

## 2016 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 2016 Grown in Peel guide and updated [www.GrownInPeel.ca](http://www.GrownInPeel.ca)

The Guide features 34 farms, retailers and farmers' markets in Caledon, Brampton and Mississauga, as well as an easy-to-read map and information on the seasonal availability of local fruits and vegetables.

"We know that one of the best ways to help reduce the risk of diabetes, heart disease and stroke is by leading a healthy lifestyle, which includes a colourful diet rich in vegetables and fruit," said Peel's Medical Officer of Health Dr. Eileen de Villa. "This spring, try incorporating more fresh, seasonal produce into your diet by visiting a local farm. It's a fun and enriching experience for the whole family. Your health, your taste buds and Peel's farmers will thank you."

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](mailto:growninpeel@peelregion.ca)

[GrownInPeel.ca](http://GrownInPeel.ca) features an interactive map, lists events happening at local farms and farmers' markets and provides the seasonal availability of nearly 50 fruits and vegetables.

For more information, call the Region at 905-799-7700 or visit [peelregion.ca/health](http://peelregion.ca/health)