

ASPARAGUS

"Food of Kings"

This seasonal feature on resident menus is fresh from Ontario farms!

King Louis the XIV of France was so fond of asparagus that he ordered special greenhouses built so he could enjoy this vegetable year-round.

Asparagus is a sign of spring and a source of vitamins A and C, as well as potassium and fibre.



The Golden Horseshoe Food and Farming Alliance (GHFFA) project, *Serving Up Local*, is a partnership with Durham and Halton regions, and the City of Hamilton to increase the amount of local foods offered in their facilities with a special focus on long-term care homes. We use the purchasing power of public institutions to strengthen Ontario's agricultural sector and appeal to our residents seeking local food offerings. This project is funded by the Greenbelt Fund. For more information: www.foodandfarming.ca



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TOMATOES

The Prettiest In The Patch

This seasonal feature on resident menus is fresh from Ontario farms!

In North America, people used to grow tomatoes because they were pretty, not because they wanted to eat them! It wasn't until the 1900s that tomatoes started to become popular in cooking.

Tomatoes are a versatile and colourful source of vitamins A and C as well as potassium.

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CORN

As Fresh As The Air We Breathe

This seasonal feature on resident menus is fresh from Ontario farms!

Ontario's corn crop produces a year's worth of oxygen for everyone in the province in just 11 summer days.

Corn is a sweet and tasty source of fibre and vitamin C.

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THE PERSISTENT PEACH

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Fossil evidence of modern peaches has been found in deposits dating to 2.6 million years ago in China! Here in Ontario, in the 1780s, Peter Secord (Laura Secord's uncle), is believed to have planted the first peach trees in Niagara. Peaches have thrived in the area ever since.

Peaches are a deliciously refreshing source of fibre and vitamin C.

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MILK & EGGS

A Wholesome Deal

Fresh milk and fresh whole eggs from Ontario farms are a consistent offering on resident menus.

Nearly all the essential nutrients our bodies need can be found in an egg. Eggs are packed with 14 essential nutrients.

Milk is an excellent source of calcium and vitamin D which help keep bones and teeth healthy.



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