonge Street         | (905) 773-5212 |
| 13 | RICHMOND HALAL MEAT & GROCERIES | 14 Oxford Street           | (905) 780-3838 |
| 14 | SHALIMAR GARDEN                 | 10737 Yonge Street, Unit 7 | (905) 770-5087 |
| 15 | SUE'S PRODUCE WORLD             | 205 Don Head Village Blvd  | (905) 737-0520 |

### Vaughan Area Retailers

|    |                            |                            |                |
|----|----------------------------|----------------------------|----------------|
| 16 | CAN ASIA GROCERS           | 9699 Jane Street, Unit 5-6 | (416) 840-9316 |
| 17 | CONCORD FOOD CENTRE        | 1438 Centre Street         | (905) 886-2180 |
| 18 | MAPLE SANTHAI INC.         | 9699 Jane Street, Unit 26  | (905) 832-7665 |
| 19 | NATURAL LIFE HEALTH MARKET | 7700 Bathurst Street       | (905) 707-3350 |
| 20 | OM INDIA FOOD CENTRE       | 1470 Centre Street, Unit 9 | (905) 482-0025 |
| 21 | PLANET ORGANIC MARKET      | 8020 Bathurst Street       | (905) 707-5303 |

### Northern York Region Food Retailers that sell fresh South Asian produce and/or meat.

|                           |   |                |
|---------------------------|---|----------------|
| AMBROSIA NATURAL FOODS    | 16925 Yonge Street, Newmarket               | (905) 898-5262 |
| CANAL ROAD FARMERS MARKET | 1153 Canal Road, Bradford                   | (905) 775-0046 |
| HWY #9 FARMERS MARKET     | 3890 Hwy #9, Kettleby                       | (905) 775-8605 |
| KLOSTER'S BUTCHER SHOP    | 18025 Yonge Street, Newmarket               | (905) 895-0437 |
| KLOSTER'S BUTCHER SHOP    | 220 Industrial Parkway South Unit 9, Aurora | (905) 841-6679 |
| LA PALM FOOD MARKET       | 611 Steven Court, Unit 6, Newmarket         | (905) 235-4474 |
| QUEENSWAY MARKETPLACE     | 205 Queensway South, Keswick                | (905) 989-9909 |
| S&P FOOD MARKET           | 753 Davis Drive, Newmarket                  | (905) 235-2890 |
| VINCE'S MARKET            | 869 Mulock Drive, Newmarket                 | (905) 853-3356 |
| VINCE'S MARKET            | 19101 Leslie Street, Sharon                 | (905) 478-8241 |

## **Check out these other organizations for valuable information:**

### **Farmers' Markets in and near the Greenbelt:**

Greenbeltfresh

[www.greenbeltfresh.ca](http://www.greenbeltfresh.ca)

### **Guides to farms in Simcoe and Durham:**

Simcoe County Farm Fresh  
Durham Farm Fresh

[www.simcoecountyfarmfresh.ca](http://www.simcoecountyfarmfresh.ca)  
[www.durhamfarmfresh.ca](http://www.durhamfarmfresh.ca)

### **Asian vegetables grown in Ontario:**

Ontario Ministry of Agriculture, Food and Rural Affairs

[www.omafra.gov.on.ca](http://www.omafra.gov.on.ca)

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

Harvest Canada

[www.harvestcanada.com](http://www.harvestcanada.com)

### **Farming opportunities for new Canadians:**

Farm Start

[www.farmstart.ca](http://www.farmstart.ca)

### **Promoting local food systems:**

GTA Agricultural Action Committee  
Local Food Plus  
100 Mile Market  
Holland Marsh Growers' Association

[www.gtalocalfood.ca](http://www.gtalocalfood.ca)  
[www.localfoodplus.ca](http://www.localfoodplus.ca)  
[www.100milemarket.com](http://www.100milemarket.com)  
[www.hollandmarshgold.com](http://www.hollandmarshgold.com)

### **Eating well with Canada's Food Guide:**

Health Canada

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

### **Community health programs and services:**

Vaughan Community Health Centre

[www.vaughanhealthcarehc.com](http://www.vaughanhealthcarehc.com)

### **Resources for the South Asian communities:**

Heart and Stroke Foundation of Ontario

[www.heartandstroke.ca/southasian](http://www.heartandstroke.ca/southasian)

## **Project Partners**

York Region Food Network  
Heart and Stroke Foundation of Ontario  
Regional Municipality of York  
York Region Nutrition Services  
Canadian Diabetes Association  
York Region Farm Fresh  
Sustainability Office, Town of Markham  
Social Services Network  
Carefirst Seniors and Community Services Association

[www.yrfn.ca](http://www.yrfn.ca)  
[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)  
[www.yorktourism.com](http://www.yorktourism.com)  
[www.york.ca/nutrition](http://www.york.ca/nutrition)  
[www.diabetes.ca](http://www.diabetes.ca)  
[www.yorktourism.com/farmfresh](http://www.yorktourism.com/farmfresh)  
[www.markham.ca/sustainability](http://www.markham.ca/sustainability)  
[www.socialservicesnetwork.org](http://www.socialservicesnetwork.org)  
[www.carefirstseniors.com](http://www.carefirstseniors.com)



Possibility grows here.



To learn more about Ontario's Greenbelt and its fresh, healthy, locally-grown food, please visit [www.greenbelt.ca](http://www.greenbelt.ca)

For free copies of this guide or to inquire about updated versions of the guide, please contact the York Region Food Network at 905-967-0428 or 1 866-454-9736; or see it online at [www.yrfn.ca/pdf/guidetofreshfood.pdf](http://www.yrfn.ca/pdf/guidetofreshfood.pdf)



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