



Our House to Yours

THE STORY OF ONTARIO GREENHOUSE
VEGETABLE GROWERS





Ontario Greenhouse Vegetable Growers (OGVG) represent over 200 members who grow greenhouse tomatoes, cucumbers and peppers in Ontario, Canada. Our growers span from Windsor to Niagara and as far north as Ottawa.

Our growers are real farm families – who are passionate about produce.

From our house to yours, thank you for making our veggies part of your life.

**WE
GROW
IN**



ONTARIO



Our story is about
INNOVATION

For more than 50 years, Ontario families have been working to perfect greenhouse farming in a mission to provide fresh produce for all to enjoy. The climate here posed challenges, but by controlling the environment, the future of farming was in their hands.

After all,
not all farms are outside.





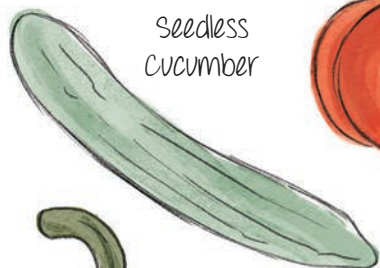
Our story is about
GROWTH

Today, the OGVG family of greenhouse growers farm over 3,000 acres in protected environments. Every year over 25,000 truckloads of tomatoes, peppers and cucumbers arrive to grocery stores, restaurants and farmers markets across North America, and we are continuously working to share our veggies with people near and far.

Because after all,
not everyone gets to live on a farm.

OGVG GROWTH





Seedless
Cucumber



Beefsteak Tomato



Grape Tomato



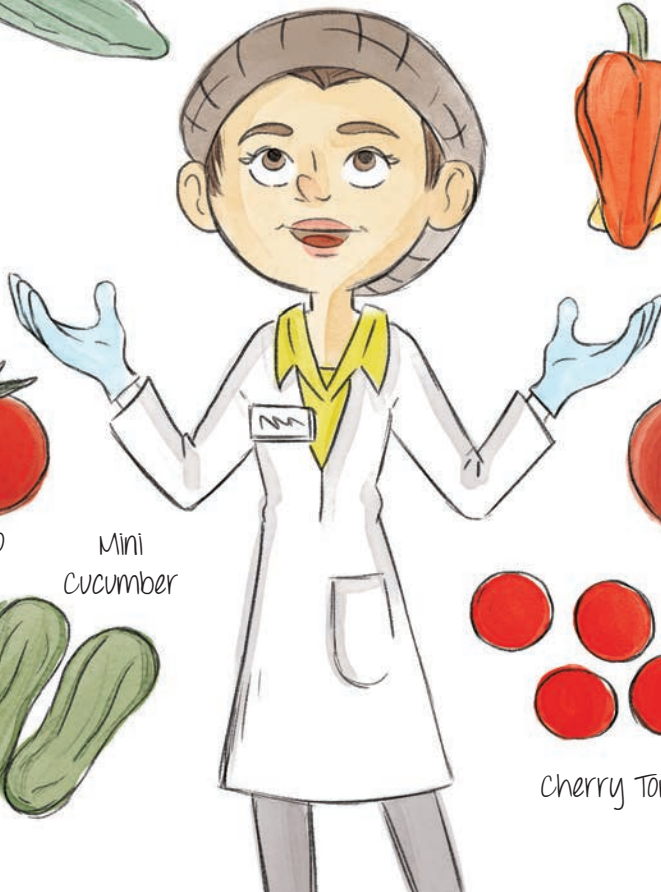
Bell Pepper



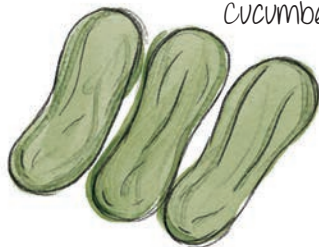
Sweet
Pepper



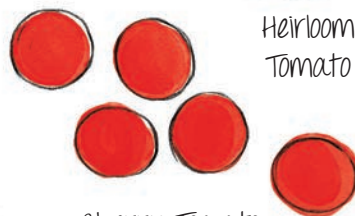
Cocktail Tomato



Mini
Cucumber



Heirloom
Tomato



Cherry Tomato



Our story is about
VARIETY

Over the years, our growers and their families
have worked to bring new flavours and
varieties of vegetables to market, providing
new options for you and your family.

Because after all,
not all tomatoes are red, not all cucumbers are
long and not all peppers are hot.



Our story is about

FOOD SAFETY

The controlled environment of our greenhouses ensures that our plants are protected from unpredictable weather and unwanted critters.

Our growers practice Integrated Pest Management (IPM) which utilizes good bugs to control bad bugs and reduces the need for pesticides. Bumblebees are also introduced to the greenhouse to pollinate the plants naturally.

Because, after all,
not all bugs are bad.





Our story is about
SUSTAINABILITY

Most of our farm families have been growing greenhouse vegetables in Ontario for generations, so being stewards of our planet is a value we take to heart.

Ontario greenhouse farmers grow hydroponically and organically.

Both methods use integrated pest management and take advantage of the amazingly productive greenhouse vine varieties that increase yield per acre.

Our farms harness energy from the sun to keep our plants warm even through the winter months.

In hydroponic farming, the plants are fed both water and nutrients through drip irrigation straight to their root system. Any excess solution is captured, treated and then reused within the greenhouse. In organic greenhouse farming, water is delivered to the vines with drip irrigation, but the nutrients are drawn from a soil and compost mixture.

Because after all, not all plants get nutrients the same way.

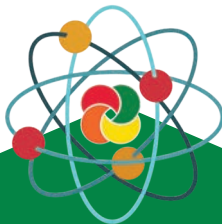


HYDROPONIC growing

Plants are grown without soil.

ORGANIC growing

Plants are grown in soil.



Learn more about greenhouse growing
by joining us for:

#SCIENCESATURDAY



Our story is about
PEOPLE

Today, the Ontario greenhouse sector employs
over 13,000 people in a wide range of roles
to bring fresh veggies to your table.

Because after all,
there are many faces to modern farming.

ENGINEERING

SALES & MARKETING

GROWER



LOGISTICS

PLANT CARE

TECHNOLOGY



Our story is about
NUTRITION

Our veggies are full of more than just great taste!
We think that eating healthy doesn't have to be
difficult or confusing. Our peppers, tomatoes and
cucumbers don't require a list of ingredients, but
they are full of vitamins, antioxidants and nutrients.

After all,
not all vitamin C comes from oranges.



Bell Peppers

Vitamin A, C, beta-carotene, vitamin E, vitamin B6, lutein

Cucumbers

Hydration, vitamin K, B1, B5, B7, C, potassium, beta-carotene

Tomatoes

Lycopene, vitamin C, Folate (B9), potassium, carbohydrates



Our story is about
LIFE

We know that life can get busy.
We work hard to ensure Ontario greenhouse-grown tomatoes, peppers and cucumbers are available nearly all year round. Our growers have introduced new, convenient snacking-size veggies to market, so eating healthy doesn't have to take a lot of time.

Because, after all,
not all meals are eaten at the table.



At
the park



At
work

ENJOY HEALTHY SNACKS

At
school



At
the Gym



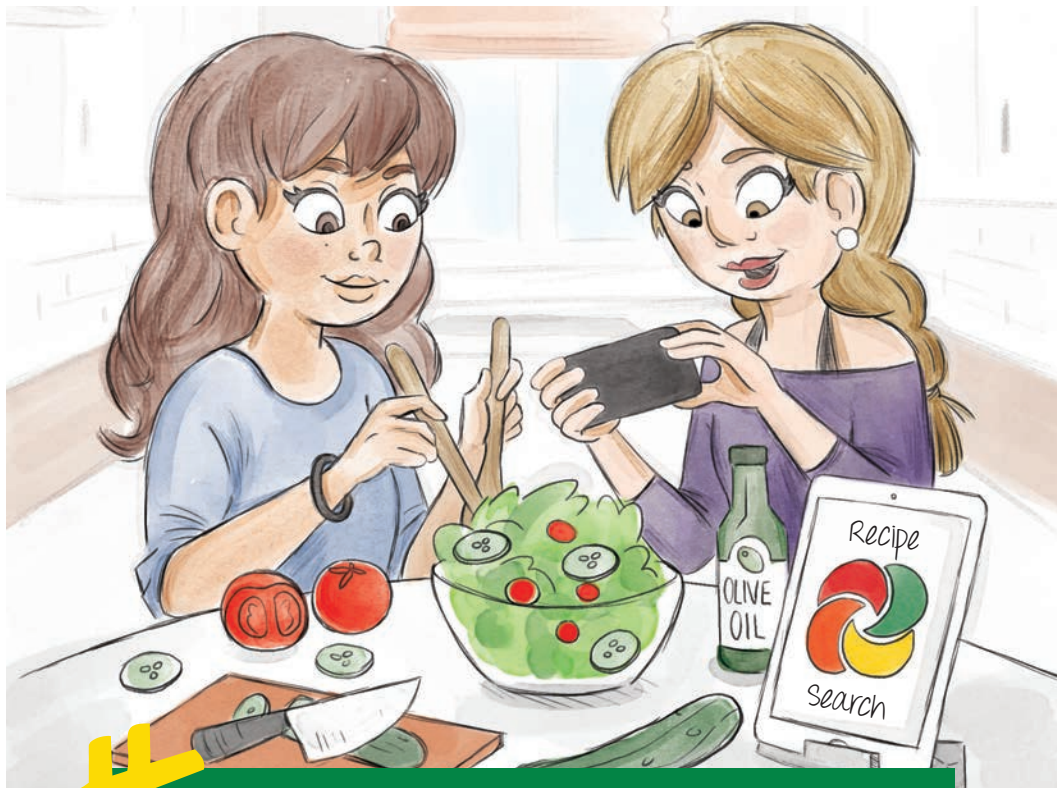


Our story is about
BRINGING PEOPLE TOGETHER

OGVG partners with food bloggers and chefs to create mouth-watering recipes for all tastes and skill levels. Our website and social media accounts are meant to connect you to our veggies and your path to a healthy lifestyle.

From soups and salads, to side dishes and mains, our produce has a place in every meal of the day...and we weave our inspiration from cuisines from around the globe.

Because, after all,
not all flavours are familiar.



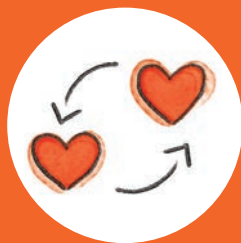
WANT TO LEARN MORE?

Connect with us online at:



OGVG.COM

@ONgreenhouseVeg



Our story is about
COMMUNITY

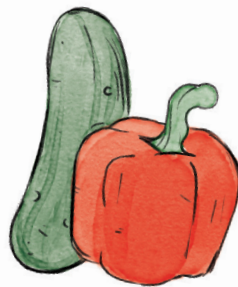
Our growers are humbled by giving back to the communities we serve. Produce is donated to food banks, school nutrition programs and disaster relief. Our members also sponsor, support and develop programs aimed at healthy living and community pride.

We work to ensure access for everyone,
because after all,
not all people have fresh food to eat.

A+ eats



WORD SEARCH

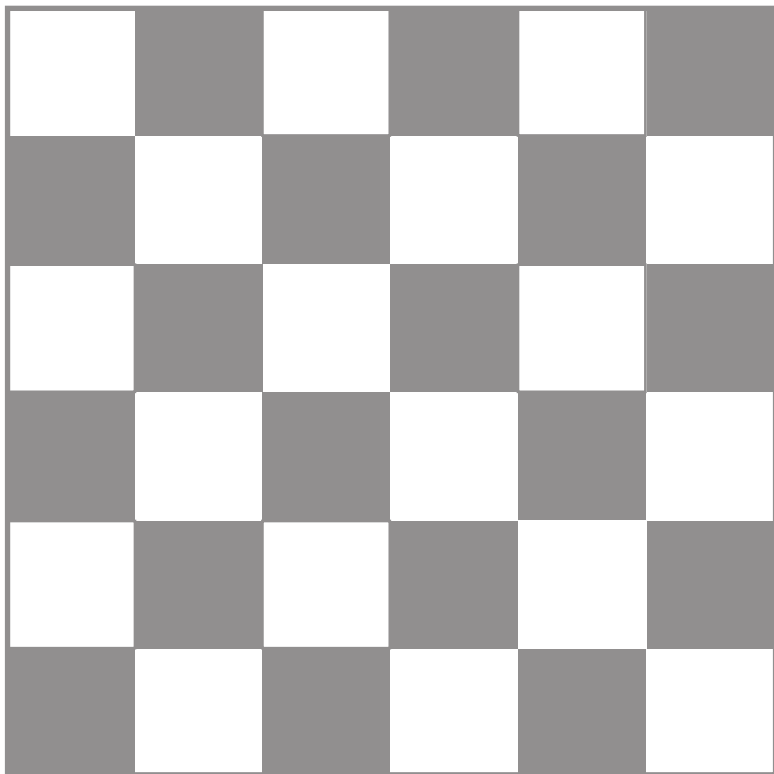
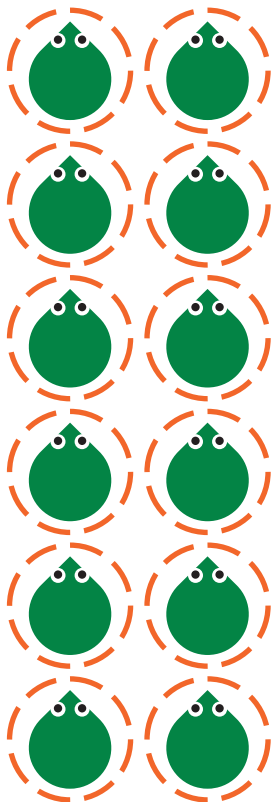


WORD LIST:

TOMATO
BEEFSTEAK
BELL
CHERRY
COCKTAIL
CUCUMBERS
ENGLISH
GRAPE
HEIRLOOM
MINI
ORANGE
PEPPERS
RED
SWEET

M	D	H	C	S	S	Y	H	K	T	O	C
R	O	S	W	W	R	E	A	R	Y	T	O
G	U	H	E	R	I	E	Q	R	C	A	C
R	B	E	E	R	T	N	P	P	T	M	K
A	T	H	L	S	C	R	O	P	S	O	T
P	C	O	F	O	R	A	N	G	E	T	A
E	O	E	L	L	E	B	W	V	H	P	I
M	E	C	U	C	U	M	B	E	R	S	L
B	M	E	J	H	Y	I	O	A	D	F	U
K	Q	H	S	I	L	G	N	E	E	H	U
R	G	G	O	W	N	C	L	I	R	D	C
O	W	P	P	O	R	C	R	Y	M	W	Y

CHECKERS
GOOD
BUG
BAD
BUG



Storage Tips:

SEEDLESS CUCUMBERS

Store seedless cucumbers in the vegetable crisper to help maintain their optimum temperature. Leave the wrap on seedless cucumbers until it's time to eat them. It helps to seal in moisture.

BELL PEPPERS

Store peppers in the vegetable crisper. Peppers need to be kept in a cooler environment. In the home, the best place is the refrigerator.

TOMATOES

Never store tomatoes in the refrigerator. Storing tomatoes in the refrigerator can ruin their texture and flavour.

WASH PRODUCE RIGHT BEFORE EATING!

It's important to not wash produce too early, as moisture sits on the produce it can cause decay.

PLAY NOW!

GREENHOUSE HERO



GET IT ON
Google Play



Available on the iPhone
App Store



*Our House
to Yours*

OGVG represents greenhouse vegetable farmers across Ontario. In partnership with the Greenbelt Fund, we invite you to take a peak behind the glass to discover and share in our passion for growing tomatoes, peppers and cucumbers all year long.



THIS INITIATIVE IS MADE POSSIBLE

with financial support from the Government of Ontario,
in partnership with the Greenbelt Fund.