

MULTIETHNIC AFRICAN COMMUNITY

E-GUIDE TO LOCALLY-GROWN WORLD FOODS



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Possibility grows here.

This e-guide shows you where you can find fresh, locally grown world crops, the farmers who are growing them and where you can find them. The more you support our local farmers by purchasing their products, the more they can produce, ensuring you have fresh food that tastes like home now and in the future!

OMAFRA VIDEO WORLD FOODS



Shop for fresh, locally grown multi-ethnic African produce to meet your tastes at a farm, farmers' market or grocery store in Ontario's Greenbelt.

The Multi-ethnic African Community (MAC) in Ontario includes people of African heritage from 54 African countries and the African diaspora. From Ghana to Somalia to Botswana, the multi-ethnic African community encompasses a wide range of ethnicities from all over the world!

DID YOU KNOW?

- Many traditional foods from "back home" are being grown right here in Ontario. Farmers are growing okra, callaloo, sweet potatoes, beets, collard greens, ginger turmeric and much more..
- Ontario producers, including local farmers from MAC countries are producing these crops.

WHY BUY LOCAL FRESH FOOD?

- Exceptional taste
- Strengthens your community
- Supports your local farmers
- Reduces your carbon footprint

WHAT ARE WORLD FOODS?

World Foods are those which can be produced, harvested or processed in Ontario that reflect the diversity of the province's population.

EXAMPLES OF ONTARIO WORLD FOODS MAY INCLUDE:

- Fruits and vegetables - sweet potato, okra, pawpaw (asimina), hibiscus flower, eggplant
- Proteins - goat meat, shrimp, edamame
- Dairy - goat or sheep milk, lassi (yogurt-based drink), labneh
- Grains - Ethiopian barley

World foods can also be part of an internationally inspired recipe using locally-sourced ingredients, or as part of a culturally important or religiously required diet, such as Halal processed foods - *Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA)*

ONTARIO'S GREENBELT

At 1.8 million acres, Ontario's Greenbelt is the world's largest and most diverse area of protected farmland, forests, wetlands, green space, and vibrant communities. Wrapping around the Golden Horseshoe, these environmental features help to filter our air, provide clean drinking water, cool the planet and produce healthy food. The Greenbelt is vital to providing a high quality of life in Ontario, for today and generations to come.



SOME WORLD CROPS GROWN IN THE GREENBELT

- CALLALOO • OKRA • HOT PEPPERS • EGGPLANTS • GINGER
- BOK CHOY • THYME • SHALLOTS • BROADLEAF THYME
- SORREL • TIGER NUTS • HEIRLOOM CORN • FENUGREEK
- CAULIFLOWER • CARIBBEAN PUMPKIN • WATERMELON
- SWEET POTATOES • TOMATOES • GARLIC AND MORE...

DIVERSE FARMERS GROWING FOODS RELEVANT TO THE MAC COMMUNITY

BLACK CREEK COMMUNITY FARM

Contact: Letecia Deawuo, Director
4929 Jane Street, North York ON M3M 2K8
leticiad@blackcreekfarm.ca
(416) 393-6381
<http://www.blackcreekfarm.ca>



Ontario World Crops:

- Arugula • Basil • Beets • Boc Choy • Brassica heads
- Brussels Sprouts • Cabbage • Callaloo • Chard • Choy Sum
- Cucumbers • Eggplant • Gai Lan • Green onions • Hakurei
- Hot Peppers • Kale • Kohlrabi • Peppers • Winter squash
- Zucchini



JUDY'S TROPICAL GARDEN



Judy's Tropical Garden is a one-stop shop for your tropical vegetable needs. Drop by Judy's 30 acre vegetable farm in the south east corner of Markham and check out the wide variety of fresh, locally-grown world produce grown right here. You can pick up your own or pick from the on-farm display. The season runs from early August to Thanksgiving, so come on by and visit!

Contact:

7297 Reesor Rd., Markham, ON L6B1A8
noeljudy@aol.com
(905) 201-8624
<http://www.judystropicalgarden.com>

Ontario World Crops:

- Hot peppers-hot banana • Jalapeno and hot chillies • Opo
- Eggplants (Chinese and round) • Asian and sweet mama squash
- Cinderella Pumpkin

Call for more information about farm activities.



AFRI-CAN FOOD BASKET



The Afri-Can FoodBasket is a non-profit community food security movement that is committed to meeting the nutrition, health and employment needs of members of the Toronto African Canadian community, in particular, those who are economically and socially vulnerable. Through community food security, leadership development and collaborative partnerships, the Afri-Can FoodBasket endeavors to advance the interests of the community in these areas.

Contact: Anan Xola Lololi, Farmer/Food Justice Advocate

59 Heathrow Drive, Toronto, Ontario M3M 1X1
ixola@yahoo.com
(647) 896-0641
<http://www.africanfoodbasket.ca>

Ontario World Crops:

- Callaloo • Purple okra • Spring onions • Scotch bonnet peppers
- Garlic • Heirloom corn • Kale • Chard • Edamame • Hot peppers

Experimental: • Blue corn • Bombarra beans • Tiger nuts

Where to find the African Food Basket:

West End Coop Farmers' Market - Sorauren Market
Every Monday 3pm - 7pm
Leslieville Farmers' Market Every Sunday 9am - 2pm
Dufferin Grove Organic Farmers' Market Sunday 3pm - 7pm



TORONTO BLACK FARMERS AND FOOD GROWERS COLLECTIVE (TBFC)



TBFC consists of farmers, growers, gardeners, small food business owners, small scale agro-processors, food insecure youth, families and adults. Their growing lens is culturally relevant foods from the tropics and the equator that can be grown in the short Canadian growing season.

TBFC farms for "clean food" insecurity and food poverty in a framework of food justice out of Downsview Park, Toronto's largest urban park. TBFC stands against food oppression and works to dismantle food injustice for the Afro-Caribbean community. TBFC is working to build an emerging food hub that reflects the Afro-Caribbean food cultures and is a partner of the Afro-Caribbean Farmers Market.

Contact: Noel & Jacqueline, Farmers

Downsview Park, 70 Canuck Ave, Toronto, Ontario M3K 2C9
Keele and Sheppard
(416) 457-3403
10am - 5pm Monday - Friday (Call first before visiting)
BlackfarmersTO@gmail.com
<http://TBFCto.Webstarts.com>

Ontario World Crops:

- Sweet potatoes • Okra • Eggplants • Bok choy • Hot peppers
- Pimento peppers • Scotch bonnet • Callaloo • Yams • Thai basil
- Caribbean broad leaf thyme • Sugar snap peas • Tomatillos
- Caribbean sweet potatoes

Experimental: • Chocho • Sorrel • Tiger nuts



POTAGER DU KANADA

Contact:

Iqbal Mauthoor, Farmer (416) 566-5314
Sanndhea, Farmer (905) 685-8632
<http://www.Potagerdukanada.ca>
Farm is still located at both St-Catharines & Brampton

1661 Third Avenue, St. Catharines, Ontario L2R 6P9
McVean/Ebenezer
(Intersection North West corner of Ebenezer / McVean)

Ontario World Crops:

- Fenugreek • Okra • Thai-eggplant • Small leaf amaranth greens
- A small variety of exotic hot peppers (curry-pepper most demanded) • White cucumber • Surti-papdi (Papri - Lablab bean)

Seasonal vegetables could be purchased through Community Supported Agriculture (CSA) agreement and at the following

Farmers Market:

- West-End Coop Farmers Market (Sorauren Farmers Market) Every Monday 3pm - 7pm
 - West Humber Bayshore Farmers Market (Parklawn & Lakeshore)
 - Toronto Botanical Gardens Farmers Market (777 Lawrence Avenue East) Every Thursday 3pm - 7pm
- This year St-Catharines Local Farmers market.





GREENHOUSE EATERY

Contact: Audrey McDonald
Audreywave@hotmail.com

Ontario World Crops:

- Chick peas • Kale • Beans • Snow peas • Gooseberries
- Sweet potatoes

Where to find them:

- Leslieville Farmers Market Sunday Spring to Fall 9am - 2pm



ORGANIC VIBES

Contact: Annette and Desmond
9426 Mcvean Dr, Brampton Ontario, L6P 2E7
organicvibes@hotmail.com

Ontario World Crops:

- Okra • Cilantro • Pumpkins • Beans (variety) • Callaloo • Garlic
- Eggplants • Arugula • Carrots (baby/reg.) • Lettuce (variety)
- Peppermint • Rapini • Thyme • Radishes • Onions (red/sweet)

Where to find them:

- Sorauren Market
Every Monday Spring to Fall 3pm - 7pm
- Cabbagetown Farmers Market
Every Tuesday Spring to Fall 3pm - 7pm
- Leslieville Farmers Market
Every Sunday Spring to Fall 9am - 2pm



JOYFULLY ORGANIC FARM



Contact:

info@joyfullyorganicfarm.ca
Stouffville, Ontario
<http://www.joyfullyorganicfarm.ca>

Ontario World Crops:

- Garlic • Eggplants • Pumpkins

Where to find them:

- Evergreen Brickworks
Every Saturday Spring to Winter 8am - 1pm
- The Stop's Wychwood Barns
Every Saturday Spring to Winter 8am - 1pm
- Leslieville Farmers Market
Every Sunday Spring to Fall 9am - 2pm

Check website for community supported agriculture!
Support a farmer and receive fresh, high quality produce!!



SAMSARA FIELDS

Contact: JP Gural or So Young Lee
jpgural@gmail.com or
soylee74@gmail.com
(519) 443-7311
<http://www.tenthousandpaths.com>



Ontario World Crops:

- White Lotus flower • White Dandelion • Wild sesame • Eggplant
- Black and white Sesame • Kale • Okra • Pok choi • Sweet potato
- Heirloom potatoes • Sweet and hot peppers

Where to find them:

- Montgomery's Inn Farmer's Market
4709 Dundas Street West, Islington & Dundas
Every Wednesday 3pm - 7pm
- Harbourside Organic Farmers Market
301 Cornwall Rd, Oakville
Every Saturday 9pm - 1pm

Contact website for Community Supported Agriculture
opportunities and workshops!



AGAINST THE GRAIN FARMS



Contact: Shelley Spruit

2147 Jennings Rd., Mountian, ON K0E1S0
winchelsea@live.ca
(613) 406-1969
<https://www.againstthegrainfarms.ca>

Ontario World Crops:

- Purple Ethiopian barley • Tibetan barley

Where to find them:

Check website to arrange farm tours or speaking engagements



RECIPES

Callaloo & Sweet Potato Stew

You will love this Caribbean comfort food of West African origin. Made with fresh Ontario grown vegetables, this island favorite will warm you on those cold nights.



CLICK HERE

Moroccan Stuffed Baby Eggplants with Harissa

This fragrant Moroccan dish combines fresh Ontario eggplant with Harissa, a delicious blend of toasted spices, mixed with Ontario tomatoes, garlic and chillies.



CLICK HERE

LOOK WHO'S COOKING WITH ONTARIO WORLD CROPS?

ALI'S FISH SHAK

ALOCALORGANIC@HOTMAIL.COM
(647) 778-4341

YOU CAN FIND ALI'S FISH SHAK AROUND TORONTO

SORAUREN FARMERS MARKETS - EVERY MONDAY 3 - 7 PM - ALL YEAR ROUND

TRINITY BELLWOODS - TUESDAY 3 - 7 PM - SPRING TO FALL

DUFFERIN GROVE - THURSDAY - 3 - 7 PM - YEAR ROUND

THE STOP/ WYCHWOOD BARNs - SATURDAYS 8 AM-2 PM YEAR ROUND



HERE ARE A FEW LOCAL FOOD CHAMPIONS WHO ARE SUPPORTING LOCAL FARMERS AND COOKING WITH MULTI-ETHNIC AFRICAN WORLD FOODS! CHECK OUT THEIR DELICIOUS OFFERINGS!

ONE LOVE VEGETARIAN
854 BATHURST ST, TORONTO
(416) 535-5683

CHEF BASHIR MUNYE
NOMADIC SUPPER
WWW.BASHIRMUNYE.COM

MAIZAL RESTAURANT
133 JEFFERSON AVE, TORONTO
(647) 351-0133

WORLD CROP RESOURCES

SPECIALTY CROPPORTUNITIES - A RESOURCE FOR SPECIALTY CROP GROWERS - OMAFRA

- A RESOURCE FOR SPECIALTY CROP GROWERS - OMAFRA
<http://www.omafra.gov.on.ca/CropOp/en/contact.html>

VINELAND WORLD CROPS RESEARCH

- BRINGING DIVERSITY: BRINGING WORLD CROPS TO MARKET
<http://www.vinelandresearch.com/program/feeding-diversity-bringing-world-crops-market>

BLOG ON ONTARIO SPECIALTY CROPS

- <https://onspecialtycrops.wordpress.com/author/specialty1>

GREENBELT FRESH

- HELPS CONSUMERS FIND LOCAL FOOD GROWN IN ONTARIO'S PROTECTED GREENBELT
<https://www.greenbeltfresh.ca/>

WORLD CROPS FOR NORTHERN UNITED STATES

- PROVIDES INFORMATION ON SUSTAINABLE PRODUCTION AND MARKETING PRACTICES FOR CROPS POPULAR AMONG THE LARGE AND GROWING IMMIGRANT POPULATIONS IN THE UNITED STATES. EMPHASIS IS ON CROPS THAT CAN BE GROWN IN THE NORTH-EASTERN U.S. SINCE MUCH OF THE RESEARCH IMPLEMENTED ON THE CROPS FOUND HERE HAS BEEN IN THIS REGION.
<http://worldcrops.org>

ONTARIOFRESH.CA

- ACCESS A NETWORK OF CONNECTIONS TO HELP YOU GROW. WITH MORE THAN 2,400 LOCAL FOOD BUSINESSES ACROSS THE VALUE CHAIN REGISTERED TO ONTARIOFRESH, LET'S HELP GROW THE BUSINESS OF LOCAL FOOD.
<https://ontariofresh.ca>

ONTARIO MINISTRY OF AGRICULTURE, FOOD AND RURAL AFFAIRS

- <http://www.omafra.gov.on.ca/english/policy/world-foods.htm>

HARVEST ONTARIO

- <https://www.harvestontario.com>

GREENBELT FARMERS MARKETS

- <https://www.greenbeltfresh.ca/news/farmers'-markets-open-2017>

Callaloo & Sweet Potato Stew

Callaloo Greens come in a big bunch, similar to kale and collards. Be sure to wash them really well. You can get them from the African Food Basket at farmers markets across the city.



INGREDIENTS

- 2 tbsp Ontario sunflower oil
- 4 cloves Ontario garlic, finely minced
- 1 tbsp fresh Ontario ginger, grated
- 1 medium Ontario sweet potato, diced
- 1 medium Ontario onion, finely minced
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp Ontario scotch bonnet pepper minced and seeded
- 1 6oz can tomato paste
- ½ cup chunky peanut butter
- 6 cups vegetable broth or water
- ½ bunch of Ontario callaloo greens
- ¼ bunch Ontario cilantro (optional)
- Salt to taste

METHOD

- 1) Saute the Ontario onions, ginger and garlic in sunflower oil over medium heat for a few minutes until the garlic becomes soft and fragrant.
- 2) Add diced Ontario sweet potato to pot and continue to sauté until onion is soft. Cover and cook until sweet potato becomes soft and tender. Add cumin and coriander.
- 3) Add the tomato paste and peanut butter. Stir until evenly mixed. Add the vegetable broth stir to dissolve the mixture. Place lid on the pot and turn the heat up to high.
- 4) While the stew is coming to a boil, prepare the Ontario callaloo greens. Rinse thoroughly and rough cut the greens. Add them to the pot.
- 5) Bring stew to a boil, then reduce heat and simmer without a lid for 15 minutes until sweet potatoes are very soft. Once soft, smash half of the sweet potatoes with a wooden spoon to help thicken the soup. Season to taste with salt.
- 6) Serve the stew hot with a few cilantro leaves if desired.

Moroccan Stuffed Baby Eggplants with Harissa

You can find a wide variety of locally-grown eggplants at your local farmers' market during the summer months. From snow white eggplants to zebra eggplants, any type would work for this recipe!

HARISSA PREPARATION

INGREDIENTS

- 2 oz dried Ontario chilli peppers
- 2 cloves of Ontario garlic
- 1 tsp cumin
- 1 tsp coriander
- 2 plum Ontario tomatoes
- 1 tsp caraway seeds
- 2 tbsp extra-virgin olive oil
- Salt to taste
- Water (for soaking peppers)

METHOD

- 1) Soak peppers in warm water until soft. Seed them, drain them and preserve approximately two ounces of the water.
- 2) Toast spices by baking on the middle rack in the oven on medium broil setting - **do not burn** - and then cool.
- 3) Grind dried spices into a fine powder with a mortar and pestle or a spice grinder.
- 4) Mix all the ingredients in a blender until smooth.
- 5) Season to taste with salt.

EGGPLANTS AND FILLING

METHOD

PREPARE THE EGGPLANT FOR FILLING

- 1) Cut a small slice from the end of each Ontario eggplant (opposite the stem side).
- 2) Using a melon baller, carefully scoop out most of the flesh from each one, leaving a shell of about 1/4".

PREPARE THE FILLING & STUFF THE EGGPLANTS

- 1) Heat 1 teaspoon Ontario sunflower oil in a skillet over medium heat. Add the chopped Ontario onion and saute for about five minutes, until golden and softened.
- 2) Add the Ontario garlic and stir for one minute more.
- 3) Allow to cool and then place in a bowl along with the ground lamb and remaining ingredients for the filling.
- 4) Mix thoroughly with your hands. Pack the filling tightly into the eggplants and set aside.
- 5) Bake at 350 degrees Celcius for 15 minutes.

INGREDIENTS

- 4 baby Ontario eggplant
- 1 tsp Ontario sunflower oil
- 1/4 cup chopped Ontario onion
- 1 large clove of Ontario garlic, minced
- 80 oz Ontario ground lamb
- 3/4 tsp salt
- 3 tbsp Harissa
- 2 tbsp raisins





Possibility grows here.



Thank you to all of the farmers, organizations and individuals who have provided input into the creation of this brochure.

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