

Toronto Farmers' Markets 2007

All year markets:

- **Dufferin Grove Organic:** 873 Dufferin St. (in Dufferin Grove Park)
Thursdays, 3 – 7 pm
- **St. Lawrence:** 92 Front Street East (at Jarvis)
Saturdays, 5 am – 5 pm
- **The Village Market (organic) at the Toronto Waldorf School**
9100 Bathurst Saturdays, 8:30 am – 1:30 pm

Seasonal markets:

- **BirchCliff Village:** 1512 Kingston Road (east of Warden Ave)
Fridays, 2 – 7 pm, June to October
- **Distillery District:** 55 Mill Street
Sundays, 10 am – 6 pm, May to October
- **East York Civic Centre:** 850 Coxwell Ave
Tuesdays, 8 am – 2 pm, May to October
- **Etobicoke Civic Centre:** 399 The West Mall
Saturdays, 8 am – 2 pm, June to October
- **Metro Hall:** 55 John Street, (near King St.)
Thursdays, 8 am – 2 pm, June to October
- **North York Civic Centre:** Mel Lastman Square, 5100 Yonge St.
Thursdays, 8 am – 2 pm, June to October
- **Riverdale Organic:** 201 Winchester (in Riverdale Park)
Tuesdays, 3 – 7 pm, May to October
- **Sherway Gardens:** North Parking Lot (Hwy. 427 - The Queensway)
Fridays, 8 am – 2 pm, May to October
- **Stonegate:** 276 Park Lawn Road (at Queensway)
Tuesdays, 4 – 7 pm, June to October
- **Toronto City Hall, Nathan Phillips Square:** 100 Queen St. West
Wednesdays, 8:30 am – 2:30 pm, June to October
- **Weston:** GO Train Parking lot, John St. (Weston Rd. - Lawrence Ave W.)
Saturdays, 7 am – 2 pm, May to October

New markets in 2007

- **Brick Works:** 550 Bayview Ave (Between the Prince Edward Viaduct and Pottery Road)
(Bloor/Danforth) Saturdays, 8 am – 2 pm, May 26 to October 27
- **Liberty Village:** (Liberty St - Atlantic Ave)
Sundays, 9 am – 2 pm, May 27 to October 28
- **Trinity Bellwoods:** Northwest corner of Trinity Bellwoods Park, 1053
Dundas St West (Dundas and Shaw) Tuesdays, 3 – 7 pm, June 5 to October 30
- **Withrow Park:** 725 Logan Ave (in Withrow Park)
Saturdays, 9 am – 1 pm, May 26 to October 27
- **Wychwood:** Church of St. Michael and All Angels, 611 St. Clair Ave W (at Wychwood)
Saturdays, 2 – 5 pm, August 18 to October 6
- **Woodbine Centre:** 500 Rexdale Blvd (at Hwy 427)
Fridays, 12 – 6 pm, June 1 to October 26

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For more info 416 363 6441 ext 227
www.foodshare.net/farmersmarkets02.htm

This brochure was created by a network of community farmers' markets in Toronto.
Funding provided by the Project for Public Spaces, with support from the Ford Foundation.

Fresh local food
in your neighbourhood



Farmers' Markets

Seasonal or year-round, indoors or open-air, in neighbourhood parks, market halls and parking lots – farmers' markets across Toronto are bringing fresh, local seasonal food to the city.

Markets are a hive of activity. Neighbours say hello, swap recipes and gardening tips. Kids bite into the season's first strawberries. And farmers introduce you to new tastes you won't find in the supermarket.



What can I expect to find at the market?

Each market has a unique mix of vendors selling their products directly to consumers:

fruits and vegetables
meat, poultry, fish
herbs, honey, garlic
eggs, cheese
artisan bread, baked goods
plants, flowers
preserves, jams, jellies
and much more!

Often there are street foods to snack on and prepared dishes you can take home. People of many cultures and all ages socialize and eat together.

Some markets are exclusively organic and some are a mix of organic and conventional foods. You can ask the farmers how they grow the foods they sell - they'll be happy to talk about it!

Who benefits?

Markets bring neighbours together, enhancing public spaces where people can gather in a friendly, social atmosphere.

Meeting the farmer reconnects shoppers with the source of their food.

Reduced food miles (the distance food travels from farm to plate) contributes to a healthier environment.

Local businesses benefit as more people shop in the vicinity of the market on market days.

Farmers benefit as markets provide a direct sales outlet which helps to preserve our farmland.

We all benefit.

Another fresh idea:

Even though markets are popping up around the city, many communities do not have easy access to fresh, healthy food.

FoodShare, a Toronto-wide food organization, works in partnership with community organizations to run **Good Food Markets**.

These markets are small, sometimes no more than a single stand. But they help create public spaces by selling high-quality, affordable, local and imported produce.

The markets feature seasonal, local produce that FoodShare purchases from local farmers and from the Ontario Food Terminal. It's delivered to local community organizations who run the markets. We hope that one day they will grow up to be full-fledged farmers' markets.

To start a **Good Food Market** visit:
www.foodshare.net

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