



YOU ARE HERE

When you plant your feet in Wellington County and Guelph, you'll quickly see that we are deeply rooted in agriculture. We are a down-to-earth food destination, with lots to offer for every taste. Come join us to taste real food, enjoy authentic farm events and learn new food skills.

We invite you to pick up a Local Food Map, explore our back roads and uncover Wellington County's best farm stores and food treasures. Discover quaint rural downtowns, quirky cafés and bakeries, farm-to-table restaurants, and pick up treats along the way.

Go on your own food adventure today!

ABOUT THIS GUIDE:
Some destinations mentioned in this guide are open seasonally. Hours and availability may vary. Always check before visiting.

 www.tastereal.ca

Must Dos

Get a glimpse of Horse and Buggy culture at **Misty Meadows Country Market**. Pick up butter tarts or doughnuts at **Maggie's Bakery** in Mount Forest and visit Arthur's award-winning **Silver Fox Distillery**.



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Pick up supplies at **3 Gen Organics** for a picnic at **Conestogo Lake** or meet the animals and taste farm-made organic ice cream at **Mapleton's Organic Dairy**.

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Pick up treats at **The Tartlet** or lunch at **La Fontana** and feast on the banks of the Grand River in **Bissel Park**. Rent a bike or canoe and explore Elora's pretty scenery.



Visit the farmers' market on the train platform at the **Palmerston Railway Heritage Museum**. Walk Ontario's **longest truss pedestrian bridge** and take a hand car ride in **Lions Heritage Park**.

Pick up apple fritters at **Union Market Square**, discover new-to-you treasures at the **Aberfoyle Antique Market**, or meet a new friend at the **Donkey Sanctuary**.



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Find old-time vibes and your favourite treats at **Holtom's Bakery** in Erin, watch world-class show jumping at **Angelstone Equestrian Centre**, sip farm-made ciders and visit with farm critters at **Heartwood Farm and Cidery**.



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Learn about Wellington County's roots at the **Wellington County Museum and Archives**, stroll through historic downtown Fergus to discover its Scottish flavour and book a tour at nearby **Harmony Meadows Alpaca Farm**.

➔ Find these and more adventures at www.tastereal.ca



Go berry picking, stop for lunch at **Heaven on 7** and head over to the **Rockwood Conservation Area** for a hike, bike or canoe ride.

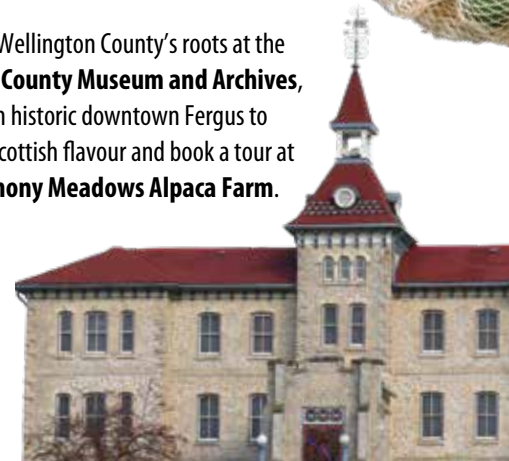
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Find old-time vibes and your favourite treats at **Holtom's Bakery** in Erin, watch world-class show jumping at **Angelstone Equestrian Centre**, sip farm-made ciders and visit with farm critters at **Heartwood Farm and Cidery**.



Visit Guelph's excellent **craft breweries**, take in the views inside and outside of the **Basilica of Our Lady** and explore downtown's cultural and culinary treasures on a guided **Taste Detour**.

Go on the **Farmer's Market Trail** and visit one or all of Guelph and Wellington's **eight farmers' markets** and uncover treasures along the way.





Minto



Erin

Shop like a local

Fill your basket with fresh local foods, grab a bite to eat and enjoy the community atmosphere – a visit to a farmers' market is an experience in itself. Get a taste of the local culture, meet local farmers and artisans, and explore the unique flavours and vibes of each community.



Elora

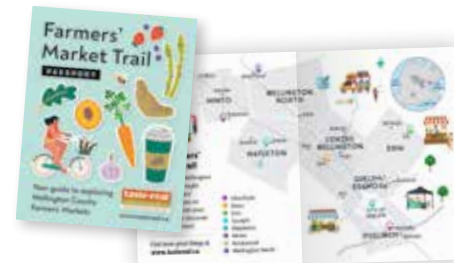


Aberfoyle

Guelph

Explore Wellington County with the Farmers' Market Trail Passport.

Pick up a Passport at all participating markets and collect stamps for a chance to win one of eight farmers' market prize packs.



ABERFOYLE FARMERS' MARKET

Saturdays 8:00 am-1:00 pm
Late May - Late October
www.afma.ca

ELORA FARMERS' MARKET

Saturdays 9:00 am-1:00 pm
Early May - October
Winter Market: November/December
www.elorafarmersmarket.ca

ERIN FARMERS' MARKET

Thursdays 3:00 pm-6:30 pm
Late June - Late September
www.erinfarmersmarket.ca

GUELPH FARMERS' MARKET

Saturdays 7:00 am-12:00 pm
Year-round
www.guelph.ca/farmersmarket

MAPLETON FARMERS' MARKET

First and third Wednesday of the month
4:00 pm-7:00 pm
www.mapleton.ca

MINTO FARMERS' MARKET

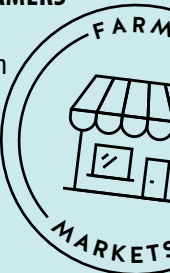
– Palmerston
Saturdays 9:00 am-12:00 pm
Early June - Late September
www.mintofarmersmarket.ca

ROCKWOOD FARMERS' MARKET

Wednesdays 4:00 pm-7:00 pm
Early June - Early October
www.therockwoodfarmersmarket.ca

WELLINGTON NORTH FARMERS' MARKET – Mount Forest

Saturdays 8:30 am-12:00 pm
Late June - Late September
www.simplyexplore.ca





Local Eats

Farm to Table has deep roots in Wellington County. Chefs and farmers work hand in hand to create menus around what's in season, right here. Taste our unique terroir, and learn the stories beyond the plate at some of our top farm to table restaurants and eateries.



Elora Brewing Company



Park Eatery



Union Market Square



La Fontana

BOREALIS GRILLE AND BAR

Guelph | www.borealisgrille.ca

CAFÉ AT THE OLD POST

Harriston | www.cafeattheoldpost.ca

EARTH TO TABLE: BREAD BAR

Guelph | www.breadbar.ca

ELORA BREWING COMPANY RESTO

Elora | www.elorabrewingcompany.ca

ELORA MILL

Elora | www.eloramill.ca

HEAVEN ON 7 BISTRO AND PUB

Rockwood | www.heavenon7.ca

LA FONTANA

Elora | www.la-fontana.ca

MIIJIDAA CAFÉ AND BISTRO

Guelph | www.mijidaa.ca

PARK EATERY

Guelph | www.parkeatery.ca

UNION MARKET SQUARE

Arkell | www.unionmarketsquare.com

TAPAVINO

Fergus | www.tapavinofergus.com

THE WILD TART

Elora | www.thewildtart.ca

THE WOOLY PUB

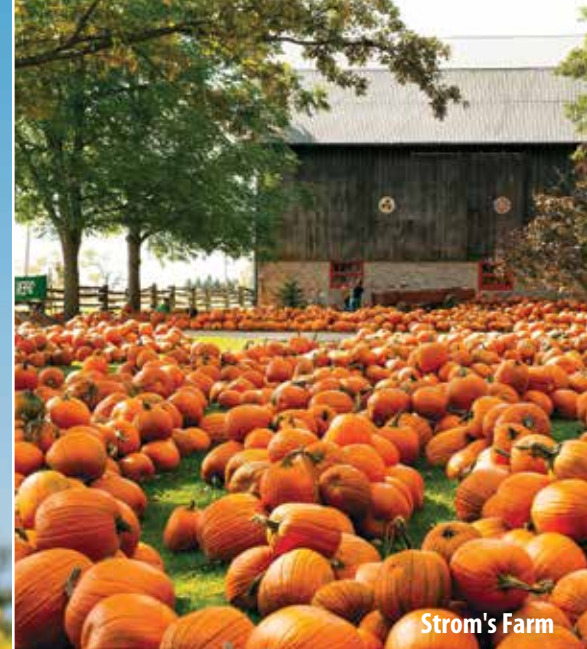
Guelph | www.thewoolypub.ca

DID YOU KNOW?

You can eat local on the University of Guelph campus. www.hospitality.uoguelph.ca

Farm Fun

Not just for kids – local farms have created fun, educational and tasty ways for you to connect with agriculture.



For Adventurers

You'll find sunflower and lavender fields, corn mazes, pumpkin patches, and more. Try out unique activities, such as alpaca yoga, food workshops, and visit with farm critters.

AUGUST TREE FLOWER FARM
www.augusttreefarm.com

ERIN HILL ACRES
www.erinhillacres.farm

MAPLETON'S ORGANIC DAIRY
www.mapletonsorganic.ca

STROM'S FARM AND BAKERY
(open seasonally) www.strom.ca

THE FIELDSTONE BARN
www.thefieldstonebarn.com

THATCHER FARMS
www.thatcher-farms.com

WELLINGTON COUNTRY MARKETPLACE
www.wcmarketplace.ca

➔ On-Farm Events

Farm dinners, movies on the farm, concerts, and more – check our events calendar regularly for unique and engaging on-farm events.
www.tastereal.ca

