

Locally-Grown Middle Eastern Food Guide

Shop for fresh, locally-grown Middle Eastern produce to meet your tastes – at a nearby grocery store, farmers' market, or a farm in and around Ontario's Greenbelt.



Possibility grows here.



Welcome to Toronto's first-ever guide to locally-grown Middle Eastern and Halal food

Everyone deserves to eat fresh, locally-grown food and to cook with food that tastes like “home”. Cooking with products from our local farmers ensures that you get the healthiest, freshest, best quality food possible, at a good price! Have you ever wondered where you can get fresh “food from home”? Well the answer is in your hands.

You can't get more local than Ontario's Greenbelt. Just above Toronto, it makes sense that more and more Greenbelt farms are producing Middle Eastern foods such as marrow vegetable (gray zucchini), molokhia, mini cucumbers, turnips, red radishes and vine leaves. This guide tells you where you can find these freshly-picked products, Halal meat and much more, in your neighbourhood grocery store, your local farmers' market and the Greenbelt farm closest to you. Carry it with you. The more you shop for locally-grown Middle Eastern food, the more our local farmers will produce, ensuring you have fresh food that tastes like home for generations to come.

Why buy local fresh food?

- You will get exceptional taste and freshness
- You will safeguard your family's health
- You will strengthen your local economy
- You will support our farming neighbours
- You will reduce your carbon footprint



Food can lose vitamins when it travels long distances. To get the maximum nutritional value from your food, eat fruits and vegetables that are picked by local farmers as fresh as can be!

Below is a list of food retailers that sell fresh Middle Eastern produce and meat, grown on Greenbelt farms and other local farms surrounding Toronto



Etobicoke Area Grocery Stores (All stores sell Halal meat)

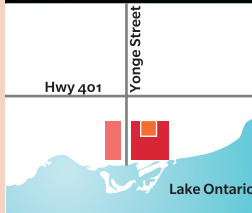
Map Key	Name	Address	Phone
1	Al Aqusa Halal Meat	1168 Albion Rd	(416) 740-0816
2	Alhamra Halal Meat & Grocers	2625 Islington Ave	(416) 740-8795
3	Al Meezan Halal Meat	1146 Albion Rd	(416) 745-1058
4	Amin Grocery & Halal Meat	235 Dixon Rd	(416) 244-1705
5	Dal Halal Meat	969 Albion Rd	(416) 745-5242
6	Sameem Halal Meat & Grocery	5010 Steeles Ave. W #15	(416) 740-4655

North York Area Grocery Stores (All stores sell Halal meat)

Map Key	Name	Address	Phone
7	AS Grocers & Halal Meat	2450 Finch Ave. W	(416) 743-4142
8	Baksh Halal Meat	1666 Jane St	(416) 243-9473



To be listed in the on-line version of this guide or in future print issues, please contact the Toronto Environmental Alliance, (416) 596-0660.



East York Area Grocery Stores (all stores sell Halal meat)

Map Key	Name	Address	Phone
9	Iqbal Halal Foods	2 Thorncliffe Pk Dr	(416) 467-0177
10	Mecca Halal Meat	25 Overlea Blvd. #6	(416) 467-7867
11	Monaroza West East Indian Grocery	747 Don Mills Rd	(416) 421-6585
12	Overlea Halal Meat	45 Overlea Blvd. #2	(416) 424-2034

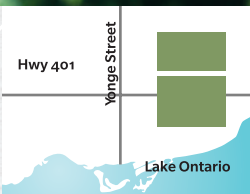
Downtown East Area Grocery Stores (all stores sell Halal meat)

Map Key	Name	Address	Phone
13	Dhanshiri Supermarket	2978 Danforth Ave	(416) 693-5990
14	Kabul Farms	240 Parliament St	(416) 368-8576
15	Madina Halal Meat & Grocers	1063 Danforth Ave	(416) 461-0404
16	Marhaba Supermarkets Inc	324 Parliament St	(416) 923-2933
17	Mia Halal Meat & Grocers	2592 Danforth Ave	(416) 686-1442
18	Surma Supermarket	330 Parliament St	(416) 925-2784

Downtown West Area Grocery Stores (all stores sell Halal meat)

Map Key	Name	Address	Phone
19	Saleem Halal Meat & Variety	905 Bloor St. W	(416) 533-8841

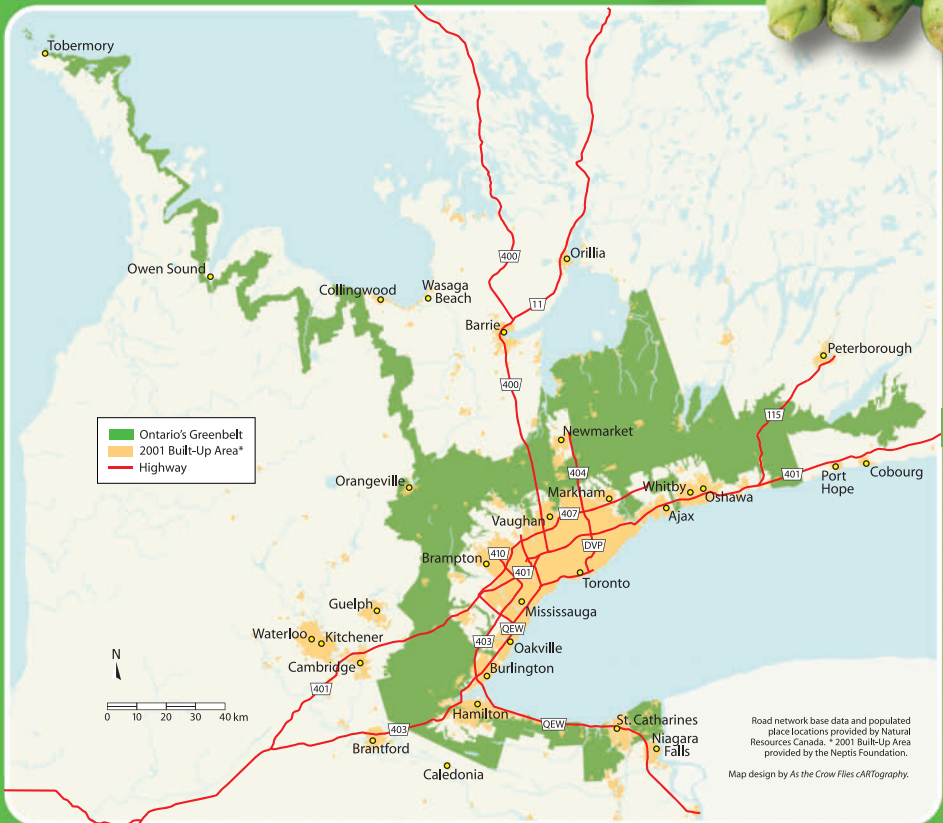
Eating locally means varying what you eat depending on the season.
Be sure to ask your grocer what is in season and locally grown.



Scarborough Area Grocery Stores (all stores sell Halal meat)

Map Key	Name	Address	Phone
20	Al-Ittihad Halal Meat & Groceries	1801 Lawrence Ave. E	(416) 285-8191
21	Al- Mumtaz Supermarket	10-12 Tower Dr	(416) 285-5071
22	Al- Mustafa Halal Meat & Grocers	357 Pitfield Dr	(416) 412-2120
23	Al Quresh Food	1879 Lawrence Ave. E	(416) 288-0330
24	Alwalaa Halal Meat	1728 Lawrence Ave. E	(416) 285-0778
25	Alzaharaa	2032 Lawrence Ave. E	(416) 701-1590
26	Arz Fine Foods	1909 Lawrence Ave. E	(416) 755-5084
27	Batala Super Market	200 Markham Rd	(416) 264-3111
28	Karashi Bazaar	122 Ellesmere Rd	(416) 510-8176
29	Ghadir Meat Market	1821 Lawrence Ave. E	(416) 750-7404
30	Ibrahim Halal Meat	1967 Lawrence Ave. E	(416) 757-1616
31	Mallah Halal Meat & B.B.Q	1961 Lawrence Ave. E	(416) 916-2920
32	Nasr Foods	1996 Lawrence Ave. E	(416) 285-6686
33	Samah Supermarket	4470 Kingston Rd	(416) 282-9692
34	Spice Town Halal Meat Market	3258 Lawrence Ave. E	(416) 438-5224
35	Super Bazaar	1505 Birchmount Rd	(416) 285-7759
36	Yousaf Halal Meat Supermarket	683-685 Markham Rd	(416) 289-3664

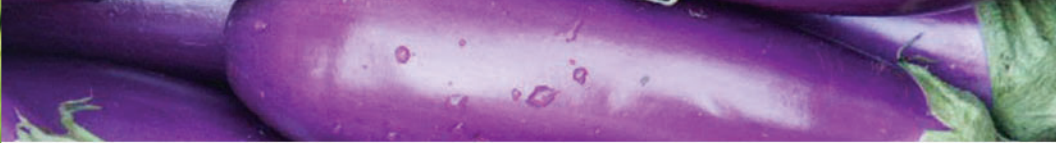
Ontario's Greenbelt



At 1.8 million acres, Ontario's Greenbelt is the world's largest and most diverse area of protected farmland, forests, wetlands, green space, and vibrant communities. Wrapping around the Golden Horseshoe, these environmental features help to filter our air, provide clean drinking water, cool the planet and produce healthy food. The Greenbelt is vital to providing a high quality of life in Ontario, for today and for generations to come.

What's growing and being raised in the Greenbelt?

- | | | | | |
|------------------|---------------|----------------|--------------------|-----------------|
| - rapini | - watermelon | - green pepper | - calaloo | - grapes |
| - sweet potatoes | - green peas | - thyme | - molokhia | - mini cucumber |
| - vine leaves | - mint | - fenugreek | - flat green beans | - fava beans |
| - parsley | - Swiss chard | - dandelion | - bitter melon | - carrots |
| - apples | - cantaloupes | - green chili | - onions | - cauliflower |
| - cucumber | - potatoes | - eggplant | - green beans | - pumpkin |
| - squash | - tomatoes | - beef | - chicken | - goat |
| - lamb | - spinach | - okra | - zucchini | |



Farmers' Markets

For the freshest Middle Eastern produce, visit one of the following farmer's markets in the City of Toronto.

- **Brick Works Farmers' Market**
550 Bayview Ave.
(between Prince Edward Viaduct
(Bloor/Danforth) & Pottery Rd.)
www.evergreen.ca/rethinkspace/?p=148
- **Dufferin Grove Farmers' Market**
873 Dufferin St. (in Dufferin Grove Park)
www.dufferinpark.ca/market/wiki/wiki.php
- **Riverdale Farm Farmers' Market**
201 Winchester St. (in Riverdale Park)
www.friendsofriverdalefarm.com/market.htm
- **Trinity Bellwoods Farmers' Market**
1053 Dundas St. W.
(NW corner of Trinity Bellwoods Park)
- **Withrow Farmers' Market**
725 Logan Ave. (in Withrow Park)
www.withrowpark.ca/wiki/wiki.php
- **Weston Farmers' Market**
GO Train Parking Lot, John St.
(Weston Rd. & Lawrence Ave. W.)

On-farm Markets

For the true farm experience, take the whole family for a fun visit to an on-farm market. The following on-farm markets, located close to Toronto, sell Middle Eastern produce.

- **Collins Farm Produce (Puslinch)**
Tel: (905) 659-6037
- **Shelton Farm (Millgrove)**
Tel: (905) 689-8039
- **Greenfields Organic Farm (Campbellville)**
Tel: (905) 854-5458
www.greenfieldsfarm.ca
- **Simpler Thyme Organic Farm (Hamilton)**
Tel: (905) 659-1576
- **Plan B Organic Farm (Branchton)**
Tel: (905) 659-2572
www.planborganicfarms.ca

*Locally-grown tomatoes are full of
vitamin C and are a great source of fibre,
potassium and iron – all important
for good health!*



Your Guide to Fresh Locally-grown Middle Eastern food from Ontario's Greenbelt and Beyond

Check out these other organizations for information about
the following topics:

A newcomer guide to healthy eating :

Access Alliance

www.accessalliance.ca

Eating well with Canada's food guide :

Health Canada

www.hc-sc.gc.ca

Farming opportunities for new Canadians :

FarmStart

www.farmstart.ca

Middle Eastern vegetables grown in Ontario:

**Ontario Ministry of Agriculture,
Food and Rural Affairs**

www.omafra.gov.on.ca

Good Food Markets and delivery of the
Good Food Box with healthy, locally-grown food :

FoodShare

www.foodshare.net

Farmers' Markets in and near the Greenbelt:

Greenbeltfresh

www.greenbeltfresh.ca

Local on-farm markets and
pick-your-own farms :

Harvest Canada

www.harvestcanada.com

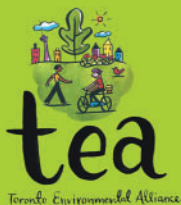
Healthy eating for your children :

**Toronto Public Health
Peer Nutrition Program**

www.toronto.ca/health

To learn more about Ontario's Greenbelt and its fresh,
healthy, locally-grown food, please visit

www.torontoenvironment.org & www.ourgreenbelt.ca



Possibility grows here.

For free copies of this guide please contact the Toronto Environmental Alliance,
416.596.0660 or download a copy at torontoenvironment.org