



**EAT LOCAL!**

**Concordia Food Coalition**

# Why IN SEASON and LOCAL is best

## Fresher, Tastier Food

Local food is harvested at peak ripeness and sold quickly — meaning better flavour, texture, and nutrients.

Seasonal produce hasn't been stored for weeks or shipped thousands of kilometres.

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## More Affordable

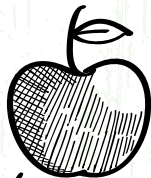
In-season food is usually cheaper because it's abundant and doesn't carry the extra costs of importation, storage, or long-distance transport. Buying directly from farmers (*like at Concordia's farmers market!*) cuts out the middleman, making food more affordable.

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## Lower Environmental Impact

Less packaging, fewer transport emissions, and reduced refrigeration needs.

Supports climate-friendly agriculture by encouraging crop diversity and soil health in your own region.



# Why IN SEASON and LOCAL is best

## **Supports Local Farmers and Food Sovereignty**

Keeps money in the community and strengthens local food systems. Encourages small-scale, sustainable agriculture over industrial monocultures or corporate agribusiness.

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## **Connects You to the Seasons and Culture**

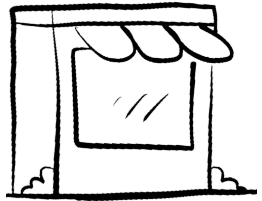
Helps you learn what grows when in Quebec or Canada — which builds food literacy and cooking skills.

Seasonal eating is also tied to cultural traditions, harvest festivals, and community events.

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## **Bonus: It's Empowering**

When you know where your food comes from and how it's grown, you can make informed, ethical choices — and reduce reliance on exploitative food chains.



# WHY BUY CANADIAN-MADE?



**Choose Organic Certified Options When Possible:** These certifications ensure more sustainable farming practices.



**Check for Seasonal Availability:** Foods in season are often grown with fewer resources.



**Shop in Bulk:** Reduces packaging waste.



**Choose minimally processed items** to cut down on additional energy use.



## Look out for "Made in Canada" claims:

- "Made in Canada" means the product is mostly made in Canada, but ingredients or materials can be imported.
- "Product of Canada" is stricter — at least 98% of the product's ingredients and processing must be Canadian.



# FLAVORS OF QUEBEC

Check out these **LOCAL & SUSTAINABLE** food producers



## Fromagerie L'Ancêtre

Known for its organic, sustainable practices and high-quality, artisanal cheeses made from locally sourced milk.



## Canadian Heritage Organics

A popular organic maple syrup brand with a strong commitment to sustainability.



## Gourmet Sauvages

Offers organic, wild blueberries and blueberry products like dried berries and jams.

## Big Bloc Champignons

Quebec-based brand specializing in gourmet, locally grown mushrooms and mushroom-based products, celebrated for their freshness and sustainable practices.



# WHY CHOOSE LOCAL HONEY?



Supporting small-scale farmers and beekeeper helps sustain local economies and keeps honey production practices rooted in **family-owned and small-scale operations, where the focus is often on quality over quantity.**



As producers that focus on natural methods and typically avoid industrialized processes, **their honey is often free from additives, preservatives, or artificial sweeteners.** It can also be raw, which preserves beneficial enzymes, antioxidants, and nutrients.



Supporting ethical honey production helps promote a more humane treatment of bees. **Sustainable beekeepers prioritize bee health and wellbeing,** limiting the removal of honey to ensure bees have enough food for themselves, reducing stress, and **avoiding practices that harm or exploit the bee colonies.**



# Check out these Local & Ethical Honey Producers

## Miels d'Anicet

*Ferme-Neuve, QC*

Specializes in organic, raw, and unfiltered honeys produced through sustainable beekeeping practices.



## Miellerie Lune de Miel

*Stoke, QC*

Provides guided tours to educate visitors about bees and honey production, emphasizing transparency and community engagement in their beekeeping practices.



## Hydromel Charlevoix

*Baie-Saint-Paul, QC*

An artisanal enterprise creating wines and spirits from their own honey, naturally produced and environmentally friendly, reflecting a commitment to sustainable practices.



# What's in Season in Quebec?

## MAY



## JUNE

### VEGETABLES

Asparagus

Radish

Fiddleheads

Spinach

Lettuce

Carrots

Beets

Rhubarb

Broccoli

Cauliflower

Kale

Zucchini

Garlic scape

Green onion

Yellow + green beans

Fennel

### FRUITS

Strawberries

Apples from fall

Blueberries

Haskaps

### MUSHROOMS

Morels

Chantrelles

Oyster

Lobster

Porcini

Wood ear

# What's in Season in Quebec?

## JULY



## AUGUST

### VEGETABLES

Beets  
Broccoli  
Cabbage  
Cucumbers  
Eggplant  
Greens

Herbs  
Potatoes  
Tomatoes  
Pumpkin  
Squash  
Parsnips

Beets  
Broccoli  
Cabbage  
Cucumbers  
Eggplant  
Greens

Herbs  
Potatoes  
Tomatoes  
Pumpkin  
Squash  
Parsnips

### FRUITS

Melons  
Strawberries  
Cherries  
Plums

Apricots  
Raspberries  
Peaches  
Saskatoon berries

Apples  
Asian Pears  
Pears

Pears  
Cranberries  
Blueberries

### MUSHROOMS

Bolete  
Oyster

Chanterelles  
Black Trumpets

Hedgehog  
Lobster

# What's in Season in Quebec?

**SEPTEMBER**  **OCTOBER**

## VEGETABLES

Beans	Herbs	Beets	Herbs
Beets	Peppers	Broccoli	Potatoes
Broccoli	Potatoes	Cabbage	Tomatoes
Cabbage	Corn	Cucumbers	Pumpkin
Cucumbers	Tomatoes	Eggplant	Squash
Eggplant		Greens	Parsnips
Greens			

## FRUIT

Apples	Apples	Plums
Asian Pears	Asian Pears	Grapes
Cantaloupe	Pears	
Pears	Cranberries	
Watermelon		

## MUSHROOMS

Chantrelles	Bolette	Oyster	Hen &
Lobster	Hedgehog	Giant	Chicken
Black Trumpets		puffball	of the Woods

# SPRING

## PLANT A SPRING GARDEN!



### Plant perennials outdoors

You can start harvesting every spring!

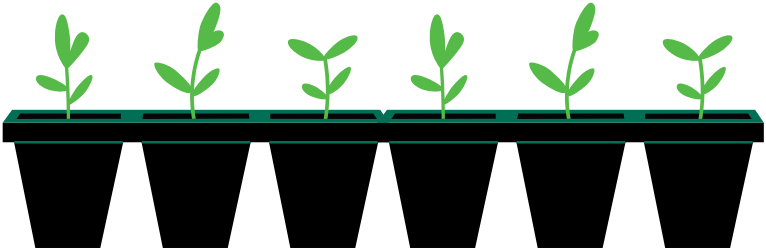
- **Hardy greens**
- **Herbs (thyme, chives)**
- **Strawberries**

### Grow your own seedlings!

- **Create a mini garden** set-up in the window and/or under a grow light
- **Get a little greenhouse** for an indoor or outdoor garden

*Join the campus garden groups from spring to fall to learn all about ecological farming!*

Coop CultivAction  
People's Potato  
Sankofa Farm



# SIGN UP FOR A CSA

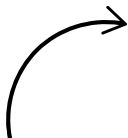
*(community supported  
agriculture) basket*

# SPRING



## Why Sign Up For a CSA Basket?

- A CSA basket connects farmers directly to local communities.
- In a CSA, people can purchase a share of a local farm's produce for a season, **typically from early spring through late fall.**
- The farm, in turn, provides **a weekly or bi-weekly share of fresh, seasonal produce** directly to the consumer.



**Fermier de famille** is a Quebec-based CSA (community-supported agriculture) program where local farmers deliver weekly seasonal produce boxes directly to households.  
[fermierdefamille.com](http://fermierdefamille.com)

# SPRING - FALL

## FARMERS MARKETS



### Why Shop at a Farmers Market?

- Ensures fresher, more flavorful produce
- Getting seasonal vegetables at a farmers market **saves you money** on ecologically grown produce
- Markets **support local farmers** while **reducing the environmental impact** of long-distance transportation.
- **Find interesting new varieties to try!**

### Save Money while eating great!

Choosing local, in-season vegetables in Québec not only supports the regional agricultural economy but can also be surprisingly budget-friendly compared to imported alternatives.

A comprehensive study of more than 350,000 price data points in Québec found that in 70.8% of food subcategories, locally certified products were either similarly priced or less expensive than imported items—dispelling the myth that local always costs more. **The cost can be two to three times higher for imported produce!**

# OUR CAMPUS MARKET

## SUMMER – FALL



### Why Shop at the Concordia Farmers Market?

- **Support student creators, growers and cooks**
- **Get fresh and local food, right on campus!**
- **Visit the campus gardens while you shop!**

## Pay-What-You-Can Produce Stand

by Coop CultivAction!



### For Members:

\$10 for lifetime membership!

Subscribe anytime by cash  
or e-transfer only

The Concordia  
Farmers market  
runs from  
**July - October.**



# WILD HARVESTING & FORAGING:

## SPRING - FALL

### Learn How to Identify Plants:

- **Join a plant walk** event to learn with other experts
- Attend a wild plants **workshop**
- **Buy a book** about edible plants in Quebec



Join Coop  
CultivAction for wild  
foraging workshops!



### Spring herbs & wild edibles:

*Dandelion greens*



*Nettle*



*Ostrich  
Fiddleheads*



*Morelle  
Mushrooms*



# PRESERVE THE HARVEST

Frozen, Canned, and Preserved Foods

- Freezing or canning Quebec-grown produce at its peak freshness preserves nutrients and taste while extending its shelf life.

Try out these ideas:

- **Freeze local berries**  
(e.g., blueberries, raspberries)
- **Can your tomatoes and fruits**  
(use recipes customized to your tastes!)
- **Ferment or pickle your vegetables**  
(try making sauerkraut, kimchi and quick pickles)

## ALL-YEAR



# X



# GROW YOUR OWN:

## Cultivate Food At Home Year-round with Sprouts

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



ALL-YEAR



*Keep an eye on the @CoopCultivAction Insta for sprout growing events*

## 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.
- 5 Rinse 2-3 times daily for the next few days.
- 4 Harvest when they reach 1-2 inches in length.

# PLAN AHEAD: Top 5 Foods That Store Well Over Winter

ALL-YEAR



## Best Practices to store food for winter

- If stored in a cool dark and dry place, these Quebec-grown **vegetables can be preserved fresh for months!**
- Grow extra food during the warm season and **stock up at the local markets when it's in season!**
- **Look up how to store different vegetables** to keep them fresh the longest!



Squash



Apples



Cabbage



Carrots



Potatoes

**Visit your local market and diverse markets such as the Atwater and Jean Talon Markets for year-round seasonal produce, mushrooms and more!**

# USING THE EXTRA!

ALL-  
YEAR

## Get Creative with Leftovers

Turn roasted vegetables into a hearty salad, mash them into patties, or add them to a frittata for a new, delicious meal.

## Use the Scraps!

Save peelings, stems, and cores from vegetables to make a flavourful homemade vegetable broth, minimizing waste and maximizing nutrition.

## Freeze them for Later!

Chop and blanch surplus root vegetables, hearty greens, or squash, then freeze them in portions to use in soups, stews, or stir-fries later. *Your future self will thank you at exam time!*

## Experiment with them!

Blend hearty greens into pesto, squash into dips, and root vegetables into gratins for unique dishes.

## Preserve them!

Did you know? You can ferment your greens, cabbage & pickle root vegetables to extend their shelf life?



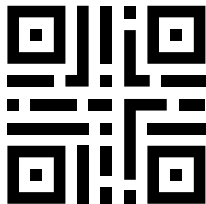
# International Students Guide to Food

Eating locally in Canada can look quite different for international students, who may be unfamiliar with the seasonal produce, local food traditions, and farmers markets that shape Canadian eating habits. Many students come from countries where different fruits, vegetables, or spices are staples, so adapting to Canada's local food system can be both a cultural and culinary shift.



## Check out our new International Students Food Guide

- Sections for largest cultural groups at Concordia
- International associations at Concordia
- International food grocery store listings
- Online ordering listings
- Substitutions chart



# 4 WAYS TO PRIORITIZE LOCAL AT BIG GROCERY STORES

Shopping locally at big grocery stores can feel challenging, but **with a few simple strategies, you can support local producers** and reduce your environmental footprint.

1

## Look for Labels

Most grocery stores mark locally sourced items with labels like "Product of Canada" or "Locally Grown." Check for these signs in the produce, dairy, and meat sections.

2

## Choose Seasonal Produce

Focus on fruits and vegetables that are in season, such as root vegetables, squashes, and hearty greens during winter. These are more likely to be locally grown and fresher.

3

## Explore Specialty Sections

Many stores feature shelves or aisles dedicated to local brands for items like bread, snacks, or beverages. Look for small-scale producers based in your province or region.

4

## Ask for Local Products

If you're unsure, ask the staff which items are locally sourced. Requesting local products shows demand and encourages the store to stock more.

# ECO-FRIENDLY PRACTICES FOR YOUR IMPORTED PRODUCE!

If you buy food grown overseas, there are many ways to opt for seasonal produce.



## **Choose Fair Trade or Organic**

**Certified Options:** These certifications ensure more sustainable farming practices.



## **Check for Seasonal Availability from the Source Country:**

Foods in season in their home countries are often grown with fewer resources.



**Shop in Bulk:** Reduces packaging waste.



**Opt for products shipped by sea rather than air.**



**Choose minimally processed items** to cut down on additional energy use.



# FOOD APPS TO CHECK OUT

## Shop Canadian

- Simple and fast way to get product information by scanning barcodes.
- Instant access to the company and location info on consumer products.
- FREE



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## Yuka

- Primarily analyzes health impact of food and cosmetics, but also reveals company info, which can help check if a brand is Canadian or foreign-owned.



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## Maple Scan

- Scan Any Product
- If a product isn't fully Canadian, they'll suggest local alternatives.
- Learn if imported products include tariffs or special taxes.



# Concordia Food Coalition

Check out our  
**Cookbook Archive** for  
easy, seasonal recipes!



Check out our **Students  
Guide to Cooking** for  
Yourself and Others!

**Concordia Campus  
Food Map!**

Find groceries, student  
discounts & more!

