

Local Food Options in Winnipeg



A resource to help you find local (often organic) foods

Local Food Options

This resource is designed to help you find sources for local (and often organic) foods in Winnipeg. There are many options out there so, while we've made what we think is a comprehensive list, we have not included every possible resource.

We encourage you to seek out further resources such as farmers near you who may sell directly to consumers, and CSAs (Community Supported Agriculture, csamanitoba.org).

We recognize that it can be more costly to prioritize sourcing food locally, and have attempted to include some more affordable sources in recognition that our income levels vary (FruitShare Manitoba, The Good Food Box , and West Broadway Farmer's Market, especially).

Why Buy Locally?

- Local food supports small farmers
- Buying local keeps money in our communities and supports the economy
- Small-scale farmers may use more sustainable practices
- Less shipping distance often means higher-quality produce
- Knowing your farmer means you know how they treat their workers, animals, and land
- If you buy seasonally/in bulk, some items may cost the same or less than at the grocery store!

What You Will Find Here

- A list of Winnipeg farmers' markets
- A list of other local food resources
- Online local food options

Winnipeg Farmer's Markets

For more information: www.fmam.ca : Farmer's Markets Association of Manitoba Co-op Inc

Name	Where to Find It	When to Find It
The Forks Farmer's Market	The Forks	Sundays, 11-4, Until September 21
West End Community Market	WCM parking lot at Toronto and Ellice	Every Other Wednesday, 4-6:30 p.m. June 24-Sept 16,
West Kildonan Community Farmer's Market	1680 Main street	Saturdays, 8:30-2:00, Mid July to Mid September
Health Science Centre Farmer's Market	707 McDermot Ave	Wednesdays, 10-5, June to September
West Broadway Farmer's Market	185 Young Street, Broadway Neighbourhood Centre Courtyard	Wednesdays, 3-6, July to September
Wolseley Farmer's Market	980 Palmerston Ave at Ruby Street	Tuesdays and Thursdays, 4-7 p.m., mid-June to mid-October
Red River Farmer's Market	Red River Exhibition Park, 3977 Portage Avenue at Perimeter	Saturdays, 9-2, July 25-September 26
Wellness Institute Farmer's Market	Front entrance of Institute, Seven Oaks General Hospital, 1075 Leila Ave	Tuesdays, 9:30-4:00, July to September

Name	Where to Find It	When to Find It
Transcona Biz Farmer's Market	135 Regent Ave West, Centennial Square	Thursdays 11-3; Saturdays 10-2; July and August
St. Norbert Farmer's Market (Manitoba's Largest!)	3514 Pembina Hwy., St. Norbert	Saturdays 8-3; Wednesdays 11-3; Mid-May to October
FortWhyte Farms Market	1961 McCreary Rd.	Tuesday 12 – 6 July through September
River Heights Farmer's Market	River Heights C. Centre, corner of Oak St. & Grosvenor Ave	Fridays 12-5; July through September
Main Street Farmer's Market	865 Main Street (Neechi Commons Parking Lot)	Fridays 12-5; July to mid-September
Broadway Farmer's Market	333 Broadway Ave, Courtyard, Worker's Compensation Board	Mondays, 10-4, July - August
Hydro Building Farmer's Market	Inside Manitoba Hydro Building (360 Portage Avenue)	Thursdays, 10-4; June through October (occasionally through winter)
Jardins St-Leon Gardens	419 St. Mary's Road	Daily until late fall: Monday- Saturday 9- 9; Sunday 9-6
Gas Station Arts Centre Village Market	445 River Avenue	Thursdays 4-8 p.m. until September 5
CMU Farmer's Market	500 Shaftesbury Road	Saturday Sept. 26, 10- 4 (only one per year)

Other Local Food Resources

Name	Where to Find It	When and What
Crampton's Market (Mostly local, all organic)	1765 Waverley Street Winnipeg	Monday-Friday 9-8; Saturday and Sunday 9-6. meat, fish, fruit, vegetables, on-site bakery & ice cream, prepared foods, dairy, condiments, honey, & more.
The Fresh Carrot (formerly Organza) (some local, all organic)	2-230 Osborne Street	bakery, deli (meats and premade food items), produce, vegan items, full range of dairy and non-dairy products, dry goods, pet foods, household cleaners, some books/magazines, snacks, and more.
Humboldt's Legacy (some local, all organic)	887 Westminster Avenue (moving to 167 Lilac in late August)	Some local and/or organic food, also carries fair trade type clothing, blankets, household goods, cleaning supplies. Children's toys, as well as beauty supplies.

Name	Where to Find It	When and What
Vic's Fruit Market	A-1038 Pembina Highway also: Schriemers Market Centre	quality produce, much of it organic, and local when possible and in season.
St. Vital Market	1633 St. Mary's Road	A grocery store providing local and non-local options, works with several local vendors, including meat, produce, baked goods, and dry goods/grocery.
Neechi Commons	865 Main Street	Supermarket and restaurant (and arts center). A variety of grocery products including traditional foods such as bannock, wild rice, Manitoba pickerel, and wild blueberries. Also local fruits and vegetables, and aboriginal arts and crafts.

Online Local Food Options

Harvest Moon Local Food Initiative:

<http://www.localfoodmarketplace.com/harvestmoon/>

Mostly organic, all local. Monthly online orders and deliveries to set points within the city. Products include meats, honey, grains, vegetables and fruit, and a couple of non-food items.

Winnipeg FoodShare Co-op: <http://winnipegfoodsharecoop.org/>

Organic and/or local. Winnipeg FoodShare Co-op's **Good Food Box** program, is a community buying club. Place an order for a "box" of fresh produce, which is delivered to a local depot (mostly downtown, with some North End) weekly. An **affordable** way to get local healthy food into your diet! Boxes range in size and cost from \$8 to \$20

My Farmer's Market: <http://www.myfarmersmarket.com/en/>

Organic and/or local. Weekly free delivery (on purchases over \$50) of local, healthy, affordable food and more. Can include pet-related, home care, and health and beauty products along with produce, bakery, dairy, beverage, and meat categories. Open 24/7/365 (except for bakery). Pay online, or cash on delivery.

Fresh Option Organic Delivery: <http://www.freshoption.ca/>

Focuses on organic over local. Weekly or bi-weekly home delivery. Fresh bin contents reflect current market and are based on seasonal availability, quality, and price. Orders can be modified by making substitutions and adding on non-produce. Boxes range in price from \$35 (small, 1-person) to \$65 (large, more than 2 people).

FruitShare Manitoba: www.Fruitshare.ca

A budget way to get fruit! FruitShare rescues fruit that would otherwise go to waste. Sign up for \$10, and get email notices of 'picks' throughout the city. Landowners post notices as fruit ripens, volunteers arrive and pick the fruit. 1/3 of fruit goes to the landowner, 1/3 is donated, and 1/3 goes to the pickers. Fruit varieties include rhubarb, grapes, strawberries, apples, pears, saskatoons, and more.

Community Supported Agriculture: <http://csamanitoba.org/>

A directory of all the Community Supported Agriculture programs in Manitoba. Community Supported Agriculture is a partnership between consumers and farmers, with consumers paying a lump sum upfront, and farmers delivering a weekly or biweekly bin of a fairly broad mix of food products throughout the harvest season. Most CSAs are run through the summer, although a few offer autumn and even winter options. The guaranteed income helps to support and stabilize small farms, which can be vulnerable to weather shocks; and the weekly box exposes customers to a variety of locally-grown foods. Note that most CSAs are suitable for families or small groups of people; the amount of food is usually too much for 1-2 person households.

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St. Peter's is a Christian community seeking to love God, grow in faith and serve the world.