



## Accessing Manitoba's Local Produce

Using fresh, locally grown produce from Manitoba while in season may have many benefits for your Congregate Meal Program. It also supports Manitoba farmers and build Manitoba's economy. Some of the different options for accessing fresh produce during the summer months in Winnipeg are described below. To find locations near your Congregate Meal Program site, visit: <http://www.manitoba.ca/agriculture/local-food/local-produce-guide.html#>

### **Farmers' Markets**

Farmers' markets include several local producers who grow, pick, and individually sell fresh fruit, vegetables and other goods at one common location.

### **Pre-Picked Market Stands**

Pre-picked market stands are owned by individual farmers who have grown and picked fresh produce daily for consumers to purchase.

### **U-Pick Vegetables Gardens**

At U-pick vegetable gardens, the consumer hand-picks fruits and vegetables of choice. This may be a great social outing and opportunity for volunteers working with the meal program.

### **Community Gardens or Allotment Gardens**

Allotment gardens are garden plots available for rent to individuals responsible for planting and maintaining their plot. Community gardens are garden plots available and run by community groups and organizations. Groups are responsible for garden membership, maintaining the plot and programming under the condition of signing a lease agreement with the City of Winnipeg. For more information, visit:

<http://www.winnipeg.ca/publicworks/parksandfields/CommunityGardens/communitygardens.asp>

### **Community Supported Agriculture (CSA) Farms**

CSA farms are supported by customers who invest (pay a fee) for the crop in the spring and in return, receive shares (fresh produce) from the farm. Produce from the farm is typically delivered in a weekly box to a pre-determined location during growing season and includes vegetables, fruits and herbs. Some farms may offer eggs, meat and honey and may have an additional cost for these products. For more information or to find a CSA farm, visit:

<http://csamanitoba.org/>