

# Caledon Farmers' Market

*Choosing local food reduces food miles and supports a climate-friendly diet; supports local farmers, keeps dollars within our local economy and provides a source of fresh and tasty food.*



Bringing locally grown and produced items to the residents and visitors of Caledon. The Caledon Farmers' Market promises to be fun, interesting and tasty!

- Open June 17 to October 7 (Rain or shine)
- Every Thursday | 3:00pm – 7:00pm
- Located in Bolton at 150 Queen Street South (site of the Albion Bolton Community Centre)

Fun for the whole family at every Event and every Thursday at your local farmers' market.

To receive our electronic Market newsletter full of great tips, information and recipes please send an email to [edc@caledon.ca](mailto:edc@caledon.ca)

## Schedule of Special Events

June 17  
Opening Day

July 1  
Canada Day

August 19  
Corn Roast &  
Country Festival

September 16  
Harvest Festival

October 7  
Thanksgiving  
Celebration

Each event will have live music, fun for the kids and food demonstrations and offerings.

## Top Reasons to Eat Local

- **Taste and Nutrition:** Local food is fresher, more nutritious and tastier, primarily because it takes less time to travel between the farm and the consumer. Studies have shown that many foods lose nutritional value with storage and transport.
- **Farmland Preservation:** Supporting local farmers helps to make their farm businesses more viable, which contributes to preserving the beautiful farmlands and rural flavour of our area.
- **Local Economy:** Money spent on local food circulates in our local economy, strengthening the community for all of us.
- **Food Safety:** Ontario food is produced to some of the highest food safety standards in the world.
- **Sustainability:** Peak oil, climate change and other issues means that we need to look for sustainable solutions. Local food is a three-times-a-day step in the right direction!

[www.caledon.ca/farmersmarket](http://www.caledon.ca/farmersmarket)

Every Thursday 3:00 to 7:00pm | June 17 to October 7 | Albion Bolton Community Centre