



FOR IMMEDIATE RELEASE

June 19, 2025

FoodCore Leeds-Grenville-Lanark Launches Local Flavours

As we come to the peak of the local growing season and with the 'buy Canadian' movement continuing to be top of mind, now is a great time to search out local farms for fresh, delicious, and nutritious foods. Supporting local producers puts consumer spending power to work building a more dynamic and resilient local food system. It also keeps funds circulating through local economies. To help residents and visitors improve their access to local foods, FoodCore Leeds-Grenville-Lanark (FoodCore LGL) is excited to launch a newly expanded and updated listing of local producers and farmer's markets: *Local Flavours Leeds-Grenville-Lanark*.

The Local Flavours Project includes an online map and printed brochure with information on 10 weekly markets and 38 farms, apiaries and sugar bushes. The online map can be found at FoodCoreLGL.ca and copies of the printed brochures have been distributed to farmers markets, municipal offices, food businesses and tourism offices across the region. The project was inspired by Lanark Local Flavour, a map and listing first created by EcoPerth which needed an update.

"It's the perfect time of year to get out and experience what our amazing local farms have to offer. Purchasing local fresh and delicious produce is a great thing for your health, your taste buds and our local economies. It's a triple win," says Elaine Murkin, a FoodCore LGL member and Manager of Population Health with the South East Health Unit.

Sarah Mackenzie and her husband Eric Stewart have a small mixed farm called Hollyhock Grange. As long time members of the Perth Farmers Market, Sarah helps run the market as President of the board. Sarah notes: "Farmers in this area grow some of the best tasting and unique foods that you won't necessarily find at your big grocery store. While they are working long hours planting for our relatively short season, they don't have a lot of time to also market

themselves and get the word out about their business. FoodCore LGL's revamp of the Local Flavour website, where the public can find their closest farmer and market, will make shopping for seasonal food easier for everyone."

Addresses are provided for most of the producers, but unless a farm listing states it has farm gate sales, it's never a good idea to show up unannounced. It is very important to contact farms ahead of time to make arrangements to purchase products or, where offered, visit the farm.

FoodCore LGL acknowledges there are many more farms than are listed in Local Flavours and would be happy to hear from any of them that would like to be included in 2026. To contact the Local Flavours team, email localflavours@thetablecfc.org.

The Local Flavours project was possible thanks to a community grant provided by Lanark County and administrative support from the Table Community Food Centre.

Foodcore LGL is a coalition of food activists and organizations who take practical steps to realize the vision of the *Leeds-Grenville-Lanark Food Charter*. The Charter describes an aspirational vision of the region's food system where food producers, eaters, community organizations, businesses, institutions, and local governments work together to create a future where: the right to food is realized in our communities; our farmers, growers, producers, processors and retailers are thriving; our communities have high food literacy; our natural environment is thriving; our communities are resilient; and food and farming are celebrated. For more information, please visit FoodcoreLGL.ca.

- 30 -

Contact:

For interviews, contact: media@healthunit.org