

WHERE IS YOUR NEXT LOCAL FOOD PURCHASE COMING FROM?

This availability chart identifies several locally-based distributors and farmers who are interested in wholesaling food product from Thunder Bay, the region and further away in Ontario. The chart illustrates the opportunities throughout the year to take advantage of seasonal pricing and availability for incorporating more Thunder Bay and Ontario wide food on institutional menus. The chart is a snapshot from October 2014 and new relationships are continuing to emerge.

BB	B & B Farms
DBR	DeBruin's Greenhouses
LAQF	LA Quality Foods
LOUD	Loudon Brothers
MHIL	Mile Hill Farms
SQ	Squash Queen
SRD	Slate River Dairy
SSFM	Superior Seasons Food Market / Belluz Farms
TBMP	Thunder Bay Meat Processing
THOAK	Thunder Oak Cheese Farm

FRESH VEGETABLES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ORIGIN	
	Basil						MHIL	MHIL	MHIL				T BAY REGION ONTARIO	
	Beans, green/wax, string						SSFM	SSFM	SSFM	SSFM			T BAY REGION ONTARIO	
	Beets						SSFM	SSFM	SSFM				T BAY REGION ONTARIO	
	Broccoli							SSFM	SSFM	SSFM			T BAY REGION ONTARIO	
							LAQF	LAQF	LAQF	LAQF	LAQF			
							LOUD	LOUD	LOUD	LOUD	LOUD			
	Cabbage, green	SSFM	SSFM	SSFM					SSFM	SSFM	SSFM	SSFM		T BAY
		LAQF	LAQF	LAQF	LAQF	LAQF			LAQF	LAQF	LAQF	LAQF	LAQF	REGION
		LOUD	LOUD	LOUD	LOUD	LOUD			LOUD	LOUD	LOUD	LOUD	LOUD	ONTARIO
	Cabbage, red	LAQF								LAQF	LAQF	LAQF	LAQF	T BAY REGION ONTARIO
									LOUD	LOUD	LOUD	LOUD		ONTARIO
	Carrots						SSFM	SSFM	SSFM	SSFM	SSFM	SSFM		T BAY REGION ONTARIO
	Cauliflower								SSFM	SSFM	SSFM			T BAY REGION ONTARIO
									LAQF	LAQF	LAQF	LAQF		
	Cucumbers						SSFM	SSFM	SSFM	SSFM				T BAY REGION ONTARIO
	Cucumbers, mini						DBR	DBR	DBR	DBR				T BAY REGION ONTARIO
Garlic								MHIL	MHIL	MHIL	MHIL		T BAY REGION ONTARIO	
Kale							MHIL	MHIL	MHIL	MHIL			T BAY REGION ONTARIO	
Leeks								MHIL	MHIL	MHIL			T BAY REGION ONTARIO	
Lettuce					DBR	DBR	DBR	DBR	DBR	DBR	DBR		T BAY REGION ONTARIO	
Onions, cooking								MHIL	MHIL	MHIL			T BAY REGION ONTARIO	
								LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	ONTARIO
Onions, red								MHIL	MHIL	MHIL			T BAY REGION ONTARIO	
								LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	ONTARIO
Parsley							MHIL	MHIL	MHIL	MHIL			T BAY REGION ONTARIO	

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ORIGIN	
FRESH VEGETABLES	Peas, green							SSFM	SSFM	SSFM				T BAY REGION ONTARIO	
	Peas, snap							DBR	DBR	DBR				T BAY REGION ONTARIO	
	Potatoes, white	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	T BAY
		LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	REGION ONTARIO
	Potatoes, red	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	BB	T BAY
		LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	REGION ONTARIO
	Potatoes, specialty	SSFM						SSFM	SSFM	SSFM	SSFM	SSFM	SSFM	T BAY REGION ONTARIO	
	Rutabaga									LAQF	LAQF	LAQF	LAQF		T BAY
										LOUD	LOUD	LOUD	LOUD		REGION ONTARIO
	Squash									SQ	SQ	SQ	SQ		T BAY
									LAQF	LAQF	LAQF	LAQF		REGION ONTARIO	
Tomatoes, greenhouse					DBR	DBR	DBR	DBR	DBR	DBR	DBR			T BAY REGION ONTARIO	
Tomatoes, cherry, greenhouse					DBR	DBR	DBR	DBR	DBR	DBR	DBR			T BAY REGION ONTARIO	
Turnips								SSFM	SSFM	SSFM	SSFM			T BAY REGION ONTARIO	
Zucchini						SQ	SQ	SQ	SQ					T BAY REGION ONTARIO	
FRESH FRUIT	Apples								LAQF	LAQF	LAQF			T BAY	
									LAQF	LAQF	LAQF			REGION ONTARIO	
	Strawberries						SSFM	SSFM	SSFM					T BAY REGION ONTARIO	
Blueberries							SSFM	SSFM						T BAY REGION ONTARIO	
DAIRY / PROTEINS	Beef, ground	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	TBMP	T BAY	
		LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	REGION ONTARIO	
	Beef, cubed	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	T BAY REGION ONTARIO	
	Beef, roast – institutional	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	LAQF	T BAY REGION ONTARIO	
	Cheese	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	THOAK	T BAY REGION ONTARIO	
Yogurt	SRD	SRD	SRD	SRD	SRD	SRD	SRD	SRD	SRD	SRD	SRD	SRD	SRD	T BAY REGION ONTARIO	