

## Farm to Table: Are you a “Locavore”?



Who would disagree that an apple picked fresh from the tree tastes better than one that has traveled 1600 miles in the back of a diesel truck? As simple as this concept may seem, it is one of the many reasons that we are seeing a growing demand from consumers for farm-to-table dining, where local foods and farms are celebrated. We are in search of healthier food as a lifestyle, not as a temporary diet. Momentum for this concept is also being driven from such trends as ‘food miles’, the Slow Food Movement, and ‘locavores’ (people who only eat foods literally branded to a region).

This informal movement has sprouted in the last 5 years in response to a food supply that has become highly industrialized to support a global market. Locavores are committed to eating and learning about food that is grown within their food shed. When food is produced locally, less fossil fuel is used for transport, which positively impacts our health and the environment. Also, local food may come from smaller family farms and local artisans, who often adopt sustainable and humane farming practices. Purchasing local also supported farm families which strengthens the local economy and ensure there will be farms in your community tomorrow!



Compass Group Canada is committed to serving you the freshest, most flavourful food possible by expanding our local purchasing programs. Our purchasing initiatives increase the use of seasonal, local, provincial produce which will be actively promoted in our cafés. Our purchasing initiatives provide food choices which celebrate flavour, affirm cultural traditions and support local communities, and include local purchasing, fair trade coffee and sustainable seafood programs. 90% of the food products we buy are produced in Canada. By doing this we accomplish two goals at once:

- We support Canadian manufacturers and farmers
- We reduce our food miles travelled, by minimizing imports



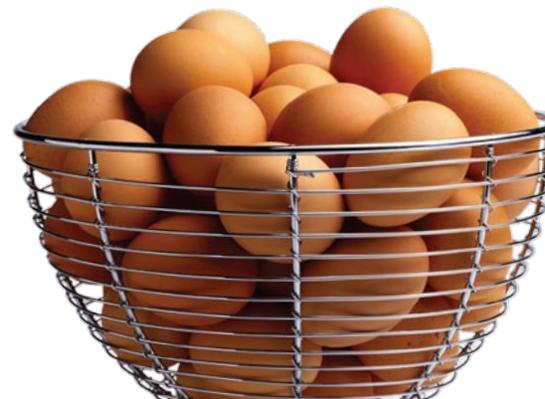
All across Canada we support bakers and local artisans who make breads, specialty cakes, and pastries alongside the farmers who supply our eggs and dairy products, such as milk, yogurt and seasonal produce.

### Your friendly neighborhood farmer’s market

Farmers’ markets across the country today, have increased their offerings and may include farm-fresh, affordable, convenient and healthy products such as: fruits, vegetables, cheeses, herbs, fish, flowers, baked goods, meats and more. With today’s eating trends focused on fresh, healthy foods that are ecologically friendly, it’s no wonder that farmers’ markets have gained popularity in recent years.

### TIPS FOR EATING LOCALLY

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- Hit the Farmers’ Markets and plan your meal around local ingredients. Visit <http://www.harvestcanada.com/> or [www.farmersmarketscanada.ca/](http://www.farmersmarketscanada.ca/) for more information.
  - Subscribe to get a food box delivered to your home. May include local and/or organic options and includes produce as well as other products. Check in your local region for availability.
  - Choose organic, if locally produced foods are not readily available.
  - If not organic then choose products from family farm brands.
  - Purchase regional foods famous for the region they are grown in if locally produced versions are not available. For example, choose foods such as parmesan cheese from Parma, Italy or Brie cheese from Brie, France.





### Availability Guide For CANADIAN Fruits & Vegetables

Commodity	J	F	M	A	M	J	J	A	S	O	N	D
Apples	*	*	*	*	*	*	*	*	*	*	*	*
Apricots							*	*				
Asian Vegetables						*	*	*	*	*	*	
Asparagus					*	*	*	*	*	*	*	
Beans – Green/Wax						*	*	*	*	*	*	
Beets	*	*	*	*	*	*	*	*	*	*	*	*
Blueberries						*	*	*	*	*	*	
Broccoli						*	*	*	*	*	*	
Brussels Sprouts						*	*	*	*	*	*	
Cabbage	*	*	*	*	*	*	*	*	*	*	*	*
Carrots	*	*	*	*	*	*	*	*	*	*	*	*
Cauliflower						*	*	*	*	*	*	
Celery						*	*	*	*	*	*	
Cherries						*	*	*	*	*	*	
Corn						*	*	*	*	*	*	
Crabapples									*	*	*	
Cranberries										*	*	
Cucumber – Field						*	*	*	*	*	*	
Cucumber – Greenhouse	*	*	*	*	*	*	*	*	*	*	*	*
Currants – Red/Black						*	*	*	*	*	*	
Eggplant								*	*	*	*	
Garlic	*	*	*	*	*	*	*	*	*	*	*	*
Gooseberries						*	*	*	*	*	*	
Grapes								*	*	*	*	
Leeks	*	*	*	*	*	*	*	*	*	*	*	*
Lettuce – Assorted						*	*	*	*	*	*	*
Lettuce – Greenhouse	*	*	*	*	*	*	*	*	*	*	*	*
Muskmelon						*	*	*	*	*	*	
Mushrooms	*	*	*	*	*	*	*	*	*	*	*	*
Nectarines								*	*	*	*	
Onions - Green						*	*	*	*	*	*	*
Onions - Cooking	*	*	*	*	*	*	*	*	*	*	*	*
Onions - Spanish/Red								*	*	*	*	*
Parsnips	*	*	*	*	*	*	*	*	*	*	*	*
Peaches							*	*	*	*	*	*
Pears							*	*	*	*	*	*
Peas - Green						*	*	*	*	*	*	*
Peas - Snow						*	*	*	*	*	*	*
Peppers - Field						*	*	*	*	*	*	*
Peppers - Greenhouse			*	*	*	*	*	*	*	*	*	*
Plums						*	*	*	*	*	*	*
Potatoes	*	*	*	*	*	*	*	*	*	*	*	*
Radicchio						*	*	*	*	*	*	*
Radishes					*	*	*	*	*	*	*	*
Rapini						*	*	*	*	*	*	*
Raspberries						*	*	*	*	*	*	*
Rhubarb	*	*	*	*	*	*	*	*	*	*	*	*
Rutabaga	*	*	*	*	*	*	*	*	*	*	*	*
Spinach						*	*	*	*	*	*	*
Sprouts	*	*	*	*	*	*	*	*	*	*	*	*
Squash	*	*	*	*	*	*	*	*	*	*	*	*
Strawberries						*	*	*	*	*	*	*
Sweet Potatoes	*	*	*	*	*	*	*	*	*	*	*	*
Tomatoes - Field						*	*	*	*	*	*	*
Tomatoes - Greenhouse	*	*	*	*	*	*	*	*	*	*	*	*
Zucchini						*	*	*	*	*	*	*

From Agriculture Canada



Try new recipes! Check out [www.supporttimesurvival.ca](http://www.supporttimesurvival.ca) or Foodland Ontario at [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) for healthy dishes that feature local produce.

#### Sources:

Grossman D. Farming for Freshness and Health. The National Culinary Review. June 2007:14-18.

[www.locavores.com](http://www.locavores.com); [www.localvore.net](http://www.localvore.net); [www.ams.usda.gov/farmersmarkets/](http://www.ams.usda.gov/farmersmarkets/)

Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices to Conserve

Natural Resources and Support Ecological Sustainability. J Am. Diet Assoc. 2007;107:1033-1043.



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