

2015 Grown in Peel Guide now available

Peel is home to farms that grow everything from apples to watermelons, and beets to pumpkins.

To help encourage residents to eat fresh and buy local, the Region of Peel has launched its 2015 Grown in Peel Guide and updated www.GrownInPeel.ca

The Guide features 37 farms, retailers and farmers' markets in Caledon, Brampton and Mississauga, as well as an easy-to-read map and the seasonal availability of vegetables and fruit.

“One of the ways the Region of Peel is focused on improving the health of its residents is by encouraging a healthy diet, which is rich in vegetables and fruit, to help reduce the risk of diabetes, heart disease, stroke and some types of cancer,” said Acting Medical Officer of Health Dr. Eileen de Villa. “Visiting a local farm lets you purchase and enjoy the tastiest seasonal food that Peel has to offer and is a fun and enriching experience for the whole family.”

The Grown in Peel Guide is now available free of charge at Peel libraries, fairs and municipal buildings, or a copy can be requested by emailing growninpeel@peelregion.ca

GrownInPeel.ca features an interactive map, provides the seasonal availability of nearly 50 vegetables and fruit, and lists events happening at your local farms and farmers' markets.

For more information, call the Region at 905-799-7700 or visit peelregion.ca/health