



# OPEN FARMS

Connect with our farmers, their land, and your food.



## FARMS

### **A** Food Less Travelled

6674 Road 38, Verona

**Kim & Dave Perry**

Meet guest farmers from the Tryon Farm, Sparling Natural Foods, and Perry Farm and some of their animals, sample Wilton Creek Dairy's goat milk and yogurt, chat with the Beef Farmers of Frontenac. Shop all kinds of local products and fresh baked goods in the store.

### **B** Maple Ridge Farm

3098 Alton Road, Sydenham

**Becky Williams & Mark McCrady**

Discover why Maple Ridge cows are unique, and learn about the role that pigs, chickens, bees, and flowers play in farm life. Hit the build-your-own bouquet flower bar. Bring your cooler to buy premium pastured meat and eggs.

### **C** Five Star Farm

3262 Scanlan Road, Sydenham

**Tracey & Curtis Moore**

Get licked by a cow, watch a hen take a bath, touch noses with an alpaca. Enjoy educational interactions with friendly animals on a 19th Century homestead style farm.

### **D** Long Road Eco Farm

3757 Highway 38, Harrowsmith

**Jonathan Davies & Xiaobing Shen**

Tour the greenhouse, see the chickens and geese, and learn about the ingredients and process behind Long Road's steamed buns, dumplings, and fermented veggies.

### **E** Fat Chance Farmstead

3711 Highway 38, Harrowsmith

**Josh Suppan & Jen Valberg**

Take a tour of this certified organic fruit & vegetable farm, stroll through the young apple orchard, and learn how strawberries can grow well into October. Pick up some produce or a pint of strawberries fresh from the field and try your luck at 'name that tractor implement.' (You may win a prize!)

### **F** Birds & Bees Produce

5713 Wilmer Road, Perth Road Village

**Jim & Jo White**

Come for the "local lunch experience." Try your hand at soil-block making, tour the garden and greenhouse, learn about livestock and the honey extraction process. Purchase fresh produce and shop other local artisans, enjoy live music in the afternoon.

### **G** Sunset Farm

4403 Latimer Road, Inverary

**Andrea & Orrie Cumpson**

**Charlie & Hailey Cumpson**

Meander around this diversified, certified organic third generation family farm. Learn about the process of milling spelt flour, the habits of cows, chickens, pigs, and farm dogs, and the importance of soil health in the long-term sustainability of the farm.

## MEAL & RESTROOM STOPS

### **1** The Cookery

3810 Perth Road, Inverary

### **2** The Point Restaurant

4415 Wheatley Street, Sydenham

### **3** Trousdale's General Store

4395 Mill Street, Sydenham

### **4** Gilmour's on 38

5062 Highway 38, Harrowsmith

### **5** Muddy Waters

6557 Highway 38, Verona

### **6** Food Less Travelled

6674 Highway 38, Verona



Share your journey on Instagram, Facebook & Twitter using #InFrontenac

Sunday, September 9

10am–4pm | Free Admission

More information at [InFrontenac.ca/OpenFarms](http://InFrontenac.ca/OpenFarms)



**FRONTENAC**