Frontenac County

“The more people know about how their food is raised, the better.”

— Mark McCrady, Maple Ridge Farm
An enduring respect for the land runs through the farmers and producers of Frontenac County. Here, animals are compassionately raised, free to roam. Here, crops are pesticide-free and organically grown. And here, where food comes from matters.

From the region’s passionate new arrivals to third-generation farmers and growers, Frontenac County believes in the power of good food, and its impact on the community—and it’s a philosophy shared by Kingston’s many chefs, artisans and shopkeepers who proudly use Frontenac ingredients and stock their shelves with Frontenac County’s endless bounty.

Food Is What Matters

A rural community that believes food grown with care is food meant to be shared.

Patchwork Gardens
patchworkgardens.ca
This certified organic vegetable farm fills a tall order: growing the most nutrient-dense, best-tasting, highest-quality vegetables that can exist.

Maple Ridge Farm
mapleridge-farm.ca
Harnessing their animals’ “superpowers,” owners Becky and Mark mimic nature to provide their flock and herd with the right conditions to express their natural behaviours, which in turn, helps naturally restore the health of their farm.

Henderson Farms
hendersonfarms.on.ca
A passion for cooking has created a catalogue of over 50 award-winning jams, jellies and marmalades.

de Ruiter Black Angus Beef
deRuiterBeef
Pasture-raised and grass-fed cows are happy cows, say owners Case and Trudy de Ruiter. The herd can roam to their heart’s content, and the result is a beef high in essential omega fatty acids.

Long Road Ecological Farm
longroadecofarm.ca
Owners Jonathan and Xiaobing ditched “high-stress, high-speeded” city living to bring sustainability into their lives by cultivating gardens and raising livestock in the countryside.

Food Less Travelled
foodlesstravelled.ca
This family-operated store stocks products from their own crops and livestock, and has become a hub for the community as the go-to spot to find a helping hand.
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<thead>
<tr>
<th>Month</th>
<th>Event Name</th>
<th>Website/Details</th>
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<tr>
<td>April</td>
<td>Corks and Forks</td>
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<td>July</td>
<td>Taste of Kingston Festival</td>
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<td>May</td>
<td>Back Forty Artisan Cheese Season Opener</td>
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<td>August</td>
<td>Garlic Festival</td>
<td>veronalions.ca</td>
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<td>November</td>
<td>Fabulous Fall Farmer's Feast</td>
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<td>April</td>
<td>Maple Weekend</td>
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<td>June</td>
<td>Wolfe Island Garden Party</td>
<td>wolfeislandrecords.com/gardenparty</td>
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<td>June</td>
<td>Curds &amp; Cooks Festival</td>
<td>artisancheese.ca</td>
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<td>June</td>
<td>YGK Craft Beer Festival</td>
<td>forthenry.com/events/beerfest</td>
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<td>September</td>
<td>Taste of Wolfe Island Farm to Table Festival</td>
<td>kingstonfoodtours.ca/tours</td>
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<td>Home Grown in Frontenac Festival</td>
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<td>Open Farms in Frontenac</td>
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<td>September</td>
<td>Taste of Kingston Festival</td>
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<tr>
<td>September</td>
<td>Meet the Maker: Wine &amp; Dinner Series</td>
<td>aquaterrakingston.com</td>
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**Frontenac Farm & Food Events**

**Kingston Culinary & Wine Events**
Kingston's culinary creators rely on the talented and tireless farmers and producers in the region, as they work together to bring organic, compassionately raised and ethically sourced ingredients to the table. Responsibly raised food just tastes better. Fact.

Farm-to-table is the name of the game, and it helps when the farms are right in your backyard. Kingston chefs source homegrown every chance they get. Through winter, spring, summer and fall, their menus constantly evolve to explore bold flavours and offer the best tastes and products of the region, while backing the hard work of local producers to bring the farm to your plate, daily.

Kingston and Frontenac Markets
April – November
Kingston Public Market
kingstonpublicmarket.ca

Sundays, year-round
Memorial Centre Farmers’ Market
memorialcentrefarmersmarket.ca

Wednesdays, May – October
Westbrook Farmers’ Market
westbrookunitedchurch.com/events

Wednesdays, June – October
Community Harvest Market
communityharvestkingston.com

Sat,urs, May – October
Frontenac Farmers Market
frontenacfarmersmarket.ca

Fresh Made Daily
A city comes together to share its passion for good food raised right.

Bella Bistro Market
bellabistro.ca
Bring the flavours of the region home, like your favourite farm-fresh products, freshly baked goods, local kombucha, produce, honey, syrups, jams and more.

Atomica
atomica.ca
A 2019 Diner’s Choice winner, this sleek Mediterranean bistro serves up contemporary cocktails and dishes prepared with homegrown and seasonal ingredients.

Days on Front
daysonfront.com
Changing the game of Canadian cuisine, Chef Jason Legere whips up a signature dish nightly, featuring the most seasonal products available.

Chien Noir
lechiennoir.com
This classic French bistro excels at creating farm-to-table comfort foods and elevated French cuisine prepared with fresh local ingredients.

Aqua Terra
aquaterrakingston.ca
Local ingredients are always a priority at Aqua Terra, one of Kingston’s go-to destinations for sampling creative new cuisine from routinely refreshed menus.

PHOTO: TIMOTHY FORBES
PHOTO: @INAYALI

PHOTO: JEN KIRID/ENABER

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Kingston, Ontario

“I think we’re starting to treat food with greater respect and using what the land provides us.”

— Brent McAllister, Executive Chef, Aqua Terra