

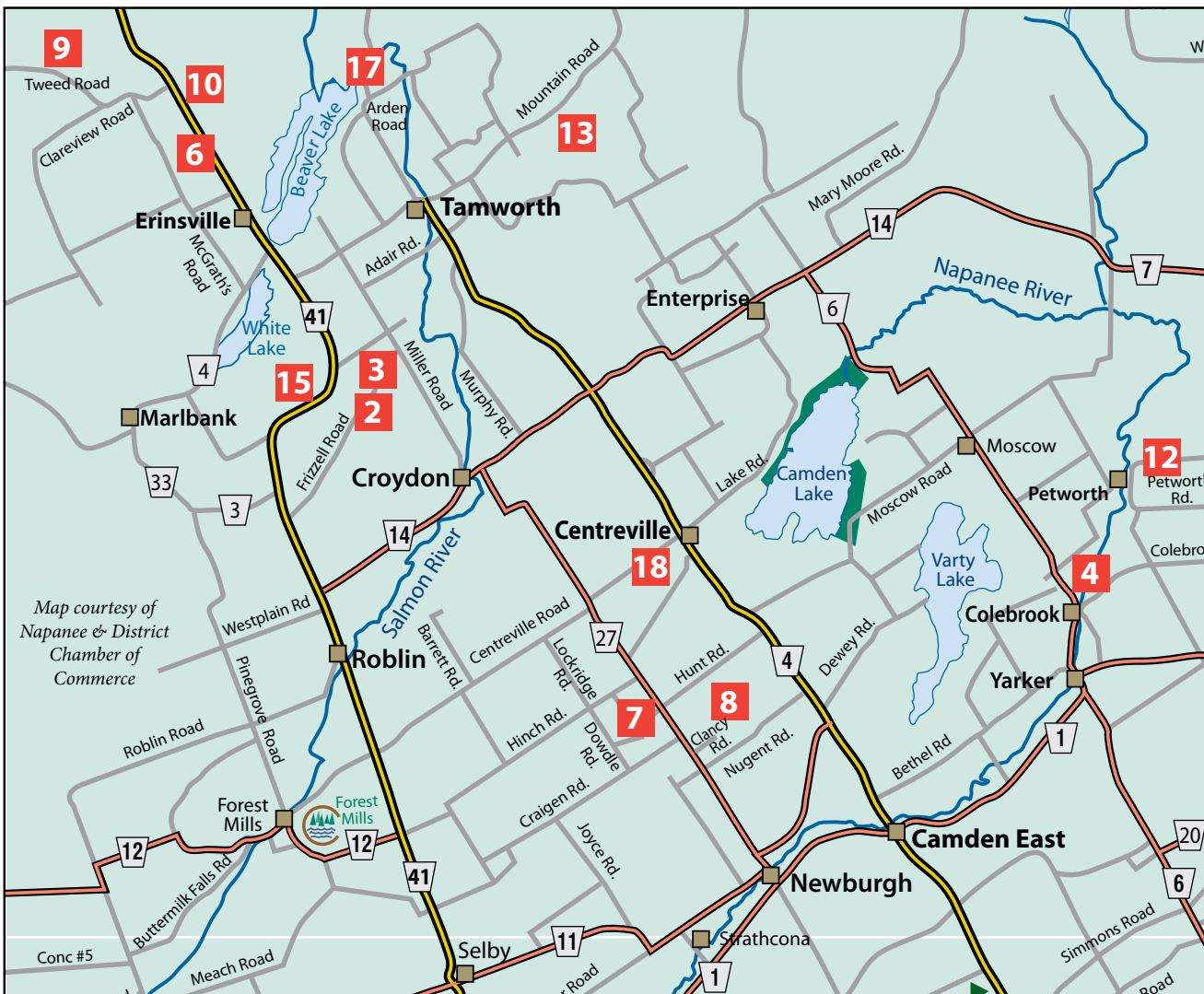
# Fresh Local Food



## In Stone Mills Township

*Meet the people who grow your food and get the freshest produce possible. Long distance food tends to lose nutrients over travel time and the varieties grown are selected for their uniformity and durability instead of good taste.*

*Produced under the Green Community Initiative of the Tamworth/Erinsville Community Development Committee; a project supported by the Ontario Ministry of Agriculture, Food and Rural Affairs.*



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|----------------------------------------------------------------|------------------------------------------------------------------|
| <b>2</b> Andrew & Emma Brown 518 Frizzell Rd. Tamworth         | <b>10</b> Garrett Farm Market, 6709 County Rd. 41, Erinsville    |
| <b>3</b> Cedarwood Farm 1030 Frizzell Rd., Tamworth            | <b>12</b> Morningside Farm 229 Petworth Rd. Yarker               |
| <b>4</b> Colebrook Honey 625 Colebrook Road, Yarker            | <b>13</b> Mountain Road Simmentals 440 Mountain Rd., Tamworth    |
| <b>6</b> Double H Ranch 6420 County Rd. 41, Erinsville         | <b>15</b> Stuart's Farm Fresh Eggs 4732 County Road 41, Tamworth |
| <b>7</b> Eagle Rock Kerr Family Farm, 322 Dowdle Rd., Newburgh | <b>17</b> Sunnyside Farm 1135 County Rd. 15, Tamworth            |
| <b>8</b> Virginia Freeman 43 Clancy Rd., Newburgh              | <b>18</b> Wiseacres 1957 Centreville Rd., Centreville            |
| <b>9</b> Gaffney Family Farms 238 Tweed Rd., Erinsville        |                                                                  |

**B**uying directly from the farm not only provides you with tasty, fresh food but also puts money directly into our local economy, reduces greenhouse gas emissions from transportation and packaging and provides a more nutritious meal for your family.

Buying from a neighbouring farm also allows good relationships to develop between growers and consumers. This means you have a strong voice when requesting specific goods or farm practices. It is a much easier transition to organic farming when the grower knows that there is a demand for what they grow.

The following list provides information on locally grown food. Buy and eat local - it's good for you, the economy and the environment!

- 1 Bee Queen Honey** Organic beekeeping. Visit [www.beequeen.ca](http://www.beequeen.ca) to order. Also available at Stone Mills Family Market in Tamworth & Hart's Garage in Roblin
- 2 Andrew & Emma Brown** Pumpkins, gourds, Indian corn (September-October) 518 Frizzell Rd. Tamworth 613-379-9901
- 3 Cedarwood Farm** Organically grown edible flowers for cooking, salads, cake decorating (June-October) Contact [brian.mcgrath@sympatico.ca](mailto:brian.mcgrath@sympatico.ca) or 613-379-2727 Brian & Marilyn McGrath, 1030 Frizzell Rd., Tamworth
- 4 Colebrook Honey by Bill and the Bees** Clover honey (from early September), organically raised garlic (August) Bill Kirby 613-377-6462 625 Colebrook Road, Yarker
- 5 Croydon View Farm** Organically grown garlic (mid-July through October) Carolyn Smith, Tamworth 613-388-1029
- 6 Double H Ranch** Free-range eggs (year round) and seasonal vegetables, raised and grown using organic methods Maple syrup year round Kevin Hilliker, 6420 County Rd. 41, Erinsville 613-379-5805
- 7 Eagle Rock Kerr Family Farm** Maple syrup, maple butter & candies by special order (year round) Doug & Anne Kerr, 322 Dowdle Rd., Newburgh Call ahead: 613-378-2338; also available at Hilltop Variety, Newburgh
- 8 Virginia Freeman** Free-range eggs (year round), organically grown garlic (June onward), free-range stewing chickens and guinea fowl (not inspected) in the Fall 43 Clancy Rd., Newburgh 613-378-0259
- 9 Gaffney Family Farms** Meat rabbits (year round) Erinsville 613-561-8255 or 613-478-5679
- 10 Garrett Farm Market** Sweet corn, vegetables, Fall décor (mid-July to end of October) 6709 County Rd. 41, Erinsville 613-379-2664 or 613-379-2251
- 11 Hollow Tree Farms** Maple syrup, gift baskets (year round) Leah Holland, Yarker [hollowtree@bellnet.ca](mailto:hollowtree@bellnet.ca) or 613-377-6793
- 12 Morningside Farm** Free-range eggs, pastured chicken, meat rabbits & grass-fed beef (year round), organically grown garlic, root vegetables & tomatoes (seasonal) Paul Adam, 229 Petworth Rd. Yarker 613-888-6308. Visit [www.morningsidefarm.ca](http://www.morningsidefarm.ca)
- 13 Mountain Road Simmentals** Beef and goat (year round) Ernie & Agnes Hagerman, 440 Mountain Rd., Tamworth 613-379-2980 Also available at Beaver Lake Variety, Erinsville
- 14 Reinink Family Farms** Certified organic brown eggs (year round) Janet & Hank-John Reinink 613-378-2479 Available at: McCormick's in Camden East, The Bakery in Tamworth, The Waterfall Tea Room in Yarker
- 15 Stuart's Farm Fresh Eggs** Eggs (year round), pumpkins (Fall) 4732 County Road 41, Tamworth 613-379-2274
- 16 Sunflower Farm** Organically grown garlic and vegetables (mid-July to October) Cam & Michelle Mather, Tamworth [m.d.mather@gmail.com](mailto:m.d.mather@gmail.com) or 613-539-2831
- 17 Sunnyside Farm** Eggs and free-run chicken, fed organic grain, organically grown root vegetables (all year round), organically grown seasonal produce, pork & meat rabbits (not organic), maple syrup Cynthia & Matt Kirkpatrick, 1135 County Rd. 15, Tamworth 613-379-5371 Visit [www.sunnysidefarm.ca](http://www.sunnysidefarm.ca)
- 18 Wiseacres** Certified organic strawberries (mid-June to early July), asparagus, (May-June), carrots, onions, cabbage (Fall) Organically fed meats (order in advance): poultry (June-July & Oct.-Nov.), grass-fed beef & pastured Berkshire pork (Fall) John Wise, 1957 Centreville Rd., Centreville [www.wiseacres.macdade.ca](http://www.wiseacres.macdade.ca) or call 613-378-2583