



Celebrate food... in Manitoba!

Community Gardens

If you don't have a backyard, join a community group that manages a garden site in your area and grow your own produce. Transform an empty lot into a beautiful, green living space. Meet some new friends at the same time! Garden plot rentals are also available. Visit <http://winnipeg.ca/publicworks/ParksandFields/CommunityGardens/communitygardens.asp> for a map of all the community gardens in Winnipeg and who to contact.

Community Supported Agriculture (CSA) Projects

CSA members buy a "share" in a farm at the beginning of the season and then receive regular boxes of produce. You could get fruits, berries, vegetables, herbs, and leafy greens. How much produce you receive depends on how good the growing season is.

Blue Lagoon Organics
781 Hwy 26
St. Francois Xavier, MB
204-864-3083
www.bluelagoonorganics.com

The Landless Farmers
Pan Am Pool
75 Poseidon Bay
Landless Farmers Collective
thelandlessfarmers@gmail.com

Good Food Club
Klinik on Broadway
545 Broadway
West Broadway Development Corp.
(204) 774-7201

Boundary Creek Farm
Winnipeg Beach, MB
204-389-4146
www.boundarycreekfarm.ca

U-Pick Vegetables, Market Gardens and Roadside Stands in Winnipeg

Name	Location	Contact
Crampton's Farm Produce Market	1765 Waverley St., corner of Bishop Grandin & Waverley	204-269-3355
Floodway Gardens	Lot 567 Shalom Path 10 km N of the Perimeter between Henderson Hwy the Floodway	204-661-9162 (summer) www.floodwaygardens.com
Grenkow's U-Pick	South on Waverley, W on Des Trappistes St., 2.5 km S on Brady Road	204-269-0254 info@grenkowsupick.com www.grenkowsupick.com
Jardins St. Leon's Gardens	419 St. Mary's Road Corner of St. Mary's & Carriere	204-237-7216
Petrasko Brothers Garden Centre	1577 Henderson Hwy	204-339-7163

Visit web2.gov.mb.ca/agriculture/upick/index.php in April for a complete list of U-pick farms in Manitoba and updated information for 2010. It also lists the produce available at each location.

Farmers' Markets in Winnipeg

Name & Location	Dates & Hours	Contact
FortWhyte Alive FortWhyte Alive Centre 1961 McCreary Road	Tuesdays, starting in mid-July to end of September Thursdays, early July to early October Noon-6 pm	Ian Barnett 204-895-2373
Le Marche St. Norbert 3514 Pembina Hwy 1 km south of the Perimeter on Hwy 75	Wednesdays in early July to end of September, 1-7 pm Saturdays in early June to end of October, 8 am-3 pm	Ed Deen 204-275-8349
Osborne Village Market Gas Station Theatre River Ave. & Osborne St.	Thursdays at the end of June to end of September, 4-8 pm	Kaeley Wiseman 204-290-3349
The Forks	Select Wednesdays in July & August, 3-7 pm *Visit www.forks.com for 2010 dates	Andrea Clow 204-987-4352
Transcona Biz Market Garden Parking lot at the Transcona Christian Reformed Church 131 Victoria Ave. W.	Thursdays, end of July to early September 11 am-4 pm	Diane Truderung 204-222-8566
Winnipeg (Red River) Red River Exhibition Park 3977 Portage Ave. (at the Perimeter)	Saturdays, end of July to end of September 9 am-2 pm	Darryl Ruston 204-888-6990

Visit www.gov.mb.ca/agriculture/food/upick/markets.html in April for a complete list of farmers' markets in Manitoba and updated hours and dates for 2010. You'll also find a vegetable availability chart showing which vegetables are in season during which months of the year.

Farms to Visit*

Name & Location	What they offer	Contact
Boonstra Farms Stonewall	Farm tours, strawberry and raspberry picking, corn maze	204-467-8480 www.boonstrafarms.com
Deer Meadows Farm Springfield	Corn maze, hobby farm, petting zoo	204-222-1824 www.deermeadowfarms.com
Emeue Ville Ile de Chenes	Farm tours, history of the emeu, Emeue Ville train, educational activities	204-878-2583 www.emeuville.com
Hickory Hollow Hobby Farm Austin	Horseback riding, pony rides, petting farm, trail rides	204-204-2865
Maple Ridge Farm Kleefeld	Variety of animals, milking goats, sheep searing demonstration, hayrides, large playground	204-377-4964
Niska Game Farm Warren	Petting zoo, wild bird and animal display, nature hike, tractor drawn hayride	204-322-5364

Visit www.gov.mb.ca/agriculture/tourism/cda07s00.html for a complete list of farms offering tours and activities for visitors.