

farm fresh

Check out your local farmers' markets for fresh food and a fun day. Here's a sampling of a few favourites although there are dozens in suburbia to visit. You'll also find plenty of items other than food, making the visit enjoyable for the whole family.

by David McDougall



Farmers' markets are alive and well in suburbia

St. Jacobs

Village of St. Jacobs Farmers' Markets

Three km south of the Village of St. Jacobs at Weber Street and Farmers' Market Road www.stjacobs.com/html/shopping-farmersmarkets.html 519-747-1890

• Farmers' Market & Flea Market
Tuesdays, June 17 to August 26
8 a.m. to 3 p.m.

Thursdays and Saturdays year round
7 a.m. to 3:30 p.m.

• Saturday and Sunday Market Complex
Saturdays year round
7 a.m. to 2 p.m.
Sundays 10 a.m. to 4 p.m. until December 28

The vibrant agricultural heritage of Waterloo Region has helped make St. Jacobs Farmers' Markets a popular attraction for local shoppers and visitors. All told, indoor and out, there are some 600 vendors.

You will find meats, cheese, baked goods, crafts, home decor, furniture, clothes, tools, local delicacies including sausage, apple fritters and pure maple syrup sold by Mennonite farmers who bring their goods by horse and buggy. You might be entertained by buskers just dropping by or at a special event.

With all those vendors, there won't be much that you can't find, and just behind the log cabin, your children can find a petting barn – with a pot bellied pig, goats, bunnies, lambs, roosters and some ponies.

Mississauga

Square One Farmers' Market

Square One Shopping Centre, Zellers parking lot
Hwy. 403 and Hurontario/Hwy. 10 in Mississauga
www.shopsquareone.com/03sh_fama.html
416-252-3967
Fridays & Sundays 8 a.m. to 4 p.m.

The Mississauga Central Lions Club has run the GTA's largest open-air farmers market for many years. It is a long-standing tradition where about 150 farmers tend to shoppers seeking a variety of items from homemade preserves, baked goods, fresh flower bouquets, and of course, truck-loads of farm-fresh fruits and vegetables.

It should be mentioned that Square One Farmers Market has raised millions of dollars for community charities, making it truly a feel-good shopping experience.

Hamilton Hamilton Farmers' Market

55 York Blvd., Hamilton 905-546-3094
www.myhamilton.ca/myhamilton/CityandGovernment/CultureandRecreation/HamiltonFarmersMarket
Tuesdays and Thursdays 7 a.m. to 6 p.m.
Fridays 8 a.m. to 6 p.m., Saturdays 8 a.m. to 6 p.m.

The Hamilton Farmers' Market was originally founded in 1897 and has been at its current location next to the Public Library since 1980. There is a mezzanine and lower level consisting of about 170 stands and approximately 80 stallholders.

There are rows of farm fresh produce such as sun-ripened tomatoes, freshly picked apples, nuts, dried fruit, flowers, lettuce, choice cuts of meat, fish, freshly baked goods, tangy cheeses, tropical fruits and you can also get coffee and donuts.

Specialty products are also imported from many countries around the world.