



## Local Farmers' Markets

### Carling Market

Saturdays from end of June to early September.  
Also Saturday of Victoria & Thanksgiving  
weekends. **9am - Noon**

### McKellar Farmers' Market

Saturdays from end of June to early  
September. Saturday on both Victoria Day and  
Thanksgiving weekend. **9am-1pm**

### Parry Sound Farmers' Market

Tuesdays during July and August. **9am - 2pm**

### Rosseau Farmers' Market

Fridays during July and August. **9am - 2pm**  
[www.rosseaumarket.com](http://www.rosseaumarket.com)

## Indigenous Land & Food

We are situated within Anishinaabek territory. Indigenous peoples have an inherent right to hunt, fish, and harvest plants, berries, wild rice and other foods. Maintaining cultural relationships with the plants, animals and land are inherently connected to natural law and Indigenous food sovereignty.



## The Parry Sound & Area Food Charter

We envision a local and sustainable food system with equal access to nutritious, safe food. To achieve this vision we will:

### 1. Create Economic Opportunities

- Support regional food production.
- Enhance market opportunities.
- Supplement regional promotion.

### 2. Promote Education and Skill-Building

- Encourage agriculture and nutrition skills.
- Use existing education and brand options.
- Cultivate food literacy.

### 3. Maintain a Healthy Ecosystem

- Advocate for waste reduction.
- Promote local ecology and protect water.
- Reduce our carbon footprint.

### 4. Foster Residents' Health and Well-Being

- Recognize food as essential to well-being.
- Adopt a food security system.
- Increase healthy food choices.

### 5. Support Equal Access Opportunities

- Recognize the right to safe and healthy food.
- Campaign for walk-able and bike-able access.
- Encourage sustainable harvest of wild foods.

### 6. Celebrate Culture and Collaboration

- Promote celebration.
- Increase rural-to-urban dialogue.
- Collectively develop food policy.

## Learn More

The Parry Sound & Area Food Collaborative is a group of volunteers and organizations dedicated to a sustainable, local food system with equal access to nutritious, safe food. Visit [parrysoundareafood.com](http://parrysoundareafood.com) to learn more and find the resources you need:

### Parry Sound & Area Food Charter

A food charter builds on a community's collective voice and values which support a local food system. Created in 2015, the food charter offers a guide for shaping policy and projects.

### Action Toolkits

Whether you're an eater, grower, school, policy maker, workplace or institution, you can use these toolkits to put the principles of the food charter into practice to make a difference!

### Food Access Guide

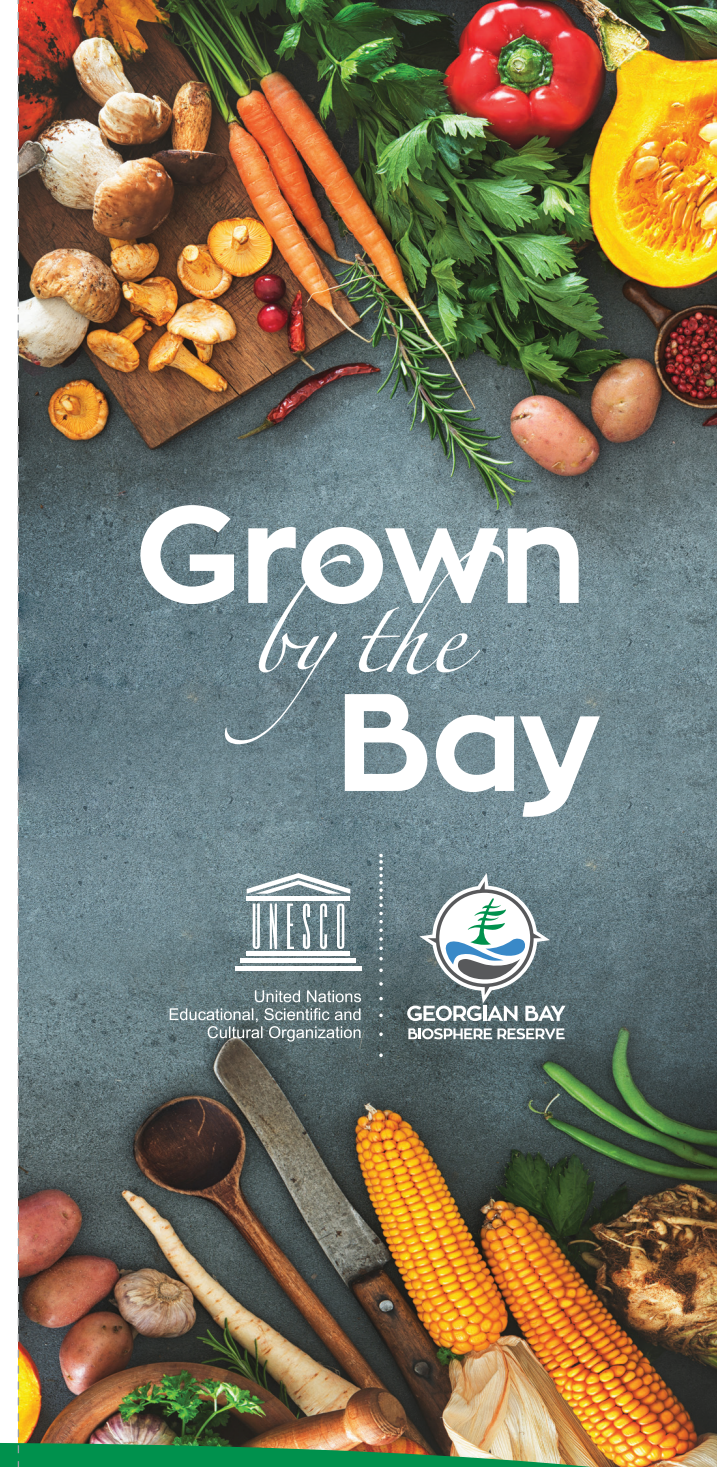
The Food Access Guide is updated multiple times each year and includes programs from several organizations. It contains local information on community kitchens, meal programs, food banks, community gardens, student nutrition programs and good food boxes.

### Community Gardens

Learn where Parry Sound's Community Gardens are located and how to apply for a plot. There is no cost and 10% of produce goes to local food banks.

### Connect With Us

Sign up to receive our newsletter or follow us on Facebook to learn more about upcoming events, projects and volunteer opportunities.



**Ask - Is it locally grown  
or produced?**

11 James St, Parry Sound, ON P2A 1T4  
**705-774-0978** [info@gbbr.ca](mailto:info@gbbr.ca) [gbbr.ca](http://gbbr.ca)

Sustainable food systems are an  
important part of being a UNESCO  
biosphere region.



## Carling

**W-Ranch** - Renate Waepler

**Products Sold:** Naturally raised beef (sold frozen)

• 15 Alves Rd. • Daily 8:30-5:00 • 705-342-7350

**Season:** Year-round

**Thompson Valley Farm** - info@thompsonvalleyfarm.ca

**Products Sold:** Organic vegetables, free range eggs, beef, bread, baked goods

• Appointment only • 705-744-4509

**Season:** Year-round

**Hive Mind** - Kit Harrison, kit@hivemindhoney.com

**Products Sold:** Honey

• Monday-Friday 9:00-5:00 • 705-774-1302

**Season:** Year-round

## Whitestone

**Rodney & Beth Matthews** - elgorham@hotmail.com

**Products Sold:** Egg, pork, poultry, and beef

• 9 Gorham Rd., Dunchurch • 705-389-3257

**Season:** Eggs & poultry year-round, beef & pork in fall.

**McEwan Maple Products**

**Products Sold:** Maple Syrup

• 556 Balsam Rd., Dunchurch • Call ahead

• 705-746-9005

**Season:** Spring until sold out



# Buy Fresh, Buy Local

## Parry Sound

**JB'S Bees of Parry Sound**

**Products Sold:** Local Honey, beeswax candles

• Bee yards in Seguin, McDougall and McKellar townships

• 705-746-2831

**Season:** Available at McKellar & Parry Sound Markets, fall fairs, and Georgian Bay Whole Foods

**Parry Sound & Area Community Apiary** -

parrysoundapiary.com

**Products Sold:** Local honey

• 1 College Dr., Canadore College • M-F 8:00-4:00

• 705-746-9222

**Season:** Year-round

## East Parry Sound

**Midlothian Valley Farm (Gypsy Whole Foods)**

- gypsywholefoods@xplornet.com

**Products Sold:** An variety of organic vegetables, herbs, fruit and shitake mushrooms

• 981 Midlothian Rd. Burk's Falls. Also available at the

North Bay Farmer's Market • Saturday and Sunday

10-4p.m., farm stand by chance or appointment

• 705-382-3561

**Season:** Farm stand open June to October, home delivery year-round

**Over the River Orchards** - Helga Mertins & Bruce Baker

helgamertins@yahoo.com

**Products Sold:** Vegetables, tree fruit, berries, shitake, jams, flowers (bio-dynamic farm)

• 519 Hill 14 Rd. Sundridge • Call ahead • 705-492-7977

**Season:** May-October

**Ferrier's Maplebee Farm** - feefarm@gmail.com

**Products Sold:** Honey

• 826 Echo Ridge Rd., Kearney • 24/7 Roadside honour

system • 705-571-7083

**Season:** Year-round while supplies last

## McKellar

**Middle River Farms** - Cameron and Katy Ward.

middleriverfarm@hotmail.com

**Products Sold:** Grass and grain fed beef, pork, chicken and turkey. Eggs, fish, cheese.

• 2 Patterson Lane • Seasonal hours, refer to website.

Thursday deliveries to Parry Sound. Alternate days by appointment or by chance. Online shopping available.

**Season:** Year-round • 705-389-3326

**YogAloft Wellness Retreat** - Theresa Gregory,

info@yogaloftwellness.com

**Products Sold:** Naturally grown and produced herbal teas, healing salves, and hydrosols.

• 86 Brownley Rd. • 705-389-1669

• Order via email or phone

**Season:** Plants are harvested in the summer but products available year-round

**Beaver Creek Organic Farm**

**Products Sold:** Organic vegetables, garlic, pickles, sauerkraut

• 536 Centre Rd. • 705-773-9885

• Updated on Facebook (Message through FB page)

**Season:** Aspiring for year-round

## McDougall

**B. LePage Fishery** - buffigirl76@yahoo.ca

**Products Sold:** Fresh, frozen and smoked Georgian Bay fish

• 149 Nobel Rd. • Monday-Saturday 11:00-7:00p.m.,

Sunday 1:00-7:00p.m. • 705-342-5825

**Season:** Year-round

**Mrs. Wilson's Kitchen** - mrswilsonskitchen.com

**Products Sold:** Grass fed/grass finished beef, meat pot pies, lasagna (made from own beef), beef box assortments and gluten free pizza, vegetarian and gluten free options, fruit pies, butter tarts.

• 6 Frontier Trail • Sat 9:00-3:00 or by appointment.

• 705-389-9554

**Season:** Year-round - contact ahead.

## Muskoka

**Brookland's Farm** - Ken and Katya Riley,  
info@brooklandsfarm.ca, brooklandsfarm.ca

**Products Sold:** Maple syrup, strawberries, asparagus & rhubarb

• 1375 Butter & Egg Rd., Milford Bay • Call or email. Pick your own & community supported agriculture options available.

• 705-764-1888

**Season:** Varies seasonally

**Muskoka Lakes Farm & Winery**

- ontario@cranberry.ca or cranberry.ca

**Products Sold:** Fresh, frozen, and dried cranberries, cranberry preserves, teas, juices, wine, ciders, spritzers, cheeses

• 1074 Cranberry Rd., Bala • 10:00-5:00p.m. daily •

• 705-762-3203

**Season:** Year-round

**Muskoka Honey Bee Products**

info@muskokahoneybee.com, muskokahoneybee.com

**Products Sold:** Honey and various honey products (candles, lip balm, etc.)

• 2840 HWY 60, Dwight • Open most days -call

ahead. • 705-783-3579

**Season:** Year-round



Credit: B Gray

Look for local food at our stores, restaurants, farmers' markets and roadside stands.

Does your favourite grocer or restaurant offer local food? If not, please talk to them and ask for local options.

Go to [gbbbr.ca/food](http://gbbbr.ca/food) for your map to great foods.

During harvest season, can, dry or freeze local produce to enjoy in winter.