

## Buying farm fresh a healthy choice for you and your community

Have you ever considered buying food directly from local farms in York Region but don't know where to go or how to start? The Regional Municipality of York, in collaboration with the York Region Farm Fresh Association, has released the 2013 edition of its annual Farm Fresh map and Pumpkin Pie Trail map.

York Region is home to a thriving agricultural community that provides residents with a variety of fresh, local produce throughout the summer and fall growing seasons.

The Farm Fresh map and Pumpkin Pie Trail map promote the local agricultural industry in York Region and encourage residents and visitors to purchase food through on-farm sales and local sales markets. It's estimated 80 cents of every dollar spent on local produce stays here in the community.

The annual map is your guide to 18 farmers' markets and 10 local farms across the region where you can discover colourful fruits and vegetables, home-baked goods, succulent preservatives, fresh meat, cheeses and so much more.

Continue buying local, even through the fall. Also included with your Farm Fresh Guide is the Pumpkin Pie Trail map, your all-in-one guide to pumpkin patches, craft fairs, wagon rides and concerts this fall.

Visitors and residents are invited to experience all the York Region agricultural community has to offer by visiting the participating farms, speaking with local farmers and purchasing produce to take home.

The map and trail guide are now available online at [www.yorkscene.com](http://www.yorkscene.com).

Several King locales are featured in the map.

Pine Farms orchard has been in operation for more than 50 years and offers such heritage varieties as Canada's own Melba (tender, sweet dessert apples) and McIntosh, as well as many other English and European varieties. They have approximately 5,000 dwarf trees (no ladders required) and they supply the bags. Admission is free. For more information please call 905-833-5459.

VanHart Greenhouses is a family owned organic farm operated by husband and wife team Ron and Loretta VanHart.

The VanHart family legacy of greenhouse growing began in the early 1900s on a small farm in Holland. In 1949, Ron's father John immigrated to Canada and started a 45-acre vegetable plantation in the Holland Marsh. This was the farm that Ron was raised on and John used to teach his son the growing techniques he had learned from his own father.

Ron and Loretta now produce a wide range of delicious organics including their famous tomatoes and edible flowers. Their produce is available at 6 farmers' markets and even featured in local restaurants.

For more information please call 905-775-7412.

Country Apple Orchard farm is a family owned and operated business. Their 'pick your own' apple orchard is located in beautiful King City. Enjoy a peaceful, relaxing country day on the orchard with manicured grassy rows of 'dwarf' apple trees. With approximately 5,000 trees, that have been producing apples for over 27 years.

There are 10 different varieties of apples for you to pick and enjoy. Apple varieties that are available to be picked by mid to late August are Tydeman Red, which is their sweet and juicy summer apple followed by the children's favorites: Macintosh and Courtland, which start the harvest season. Also grown are Spartans, Red Delicious, Jonagold, Mutsu/Crispin, Russets, and Northern Spy, the favorite in apple pies.

They provide environmentally friendly apple bags for an additional charge, and have pre-picked apple bags that you may purchase at the apple barn. Available for purchase are freshly baked apple pies, fresh sweet pasteurized 100% apple cider, local unpasteurized honey, pumpkins and other local farm fresh seasonal produce.

For more information please call 905-833-3434.

Known for its community supported agriculture (CSA) weekly produce basket program, Cooper's CSA Farm & Maze is a market garden, family-owned farm. They produce a wide variety of the best quality vegetables using sustainable and organic farming practices.

There's plenty for the family to do on the farm as well! They are home to 'The Uxbridge Maize' a 10-acre corn labyrinth. They have corn boxes, a combine harvester slide, mini hay bale mazes, and echo tubes for the kids. Come and shop at the farm store for great produce; stay and have fun with the whole family.

For more information please call 905-830-4521.

Round the Bend Farm is a working family farm. They sell fresh, naturally grown turkeys, as well as seasonal fruits, vegetables and flowers. They have been in continuous operation since 1986.

Products include organically grown turkeys and turkey products, fresh eggs and honey. Fruits and vegetables (seasonal) include strawberries, potatoes, asparagus as well as a selection of perennial flowers (including hostas, roses, trumpet vines, clematis and day

lilies).

The store is open weekdays 9-6 and Saturdays 9-5. For more information please call 905-727-0023.