











150 Mile Diet Food Sources

****Disclaimer:

This list covers where **we** bought the components of our diet. This is NOT a complete list of local farms. Also, this may not be a complete list of products sold at each farm. For a complete list of products, please contact the farms for more information.

Symbols:  = vegetables  = meat products  = grain products  = honey products

 = fish  = maple syrup  = cheese  = wine  = legumes  = fruit

Food Sources (in alphabetical order):

1. Board's Honey Farm

6866 Hwy 534, Nipissing
T: 705-729-2939
W: www.boardshoneyfarm.ca

2. Burt Farms Country Meat

1295 The Tenth, Ice Lake, Manitoulin Island
T: 705-282-0328

3. Creekbend Farm

RR #1, Lavigne
T: 705-594-1087

4. Dalew Farms

10781 Hwy 64, Lavigne
T: 705-594-1823

5. Ferme Beaulieu Farm

Chelmsford
T: 705-855-4355
Sudbury Farmer's Market Vendor

6. Gypsy Family Farm

1065 Union Rd, RR#1, Evansville, Manitoulin Island
T: 705-282-6255
Gore Bay & Mindemoya Farmer's Market Vendor
W: www.gypsyfamilyfarm.net

7. Holla's Produce & Greenhouses

3651 Martin Rd, Blezard Valley
T: 897-7554
Sudbury Farmer's Market Vendor

8. Johnston's Cranberry Marsh and Muskoka Lakes Winery

1074 Cranberry Rd, Bala, Muskokas
T: 705-762-2303
W: www.cranberry.ca

9. Larchwood Organics

1185 Hwy 144, Dowling
T: 855-8884

10. Loonsong Garden

601 Lakeshore Rd, Kagawong, Manitoulin Island
T: 705-282-0358
Mindemoya Farmer's Market Vendor

11. Sudbury Bee Supplies

2741 Kingsway, Sudbury
T: 705-566-2636
Sudbury Farmer's Market Vendor

12. Sylvio Thibeault

St. Charles
T: 705-867-0482
Sudbury Farmer's Market Vendor

13. Terza Farms

279 899 Milberta RR#1, Thornloe
T: 705-563-8021

14. Thornloe Cheese Factory

999697 Hwy 11, New Liskeard
T: 705-647-7441

15. Purvis Bros. Fisheries

Silver Water
T: 705-283-3131

Eat Local Sudbury!

