



make it local

Fresh and nutritious
local food recipes





Make it local

Green your life with local foods

These 14 easy-to-prepare local food recipes were created specifically for the City of Toronto's child care centres following City Council's adoption of a *Local Food Procurement Policy* in 2011.

The recipes take advantage of the abundance of fruits and vegetables grown in the Greater Toronto Area, Greenbelt and other areas of Ontario, many of which are available year-round. All of the recipes contain at least 50 per cent Ontario-produced ingredients.

Why choose local food?

- Buying local food supports Ontario farmers, the local economy and helps create jobs.
- It's good for the environment. Shorter shipping distances help to reduce transportation-related greenhouse gas emissions.
- Local food is fresh, nutritious and flavourful.



Kids like them!

More than 400 children taste-tested these recipes and gave them the thumbs up! We invite you try these family-size recipes at home and enjoy the many benefits of going local, fresh and nutritious.



The development of these local food recipes was made possible with financial support from the Greenbelt Fund.



Possibility grows here.



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Local Food Recipes

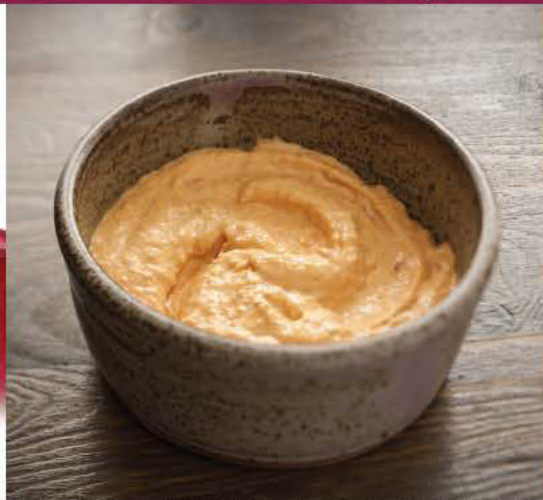
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Autumn Spiced Butternut Dip with Sliced Apple



Quantity

1
1/2 cup
3/4 tsp
A pinch
1/4 tsp
3

Ingredients

Butternut squash*, small – medium, whole
Coconut milk, light (no sugar added)
Cinnamon, ground
Clove, ground
Ginger, ground
McIntosh apples*, small

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Cut butternut squash in half lengthwise. Remove seeds with a spoon and discard. Place squash cut side down on a foil lined rimmed pan. Roast until cut side of squash starts to brown slightly and the squash is tender (1 – 1 1/2 hours). Browning of skin is not an indication of doneness.
- When cool enough to handle, scoop out flesh with a spoon. Discard skin.
- Combine 1 1/2 cups of roasted butternut squash flesh with remaining ingredients in a food processor and puree until smooth, scraping bowl as necessary to make sure all ingredients are fully pureed. Chill, preferably for 1 – 2 hours to allow flavours to blend.
- Serve chilled with apple slices for dipping.

Yield: Six servings (1/3 cup each)

TIP: The natural sweetness of butternut squash may vary. If necessary, add 1 1/2 tsp of white granulated sugar to sweeten.

Make it local! with ingredients from Ontario

*Apple
Butternut squash*

*Year-round except July
August – March*

Broccoli & Chicken Alfredo



Quantity

- 1/2 medium bunch (186 grams)
- 1/4 tsp
- 1 small clove
- 1 cup
- 4 ounces (115 grams)
- 2 tbsp
- 2 cups (240 grams)
- 1 cup

Ingredients

- Broccoli*
- Canola oil
- Garlic*, peeled, trimmed, finely minced or rasped
- Milk*, 2%
- Cream cheese, plain
- Parmesan cheese*, pure, grated
- Chicken*, cooked, diced, hot
- Whole wheat macaroni, uncooked

Instructions

- Wash produce.
- Trim broccoli stems, peel remaining stem and cut stem and florets into bite-sized pieces. Cook broccoli in boiling water (or steam) until fork tender. Drain. Cook macaroni in boiling water, and drain.
- Meanwhile, in a large sauce pot, cook garlic in canola oil over medium heat. Add milk and bring to a simmer over medium-high heat, stirring occasionally. Cut cream cheese into small pieces and add to simmering milk, stirring frequently until milk returns to a simmer and most of cream cheese is melted into sauce; if necessary whisk to combine. Stir in parmesan to thicken sauce and return to a simmer briefly.
- Thoroughly combine hot chicken and hot pasta with alfredo/cream cheese sauce in sauce pot. If some of cheese remains unmelted, stir pasta constantly over medium heat for a few minutes. Pour pasta over broccoli. Serve.

Yield: Four servings (1 cup each)

TIP: Local cooked asparagus, cauliflower, green beans, mushrooms, and peas also taste delicious in addition to or in place of broccoli in this dish.

Make it local! with ingredients from Ontario

Chicken
Milk, Parmesan cheese
Garlic
Broccoli

Year-round
Year-round
July – February
June – October

Cauliflower Scramble Open-Faced Sandwich



Quantity

1/2 small head (320 grams)
8
1/2 tsp
1/2 tsp
4 slices
1/2 cup (50 grams)

Ingredients

Cauliflower*
Large eggs* (or liquid whole egg equivalent)
Kosher salt
Canola oil
Whole grain multi-grain bread, toasted
Mozzarella cheese*, 18% M.F., grated

Instructions

- Wash produce.
- Trim cauliflower and cut into medium florets.
- Boil cauliflower until very tender.
- Drain and immediately puree with egg and salt in a food processor until smooth.
- Distribute canola oil in a large pan over medium heat and scramble cauliflower-egg mixture by stirring constantly with a spatula until set.
- Divide scrambled egg equally on top of whole grain toast then sprinkle with grated cheese. Serve.

Yield: Four servings

TIP:
For a lower fat variation,
replace approximately
half of the whole egg
volume with egg whites.

Make it local! with ingredients from Ontario

Eggs
Mozzarella cheese
Cauliflower

Year-round
Year-round
June – November

Chili-Style Vegetable Soup



Quantity

1
1
1
1 tsp
1 1/2 tsp
1 cup
3/4 cup
1 cup

Ingredients

Yellow onion*, small, halved, skin on
Carrot*, medium peeled
Green bell pepper*, seeded, trimmed
Chili powder
Cumin, ground
Kidney beans*, canned, drained, rinsed
Vegetarian ground round
Mozzarella cheese*, grated (optional)

Quantity

1 clove
3 ribs
1 1/2 tsp
1/2 tsp
1 3/4 cups
3 tbsp
1 cup

Ingredients

Garlic*, skin on
Celery*, trimmed
Canola oil
Coriander seed, ground
Tomato*, canned, diced
Tomato paste
Water

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Place onion halves cut side down on foil lined sheet pan. Roast until soft and caramelized (30 – 40 minutes). Cool, then peel and trim stem ends.
- Place separated garlic cloves (skin on) on foil lined pan. Roast until softened (15 – 20 minutes). Do not overcook. Cool, then peel and trim stem ends.
- Finely chop roasted onion, roasted garlic, carrot, celery, and green bell pepper in food processor.
- Add canola oil to a large pot over medium heat. Add spices and tomato paste and cook, stirring constantly for 3 minutes.
- Add vegetables, beans, and 3/4 cup of water to the pot. Cover and bring to a simmer then continue simmering for 25 minutes, stirring every few minutes.
- Add vegetarian ground round near end of cooking and additional water as necessary until desired consistency is achieved. Return to a simmer before serving. Garnish with cheese (optional).

Yield: Four servings (1 cup each)

TIP: Roasting onion and garlic gives this chili a sweeter flavour and reduces time needed to simmer.

Make it local! with ingredients from Ontario

Onion

Year-round

Canned tomato, kidney beans

Year-round

Carrot

Year-round except June

Greenhouse bell pepper

March – November

Garlic

July – February

Celery

July – October

Curried Sweet Potato & Apple Soup



Quantity

2-3
1
1 clove
1/2
1/4 tsp each

1 tsp
2 3/4 cups
2 tsp
6 tbsp

Ingredients

Sweet potatoes*, small, whole, raw
Yellow onion*, peeled, minced finely
Garlic*, peeled, rasped or finely minced
McIntosh apple*, small, peeled, cored, grated
Coriander seed (ground), Cumin (ground),
Curry powder (mild), Ginger (ground)
Kosher salt
Water (reserve 3/4 cup for later use)
Canola oil
Plain yogurt*, 3.2% M.F. (optional)

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Pierce sweet potato skins on 3 sides with a fork, and place pierced sides up on a foil lined rimmed pan. Roast until very tender (1-1/2 hours). Cut in half and cool. Peel and discard skins. Puree in food processor.
- In a large pot over low to medium heat, cook onion in oil for 4 minutes, stirring frequently.
- Add grated apple to onions and cook for an additional 4 minutes, stirring frequently.
- Add garlic and spices and cook briefly for 30 – 60 seconds.
- Add sweet potato puree and 2 cups of water. Stir. Bring to a boil then cover and reduce heat to low. Simmer for 20 minutes, stirring every 4-5 minutes to prevent burning.
- Adjust consistency with 1/4 cup of remaining water as necessary. Add salt to taste.
- Return to a simmer then serve. Garnish each bowl of soup with 1 tbsp of yogurt (optional).

Yield: Six servings (1/2 cup each)

TIP:
For a more chunky soup, mash or chop sweet potatoes instead of pureeing

Make it local! with ingredients from Ontario

Sweet potato
Yellow onion
Apple
Garlic

Year-round
Year-round
Year-round except July
July – February

Eggplant Dip (Baba Ghanoush)

**Quantity**

- 1
- 4 cloves
- 1 1/3 cups
- 2 1/2 tbsp
- 3 tsp

Ingredients

- Eggplant*, large, whole (approximately 2.5 pounds)
- Garlic*, skin on
- Kidney beans*, canned, drained, chilled
- Lemon juice, fresh, strained
- Tahini (sesame paste), plain

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Pierce skin of whole eggplant several times on 3 sides with a fork, and place pierced sides up on a foil lined rimmed pan. Roast until very tender (40 – 55 minutes). Rotate pan(s) after 30 minutes to help ensure even cooking. Cool. Cut in half and scoop out flesh with a spoon (discard skins).
- Place separated garlic cloves (skin intact) on a foil lined pan. Roast until tender (15 – 20 minutes). Cool then peel. Trim stem end if necessary.
- Drain kidney beans. Discard liquid.
- Stir tahini well before measuring.
- Combine all ingredients in a food processor and puree until smooth, scraping bowl as necessary to ensure all ingredients are fully pureed.
- Chill until served. Serve as a dip with whole wheat pitas or vegetables such as Ontario grown bell pepper, carrot or cucumber.

Yield: Eight servings (1/2 cup each)

TIP: Piercing the eggplant on only 3 sides helps contains the wonderful natural juices while it cooks.

Make it local! with ingredients from Ontario

Garlic
Eggplant

July – February
August – October

Macaroni & Cheese with Cauliflower & Chicken



Quantity

- 1/2 small head (212 grams)
- 3/4 cup
- 1 1/3 cups (150 grams)
- 2 tbsp (16 grams)
- A pinch
- 1 cup (dry pasta)
- 2 cups (240 grams)

Ingredients

- Cauliflower florets*
- Milk*, 2%
- Cheddar cheese, medium, grated
- Parmesan cheese*, grated
- Mustard powder
- Whole wheat macaroni, uncooked
- Chicken*, cooked, diced, hot

Instructions

- Preheat oven to 325°F (170°C). Wash produce.
- Boil cauliflower until very tender. Drain.
- Scald milk over medium heat then cool slightly.
- Combine cooked cauliflower and warm milk in a food processor and puree until smooth, scraping bowl as necessary to ensure all ingredients are fully pureed. Then add cheeses and mustard powder to cauliflower and continue pureeing until smooth.
- Combine hot chicken and hot pasta with cheese-cauliflower sauce. If some of the cheese remains unmelted, cover and heat in oven until cheese is fully melted. Serve.

Yield: Four servings (1 cup each)

TIP:
Mustard powder
enhances the tangy
flavour of parmesan
and cheddar cheese.

Make it local! with ingredients from Ontario

Chicken
Milk
Parmesan cheese
Cauliflower

Year-round
Year-round
Year-round
June – November

Mushroom & Turkey Meatloaf



Quantity

6.5 ounces (185 grams)
 1/2
 2 cloves
 1
 2/3 cup
 2 tbsp
 1
 1/4 tsp
 3/4 pound (360 grams)
 1 1/2 tbsp

Ingredients

Mushrooms*, white/button
 Yellow onion*, small, halved lengthwise, skin on
 Garlic*, skin on
 Carrot*, medium, trimmed, peeled, grated (1/3 cup)
 Quick oats
 Soya sauce, light (reduced sodium)
 Egg*, large
 Thyme leaves, dried
 Turkey*, extra lean, ground
 Ketchup

Instructions

- Preheat oven to 350°F (180°C). Wash produce.
- Place whole mushrooms on foil lined rimmed pan. Roast 30 minutes. When cool, grate in food processor.
- Place onion half cut side down on foil lined pan. Roast until soft and caramelized (30 – 40 minutes). Cool, then peel and trim stem ends.
- Place separated garlic cloves (skin on) on foil lined pan. Roast until softened (15 – 20 minutes). Do not overcook. Cool enough to handle then peel and trim stem ends. Chop roasted garlic and onion finely.
- In a large bowl, combine all ingredients, except ketchup, very thoroughly.
- Form mixture into 8.5" x 3" x 1.5" loaf on foil lined rimmed pan. Top evenly with ketchup.
- Bake until loaf reaches an internal temperature of 180°F, about 30 – 40 minutes. Serve.

Yield: Six servings

TIP:
 Roasted mushrooms
 and light soy sauce
 gives this a rich taste
 much like traditional
 beef meatloaf.

Make it local! with ingredients from Ontario

Mushroom, Onion
 Turkey, Egg
 Carrot
 Garlic

Year-round
 Year-round
 Year-round except June
 July – February

Napa Cabbage & Sesame Chicken Stir Fry



Quantity

3 cups (360 grams)
1 tsp (1" piece)
2/3 cup (70 grams)
1 stem
1 clove
2 heaping cups
1 tsp
2 tsp
2/3 cup
2 tbsp
2/3 cup

Ingredients

Chicken*, cooked, diced
Ginger root, rasped or very finely grated
Carrot*, peeled, grated
Green onion/scallion*, trimmed, sliced, green/white separated
Garlic*, peeled, trimmed, rasped or finely minced
Napa cabbage*, trimmed, chopped, green/white separated
Sesame oil
Soya sauce, light (reduced sodium)
Water
Cornstarch
Brown rice, uncooked

TIP: Napa cabbage has a wonderful, mild flavour and is delicious when eaten raw in salads or cooked in a stir fry or soup.

Instructions

- Wash produce. Peel ginger with a spoon then grate on a rasp/microplane or very finely chop in food processor, reserving 1 tsp for stir fry.
- In a large sauté pan or wok, over medium heat, cook ginger, carrot, and white portion of green onion in sesame oil for 2 – 3 minutes, stirring constantly.
- Increase heat to high then add garlic and white Napa cabbage and continue cooking for an additional 3 minutes or until somewhat tender, stirring frequently.
- Whisk together light soya sauce, water and cornstarch then add to pot, stirring frequently until sauce thickens and starts to boil. Add heated chicken and green portions of onion/cabbage then return to a simmer. Serve with brown rice.

Yield: Four servings

Make it local! with ingredients from Ontario

Chicken

Year-round

Carrot

Year-round except June

Green onion

June – November

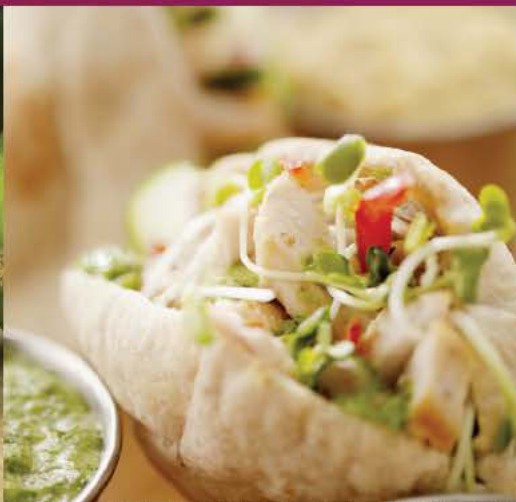
Garlic

July – February

Napa cabbage

August – October

Ranch-Style Chicken, Cucumber & Green Bell Pepper Salad



Quantity

- 5 1/3 tbsp
- 1 1/3 tbsp
- 1/2 tsp
- 1/8 tsp
- A pinch
- 2 cups (240 grams)
- 1/2 each
- 1/4 each
- 4 slices

Ingredients

- Yogurt*, plain, 3.2%
- Mayonnaise
- Dill weed, dry
- Onion powder
- Garlic powder
- Chicken*, cooked, diced
- Green bell pepper*, large, trimmed, medium diced
- English cucumber*, trimmed, medium diced or thinly sliced
- Whole wheat bread

Instructions

- Preheat oven to 350°F (180°C). Wash produce.
- Stir yogurt, mayonnaise, dill weed, onion powder, and garlic powder together until well incorporated (do not use a blender or food processor to combine ranch-style dressing or it will liquefy and become too runny). Cover and chill, at least 1 hour for flavours to develop.
- Combine ranch-style yogurt dressing, chicken and vegetables (if chicken is hot, cool slightly before combining).
- Serve as sandwich filling on whole grain bread, pita, or tortilla or enjoy as is. For a fun alternative, serve chicken and vegetable sticks as separate components and use ranch-style dressing as a dip.

Yield: Four servings (1/2 cup each)

TIP: Local carrots and celery also taste delicious in this dish in addition to or in place of cucumber or bell pepper.

Make it local! with ingredients from Ontario

Chicken
Yogurt
Greenhouse cucumber
Greenhouse bell pepper

Year-round
Year-round
Year-round
March – November

Roasted Spaghetti Squash with Tomato Sauce



Quantity

1
1/2
1
3/4 tsp
6 tsp

Ingredients

Spaghetti squash*, medium, whole
Yellow onion*, small, cut lengthwise, skin on
Tomato*, large, trimmed, finely chopped or pureed
Oregano leaves, dried
Parmesan cheese*, grated

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Using a sharp, sturdy chef's knife, split the squash lengthwise (see tip). Remove seeds with a spoon and discard. Place squash cut side down on a foil lined rimmed pan. Roast until the cut side starts to brown and the squash is tender (50 – 60 minutes). Cool. Use a fork to "pull" strings side to side from squash flesh (not from stem to flowering end). Scoop spaghetti squash strings out of skin with a large spoon. Discard skin.
- Place onion half cut side down on foil lined sheet pan. Roast until soft and caramelized (30 – 40 minutes). When cool, peel and trim stem ends. Finely chop onion.
- Combine onion, oregano and tomato in a small pot and and bring to a simmer over medium heat, stirring occasionally. Simmer for 10 – 15 minutes.
- Serve warmed spaghetti squash with tomato sauce (1 tbsp per person) and parmesan cheese (1 tsp per person) garnishes.

Yield: Six servings

TIP: Carefully cut the spaghetti squash in half from flowering end to stem end. Do not cut through the stem end. Instead pry that portion open with your hands after splitting the rest of the squash.

Make it local! with ingredients from Ontario

Onion
Parmesan cheese
Spaghetti squash
Greenhouse tomato

Year-round
Year-round
August – March
March – November

Sweet Potato & Bell Pepper Baked Home Fries



Quantity

2-3 each
1/2 each
1/2 each
2 1/4 tsp
3/4 tsp

Ingredients

Sweet potatoes*, small, whole, raw
Green bell pepper*, medium, trimmed, seeded
Yellow onion, small*, peeled
Canola oil
Kosher salt

Instructions

- Preheat oven to 375°F (190°C). Wash produce.
- Cut sweet potatoes into 1" pieces (skin intact), trimming tips if necessary.
- Cut bell pepper into 1/2" pieces.
- Cut onion into 1/2" – 3/4" pieces.
- Toss sweet potato, bell pepper, and onion together in a very large bowl(s) with canola oil, ensuring that all vegetables are coated evenly.
- Arrange evenly in a single layer on a rimmed baking sheet then sprinkle evenly with salt.
- Bake until potatoes are fork tender (30 minutes), rotating pan if necessary to ensure even cooking. Serve warm.

Yield: Six servings

TIP:
For a colourful variation,
try substituting red bell
pepper or red onion.

Make it local! with ingredients from Ontario

Sweet potato

Year-round

Onion

Year-round

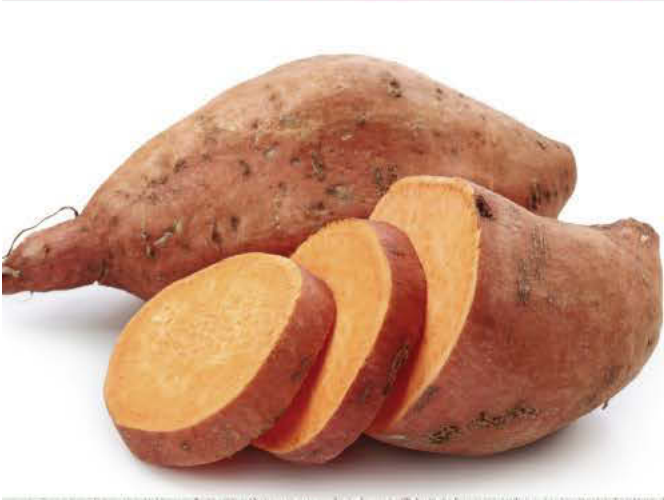
Greenhouse bell pepper

March – November

Field bell pepper

July – October

Sweet Potato & Kidney Bean Hummus



Quantity

1-2 (390 grams)
2 cloves
1 cup
2 tsp
1 1/2 tbsp
1/4 tsp

Ingredients

Sweet potatoes*, whole, raw
Garlic*, skin on
Kidney beans*, canned, chilled
Tahini/sesame paste, plain
Lemon juice, fresh, strained (1/2 large lemon)
Cumin, ground

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Pierce skins on 3 sides with a fork, and place pierced sides up on a foil lined rimmed pan. Roast until very tender (1 – 1 1/2 hours). Cut in half after roasting, and cool enough to handle. Peel and discard skins.
- Meanwhile, place separated garlic cloves (skin intact) on a foil lined pan. Roast until tender (15 – 20 minutes). Cool, then peel. Trim stem end if necessary.
- Drain kidney beans. Discard liquid.
- Stir tahini well before measuring.
- Combine all ingredients in a food processor and puree until smooth, scraping bowl as necessary to ensure all ingredients are fully pureed.
- Serve right away or chill until served. Use hummus as a filling for whole wheat pitas for a lunch/picnic entree or as a nutritious snack.

Yield: Four servings (1/2 cup each)

TIP:
The flesh of the sweet potato should come out of the skin easily if cooked long enough.

Make it local! with ingredients from Ontario

Sweet potato

Year-round

Canned kidney beans

Year-round

Garlic

July – February

Zucchini & Tomato Cheese Bake



Quantity

1
1
1 1/2
1/3 cup (38 grams)
1/3 cup (38 grams)
1/2 tsp

Ingredients

Yellow onion*, small, halved lengthwise, skin on
Tomato*, large, trimmed, finely chopped or pureed
Zucchini*, medium
Mozzarella cheese*, 18% M.F, grated
Cheddar cheese, medium, grated
Canola oil

Instructions

- Preheat oven to 400°F (200°C). Wash produce.
- Place onion halves cut side down on foil lined sheet pan. Roast until soft and caramelized (30 – 40 minutes). Cool enough to handle then peel and trim stem ends.
- Puree tomato and roasted onion in a food processor or blender.
- Trim zucchini and slice thinly into coins.
- Evenly coat small baking pan with canola oil and arrange zucchini evenly in pans 1/2" – 1" deep. Top evenly with tomato sauce. Bake for 25 – 30 minutes or until zucchini is somewhat tender (if using a convection oven or if zucchini appears to be drying out, cover with aluminum foil while baking).
- Sprinkle evenly with cheeses then continue baking until zucchini is tender and cheese is melted, about 10 more minutes. Let stand for 5 minutes then serve.

Yield: Six servings

TIP: Local yellow zucchini, Crookneck squash and Pattypan squash also taste delicious in addition to or in place of zucchini in this dish.

Make it local! with ingredients from Ontario

Mozzarella cheese

Year-round

Onion

Year-round

Greenhouse tomato

March – November

Zucchini

July – October



Grow your own

You can grow fruits and vegetables almost anywhere...

- Backyards: Big or small, backyards are great places to start a garden.
- Balconies: Grow plants in buckets, barrels, or recycling boxes.
- Window ledges: Window boxes are perfect for an herb garden.
- Up a wall: Grow climbing vegetables up a sunny wall, tie them with string for support.
- On a roof: Accessible flat roofs are perfect for pots of vegetables or herbs.
- Community or allotment gardens: You can rent a plot in one of the City's allotment gardens for a small fee. Call 311 to find a garden near you.
- Backyard sharing programs: Contact your local community centre to see if there's a backyard sharing program in your neighbourhood – or start one of your own!

Gardening with kids

A great way to encourage kids to eat their veggies is to let them plant some! Here are some easy-to-grow foods to plant in your garden:

- | | |
|-----------|------------|
| • Peas | • Zucchini |
| • Beans | • Carrots |
| • Lettuce | • Squash |



Ontario Fruits & Vegetables Availability Guide



VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichoke												
Asian Vegetables												
Asparagus												
Beans (Green/Wax)												
Beets												
Bok Choy												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumbers (Field)												
Cucumbers (Greenhouse)												
Eggplant												
Garlic												
Leeks												
Lettuce (Assorted)												
Lettuce (Greenhouse)												
Mushrooms												
Onions (Cooking)												
Onions (Green)												
Onions (Red)												
Parsnips												
Peas (Green)												
Peas (Snow)												
Peppers (Field)												
Peppers (Greenhouse)												
Potatoes												
Radicchio												
Radishes												
Rapini												
Rutabaga												
Spinach												
Sprouts												
Squash												
Sweet Potatoes												
Tomatoes (Field)												
Tomatoes (Greenhouse)												
Zucchini												

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Onions (Cooking)												
Onions (Green)												
Onions (Red)												
Parsnips												
Peas (Green)												
Peas (Snow)												
Peppers (Field)												
Peppers (Greenhouse)												
Potatoes												
Radicchio												
Radishes												
Rapini												
Rutabaga												
Spinach												
Sprouts												
Squash												
Sweet Potatoes												
Tomatoes (Field)												
Tomatoes (Greenhouse)												
Zucchini												

FRUITS	J	F	M	A	M	J	J	A	S	O	N	D
Apples												
Apricots												
Blueberries												
Cherries												
Crabapples												
Cranberries												
Currants (Red/Black)												
Gooseberries												
Grapes												
Muskmelon												
Nectarines												
Peaches												
Pears												
Plums												
Raspberries												
Rhubarb												
Strawberries												
Strawberries (Day Neutral)												
Watermelon												

Note: Availability dates may change by several weeks with respect to rare varieties and/or weather conditions.



7 places to find local food

- **Your local grocery store:** Look for the Foodland Ontario or Local Food Plus' Certified Local Sustainable logo.
- **Farmers' Markets:** Find fresh fruits and vegetables at a market near you at: farmersmarketsontario.com
- **Food Cooperatives:** Buy direct from local farmers, wholesalers and producers for a small membership fee or form your own buying club. Learn more at: cultivatingfoodcoops.net
- **Community Shared Agriculture Programs:** Pay a farmer in advance and pick up your produce when it's harvested. Learn more at: csafarms.ca
- **Food Box Programs:** Join a local food box program and have produce delivered to your front door or a neighbourhood drop-off area. Find one that meets your needs at: veg.ca/directory/list/organic-delivery
- **Farms:** Many local farms are open to the public and let you pick your own fresh produce. Find a farm near you at: harvestontario.com
- **Grow Your Own:** Home-grown foods are delicious, nutritious, inexpensive and easier to grow than you think. Check out the City's handy Get Growing Toronto guide for practical advice and tips: toronto.ca/getgrowing



Resources

Children's Gardening Program
torontochildrengarden.ca

Foodland Ontario
foodlandontario.ca

The Greenbelt
greenbelt.ca

Local Food Plus
localfoodplus.ca

Community Gardens Program
toronto.ca/parks/engagement/community-gardens

Get Growing Toronto Guide
toronto.ca/getgrowing

Live Green Toronto
livegreentoronto.ca

Toronto Food Policy Council
toronto.ca/health/tfpc

For more information:

Contact the Toronto Environment Office at livegreen@toronto.ca or call 311.

