YOUR GUIDE TO LOCAL & ORGANIC FOOD

Where to find Ontario’s organic farmers, retailers and products: page 6
Organic recipes: page 14

NEW FOR 2015
Organics Live Weekly & Bi-Weekly Produce Boxes Feature 100% Certified Organic Fruits & Vegetables Delivered to Homes & Business for Less Than The Cost of Shopping Retail

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LOCAL SUSTAINABLE & SMALL SCALE PRODUCERS
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WHY CHOOSE ORGANIC?

FOR YOUR HEALTH...

Studies have demonstrated higher levels of nutrients in organically grown foods, including vitamin C, iron, magnesium, and phosphorus as well as higher levels of antioxidants*. Antioxidants are a class of phytonutrients, which are naturally occurring plant compounds responsible for the unique flavours found in food. Aside from giving food its flavour, many phytonutrients to date have been linked to positive health benefits in humans. Foods produced organically have been shown to contain higher levels of phytonutrients* and this makes logical sense since many phytonutrients are produced by the plant as natural pesticides—similar to the immune compounds that your body produces when exposed to a bacteria or virus. When a plant is not sprayed with chemical pesticides, it has to produce its own in response to exposure to pests, hence, more phytonutrients!* Many organic consumers will agree that organics taste better—true testimonials to the greater level of flavourful and health beneficial phytonutrients present in organic foods!

DID YOU KNOW?
Using fewer pesticides is healthier — for you, the farmer and the environment*

FOR THE ENVIRONMENT...

Organic cultivating and processing respect the environment and delicate ecological balance by using green technologies. That includes respecting the environment by working in harmony with nature and protecting the quality of the water and soil.

Biodiversity is also a key part of organic farming. Organic practices work to preserve biodiversity (which is the variety of species we have on the planet) by practicing crop rotation, using traditional seed varieties and respecting the diversity of their local lands and environment.

FOR YOUR LOCAL COMMUNITY...

Many organic farms are smaller, independent operations that work hard to create food for the communities around them. This strengthens local economies and community ties between farmers and consumers.

*DID YOU KNOW? Using fewer pesticides is healthier — for you, the farmer and the environment*
*Visit OrganicCouncil.ca for supporting studies
WHAT IS ORGANIC?
ORGANIC AGRICULTURE is about more than just growing foods that are pesticide free. Organic food products have been grown in a way that promotes biodiversity, protects the health of the soil, water and air, and uses environmentally sustainable practices. Other goals of organic growers and farmers include giving livestock humane conditions for the health and well-being of the animals, and recycling materials and resources to minimize using non-renewable resources.

SO WHAT’S NOT BEING USED IN ORGANIC FOOD?

ORGANIC PRODUCTION DOESN’T ALLOW THE USE OF:
> synthetic pesticides or fertilizers
> sewage sludge
> genetically modified organisms (GMOs)
> ionizing radiation
> growth hormones for animals that produce meat, poultry, eggs and dairy products

HOW DO I KNOW THAT WHAT I’M BUYING IS REALLY ORGANIC?
Accredited certification bodies inspect and label farms as ‘certified organic’ and they inspect supplies, production processes, environmental conditions and more. Once a certification body gives its approval to a farm or processor, their products can be labelled with the Canada Organic logo. The farm or processor will also be inspected annually.
Learn more at organicbiologique.ca

HOW IS ORGANIC FOOD DIFFERENT FROM ‘NATURAL’ FOOD?

THE WORD ‘NATURAL’ does not have a uniform definition and may not fully represent the values you are expecting in the food product you’re buying. Labelling a food as ‘natural’ doesn’t mean it’s organic—or even healthy—since there are very few regulatory rules around using that specific term on foods.

Instead, look for products that are certified organic to be sure your food is produced with your health and the environment in mind. Organically certified products are marked with the certifier’s logo and certification number.
REAL FOOD, REAL PEOPLE

BABA LINK FARM
Hamilton, babalinkfarm.ca

LOCATED IN ONTARIO’S GREENBELT in the city of Hamilton, Baba Link Farm is linking history with the future. Patricia Kozowyk and her husband Ernst von der Kall have been farming 10 acres of her parents’ farm since 2002. Today, over 200 trees, including heirloom varieties of European and Asian pears, apples, cherries, plums and hazelnuts, are found in the farm’s three orchards.

Many varieties of berries such as haskaps, red, white and black currants, gooseberries, elderberries, Saskatoon berries and raspberries are also spotted throughout the farm. The farm’s produce can be found at the Aberfoyle and Sorauren Farmers’ Markets throughout the year. Many edible flowers and herbs, such as borage, roses and sorrel, are also grown and sold to nearby restaurants and farmers’ markets. Many of the farm’s native fruits and herbs are also harvested, such as wild black raspberries and violets.

The farm has been certified organic since 2008. A few acres of the Flamborough Centre Swamp are also included on the farm—adding a rich source of biodiversity. At Baba Link Farm, Patricia and Ernst make an effort to work with nature to create a healthy balance full of diversity.

THE BENEFITS OF BUYING LOCAL
Not only does buying local and organic foods ensure that you’re getting the freshest foods available, but by buying local, you’re also supporting your community. Buying local means you’re directing your dollars to support local farms—and that helps build future food security.
THE NEW FARM
Creemore, thenewfarm.ca

NESTLED NEAR THE SCENIC TOWN of Creemore, Ontario, on the crest of the Niagara Escarpment, the New Farm is a family run certified organic farm specializing in the production of quality heirloom vegetables and potatoes.

The New Farm was established 9 years ago by Brent Preston and Gillian Flies who met each other while working overseas. With potato varieties such as French Fingerling, Russian Blues and German Butterballs, the New Farm places emphasis on growing delicious cultivars for restaurants in the GTA and Southern Georgian Bay area, as well as the Creemore Farmers’ Market. The high quality produce is delivered to Toronto weekly through their distribution partner, 100km Foods Inc. In the Fall and Winter months speciality root vegetables are supplied from their traditional on-farm root cellar.

The New Farm is making an effort to go above and beyond supplying high quality food. Hand tools are used whenever possible, while solar panels are used to offset both household and farm electricity use. Community involvement and improving access to healthy food is also important on the New Farm—produce is donated to local food banks and through a partnership with the Stop in Toronto. A major culinary event is held on the farm once a year, featuring local chefs and a concert—this year’s event will take place on June 15th, 2013.

LIMESTONE ORGANIC CREAMERY
Kingston, limestonecreamery.ca

LIMESTONE ORGANIC CREAMERY IS ADDING a new twist to tradition. Limestone Organic Creamery is adding a new twist to tradition. It opened its doors just last year near Kingston, Ontario. The family run operation is located on 200 acres and is owned and operated by Francis and Kathie Groenewegen, who both grew up on dairy farms in Eastern Ontario. Their products were first certified thirteen years ago.

The creamery has grown to reach over 180 families through its home delivery service. Certified by Pro-Cert Canada, the creamery’s skim, 1%, 2%, whole, chocolate and non-homogenized milk, yoghurt, sweet and salted butter and cream is also sold at 15 stores in and around the city of Kingston, as well as at their on-farm shop. Products from other farms in the area, such as artisanal cheeses and meats, are also available in the shop, and last year the creamery partnered with a CSA market garden to supply their customers with fresh, local produce.

At Limestone Organic Creamery the emphasis is on supplying quality milk products with outstanding taste, while building community connection through farming. Their products are sold in reusable glass bottles and jars showing a further commitment to environmental stewardship and waste reduction.
1. **BUY FROM A FARMER**

Whether it’s through a Community Supported Agriculture (CSA) farm or farm-gate sales (when you buy directly from the farm), Ontario’s organic farms offer a wide selection of food choices. All of the following farms produce certified organic food.

- **AVALON ORCHARDS, INNISFIL**
  avalonorchards.net

- **BAM BROOK FARM, ST. AGATHA**
  bambrookfarm@sympatico.ca
  Freezer beef. Contact us for availability and pricing.

- **BLUE HAVEN FARM, ROCKWOOD**
  bluehavenfarm.ca
  Jerusalem artichokes, garlic, pork, geese, Muscovy duck, turkey, guinea fowl, jumbo ringneck pheasant, lamb, eggs, Silkies.

- **BOWMAN’S ORGANIC PRODUCE, WALLENSTEIN, GUELPH**
  519-698-2960
  Large variety of in season vegetables, some small fruit, greenhouse greens available in winter, transplants for your home garden. Available at farm-gate by appointment or at Guelph Farmers’ Market.

- **CAMPERDOWN FARMS, MITCHELL**
  camperdownfarms.ca
  Lamb and chicken through personal sales. If buying quality organic meat products directly from a local farmer interests you, please call.

- **CONNAUGHT ACRES, CHESTERVILLE**
  connaughtacres.ca
  Organic produce, meat & poultry. Available at farm store, or sign-up for seasonal CSA shares.

- **DEBOER POULTRY FARMS LTD., WATFORD**
  debeespoultry.com
  Organic chicken & eggs.

- **D R U M LIN FARM, PUSLINCH**
  drumlinfarm.ca
  Large variety of produce, available through CSA shares.

- **EVERDALE FARM & LEARNING CENTRE, HILLSBURGH**
  everdale.org
  Registered charity, organic farm, and environmental learning centre promoting a hands-on approach to education. Organic produce available for purchase through CSA.

- **FERTILE GROUNDS CSA, KITCHENER**
  fertilegroundcsa.com
  Small farm offering 4.5 acres of vegetable-growing goodness. Join our CSA, or find our produce July-October at the Kitchener Farmers’ Market.

- **FOLEY FARMS & CAROLINIAN WINERY, THORNLANDS**
  foleyfarms@bellnet.ca
  UPick and Ready Picked—strawberry, raspberries, blueberries, black currants, sweet corn, pumpkins. Chemical-free fruit wines.

- **GREENBUSH HERITAGE ORGANIC FARM, HARRISTON**
  519-338-3784
  Vegetables, plants and fruit. Our focus is on building healthy, fertile soil naturally. Farm-gate, farm-based CSA, various farmers’ markets.

**FOR MORE LISTINGS**, go to OrganicCouncil.ca/directory
GROW TASTY
CERTIFIED ORGANIC NURSERY, CAMPBELLCROFT
growtasty.com
Edible plant nursery, offering over 400 varieties of edible plants/herbs, edible flowers, vegetable starts, vines, berries and fruits. Sold directly from our farm store.

IGNATIUS FARM & CSA, GUELPH
ignatiusguelph.ca/csa
Summer & Winter shares of fresh produce at Guelph’s neighbourhood farm.

KINSELLA’S SIMPLY ORGANIC, WELLAND
facebook.com/kinsellassimplyorganics
Various edible flowers, fruits & vegetables sold wholesale, on-farm market, garden plants at beginning of the season.

MAPLETON’S ORGANIC INC., MOOREFIELD
mapletonsorganic.ca
Ice cream, frozen yogurt and yogurt. Meat & eggs on-farm. Demonstration barn, labyrinth, and more! Bring the entire family for a visit!

MCCARRELL FARMS, STIRLING
dennis.mccarrell@gmail.com
Producer of certified organic Red Angus X grass-fed beef. Taste the health!

MATTEA-S MEADOWS, WELLESLEY
519-656-2406
Mixed farm growing hay pasture, rye, soybeans, oats and plan to grow some open pollinated corn.

MAZAK FARMS, ST. THOMAS
mazakfarms.ca
Certified organic green asparagus, white asparagus, garlic and rhubarb.

MCSMITH’S ORGANIC FARM, ST. THOMAS
mcsmithsorganicfarm.com
Organic mixed farm, providing eggs, meat chickens, beef and market garden vegetables. Available at farm-gate and at Horton Farmers’ Market.

MEADOWVIEW FARM & APIARY, WINGHAM
519-357-4347
Organic beef, lamb, poultry & pork. Available at farm-gate.

MEETING PLACE ORGANIC FARM, LUCKNOW
meetingplaceorganicfarm.ca
Family run farm that retails pork, beef, lamb direct to the consumer.

O’BRIENVIEW ORGANIC FARM, CAMERON
obrienviewfarm.com
Beef, heritage pork, poultry (ducks, chickens, eggs, turkeys). Large vegetable garden with a wide variety of veggies every year.

OLD 99 FARM, DUNDAS
905-627-1917
Permaculture demonstration site and market garden; also raising heritage breeds of meat and poultry, bee yard now producing honey from about 10 hives.
2. LOOK FOR THESE PRODUCTS

While shopping at your favorite organic retailer, be sure to look out for these products, many of which are made right here in Ontario!

CROFTER’S ORGANIC
croftersorganic.com
Manufacturer of certified organic fruit spreads.

FIELD GATE ORGANICS INC.
fieldgateorganics.com
Produce, process and distribute high quality certified organic beef, pork, lamb and chicken.

FILSINGER ORGANIC FOODS
filsingersorganic.com
Organic sweet apple cider, apple cider vinegar, apple butter, apple sauce, pear sauce, white grape juice, red grape juice.

HARMONY ORGANIC
harmonyorganic.on.ca
Harmony offers a complete line of fluid milk and cream products available in reusable glass bottles, recyclable cartons and 4 litre bags.

JUST JUICE
puresource.ca/vervenaturals/justJuice.htm
100% Pure fresh pressed organic bottled juices, not from concentrate.

KIJU
kijuorganic.com
Premium, certified organic 100% juice blends with no added sugar. Available in kid-friendly juice boxes, family-sized Tetra Paks, and single-serve bottles.
LIFE CHOICES
lifechoicesfoods.com
Providing nutritious and convenient meals including organic pizzas, macaroni & cheese, entrees and more!

NEAL BROTHERS INC.
nealbrothersfoods.com
Organic pasta and salsa sauce, tortilla chips, pretzels, cheese snacks and popcorn.

ONTARIO PRIDE
ontarioprideeggs.com
Ontario Pride Eggs are produced on farms in Ontario. We offer consumer traceability on each egg to verify that the product purchased is authentic.

ORGANIC MEADOW
organicmeadow.com
Milk, cream, butter, cottage cheese, yogurt, light cream cheese, ice cream, cheese, eggs, and frozen vegetables, all from local farm families dedicated to providing you with wholesome organic foods.

PFENNINGS ORGANIC VEGETABLES
pfenningsfarms.ca
Grower, packer and shipper of organic fruits and vegetables. Look for the Pfennings logo at your local organic grocery store.

RARE EARTH WINES
rareearthwines.com
Purveyor and marketer of premium natural and eco-friendly wines in Ontario. Visit our website to review our many wines.

SAUGEEN COUNTRY DAIRY
saugeencountrydairy.com
Making organic yogurt, and now kefir, with milk from our cows. Right here on our farm.

SHASHA BREAD COMPANY
shashabread.com
Full line of organic sourdough breads, pizza crust, lavash flatbread and healthy all natural cookies.

SLEGERS GREENHOUSES
slegersgreens.com
Living lettuces, salad greens, mini and micro seedlings and sprouts.

SPROUTS FOR LIFE
sproutsforlife.ca
Wheatgrass, sunflower greens, and pea shoots; sprouted alfalfa, red clover, radish, and other seed mixes.

STICKLINGS SPECIALTY BAKERY LTD.
sticklingsbakery.com
100% certified organic bakery, products baked with 100% certified organic ingredients.

Certified Organic Pickles!
Find Them at Your Local Organic Retailer

Wholesale, co-packing and private labelling also available
info@picklesplease.ca
www.picklesplease.ca

Our 100 acre farm has been organic since the early 1950s. We offer organic cider, vinegar, butter and apple sauce products.

www.filsingersonic.com • tel: 519-665-7763
10

3. VISIT A RETAILER

More than just grocery stores, these retailers are committed to providing local and certified organic food whenever possible.

THE BIG CARROT, TORONTO
thebigcarrot.ca
Specializing in organically grown, non-GMO & environmentally safe products. Featuring fresh food from 50+ Ontario organic farms.

MARKET FRESH, GUELPH
marketfreshguelph.ca
Your local, fresh, and wholesome gourmet market.

NATURALLY HEALTHY NIAGARA, NIAGARA FALLS
naturallyhealthyniagara.com
Large selections of organic natural foods, vitamins, minerals, herbs, sports supplements and organic body, skin, hair care products.

NATURE’S EMPORIUM, NEWMARKET
naturesemporium.com
Your neighbourhood health food market, featuring fresh, 100% organic local produce—year-round!

ONTARIO NATURAL FOOD CO-OP, MISSISSAUGA
onfc.ca
We proactively bring to market natural, organic and local foods and products within a co-operative network.

ORGANIC GARAGE, OAKVILLE & VAUGHAN
organicgarage.ca
Canadian, family run grocery store with a difference. Our mission is to bring you the best quality organic and all natural products at everyday lowest prices.

RAINBOW NATURAL FOODS, OTTAWA
rainbowfoods.net
Offering a wide selection of natural and organic products including fresh organic produce, dairy, cheese & eggs.

THE STONE STORE, GUELPH
stonestore.ca
Offering a wide selection of natural and organic foods. Our emphasis is on organic, fair trade and local.

SOUTHBROOK VINEYARDS, NIAGARA-ON-THE-LAKE
southbrook.com
Award winning organic and biodynamic wines. Available at the vineyard retail store and at the LCBO.

THE SWEET POTATO, TORONTO
www.thesweetpotato.ca
The freshest organic produce at the sweetest prices! We also offer meat, dairy, bulk, prepared foods, refrigerated, frozen, and household.

SUNSHINE PICKLES
picklesplease.ca
We grow our own vegetables which are picked and pickled by hand. Always processed at the peak of freshness!

TASTE OF NATURE
tasteofnature.ca
100% certified organic bars are vegan, Kosher, non-GMO and are made with the very best ingredients the world has to offer.

YORKSHIRE VALLEY FARMS LTD.
yorkshirevalley.com
Our organic, free range chickens are fed only the finest certified organic grains, with no antibiotics, hormones or animal bi-products added.

FROGPOND FARM ORGANIC WINERY, NIAGARA-ON-THE-LAKE
frogpondfarm.ca
Frogpond Farm has been hand crafting organic wine since 2001. Visit our retail store or order your favorite organic wine online.

FRONT DOOR ORGANICS, TORONTO & MISSISSAUGA
frontdoororganics.com
Fresh. Local. Organic. Delivered. Toronto’s link to certified organic food since 1997! Now delivering in Mississauga, too!

THE GENTLE RAIN NATURAL HEALTH FOOD STORE, STRATFORD
www.thegentlerain.ca
Your complete health food store for you and your whole family. Locally owned and operated for over 35 years. Come see what the Gentle Rain has to offer you today.

THE HEALTHY BUTCHER, TORONTO & KITCHENER-WATERLOO
thehealthybutcher.com
One of Ontario’s preeminent butcher shops offering organic and locally raised meat and gourmet prepared foods.

LYN-DYS, LONDON
lyndys.com
Your organic grocery store! All of our food products are certified organic. We stock everything from fresh produce, frozen meats, yogurts, cheese, bulk flours, and more.
SPECIALIZING IN LOCAL, ORGANIC, NON-GMO AND ENVIRONMENTALLY SAFE PRODUCTS. ONTARIO’S 1ST CERTIFIED ORGANIC RETAILER!

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Natural Food Market
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Wholistic Dispensary
416.466.8432
Organic Juice Bar
348 Danforth Ave.
www.thebigcarrot.ca

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CELEBRATING OUR 31ST ANNIVERSARY!
Everdale Farm, located in Hillsburgh, has been training new organic farmers since 1999. everdale.org

C.R.A.F.T., Collaborative Regional Alliance for Farmer Training in Ontario, will help your dream of running your own farm or of helping to build a truly sustainable food system become a reality through farm internships throughout Ontario. craftontario.ca

ONLINE RESOURCES

LOCAL & ORGANIC FOOD DIRECTORIES

ORGANIC COUNCIL OF ONTARIO CERTIFIED ORGANIC FOOD DIRECTORY
organiccouncil.ca

CANADIAN ORGANIC GROWERS ORGANIC DIRECTORY
cog.ca/directory

CONSUMER HEALTH ORGANIZATION OF CANADA
consumerhealth.org/links/organic.html

FARMERS’ MARKETS ONTARIO
farmersmarketsontario.com

FOODLINK WATERLOO REGION – BUY LOCAL BUY FRESH!
foodlink.ca

LONDON AREA ORGANIC GROWERS
londonareaorganicgrowers.com

ONTARIO CSA FARM DIRECTORY
csafarms.ca

ONTARIO CULINARY TOURISM ALLIANCE
ontarioculinary.com/culinary-experiences

ONTARIO FARM FRESH
ontariofarmfresh.com

ONTARIO FRESH
ontariofresh.ca

LEARN TO FARM

Everdale Farm, located in Hillsburgh, has been training new organic farmers since 1999. everdale.org

C.R.A.F.T., Collaborative Regional Alliance for Farmer Training in Ontario, will help your dream of running your own farm or of helping to build a truly sustainable food system become a reality through farm internships throughout Ontario. craftontario.ca

ANNUAL EVENTS

FEAST OF FIELDS
feastoffields.org

GUELPH ORGANIC CONFERENCE
guelphorganicconf.ca

LOCAL FOOD WEEK
organiccouncil.ca/local-food-week

ORGANIC WEEK
organicweek.ca

WORLD FOOD DAY
fao.org/getinvolved/worldfoodday/en/
The Organic Council of Ontario (OCO) is a non-profit membership-driven association. OCO and its members take action to shift Ontario towards more sustaining and organic agriculture through tireless advocacy, research & training, and by educating government policy makers and the public on the full value of organic agriculture.
Visit OrganicCouncil.ca to learn how you can contribute.
RAW ORGANIC APPLE CRUMBLE PIE
FEATURING ONTARIO ORGANIC FRUIT AND HONEY

Did you know the pectin in apples helps lower bad cholesterol by as much as 16 percent? This raw apple recipe is an easy way of spicing up your everyday apples, and turning them into a healthy gourmet treat.

FILLING:
- 5 organic apples sliced very thinly
- 1 lemon, juiced
- 2 tbsp cinnamon
- 2 tbsp honey
- ½ tsp ground ginger
- ½ tsp nutmeg

PIE CRUST:
- 1 cup raw hazelnuts
- 1 cup raw cashews
- ½ cup dates
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp coconut oil

CRUMBLE TOPPING:
- ¼ cup raw hazelnuts
- ¼ cup cashews
- ¼ cup quinoa flakes
- ¼ cup dried cranberries (fruit juice sweetened)

DIRECTIONS:
1. Begin with the pie crust by soaking the hazelnuts and cashews for 20 minutes.

2. Slice the apples with a mandolin and let them marinate with the lemon juice, cinnamon, nutmeg, ginger, and honey for 30 minutes.

3. Drain the pie crust nuts, then combine in a food processor with the dates, vanilla, and cinnamon. Pulse until it sticks together and is fine. Use coconut oil to coat your pan, then mold the pie crust and put it in the freezer for 20 minutes.

4. For the topping put the hazelnuts, cashews, quinoa, and cranberries into a food processor and pulse until fine.

5. Drain the pie filling, then pour filling into your pie crust and sprinkle the crumble on top. Makes 10 servings

RAW ORGANIC APPLE CRUMBLE PIE provided by Julie Daniluk RHN and Random House Canada from her new book ‘Slimming Meals That Heal’ (2014). Nutritionist and best selling author Julie Daniluk hosts The Healthy Gourmet on the Oprah Winfrey Network (OWN), a reality cooking show that looks at the ongoing battle between taste and nutrition. Check out more amazing recipes and nutrition tips at juliedaniluk.com Find Julie on Facebook at Julie Daniluk Nutrition and on Twitter @juliedaniluk
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• POST GRADUATE PROGRAM:
  Advanced Holistic Nutrition

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(at Lakeshore Road West)

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905.737.0284
11685 Yonge St, Unit B108
(at Stouffville Road)

TORONTO
416.482.3772
2221 Yonge St, Suite 305
(at Eglinton Avenue)

TORONTO EAST
416.497.4111
150 Consumers Rd, Suite 210
(at DVP/Hwy 404 & Sheppard)

Check out nutrition and recipe books written by our graduates
http://csnn.ca/books-written-by-csnn-graduates/
HERBED CHICKEN WITH CONFETTI COUSCOUS SALAD
FEATURING YORKSHIRE VALLEY FARMS ORGANIC CHICKEN

This very colourful meal is kid-friendly and can be served warm or cold. Excellent for school lunches too. Hold back on the fresh herbs if making ahead. Sprinkle on top just before serving.

4 Yorkshire Valley Farms chicken breasts, boneless, skinless
2 tbsp fresh thyme
Extra virgin olive oil, as needed
Salt and black pepper
1 cup Israeli Couscous
½ cup green, black, or orange lentils
½ fennel bulb, diced
1 small onion, finely diced
2 garlic cloves, minced to a paste
Zest and juice of 1 organic orange or lemon
2 tsp ground cumin
1 tsp ground fennel seed
1 red, green or orange pepper finely diced
1 handful of chopped parsley, chives, tarragon, and/or cilantro
Salt and pepper to taste

DIRECTIONS:
1. Toss chicken breasts with thyme and olive oil. Place on rack set in baking sheet, season with salt and fresh ground pepper, and transfer to 350°F preheated oven. Bake until internal temperature reaches 165°F, cool and cut into cubes. Set aside.

2. In the meantime precook the couscous and lentils according to package instructions. Drain and transfer to bowl tossing with a little olive oil to prevent sticking together. Set aside.

3. Sauté fennel and onion in a little olive oil for a few minutes. Add garlic, lemon zest and spices. Stir for another 2-3 minutes making certain fennel still has some bite.

4. Add this mixture to the cooked couscous/lentil mixture. Toss with lemon juice, diced pepper, and handful of chopped fresh herbs.

5. Add diced chicken adjusting seasoning with olive oil, salt and black pepper as needed.


Makes 6 servings.

Find more delicious Yorkshire Valley Farms Organic Chicken recipes at yorkshirevalley.com
NEW Flavours!
Organic Gluten Free Buckwheat Snacks

Taste Great | All Natural | Vegan | Local
Every serving is high in magnesium, vitamin E, fibre, zinc and contains prebiotic and probiotic. Learn more about our product nutritional profiles and recipe ideas, visit shashabread.com

Pineapple & Cocoa Nibs
Blueberry & Apple
FARM-MADE PEACH FROZEN YOGURT
AN ORGANIC TREAT FROM AN ORGANIC MEADOW FARM KITCHEN TO YOURS

Take advantage of the organic bounty from your local farmers’ market. Try this simple and delicious recipe, courtesy of Organic Meadow farmer, Deb Vice.

1 ½ cups Organic Meadow 2% M.F. Plain Greek Yogurt
2 cups organic peaches (frozen)
1 tsp organic vanilla extract
1-2 tsp organic cane sugar (optional)

DIRECTIONS:
1. Combine all ingredients in blender.
2. Blend for 30 seconds on low speed.
3. Pour mixture back into original yogurt container, or any other container with a lid.
4. Freeze for 2-3 hours to desired texture.
5. Garnish with a fresh peach slice and share with friends and family.

Enjoy! Serves 6.

For more organically delicious recipes, visit www.organicmeadow.com.
Field Gate Organics

Know Your Food...

Eat Organic

- No synthetic pesticides or preservatives
- No chemical fertilizers
- No hormones or antibiotics
- No GMO's
- Humane treatment of animals

Visit us at

www.fieldgateorganics.com

or pick up your favorite fresh cut meat at our own retail location located at 130 King Street, London, ON
THE GLOBAL PICTURE

ORGANIC FOOD AND CLIMATE CHANGE

ARE THEY CONNECTED? Organic production is fundamentally based on a pro-environmental stance—it cultivates and farms food without adding synthetic toxins and chemicals, and it replenishes the soil and water involved in the process. Organic farms do not use synthetic hormones, sewage sludge, artificial ingredients, irradiation or other similar procedures.

But the link between organic production and climate change is rooted in the very earth that grows these organic products. Organic farmers care as much about their soil as they do their products, so they work hard to balance the soil’s nutrients by using ‘green’ manures, rotating crops, composting and other ecological practices. Together, these practices, improve the quality of the soil as well as significantly lowering the carbon footprint of our food system.

Today, new research shows that farmlands are turning out to be a better carbon ‘sink’ than reforestation alone to handle rising greenhouse gas emissions. While reforestation is critical, organic agricultural farming could have a significant positive impact on the global warming crisis.

While it’s recognized that it’s not the ultimate solution, it’s one way to improve the globe’s climate change predicament.

GENETICALLY MODIFIED ORGANISMS

WHAT CAN WE DO? The technology behind Genetically Modified Organisms (GMOs) takes genes from plants and other organisms and plants them directly into other species’ cells. It’s a practice that’s directly opposed to the kind of farming organic farmers believe in: farming that’s environmentally respectful and works with nature. The overriding concern is that we have no way of tracing GMOs in the foods system, and later, their long-term impact on human or ecological health.

So how can you avoid GMO foods? Eating organic is the best way because organic farming prohibits the use of GMOs.

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Learn more at cban.ca and nongmoproject.org
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10 REASONS TO GO ORGANIC

1 YOU CAN TRUST IT
Organic products must meet strict standards of organic certification, so you can be certain your food is both grown and handled according to organic standards.

2 IT’S MONEY WELL SPENT
Though organics can cost a little more than traditional food, prices are based on the true cost of production.

3 YOU’LL CUT CHEMICAL USE
Organic agriculture reduces the risk from agro-chemicals polluting the air, water and earth that sustain us.

4 NATURE IS NOURISHED
By not using chemicals and nitrogen that leach into the soil, organic food protects and conserves our water resources and builds richer soils. Organic agriculture encourages environmental protection and enhanced biodiversity on the farm.

5 IT ENCOURAGES INNOVATION
Organic farmers have developed their farming practices to minimize agriculture’s impact on the environment.

6 IT DEFENDS DIVERSITY
Biodiversity, that is. Biodiversity is the variety of species living on our planet, and studies show many organic fields contain more species of wild plants, insects and birds than regular farms.

7 IT REACHES OUT RURALLY
Organic agriculture supports small farms and offers new markets for local farmers.

8 THERE’S NO LIMIT
Today in every food category, you can find organic alternatives. More and more organic non-food agriculture products—such as cotton, something most experts believed couldn’t be grown organically—are being developed.

9 IT’S GOOD FOR THE EARTH
Like reforestation, research is showing that organic agriculture could positively impact the global warming crisis.

10 YOU’LL FEEL BETTER
Organic food is rich with nutrients and disease-fighting antioxidants.

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The Voice for Organics in Ontario