Locally-Grown 
Middle Eastern Food Guide

Shop for fresh, locally-grown Middle Eastern produce to meet your tastes – at a nearby grocery store, farmers’ market, or a farm in and around Ontario’s Greenbelt.
Welcome to Toronto’s first-ever guide to locally-grown Middle Eastern and Halal 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, best quality food possible, at a good price! Have you ever wondered where you can get fresh “food from home”? Well the answer is in your hands.

You can’t get more local than Ontario’s Greenbelt. Just above Toronto, it makes sense that more and more Greenbelt farms are producing Middle Eastern foods such as marrow vegetable (gray zucchini), molokhia, mini cucumbers, turnips, red radishes and vine leaves. This guide tells you where you can find these freshly-picked products, Halal meat and much more, in your neighbourhood grocery store, your local farmers’ market and the Greenbelt farm closest to you. Carry it with you. The more you shop for locally-grown Middle Eastern food, the more our 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 safeguard your family’s health
- 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 fruits and vegetables that are picked by local farmers as fresh as can be!
Below is a list of food retailers that sell fresh Middle Eastern produce and meat, grown on Greenbelt farms and other local farms surrounding Toronto.

**Etobicoke Area Grocery Stores (All stores sell Halal meat)**

<table>
<thead>
<tr>
<th>Map Key</th>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>1</td>
<td>Al Aqua Halal Meat</td>
<td>1168 Albion Rd</td>
<td>(416) 740-0816</td>
</tr>
<tr>
<td>2</td>
<td>Alhamra Halal Meat &amp; Grocers</td>
<td>2625 Islington Ave</td>
<td>(416) 740-8795</td>
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<tr>
<td>3</td>
<td>Al Meezan Halal Meat</td>
<td>1146 Albion Rd</td>
<td>(416) 745-1058</td>
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<tr>
<td>4</td>
<td>Amin Grocery &amp; Halal Meat</td>
<td>235 Dixon Rd</td>
<td>(416) 244-1705</td>
</tr>
<tr>
<td>5</td>
<td>Dal Halal Meat</td>
<td>969 Albion Rd</td>
<td>(416) 745-5242</td>
</tr>
<tr>
<td>6</td>
<td>Sameem Halal Meat &amp; Grocery</td>
<td>5010 Steeles Ave. W #15</td>
<td>(416) 740-4655</td>
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**North York Area Grocery Stores (All stores sell Halal meat)**

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<tr>
<td>7</td>
<td>AS Grocers &amp; Halal Meat</td>
<td>2450 Finch Ave. W</td>
<td>(416) 743-4142</td>
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<tr>
<td>8</td>
<td>Baksh Halal Meat</td>
<td>1666 Jane St</td>
<td>(416) 243-9473</td>
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To be listed in the on-line version of this guide or in future print issues, please contact the Toronto Environmental Alliance, (416) 596-0660.

### East York Area Grocery Stores (all stores sell Halal meat)

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<th>Map Key</th>
<th>Name</th>
<th>Address</th>
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<tr>
<td>9</td>
<td>Iqbal Halal Foods</td>
<td>2 Thorncliffe Pk Dr</td>
<td>(416) 467-0177</td>
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<tr>
<td>10</td>
<td>Mecca Halal Meat</td>
<td>25 Overlea Blvd. #6</td>
<td>(416) 467-7867</td>
</tr>
<tr>
<td>11</td>
<td>Monaroza West East Indian Grocery</td>
<td>747 Don Mills Rd</td>
<td>(416) 421-6585</td>
</tr>
<tr>
<td>12</td>
<td>Overlea Halal Meat</td>
<td>45 Overlea Blvd. #2</td>
<td>(416) 424-2034</td>
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### Downtown East Area Grocery Stores (all stores sell Halal meat)

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<tr>
<td>13</td>
<td>Dhanshiri Supermarket</td>
<td>2978 Danforth Ave</td>
<td>(416) 693-5990</td>
</tr>
<tr>
<td>14</td>
<td>Kabul Farms</td>
<td>240 Parliament St</td>
<td>(416) 368-8576</td>
</tr>
<tr>
<td>15</td>
<td>Madina Halal Meat &amp; Grocers</td>
<td>1063 Danforth Ave</td>
<td>(416) 461-0404</td>
</tr>
<tr>
<td>16</td>
<td>Marhaha Supermarkets Inc</td>
<td>324 Parliament St</td>
<td>(416) 923-2933</td>
</tr>
<tr>
<td>17</td>
<td>Mia Halal Meat &amp; Grocers</td>
<td>2592 Danforth Ave</td>
<td>(416) 686-1442</td>
</tr>
<tr>
<td>18</td>
<td>Surma Supermarket</td>
<td>330 Parliament St</td>
<td>(416) 925-2784</td>
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### Downtown West Area Grocery Stores (all stores sell Halal meat)

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<th>Map Key</th>
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<tr>
<td>19</td>
<td>Saleem Halal Meat &amp; Variety</td>
<td>905 Bloor St. W</td>
<td>(416) 533-8841</td>
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Eating locally means varying what you eat depending on the season. Be sure to ask your grocer what is in season and locally grown.

Scarborough Area Grocery Stores (all stores sell Halal meat)

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<th>Map Key</th>
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<tr>
<td>20</td>
<td>Al-Ittihad Halal Meat &amp; Groceries</td>
<td>1801 Lawrence Ave. E</td>
<td>(416) 285-8191</td>
</tr>
<tr>
<td>21</td>
<td>Al- Muntaz Supermarket</td>
<td>10-12 Tower Dr</td>
<td>(416) 285-5071</td>
</tr>
<tr>
<td>22</td>
<td>Al- Mustafa Halal Meat &amp; Grocers</td>
<td>357 Pitfield Dr</td>
<td>(416) 412-2120</td>
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<tr>
<td>23</td>
<td>Al Quresh Food</td>
<td>1879 Lawrence Ave. E</td>
<td>(416) 288-0330</td>
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<tr>
<td>24</td>
<td>Alwalaa Halal Meat</td>
<td>1728 Lawrence Ave. E</td>
<td>(416) 285-0778</td>
</tr>
<tr>
<td>25</td>
<td>Al Zaharaa</td>
<td>2032 Lawrence Ave. E</td>
<td>(416) 701-1590</td>
</tr>
<tr>
<td>26</td>
<td>Arz Fine Foods</td>
<td>1909 Lawrence Ave. E</td>
<td>(416) 755-5084</td>
</tr>
<tr>
<td>27</td>
<td>Batala Super Market</td>
<td>200 Markham Rd</td>
<td>(416) 264-3111</td>
</tr>
<tr>
<td>28</td>
<td>Karashi Bazaar</td>
<td>122 Ellesmere Rd</td>
<td>(416) 510-8176</td>
</tr>
<tr>
<td>29</td>
<td>Ghadir Meat Market</td>
<td>1821 Lawrence Ave. E</td>
<td>(416) 750-7404</td>
</tr>
<tr>
<td>30</td>
<td>Ibrahim Halal Meat</td>
<td>1967 Lawrence Ave. E</td>
<td>(416) 757-1616</td>
</tr>
<tr>
<td>31</td>
<td>Mallah Halal Meat &amp; B.B.Q</td>
<td>1961 Lawrence Ave. E</td>
<td>(416) 916-2920</td>
</tr>
<tr>
<td>33</td>
<td>Samah Supermarket</td>
<td>4470 Kingston Rd</td>
<td>(416) 282-9692</td>
</tr>
<tr>
<td>34</td>
<td>Spice Town Halal Meat Market</td>
<td>3258 Lawrence Ave. E</td>
<td>(416) 438-5224</td>
</tr>
<tr>
<td>35</td>
<td>Super Bazaar</td>
<td>1505 Birchmount Rd</td>
<td>(416) 285-7759</td>
</tr>
<tr>
<td>36</td>
<td>Yousaf Halal Meat Supermarket</td>
<td>683-685 Markham Rd</td>
<td>(416) 289-3664</td>
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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?

- rapini
- sweet potatoes
- vine leaves
- parsley
- apples
- cucumber
- squash
- lamb
- watermelon
- green peas
- mint
- Swiss chard
- cantaloupe
- potatoes
- tomatoes
- spinach
- green pepper
- thyme
- fenugreek
- dandelion
- green chili
- eggplant
- beef
- okra
- calaloo
- molokhia
- flat green beans
- bitter melon
- onions
- green beans
- chicken
- zucchini
- grapes
- mini cucumber
- fava beans
- carrots
- cauliflower
- pumpkin
- goat
Farmers’ Markets

For the freshest Middle Eastern produce, visit one of the following farmer’s markets in the City of Toronto.

- Brick Works Farmers’ Market
  550 Bayview Ave.
  (between Prince Edward Viaduct (Bloor/Danforth) & Pottery Rd.)
  www.evergreen.ca/rethinkspace/?p=148

- Dufferin Grove Farmers’ Market
  873 Dufferin St. (in Dufferin Grove Park)
  www.dufferinpark.ca/market/wiki/wiki.php

- Riverdale Farm Farmers’ Market
  201 Winchester St. (in Riverdale Park)
  www.friendsofriverdalefarm.com/market.htm

- Trinity Bellwoods Farmers’ Market
  1053 Dundas St. W.
  (NW corner of Trinity Bellwoods Park)
  www.withrowpark.ca/wiki/wiki.php

- Withrow Farmers’ Market
  725 Logan Ave. (in Withrow Park)
  www.withrowpark.ca/wiki/wiki.php

- Weston Farmers’ Market
  GO Train Parking Lot, John St.
  (Weston Rd. & Lawrence Ave. W.)

On-farm Markets

For the true farm experience, take the whole family for a fun visit to an on-farm market. The following on-farm markets, located close to Toronto, sell Middle Eastern produce.

- Collins Farm Produce (Puslinch)
  Tel: (905) 659-6037

- Greenfields Organic Farm (Campbellville)
  Tel: (905) 854-5458
  www.greenfieldsfarm.ca

- Plan B Organic Farm (Branchton)
  Tel: (905) 659-2572
  www.planborganicfarms.ca

- Shelton Farm (Millgrove)
  Tel: (905) 689-8039

- Simpler Thyme Organic Farm (Hamilton)
  Tel: (905) 659-1576

Locally-grown tomatoes are full of vitamin C and are a great source of fibre, potassium and iron—all important for good health!
Your Guide to Fresh
Locally-grown Middle Eastern food from Ontario’s Greebelt and Beyond

Check out these other organizations for information about the following topics:

A newcomer guide to healthy eating:
**Access Alliance**
[www.accessalliance.ca](http://www.accessalliance.ca)

Eating well with Canada’s food guide:
**Health Canada**
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Farming opportunities for new Canadians:
**FarmStart**
[www.farmstart.ca](http://www.farmstart.ca)

Middle Eastern vegetables grown in Ontario:
**Ontario Ministry of Agriculture, Food and Rural Affairs**
[www.omafra.gov.on.ca](http://www.omafra.gov.on.ca)

Good Food Markets and delivery of the Good Food Box with healthy, locally-grown food:
**FoodShare**
[www.foodshare.net](http://www.foodshare.net)

Farmers’ Markets in and near the Greenbelt:
**Greenbeltfresh**
[www.greenbeltfresh.ca](http://www.greenbeltfresh.ca)

Local on-farm markets and pick-your-own farms:
**Harvest Canada**
[www.harvestcanada.com](http://www.harvestcanada.com)

Healthy eating for your children:
**Toronto Public Health Peer Nutrition Program**
[www.toronto.ca/health](http://www.toronto.ca/health)

To learn more about Ontario’s Greenbelt and its fresh, healthy, locally-grown food, please visit

[www.torontoenvironment.org](http://www.torontoenvironment.org) & [www.ourgreenbelt.ca](http://www.ourgreenbelt.ca)

For free copies of this guide please contact the Toronto Environmental Alliance, 416.596.0660 or download a copy at torontoenvironment.org