EAT LOCAL, QUEEN’S

Local Food Guidebook for Queen’s University

Find local food on campus, farmer’s markets, local food retailers nearby, CSA farms, and more!

Compiled by the Queen’s Sustainability Office
We hope that this guide can serve as a useful tool for learning about and accessing local food at Queen’s University and in our nearby Kingston community. We wanted to show how accessible and convenient getting local food can be—even as a student!

The guide is broken down by different categories so that you can easily find what you are looking for. Whether you’re searching for local food directly here at Queen’s University, farmer’s markets, or local food retailers nearby, we’ve got you covered.

If you’re really keen and would like to be part of a Community Garden or Community Shared Agriculture (CSA), we’ve also included those resources!

5 REASONS TO EAT LOCAL

1. SUPPORTS OUR LOCAL COMMUNITY

2. EMPHASIZES SUSTAINABLE GROWING PRACTICES

3. HELPS THE ENVIRONMENT

4. TASTES BETTER, FRESHER. MORE INTERESTING VARIETY

5. PRESERVES GENETIC DIVERSITY

We’ve also included ways for you to be involved in the local food movement throughout the guide. If you are passionate about local food and sustainability, you have the power to be involved in the food movement and make positive changes to our campus and our community.

Please contact the Sustainability Office if you have any questions or comments!
ON CAMPUS

THE FARMER’S MARKET @ QUEEN’S
http://dining.queensu.ca/sustainable-u/the-farmers-market/
Outside the JDUC on Union St.
Wednesday 9-4

The Farmers’ Market at Queen’s University brings local, high quality food to the Queen’s community every Wednesday from outside the JDUC in the fall/spring and indoors in the winter.

The market provides students with easy access to local vendors and locally produced and scrumptious food, and showcases local farmers and producers in Kingston!

Regular Local Food Vendors (Updated 2016)

- Wolfe Island Bakery: Breads, muffins, cinnamon buns! → Open on Wolfe Island seasonally
- Baycrest Farms: Offers fresh fruits and veggies, flowers, maple syrup and more! → 63km Picton
- Vader’s Maple Syrup → 78km Cherry Valley
- Upon the Earth: Natural and organic granola, granola bars, hemp hearts, baked samosas, vegetarian & vegan burgers!

VOLUNTEER WITH THE FARMER’S MARKET!

Whether you are interested in the logistics aspect of the market, the educational, or you want to help to promote the event, we would love your help!

The Farmer’s Market Committee is a consensus-based, non-hierarchical group dedicated to bringing local and sustainable food to the Queen’s University campus.

Please email Angela.Francis@sodexo.com to become involved with organizing and running the market.

MARKET STREET CAFE
http://dining.queensu.ca/retail-food-outlet3/market-street/
Downstairs in Botterell Hall
10 Stuart St

Much of their produce is locally grown in Ontario, such as apples, asparagus, beets, cabbages, carrots, corn, peppers, potatoes, radishes, tomatoes, strawberries, squash, zucchinis, onions, and more!

They also highlight local farmers during special promotions during the school year.

These are some local Ontario farmers that supply Market Street Café. We’ve also provided how far the farms are from Queen’s campus. None of the suppliers are within the 100km boundary.

- Windmill Farms → 230km
- Yan Jang Family Farms → 285 Newmarket
- Fortune Farms → 291km Holland Landing
- Hillside Gardens → 297km Bradford
- Riga Farms → 305km Bradford
- Sunsprout Farm → 360km Brantford
- Downey Farms → 362km Shelburne
- Rambrich Farms → 365km Brantford
ON CAMPUS

GROCERY CHECKOUT QUEEN’S
www.facebook.com/GCIKingston/
Queen’s Centre—First Floor
284 Earl Street

This on-campus grocery store features local meat from local supplier Pig & Olive! They also get bread from Pan Chancho bakery during the school year.

THE TEA ROOM
www.tea-room.ca/
Beamish Munro Hall
45 Union St

This sustainable café has locally produced baked goods from Card’s Bakery. Also, although not a local food Initiative, the Tea Room’s sustainability efforts are worth highlighting. They are powered by bullfrog renewable energy and run on zero-waste!

THE GRAD CLUB
https://queensgradclub.wordpress.com
162 Barrie Street

The Grad Club is on the edge of campus on Barrie and Union.

They source organic veggies from Okee Farms which is located on Wolfe Island and tomatoes from Forman Farms which is 33km north of Kingston. They also often have local breweries showcased in tasting events and frequently on tap.

COMMON GROUND COFFEEHOUSE (COGRO)
www.cogro.ca
Queen’s Centre – Second Floor
284 Earl Street

Cogro has locally produced baked goods from Card’s Bakery and 3 types of cream cheeses (spinach feta, zesty, sundried tomato) from “top secret” local producer.
ON CAMPUS

CAMPUS FOOD OUTLETS (SODEXO)

BAN RIGH, LEONARD, JEAN ROYCE, LAZY SCHOLAR, KHAO, LOCATION 21, GOODES HALL CAFE, MAC-CORRY, GORD'S
www.queensu.ca/campuslife/food

It is their goal to buy from local farmers and distributors as frequently as possible. In 2013-2014, they purchased over $1 million of local produce. Watch for the “We Love Local” logo in our dining halls to discover which meals have used local products!

Aligoma Orchards
Arla Foods Inc
Aamco Produce
Black Angus Fine Meats & Game
Boncheff Greenhouse
Bondouelle Canada Inc
Boots Farms
Burnbrae Farms Limited
Central Smith Creamery
Chapmans Ice Cream Ltd
Country Queen Foods
Everdean Farms
Freshpoint Toronto Usd
Gay Lea Foods Corp Ltd
Greenwood Mushrooms
Hillside Garden
Johnvince Foods Dist L P
Komienski Farms
Koornneef Produce
Krinos Foods Canada Ltd
Lakelee Orchards
Lakeshore Farms
Le Fort
Lou Deli
Leadbetter Foods Inc
Magalas Farms
Maple Lodge Farms
Mastronardi Produce Limited

Miles Farms
Mill Creek Peas
Mucci Produce
Nickels Orchards
Norwich Packers Limited
Peter Oetelaar Farms
Pinehome Farms
Procyk Farms
Riendeau Farms
Sam Daraiche
Sam Elias Farms
Saputo Dairy Products
Sargent Farms Ltd
Shabatura Produce
Steve Fett Farms
Stirling Creamery Limited
Sysco Fine Meats Toronto
Tannous Produce
The Beef Boutique
Visser Farms
Wellington Mushroom Farms
Windmill Farms

CANADIAN GRILLING COMPANY
http://dining.queensu.ca/thecgc/
Macintosh-Corry Hall—First Floor
68 University Ave

The C.G.C offers local and never frozen proteins, local cheese and produce, local veggies. Some really local producers include “Veggies by George” in Ganaoque, which is located 31km northeast of Queen’s! They also have a complete map of their other local food producers and farms CGC sources from on their website!
MEMORIAL CENTRE FARMERS’ MARKET
www.memorialcentremarket.ca
303 York Street, Kingston
Sundays 9—2, Year round, Winter 10-2

Our market already features over twenty of Kingston and the area’s top local food and craft producers. Many local farms are represented here. You can also find fresh, locally-prepared food and dine at our food court.

1.7KM FROM CAMPUS

COMMUNITY HARVEST MARKET
www.communityharvestkingston.com
St. Matthew’s United Church
31 Weller Ave. (@Montreal St.), Kingston
Wednesday 2-5, June 22—Oct. 5

The CHM features fresh, healthy vegetables and fruits grown by local producers. They also have locally prepared foods, including baked goods, honey, preserves, and specialty items such as hummus and spanakopita.

4.9KM FROM CAMPUS

KINGSTON PUBLIC MARKET
www.kingstonpublicmarket.ca
216 Ontario St, Kingston,
Tuesdays, Thursdays and Saturdays
April to November
9 am - 6 pm

The market is located in Kingston’s historic downtown, right behind City Hall. It is the oldest market in Ontario and has been providing food and a sense of community to residents of Kingston since 1801.

1.8KM FROM CAMPUS

These are the local farmers at the Kingston Public Market. They produce 80% or more of the products they sell. We’ve provided how far the farms are from Queen’s campus as well.

- Edible Earth → 9km Kingston Mills
- Fosterholm Farms → 100km Prince Edward County
- Havenhill Acres → 48km Napanee
- Henderson Farms → 10km Wolfe Island
- Honey Wagon Farms → 88km Picton
- Patchwork Gardens → 25km Battersea
- Ravensfield Farm → 87km Maberly
- Reinink Family Farms → 44km Yarker
- The Frugal Farm → 62km Elgin
- The Kitchen Garden → 26km Wilton
GROCERY

OLD FINE FARM FOODS
www.oldfarm.ca
204 Barrie St., Kingston

All of the produce, meat, ice cream, milk is locally sourced or produced. The bread is usually local. They believe “food is at its best when it is treated simply and with respect which is why Old Farm supports local farmers and organic farming principles.” They support farms like Lyon’s Family Farm and Patchwork Gardens. Some of their own produce comes from their farm north of Kingston on Highway 15.

500M FROM CAMPUS

JOHN’S DELICATESSEN & MEAT MARKET
www.facebook.com/Johns-Deli-121373273294/
507 Princess Street, Kingston

At Johns, they buy locally whenever possible to support Kingston and area farmers. They carry 90% local raised beef and 100% local lamb. They also have Black River cheese from a local company in Picton County and lots of local produce!

850M FROM CAMPUS

ROOTED FOODS CO.
www.rootedfoodsco.com/

Rooted Foods Co. is an incredible student initiative that provides Queen’s students convenient access to local & organic foods. Their roots are local and will stay that way as they continue to grow. Their products are sourced from over 70 producers within a 150km radius of Kingston. Get involved with them! Be a part of the local food movement.

DELIVERED TO YOUR DOOR!
BEARANCE’S GROCERY
http://bearancesgrocery.com/
115 Livingston Ave, Kingston

Think local, think Bearance’s. They believe that locally grown food tastes better and bring you local harvest whenever possible! They have a custom butchers shop and deli with farm fresh dairy and produce.

1.1KM FROM CAMPUS

WENDY’S MOBILE MARKET
www.wendysmobilemarket.com/producers.php
408 Fortune Line Rd, RR#2 Lyndhurst

They sell their own vegetables and produce from their farm, Corn Acre Farms, and food from over 70 local producers. Convenient local food all year round! Supporting local producers will help with the future of a secure food system and sustain our local communities for future generations to come.

DELIVERED TO YOUR DOOR!

PIG & OLIVE
http://pigandolive.ca/
224 Wellington Street, Kingston

The Pig & Olive is a locally owned meat shop. We also provide a variety of locally sourced naturally raised meat products and seasonal produce—such as local lamb.

1.8KM FROM CAMPUS
THE COMMON MARKET
www.thecommonmarket.ca
136 Ontario St, Kingston

The Common Market is home to Wilton Cheese, Seed to Sausage, Lyons Farms organic meats, Garlic Fields’ pizzas and Limestone Organic Creamery products. Frittata breakfast sandwiches are made fresh daily, with local Reinink farm eggs, fresh vegetables and cheese.

1.4KM FROM CAMPUS

TARA’S NATURAL FOODS
www.taranaturalfoods.com/
81 Princess Street, Kingston

Although primarily a natural health food store, Tara’s carries lots of local produce during the growing season such as organic asparagus from Wiseacres Farm in Centreville, ON and Fiddleheads from Ravensfield Org. Farm in Mayberly and much more! They also carry local cheese from Black River and Seed to Sausage meats.

1.7KM FROM CAMPUS

FARM BOY
www.facebook.com/Johns-Deli-121373273294/
507 Princess Street, Kingston

Farm Boy™ began as a local produce stand in Comwall, Ontario in 1981 and continues to support local producers. They have partnered with more than 100 vendors across Ontario. Near Kingston, they get local produce from Burnbrae Farm near Brockville and Kricklewood Farm in Frankville.

7.4KM FROM CAMPUS

ASK FOR LOCAL PRODUCE

Even the large grocery stores (Food Basics, Metro, etc.) are likely to have local produce if you ask them!

Check the stickers and labels for farms and locations.
COMMUNITY SUPPORTED AGRICULTURE (CSA)

There are the CSA Farms* that will deliver to your home in Kingston or have a Kingston pick-up location. Check out their website for more information on how to register for a CSA!

By signing up to a CSA, you will receive a weekly or biweekly share (or box) of produce and other locally produced goods! Most of the costs of the farms happen at the beginning of the growing season, so by committing to a whole season — you are helping the local farms and supporting the local economy. Many of them also have job or internship opportunities!

FREEDOM FARM
1863C Wellington Street, Battersea
http://freedom-farm.ca
Includes vegetables and fruit

MAIN STREET MARKET
62 Oak Street, Kingston
http://mainstreetmarket.ca
Includes mushrooms, vegetables, herbs

SALT OF THE EARTH
654 Rogers Side Rd, Kingston
http://saltofkingston.com/
Includes vegetables, fruit, sometimes flowers

ROOT RADICAL
3 Lower Side Rd, RR#4, Gananoque
http://rootradicalrows.com/
Includes vegetables, herbs

ROOTS DOWN
62 Oak Street, Kingston
www.rootsdown.ca/csa
Includes vegetables, herbs, fruit

RAVENSFIELD FARM
1688 Old Brooke Rd, RR#2, Maberly
http://ravensfield.ca
Includes vegetables, herbs

PATCHWORK GARDENS
4649 Milburn Rd, Battersea
www.patchworkgardens.ca/
Market-style CSA, pick your veggies

LONG ROAD ECOLOGICAL FARM
3757 Highway 38, Harrowsmith
www.longroadecofarm.ca/
Includes vegetables, eggs, Dim Sum, mushrooms

SUNNYSIDE FARM
1755 Sunnyside Rd, Kingston
www.sunnysidefarmkingston.ca/
Includes vegetables, herbs

THE KITCHEN GARDEN
1863C Wellington Street, Battersea
http://freedom-farm.ca
Includes vegetables and fruit

VEGETABLES UNPLUGGED
62 Oak Street, Kingston
http://mainstreetmarket.ca
Includes mushrooms, vegetables, herbs

* If you know of any others to add to this list, please let us know at sustainability@queensu.ca
COMMUNITY GARDENS

There are lots of community gardens where you can grow your own produce—the most local you can get!

Queen’s University has a community garden on West campus and at the An Clachan residence complex. If you’re interested, please sign up for a plot or contact us for ways to be involved! www.queensu.ca/sustainability/campus-initiatives/food/community-garden

For more info on all of the community gardens in Kingston: www.kingstoncommunitygardens.ca
LOCAL FOOD - LOCAL CHEFS

Many of our restaurateurs feature locally grown cuisine from Prince Edward County and KFL&A.

The restaurants below regularly feature locally grown and raised items on their daily menus.

See fun local recipes like the one on the right!

More info: http://tourism.kingstoncanada.com/

RESTAURANT:  ADDRESS:
Amadeus Cafe  170 Princess St.
Atomica  71 Brock St.
AquaTerra  1 Johnson St.
Casa Domenico  35 Brock St.
Chez Piggy  68R Princess Ave.
Dianne's  195 Ontario St.
Dox Restaurant & Lounge  2 Princess St.
Geneva Crepe Cafe & Bistro  297 Princess St.
The Grizzly Grill  395 Princess St.
Harper's Burger Bar  93 Princess St.
Iron Duke  207 Wellington St.
Kingston Brewing Co.  34 Clarence St.
King Street Sizzle  285 King St. East
Le Chien Noir  69 Brock St.
Olivea  39 Brock St.
Pan Chancho  44 Princess St.
Red House  369 King St. East
Tango Neuvo Tapas & Wine  331 King St. East
Windmills Cafe  184 Princess St.
Use this guide to figure out when your favourite fruits and vegetables are seasonally available in Kingston!
Knowing when the produce you want is available makes it easier to source local!

Thanks to the National Farmer’s Union (NFU) at fooddowntheroad.ca for this seasonal availability chart and for all of the awesome local produce they grow in Kingston!