Your Guide to Local Food!
9th Edition
Taste the difference local makes!
Do you know where your food comes from?

Take a closer look.

Food produced around Thunder Bay is better for your health, our economy and the environment. Buying foods from our local farmers will help your family understand where their food comes from. It connects you to the people who produce the food you eat. The crisp, juicy freshness is more available than you think!

Choosing food grown close to home is good for you and your family.
- It’s picked at the peak of freshness.
- It’s loaded with flavour.
- It’s high in quality.

Buying food grown close to home is good for local farm families.
- It keeps local farmers in business.
- It offers great value for your dollar.
- It keeps money in our local economy.

Looking for food grown close to home is good for the environment.
- It travels less than 50 km instead of an average of 3500 km to reach your plate.
- It requires less gas and packaging which means less pollution.
- It uses less chemical fertilizer and pesticides.
SHOP LOCAL

Kakabeka Farmer’s Market
10:00 am – 1:00 pm Saturdays June 11- October 8
Kakabeka Legion #225
4556 Hwy 11/17, just south of the village of Kakabeka Falls

Kakabeka Farmers' Market, now in its third year, offers local fresh produce, meat, baked goods, preserves and other farm food products along with locally made art and crafts, and bedding plants in season. Breakfast is available from the Kakabeka Legion Canteen from 9 am to noon.

Kakabeka Farmers' Market is a self-sustaining, not-for-profit, community organization that brings together customers, farmers, local food producers, artisans and crafters in a fun atmosphere of spontaneous community building. It is proud to be the only local market that is a true "farmers' market" as defined by Ont. Regulations (over 50% farm food producers).

Visit kakabekafarmersmarket.ca or email contact@kakabekafarmersmarket.ca

Roots to Harvest Market Garden
10:00 am – 3:00 pm Mondays and Thursdays July & August
Corner of Algoma Street and Cornwall Avenue

A youth-led market garden is located right in the heart of Thunder Bay during July and August. Produce is harvested and sold fresh, right before your eyes, at the garden site. Roots to Harvest staff are also available to give compost workshops and garden tours.

Visit rootstoharvest.org or email info@rootstoharvest.org
Superior Seasons Food Market – Online Store
marketstore.locallygrown.net

Your online farmers’ market with sustainably grown and hand-crafted items from verified, local vendors only.

Thunder Bay Country Market

Saturdays - open year-round
8:00 am – 1:00 pm
Wednesdays - seasonal
3:30 – 7:00 pm
CLE Dove Building (corner of May Street & Northern Avenue)
“We Make it, Bake It, Grow It”

For further information visit thunderbaycountrymarket.com or email info@thunderbaycountrymarket.com

Thunder Bay Farmers’ Market
Victoriaville
9:00 am – 4:00 pm Tuesdays & Fridays Easter to December 22

Wilson Street Park
8:00 am – 12:00 pm Wednesdays & Saturdays May 30 to October 31

For more information call 964-2042
Thunder Bay Meat Processing

Monday to Friday 8:00 am to 5:00 pm
Saturday 9:00 – 11:00 am (May – December)
4754 Oliver Road, Murillo
935-2911
info@thunderbaymeatprocessing.com

Looking for local meat?
We specialize in retailing local beef, pork and lamb by the side or quarter. Our products are raised by producers throughout Thunder Bay and surrounding area, and offer farm fresh meats that are hormone free, grain/grass fed and are aged to perfection.

All of our delectable products are available year round, however, must be ordered in advance to ensure availability.

If you have any further questions regarding our local products, please contact Thunder Bay Meat Processing and we would be happy to help.

Willow Springs Creative Centre
Open from late June to early October, Fridays 3:00 – 7:00 pm
10160 Mapleward Road, Kaministiqua
768-1336
willowsprings@tbaytel.net | willowsprings.ca

Willow Springs is located in rural Lappe and offers local produce, meat, wood fired pizzas and bread, honey, preserves, baking, cheese, art and more. Kid's activities available during the market.

Willow Springs Creative Centre is a not-for-profit, social purpose enterprise providing inclusive art, gardening and food programming and training to institutions, organizations and the general public.
GET FRESH GUIDE

Farm
A business that grows fresh produce or raises livestock available for sale.

Food Artisan
A business that produces food by non-industrialized methods, often handed down through generations but now in danger of being lost. This business knows where their raw materials come from and is aware of the different local conditions which have given rise to particular regional specialities.

Food Heritage Protector
A business that produces specific foods which preserve a cultural tradition of our area. Using skills and recipes inherited from past generations, this business protects a local cultural heritage for the present and future generations.

Local Food Supporter
A business that incorporates a significant amount of food that is grown or raised locally into their finished products. At this business, be sure to ask: “What’s local?”
B&B Farms
Darren & Debbie Burgsten
3523 Hwy 17, Rosslyn
939-1446
thunderbayspuds@tbaytel.net

Products Available:
Potatoes: white, red, russet  Processed Potatoes: whole peeled, cubed peeled, baby roasters peeled, fresh cut fries

Where to Buy:
Farm gate, local area grocery stores, Thunder Bay Country Market

B&B Farms is a locally owned, family operated farm located just 10 km west of Thunder Bay on Highway 11/17. We grow 200 acres of fresh potatoes each year to supply Thunder Bay and surrounding area.

We follow a HACCP based food safety program and achieve an audited GOLD rating certificate.
Belluz Farms
The Belluz Family - Kevin & Jodi
752 Candy Mountain Drive, Slate River
475-5181
info@belluzfarms.on.ca | belluzfarms.on.ca
Facebook and Twitter

**Products Available:**

*Pick Your Own:* strawberries, saskatoons, raspberries, peas, beans and cucumbers

*Fresh Picked:* herbs and salad greens, strawberries, raspberries, cucumbers, garlic, sweet corn, tomatoes (including heirloom), melons, pumpkins, winter squash and assorted heirloom garden veggies

**Where To Buy:**
Farm gate, Belluz Farms’ Little Red Barn (parking lot of Home Hardware), Thunder Bay Country Market, Superior Seasons Food Market

Located in the beautiful Slate River Valley, Belluz Farms offers pick your own options as well as fresh picked produce and local food products in our on-site Farm Market & Greenhouse. We grow our fruits and vegetables using the principle of sustainability: primarily organic practices together with integrated management techniques.

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Fresh fruits and vegetables are a great source of essential vitamins, minerals and fibre for good health.
Boreal Birch Syrup
Dave Challen & Beth Kuiper
Thunder Bay
768-7958
info@birchsyrup.ca | birchsyrup.ca

**Products Available:**
Birch syrup, birch-maple syrup blend

**Where to Buy:**
Thunder Bay Country Market, online orders, various food outlets in Ontario

*We produce birch syrup on a small, sustainably managed wood lot outside of Thunder Bay. Our business mixes traditional methods with modern as we collect sap using buckets, concentrate raw sap using reverse osmosis and boil using a wood-fired evaporator.*

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Boreal Forest Teas
Lee-Ann Chevrette
Thunder Bay
info@borealforestteas.ca | facebook.com/borealforestteas

**Products Available:**
Organic herbal teas

**Where To Buy:**
Belluz Farms Market Store, Bean Fiend, The Study (Lakehead University), Airport Gift Shop and online store: borealforestteas.ca

*Boreal Forest Teas is proud to offer organic, handcrafted, northern-inspired teas. Our teas combine wild harvested boreal plants and berries with premium quality organic cultivated herbs to create ten delicious blends as well as iced tea that are good for you and the planet. We support First Nations Non-Timber Forest Product (NTFP) initiatives and organic growers. Five percent of our proceeds are donated to conservation efforts in Canada’s boreal forest.*
Get to Know Your Food Producer

When you buy local food you have the opportunity to ask questions. Here are some things you can ask your local producer:

1. How do you grow your fruits/vegetables? How do you manage weeds, pests and disease? How do you manage the health of your soil?

2. How are your animals raised? Are your animals finished in a feedlot? What is your policy on medicine and growth promoters for your animals?

3. How is food safety addressed when you process/package your products?

4. Do you provide WSIB coverage, fair wages and working conditions for your employees?
Breukelman’s Potato Farm
Arnold & Dan Breukelman
11 Piper Drive, Slate River
935-4040

Products Available:
Potatoes

Where To Buy:
Farm gate, local area grocery stores

We grow potatoes in the Slate River Valley. We provide a local product at a fair price and help support the local economy.

Bruce and Valve Forrest
Bruce & Valve Forrest
784 Barrie Drive, Stanley
473-9609

Products Available:
Beef, rabbits

Where To Buy:
Farm gate, phone orders, Vitality Natural Food Market, Superior Seasons Food Market

Environmentally friendly production of beef and rabbits. Sides, quarters or individual cuts of beef are available year round, as well as ground beef and ready-made patties. Small orders welcome and free delivery provided in Thunder Bay.
Brule Creek Farms
Jeff & Andrea Burke
RR 1, 50 Pokki Road, Kakabeka Falls
933-0570
info@brulecreekfarms.ca | brulecreekfarms.ca

Products Available:
Stone ground flour: sifted, whole grain, rye, buckwheat and a selection of baking mixes
Cold-Pressed Extra Virgin Canola Oil

Where to Buy:
Thunder Bay Country Market, farm gate, select local and regional grocery stores, Superior Seasons Food Market Online Store and Cloverbelt Local Food Coop Online Store

*We are a family farm that specializes in growing, milling and pressing grains. We use granite stone mills to produce a product that is rich in flavour and texture. We use a cold-press to produce an extra-virgin canola oil that has a bold flavour and colour.*
Chocolate Cow
Doug & Jane Stanton
261 McCluskey Drive, Slate River
623-2628
chocolatecow@tbaytel.net | nutfreechocolatetestore.com

Products Available:
Chocolate bark made with local fruit dried on-site, apples from our orchard and apple products

Where to Buy:
At the shop: Monday-Thursday 10:00am – 4:30pm, Thunder Bay Country Market, Maltese Grocery, Cheese Encounter, Vitality Market, Bloomers in the Brownhouse and other select local stores.

The Stanton Family invites you to enjoy a collection of natural delectable treats including chocolate and apples from the Chocolate Cow located in the Slate River Valley.

De Bruin’s Greenhouses
Arjen & Henriet De Bruin
3033 Hwy 61, Slate River
475-7545
debruin@tbaytel.net | debruinsgreenhouses.com

Products Available:
Greenhouse tomatoes, cucumbers, living lettuces and basils, and other fresh herbs (available May through November)

Where To Buy:
De Bruin’s Greenhouses, Thunder Bay Country Market, select local food stores, select local restaurants, phone orders

We are a family owned and operated greenhouse specializing in fresh, healthy and natural produce. No pesticides are used. Taste the difference.
Gammondale Farm

Gerry & Sue Gammond
426 McCluskey Drive, Slate River
475-5615
farmfun@tbaytel.net | gammondalefarm.com

**Products Available:**

15 acres of over 40 varieties of squash and pumpkins

**Where to Buy:**

Farm gate, phone orders

For forty years we have farmed in the Slate River Valley. Gammondale is eco-friendly and is the largest grower of squash and pumpkins in Northwestern Ontario. Open year round, Gammondale hosts Pumpkinfest, the Haunted Cornfield, the Easter Festival, sleigh rides, birthday parties, weddings, tours and community events.

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Green Valley Gardens Honey Farm

Nicole Wojtalik
1051 Road 5 South, Shuniah
977-1090
nicolewojtalik@yahoo.ca | greenvalleygardens.com

**Products Available:**

Wild flower honey

**Where To Buy:**

Farm gate

Located on the beautiful Islet of the Sleeping Giant, we welcome visitors to our small apiary. We are open by chance or appointment.
Little Doo’s Farm
Glenn King & Michael Quibell
186 Morrow Road, Murillo
935-3362
kingod@tbaytel.net

Products Available:
Lamb, rabbit, value added products

Where To Buy:
Farm gate, Thunder Bay Country Market, phone orders

Little Doo’s Farm is a home-based business in the beautiful countryside west of Murillo. We specialize in a delicious assortment of quality home baking.

Mile Hill Farms
Renata & Maurice Thiboutot
Kakabeka Falls
939-7514
renata@milehillfarms.ca | milehillfarms.ca

Products Available:
Garlic, onions, kale, fennel, carrots, beets, spaghetti squash, rapini, and more vegetables! Get them when they are fresh from the garden, and for winter storage. Vegetable seed production on farm.

Where To Buy:
Direct from our website, Thunder Bay Country Market, Superior Seasons Food Market, Thunder Bay Regional Health Sciences Centre Market, Cloverbelt Coop (Dryden area) and specialty grocery stores (Maltese & Valley Fresh). Seeds can be purchased through “Roots to Harvest”.

Mile Hill Farms grows food following practices laid out by our country’s great grandparents. We love to grow food and enjoy food. Pure and simple every time. Our farm is located near Kakabeka Falls, west of Thunder Bay.
Northern Unique

Rob Walsh
431 Northern Avenue, Thunder Bay
622-3955
northernunique@gmail.com | www.facebook.com/pages/Northern-Unique-Catering/349401735093401

Products Available:
Baking, prepared foods, locally bred and raised wild boar and bison from The Dawson Buffalo Ranch

Where To Buy:
Thunder Bay Country Market, phone orders or via email, Superior Seasons Food Market

Our focus is helping food lovers in Northwestern Ontario experience all that this region has to offer. At Northern Unique, we source as many local ingredients as we possibly can in the preparation of our goods including our own bred and raised wild boar. Northern Unique and its many friends will make every attempt to assist, educate and offer you some of the best responsibly raised regional fare you may ever experience. We are able to provide employment opportunities for young persons at the Thunder Bay Country Market.

Reidridge Farms

Jason & Trudy Reid
3415 Oliver Road, Thunder Bay
935-3224
reidridgefarm@tbaytel.net

Products Available:
Lamb and beef

Where To Buy:
Phone orders, AJ's Trading Post, Thunder Bay Country Market (My Pride Farm booth)

We are a young, energetic farm family. We own a sheep and cow/calf operation and finish our own lamb and beef. We market to the health conscious consumers of Thunder Bay.
Sandy Acres Farm Inc.
Peter Brink & Scott Poluyko
4154 Hwy 11/17, Kakabeka Falls
939-2742
info@SandyAcresFarm.net | sandyacresfarm.net

Products Available:
High quality beef and pork. We offer sides, quarters and individual cuts as well as artisan beef and pork sausages (e.g., brats, Italian, chorizo), ground beef and hamburger patties. Farm boxes, mixed boxes and custom boxes are also available.

Where To Buy:
Thunder Bay Country Market, Farm gate, email/phone orders

Sandy Acres Farm is a third generation farm that has been in operation since 1958. We are committed to raising our livestock naturally and humanely, producing only the finest beef and pork. Livestock are not exposed to growth hormones, preventative antibiotics, or animal by-product feed. Sandy Acres Farm is a small-scale farrow-to-finish producer of pork, where Yorkshire and Berkshire hogs are ethically raised in a way that is free of farrowing crates and gestation stalls.
Simply Superior Farm Products

Clair Anderson
91 Carlo’s Road, Thunder Bay
632-1822
ssfpcsa@tbaytel.net | www.facebook.com/SimplySuperiorFarmProducts

**Products Available:**
Organically grown non-genetically modified organism (non-GMO) vegetables, jams, preserves, home milled stone ground flour, breads and baking

**Where To Buy:**
Community Supported Agriculture (CSA) membership share sales, farm gate, farmers market (Nolalu and South Gillies Country Markets)

*Simply Superior Farm Products is primarily an off grid CSA farm that markets and provides vegetable and fall shares to the consumer within a 45 km distance of the farm. All produce is organically grown, non-GMO and is pesticide free. Jams, preserves and pickling are processed to safety guidelines.*

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Slate River Dairy

Wilma Mol
4275 Hwy 61, Neebing
473-5105
slateriverdairy@tbaytel.net | slateriverdairy.ca

**Products Available:**
Whole milk straight from the cow, 2% milk, skim milk, 35% cream and yogurt. All products are pasteurized but not homogenized so the cream in the whole milk and 2% rises to the top.

**Where to Buy:**
On-site country store, Thunder Bay Country Market

*Slate River Dairy makes natural local milk products from a sustainable family farm into healthier, more nutritious, fresh, non-homogenized milk, cream and yogurt in environmentally friendly returnable glass bottles. We do not use any preservatives, additives or stabilizers in our yogurt. Come taste the difference.*
**Sleepy G Farm**

Brendan Grant & Marcelle Paulin  
Pass Lake  
977-1631  
sleepygfarm@gmail.com | sleepygfarm.ca

**Products Available:**  
Certified Organic Vegetables, Community Supported Agriculture (CSA) vegetable box subscription program

**Where to Buy:**  
CSA Subscription Program, Thunder Bay Country Market (Saturdays Sept.- Dec.), Silver Islet Market Stand (Saturdays, July & Aug.), Bonobo’s Foods, some restaurants (see website for details).

*Sleepy G Farm is located east of Thunder Bay in the community of Pass Lake. We are strong proponents of modern ecological agriculture and manage our farm accordingly. We maintain a flock of laying hens and a small herd of Shorthorn & Highland cattle to meet the fertility needs of our soil. We employ the use of quality hand tools, tractors and our team of oxen to accomplish fieldwork. Now Certified Organic, we have been offering a wide selection of premium quality, GMO-free vegetables to the community of Thunder Bay since 2009 without the use of synthetic chemicals.*

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**Tarrymore Farms**

William Groenheide  
1789 Hwy 595, South Gillies  
475-3138  
info@tarrymorefarms.com | tarrymorefarms.com

**Products Available:**  
Beef, eggs, vegetables (in season)

**Where To Buy:**  
Thunder Bay Country Market, farm gate and phone or email orders

*We’re a family run farm in the community of South Gillies. We operate on land that was homesteaded in 1906 and since that time has been actively farmed. We take pride in producing responsibly grown beef from our cow/calf operation, eggs from our flock of free fun brown hens and a large variety of vegetables from our garden.*
The Fish Shop
Liisa Karkkainen
1960 Lakeshore Drive, Shuniah
983-2214
thefishshop@tbaytel.net | thefishshop.ca

Products Available:
Local fresh fish, smoked fish, caviar, saltfish, ocean fish, seafood, wild rice,
eggs, cheese, ready-made dishes and appetizers for take out

Where To Buy:
The Fish Shop: Summer - open daily 9 am to 7 pm,
Winter - open daily 9 am to 6 pm,
Thunder Bay Country Market

We specialize in local fresh fish and smoked fish prepared with a traditional Finn
recipe using green alderwood and no synthetic chemicals, nitrates or liquid
smoke.

The Squash Queen
Dan & Shannon Vanlenthe and Family
1926 Hwy 595, South Gillies
939-1013
countryman@tbaytel.net

Products Available:
Fresh picked vegetables - cucumbers, squash, pumpkins, zucchini, herbs and
bedding out plants, pasture raised pork

Where To Buy:
Thunder Bay Country Market, select local food stores

During the growing season, every month brings new and wonderful produce
from our gardens. Fresh picked vegetables available in season. Selections of
melons, cucumbers, pumpkins and over 20 varieties of squash. Pork sides
are available year round, please call or email for dates. Our pigs are raised on
pasture with lots of space and for us to continue to creating more gardens.

Connect with the people who produce the food you eat!
Thunder Oak Cheese Farm
The Schep Family
611 Boundary Drive, Neebing
628-0175
info@cheesefarm.ca | cheesefarm.ca

Products Available:
Gouda cheese in a large selection of flavours made with fresh milk from our own Holstein cows

Where To Buy:
Our country store, Thunder Bay Country Market, select local food stores

During the growing season, every month brings new and wonderful produce from our gardens. Fresh picked vegetables available in season. Selections of melons, cucumbers, pumpkins and over 20 varieties of squash. Pork sides are available year round. Please call or email for dates. Our pigs are raised on pasture with lots of space and for us to continue to create more gardens.
Vanderwees Home & Garden

John Vanderwees
6488 Mapleward Road, Thunder Bay
767-3666
louisevgh@tbaytel.net | vanderweeshomeandgarden.com

**Products Available:**
Pesticide-free hothouse tomatoes, food made fresh from locally grown/made sources

**Where to Buy:**
Vanderwees Home & Garden Retail Garden Centre

*Vanderwees Home & Garden has been in business for 56 years and is a full service retail and wholesale garden centre. We grow hothouse tomatoes in a controlled environment, free of pesticides. Our café in the garden centre uses produce grown in our gardens and locally sourced food ingredients in their menu items.*

Walkabout Farm

Robert & Janice Groenheide
44 Oleksuk Road, Neebing
964-2229
info@walkaboutfarm.ca | walkaboutfarm.ca

**Products Available:**
Lamb and pork

**Where to Buy:**
Thunder Bay Country Market, Belluz Farm Store or by phone or email

*Walkabout Farm produces quality pasture raised lamb and Berkshire pork.*

Taste the difference local makes!
Keep Food Safety in Mind

Keep these tips in mind to ensure the food you’re buying is safe.

• Wash all vegetables and fruits before eating.

• Always wash your hands before and after handling food.

• Take perishable items like meat home immediately after purchasing them, or bring a cooler with ice packs to help keep them cold (and safer) on the trip home.

• Unpasteurized juices and ciders should be brought to a boil before drinking.

• It is illegal to sell or distribute unpasteurized milk in Ontario. Even in small quantities, unpasteurized milk is unsafe, especially for children.

• Farm-fresh eggs can only be sold directly from the farm where the eggs were produced. All other egg vendors must sell eggs that have been graded at a registered egg grading station.

• All meat sold in Ontario must come from a federal or provincially inspected abattoir. Look for the inspection tags/stamps and labels.

• All prepared foods offered for sale must be from an inspected source.
Restaurants and Caterers

The restaurants and caterers listed in this guide meet the following criteria:

1. They purchase from at least three (3) local farms and/or food producers during the months of July to October and/or grow their own.

2. They purchase a minimum of 10% of total food purchases from those farms and/or food producers during the months of July to October.
RESTAURANTS AND CATERERS

A Fine Fit Catering & Consulting
Rhonda Bill
144 Evans Street, Thunder Bay
708-3509
info@afinefitcatering.ca | afinefitcatering.ca

We are a company committed to providing wholesome, home-cooked food that features local products and avoids highly processed and preserved foods. We offer a range of event catering from corporate luncheons to customized lakeside weddings. We also offer themed and custom full course dinner parties complete with cooking demonstrations of each course, hands-on opportunities and take home recipes. We are happy to accommodate any special dietary need in your group for no extra charge.

Bight Restaurant & Bar
Bianca Garafalo
2201 Sleeping Giant Parkway, Unit 100, Prince Arthur’s Landing
622-4448
info@bightrestaurant.ca | bightrestaurant.ca

Bight Restaurant & Bar offers a contemporary dining experience which combines a forward thinking menu with a strong focus on local and fresh ingredients. Located at the heart of Prince Arthur’s Landing, Marina Park, Bight showcases panoramic views of the waterfront from the restaurant as well as the seasonal patio.

Both Hands Wood-Fired Pizzeria & Bakery
Derek Lucchese
297 Park Avenue
286-4263
bothhandswoodfired.ca

Both Hands Wood-Fired Pizzeria & Bakery is a combination of a traditional Italian pizzeria and a restaurant/bakery bringing together Northwestern Ontario products and people. All of our naturally leavened rustic breads and pizzas are baked in our hand-built wood-fired dome oven.
Caribou Restaurant & Wine Bar
Craig Vieira, Head Chef
727 Hewitson Street, Thunder Bay
628-8588
info@caribourestaurant.com | caribourestaurant.com

Caribou is a North American modern restaurant and wine bar. We focus on worldly flavours for inspiration while providing the freshest and most consistent products available. We are also inspired by local ingredients and try to use these ingredients whenever possible.

Fox on the Run
Ron Lemaquand
1100B Memorial Avenue, Thunder Bay
622-4211
info@foxontherun.com | foxontherun.ca

We are a lunch and coffee bar featuring homestyle soups, local baking and sandwiches/wraps made with roasted meats, fresh produce and local cheese.

Giorg Cucina e Barra
Katrina Oostveen
114 North Syndicate, Thunder Bay
623-8052
giorg.ca | info@giorg.ca

Located behind the Courthouse, Giorg serves authentic, fine Italian cuisine. Our pasta is made fresh in-house, the traditional way, by extracting it through a bronze die. Watch our chefs prepare your dishes from scratch in our open concept kitchen or book one of our two private rooms.
In Common
Tara Lewis
40 Cumberland Street, Thunder Bay
344-4450
facebook | incommonsocial@gmail.com

We are a small resto-bar featuring a unique menu over both lunches and dinners, sourcing most food locally.

Karen’s Kountry Kitchen
Karen Pintar
Hwy 587, Pass Lake
977-2882
karenskountrykitchen@hotmail.com | karenskountrykitchen.com

For over 20 years, we have invited people to come relax by the lake and enjoy homemade soups, sandwiches, buns, light lunches and daily specials. We also offer a variety of thirst quenchers to enjoy on our patio. To complete your dining experience, indulge in a decadent dessert lovingly created in our kitchen. Open June to October, call for schedule.

Local Motion
Nikos Mantis
Mobile Food Truck
621-4330
info@pinetreecatering.com | localmotion-eats.com
facebook.com/pinetreecatering | @localmotioneats

Local Motion’s “Northern Fusion” approach to food will change the way you think about food on the go, featuring an ever-changing menu of exciting and creative foods that transform with our great northern seasons. Local Motion's black food truck promises diners a “Northern Fusion” experience that brings the farms and gardens of the region to the streets of Thunder Bay. Follow the Food Truck by downloading the Local Motion App from the App Store.
Northern Unique Catering
Rob Walsh
431 Northern Avenue, Thunder Bay
622-3955
northernunique@gmail.com | www.facebook.com/pages/Northern-Unique-Catering/349401735093401

Our focus is helping food lovers in Northwestern Ontario experience all that this region has to offer. At Northern Unique, we source as many local ingredients as we possibly can in the preparation of our food, including our own wild boar. Northern Unique and its many friends will make every attempt to assist, educate and offer you some of the best responsibly raised regional fare you may ever experience.

Pinetree Catering
Nikos Mantis
123 Kuusisto Road, Thunder Bay
621-4330
info@pinetreecatering.com | facebook.com/pinetreecatering

Pinetree Catering offers special event catering for the community of Thunder Bay and area. Pinetree Catering serves parties of 20 to 250 people with creative and innovative local and seasonal food selections. Pinetree Catering offers a diverse menu and customized meal planning for each customer's special event.

Off The Charts Burgers
Paige Guzzell
1725 Highway 61, Unit #2, Thunder Bay
286-2874
OTCburgers.com | offthechartsburgers@gmail.com

At Off The Charts we believe in fresh local foods. Our goal is to bring the community of Thunder Bay a unique and creative burger experience. We serve 100% local beef, farmed exclusively in Northwestern Ontario and graded at Rainy River Abattoir, ensuring you, our valued customer gets nothing but the best.
The Blue Door Bistro
Craig & Hollie Napper
116 South Syndicate Avenue, Thunder Bay
623-5001
the_blue_door_bistro@yahoo.ca | facebook.com/thebluedoorbistro
thebluedoorbistro.com

We are an all-day breakfast and lunch bistro. We provide many traditional classics with an upscale and sophisticated blend of flavours and ingredients. We offer baking, catering and delivery. We take phone orders and will have them ready for you to sit and enjoy, or take away.

The Growing Season Juice Collective
Jelena Psenicnik, Sara Boyer & Amy Kelterborn
201 Algoma Street South, Thunder Bay
344-6869
info@growingseason.ca | growingseason.ca
Look for us on Facebook

Healthy Eatery! We serve fresh juices and light meals made with fresh ingredients.

The Organic Garden Café
Patrick McGraw
415 Fort William Road, Thunder Bay
344-1917

Our vegetarian café brings you fresh, organic produce from our small farm and greenhouse in a friendly, informal atmosphere. We pride ourselves in our commitment to quality and menus that are good for the earth and your health. Wheat grass is a main crop and feature at the café.

Connect with the people who produce the food you eat.
The Silver Birch
Darlene Green
28 Cumberland Street North, Thunder Bay
345-0597
thesilverbirchrestaurant@gmail.com | thesilverbirchrestaurant.com

The focus of The Silver Birch Restaurant is “Northern Inspired Cuisine.” We celebrate the local food and culture of Northern Ontario. Our menu is divided into land and shores using fresh fish from Lake Superior and as many locally raised products as possible. Every item on our menu has a local element.

The Sovereign Room
Scott Arnot
220 Red River Road, Thunder Bay
343-9277
sovereignroom.com

Gastro-pub fare and imported beers in a unique and casual environment.

Tomlin
Steven Simpson
202 1/2 Red River Road, Thunder Bay
346-4447
office@tomlinrestaurant.com | tomlinrestaurant.com

Tomlin works alongside local farmers and producers to create fresh and eclectic plates with an emphasis on sharing at the table. We specialize in house made charcuterie and pasta, craft cocktails and VQA wines. Our menus are always changing and offer chef’s tastings for parties of four or more.
What is a CSA?

Community Supported Agriculture (CSA) members pay the farmer an annual membership fee to cover the production costs of the farm. In return, the farmer provides members with a weekly share of the harvest throughout the growing season. In this way, members share in the risks and satisfaction of farming, including poor harvests due to unfavorable weather or pests, and bountiful harvests during favourable growing conditions. CSA not only provides growers with a more economically stable farm operation, but it fosters a sense of responsibility between people and the food they eat, the land on which it is grown and those who grow it.
Seasons change.
So does what’s growing!

This table on the right shows you what’s in season around Thunder Bay throughout the year.

Crop availability varies from year to year. It's always a good idea to check ahead.
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All foods available year round
Do you know where your food comes from?
Take a closer look.

Food produced around Thunder Bay is better for your health, the economy, and the environment. Buying foods from our local farmers will help your family understand where their food comes from. It connects you to the people who produce the food you eat. The crisp, juicy freshness is more available than you think!

Well travelled is far from fresh.

- 4 am wake-up call
- 5 long layovers
- Bruised & tired on arrival

Check where your food comes from.

For more information call: 625-8315

nwofood.ca