

SIGN UP FOR A WINTER CSA BASKET (community supported agriculture)

Buying local winter vegetables helps local producers and the local economy. For several years now, greenhouse vegetable baskets in the winter have become increasingly common. This practice allows consumers to buy tomatoes, lettuce, and even fresh Quebec cucumber 365 days a year.

WINTER CSAs AVAILABLE NOW:

- Fermier famille
- Champs qui chantent

PRESERVE THE HARVEST Canned, Fermented and Pickled Vegetables

A classic method to preserve food and unlock nutrients - fermenting, pickling, and canning are great ways to transform your harvest and market vegetables. Enjoy it through the winter season!



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SCAN FOR
MORE TIPS!

Did you know?

Buying food from local farmers can be **cheaper and better** for you.

Not only that, local food systems can help foster local economies, improve supply chain resilience, and increase regional biodiversity.

Here are some tips to help your diet stay local even in winter!

HOW TO

eat

Locally
in Winter



PLAN AHEAD: Top 5 Foods That Store Well Over Winter

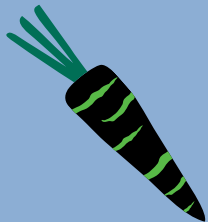
If stored in a cool dark and dry place, these Quebec-grown vegetables can be preserved fresh for months!
Grow extra during the warm season and stock up at the local markets when it's in season!



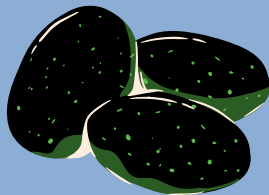
Apples



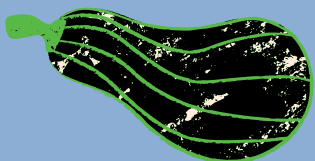
Cabbage



Carrots



Potato

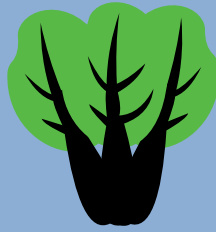


Squash

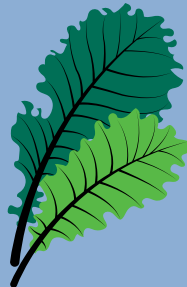
There are many local mushroom cultivators in Montreal who grow fungi year-round indoors! Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. You can even grow them yourself at home with a kit!

BUY THESE LOCALLY: Top 5 Foods That Can Be Harvested in Winter

These vegetables and greens can be cultivated year-round in Quebec.
Sign up for a winter CSA or check the local-to-Quebec section in the grocery for fresh produce in the winter!



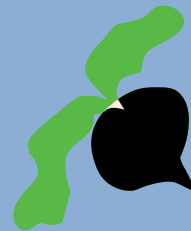
Bok Choy



Kale



Spinach

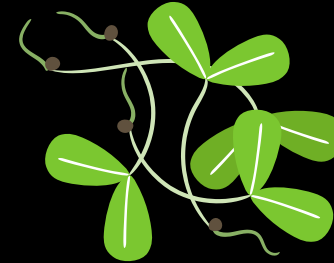


Radish



Onion

GROW YOUR OWN: Cultivate Food At Home Year-round with Sprouts and Microgreens



Sprouts are the fastest-growing superfood, ready to eat in as few as 3 days for some varieties!

Sprouts are incredibly healthy and are full of protein, essential vitamins, minerals, fiber and are a great source of antioxidants.

HOW TO GROW SPROUTS

- ★ Use a clean glass jar, ensuring it's thoroughly sanitized.
- 1 Measure and add a tablespoon or two of seeds to the jar.
- 2 Rinse the seeds, then soak them in water for 8-12 hours or overnight.
- 3 Drain and rinse the soaked seeds thoroughly.
- 4 Rinse 2-3 times daily for the next few days.
- 5 Harvest when they reach 1-2 inches in length.

HOW TO

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**Locally
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