



PORT HOPE

FRESH **FOOD** GUIDE



Support Local. Eat Fresh.

LOCAL LISTINGS

Bring your boots and meet our hardworking farmers.

1 A&T Kountry Kanning
1933 County Rd. 2, Port Hope
kountrykanning.com • 905-483-0574
kountrykanning@gmail.com
Baked goods, preserves, produce,
meat and eggs

2 Beatty's Farm Market
6330 Ganaraska Rd., Campbellcroft
705-875-1154
Karibt62@gmail.com
In-season produce and preserves

3 Cedar Hedge Farm
7612 County Rd. 28,
Campbellcroft
edarhedgefarm.ca • 905-375-9488
Assorted vegetables

4 Dancing Bee/The Bee Works
5029 County Rd. 2, Port Hope
beeworks.com • 905-753-2623
beeworks.giftshop@gmail.com
Honey and local honey products

5 Garden Hill Farmers Market
3402 Ganaraska Rd., Garden Hill
gardenhillfarmersmarket.com
289-436-2081
market@gardenhillfarmersmarket.com
Fruits, vegetables and café

6 Haute Goat
1166 5th Line, Newtonville
hautegoat.com • 905-447-3788
yoda@hautegoat.com
Assorted cheeses, honey and
preserves

7 Johnstons Farm Market
10704 County Rd. 28, Bailieboro
johnstonsfarmmarket.ca
705-939-1737
johnfarm@nexicom.net
Maple syrup, fruit, and vegetables

8 Laveanne Lavender Farm
8667 Gilmour Rd., Campbellcroft
laveanne.ca • 705-201-1545
Honey, preserves and lavender
infused products

9 Linwood Acres Trout Farms Ltd.
8382 Gilmour Rd., Campbellcroft
905-797-2484
linwoodacres@sympatico.ca
Fresh trout

10 Marche 59
1193 4th Line, Port Hope
marche59.ca • 905-786-1100
office@marche59.ca
Gluten-free and traditional
baked goods

11 Osland Farm Market
4996 5th Line, Port Hope
905-375-5365
osland.farm@hotmail.com
Farm fresh eggs, locally raised
poultry, beef, and pork

12 P&H Farms
1170 4th Line, Port Hope
phorganics.com • 905-786-3043
office@phorganics.com
Organic fruits and vegetables

13 Port Hope Farmers Market
56 Queen Street
visitporthope.ca/farmers-market
Saturdays 8:00 a.m. to
1:00 p.m., May to October

14 Stapleton's Farm Market
2708 County Rd. 28, Port Hope
stapletonsfarmmarket.com
905-885-6445
Assorted vegetables

**15 Suntime Natural Foods
Marketplace**
19 Ontario St., Port Hope
suntimefoods.ca • 905-885-9900
info@suntimefoods.ca
Fresh produce, bread, prepared
meals, local meats and cheeses

16 VanDorp Farms
3786 County Rd. 28, Port Hope
905-885-0207
U-Pick strawberries

Local listings tie to the urban and
rural map on the following page.

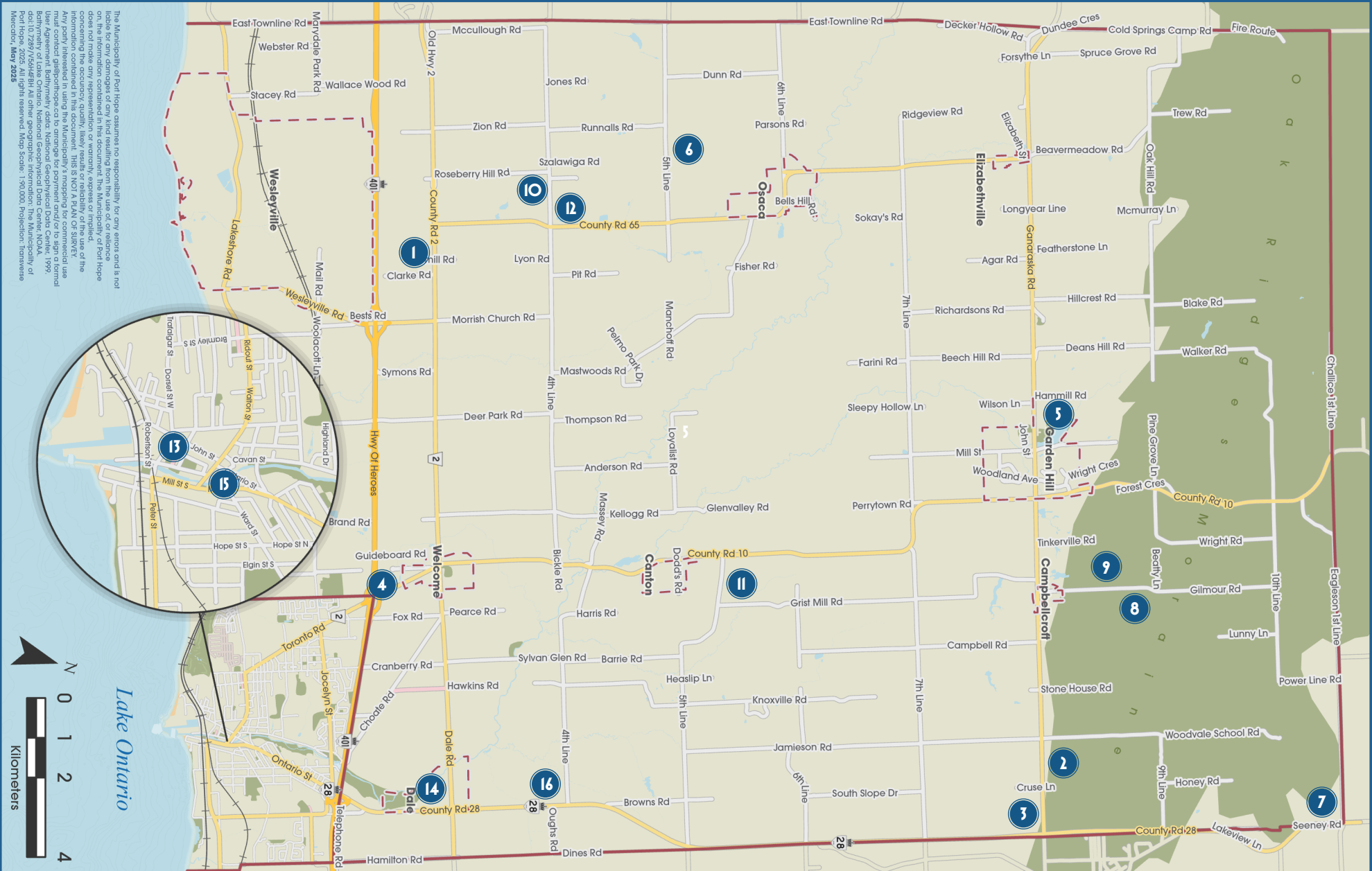


Pictured Stapleton's Farm Market

LOCAL LISTINGS MAP



Looking for directions from your phone?
Use our handy Google map for directions so you don't miss a stop along the way! visitporthope.ca/driving-tours



Choose local

Choosing local food matters. Locally sourced food offers many advantages that imports from abroad just don't provide.

Local food is fun

Have you waded into a strawberry patch to pick fresh strawberries? Maybe you've scoured a field for that perfect pumpkin in the fall. No matter the season, getting outside, rolling up your sleeves, and meeting your food where it came from is rewarding, refreshing, and fun! Plus, you get to go home and enjoy the literal fruits of your labour.

Local food tastes great

Fresh, local food often tastes better than the same food shipped from afar. This is because local produce sold at the source is allowed to ripen where it grows and collect as many nutrients as possible, and then picked right before you buy it.

Local food is good for the planet

A tomato picked at the local market travels only a short distance before it ends up in your salad or on your pizza, while tomatoes shipped from further need to be transported in big trucks that emit greenhouse gases and pollute the air all along the way. Shortening the journey reduces a product's carbon footprint.

Local food is our living legacy

Some of Port Hope's farms have been run as family businesses for several generations. Buying from your local farmers means supporting a legacy of farming the land, nourishing the soil, and caring for crops and animals. Ask a local farmer what their relationship is to the land: they likely have amazing stories to tell.

WHAT'S IN SEASON

Products listed below may not be available in Port Hope

FRUITS

Apples	May	June		Aug	Sept	Oct
Apricots			July	Aug		
Blueberries			July	Aug	Sept	
Cherries		June	July			
Crabapples					Sept	Oct
Currants			July	Aug		
Gooseberries			July	Aug		
Grapes				Aug	Sept	
Peaches			July	Aug	Sept	
Pears				Aug	Sept	Oct
Plums			July	Aug	Sept	Oct
Raspberries			July	Aug	Sept	Oct
Rhubarb	May	June				
Strawberries	May	June	July	Aug	Sept	Oct
Watermelon			July	Aug	Sept	

VEGETABLES

Asparagus	May	June				
Beans		June	July	Aug	Sept	Oct
Beets			July	Aug	Sept	Oct
Broccoli		June	July	Aug	Sept	Oct
Brussels Sprouts					Sept	Oct
Cabbage					Sept	Oct
Carrots	May		July	Aug	Sept	Oct
Cauliflower				Aug	Sept	
Celery			July	Aug	Sept	Oct
Corn			July	Aug	Sept	Oct
Cucumber		June	July	Aug	Sept	Oct
Mushrooms	May	June	July	Aug	Sept	Oct
Onions		June	Jul	Aug	Sept	Oct
Parsnip				Aug	Sept	Oct
Peas		June	July	Aug	Sept	
Peppers			July	Aug	Sept	
Potatoes	May	June	July	Aug	Sept	Oct



TASTES FROM PORT HOPE

HAUTE GOAT PANEER

When we first got our goats, and after they had their first babies, we started with a super simple cheese called Paneer.

INGREDIENTS

- a quart/litre of goats milk
- Vinegar/lemon juice

INSTRUCTIONS:

- 1 Heat to JUST before boiling point - you'll see a few small bubbles.
- 2 Add vinegar/lemon juice or other acidic catalyst. Stir slowly and after a very few minutes you'll notice the curd separate from the whey. Keep stirring very slowly.
- 3 Let sit for 5 - 10 minutes.
- 4 Drain with a cheesecloth in a colander. Squeeze the whey very tightly and let sit for an hour or so to reduce liquid as much as possible.



Paneer can be used in so many ways. Indian curry, salads, sliced thinly and fried in oil with garlic and salt. You're only limited by your imagination.



SEASONAL PRODUCE FARM BOX SUBSCRIPTION

Cold Springs Organics offers fresh, organic produce boxes for pick-up or delivery June to October in weekly, bi-weekly, and monthly options.



Visit coldspringsorganics.com to learn more and subscribe!



MUNICIPALITY OF

PORT HOPE

