



# Frontenac County

*“The more people know  
about how their food is  
raised, the better.”*

— Mark McCrady, Maple Ridge Farm

PHOTO: SUZY LAVOINT

KINGSTON  South Eastern  
ONTARIO

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REGIONAL TOURISM ORGANIZATION 9

# FROM FARM



# Food Is What Matters

*A rural community that believes food grown with care is food meant to be shared.*

An enduring respect for the land runs through the farmers and producers of Frontenac County. Here, animals are compassionately raised, free to roam. Here, crops are pesticide-free and organically grown. And here, where food comes from *matters*.

From the region's passionate new arrivals to third-generation farmers and growers, Frontenac County believes in the power of good food, and its impact on the community—and it's a philosophy shared by Kingston's many chefs, artisans and shopkeepers who proudly use Frontenac ingredients and stock their shelves with Frontenac County's endless bounty.

## Maple Ridge Farm

[mapleridge-farm.ca](http://mapleridge-farm.ca)

Harnessing their animals' "superpowers," owners Becky and Mark mimic nature to provide their flocks and herds with the right conditions to express their natural behaviours, which in turn, helps naturally restore the health of their farm.



PHOTO: SUZY LAMONT

## Patchwork Gardens

[patchworkgardens.ca](http://patchworkgardens.ca)

This certified organic vegetable farm fills a tall order: growing the most nutrient-dense, best-tasting, highest-quality vegetables that can exist.



PHOTO: SUZY LAMONT

## Long Road Ecological Farm

[longroadecofarm.ca](http://longroadecofarm.ca)

Owners Jonathan and Xiaobing ditched "high-stress, high-speed" city living to bring sustainability into their lives by cultivating gardens and raising livestock in the countryside.



## Henderson Farms

[hendersonfarms.on.ca](http://hendersonfarms.on.ca)

A passion for cooking has created a catalogue of over 50 award-winning jams, jellies and marmalades.

## de Ruiter Black Angus Beef

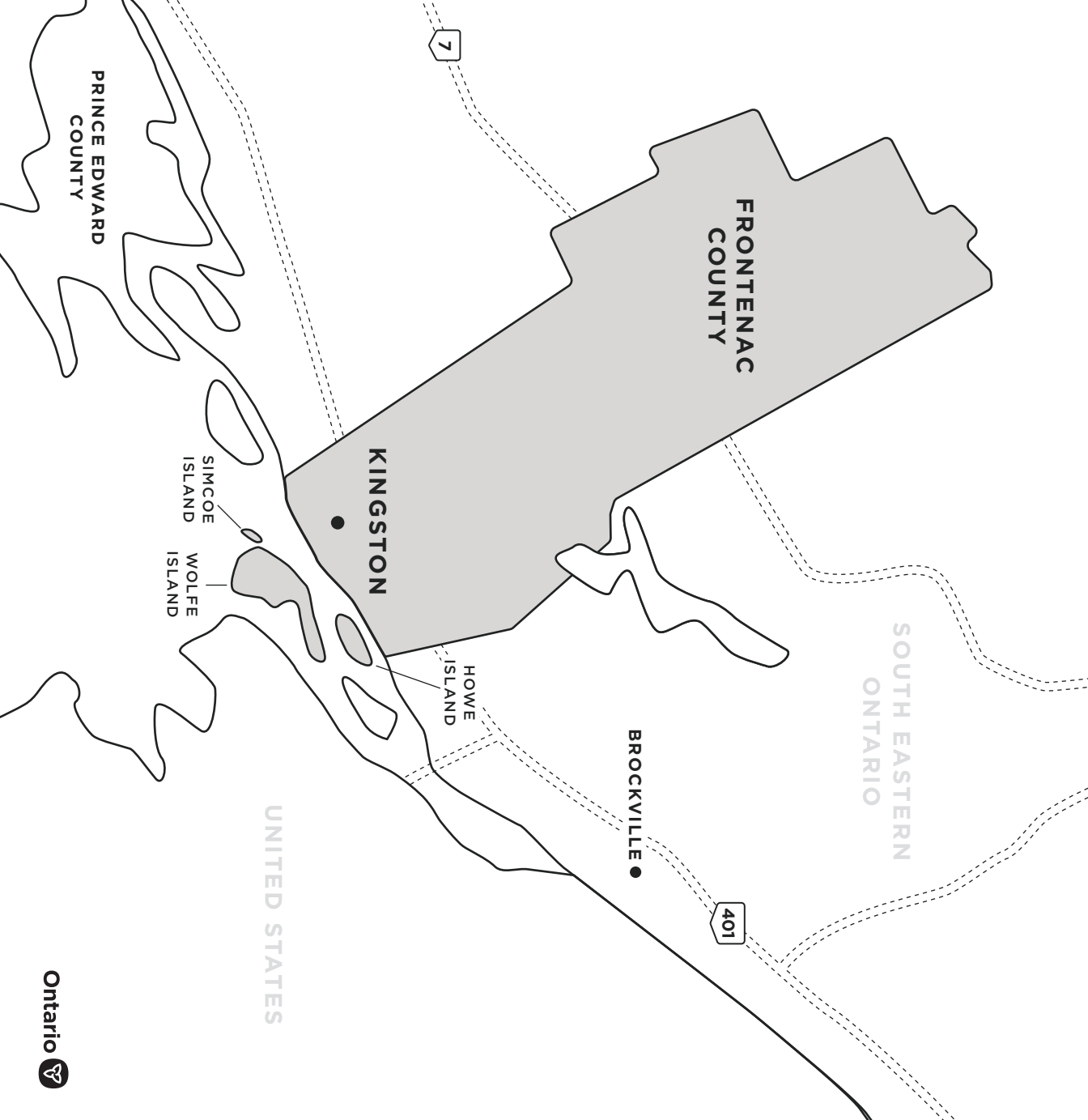
[f deRuiterBeef](https://www.facebook.com/deRuiterBeef)

Pasture-raised and grass-fed cows are happy cows, say owners Case and Trudy de Ruiter. The herd can roam to their heart's content, and the result is a beef high in essential omega fatty acids.

## Food Less Travelled

[foodlesstravelled.ca](http://foodlesstravelled.ca)

This family-operated store stocks products from their own crops and livestock, and has become a hub for the community as the go-to spot to find a helping hand.



2 hrs  
FROM  
OTTAWA

3 hrs  
FROM  
MONTREAL

2.5 hrs  
FROM  
TORONTO



## Frontenac Farm & Food Events

- April**  
**Maple Weekend**  
[ososweethnaple](http://ososweethnaple)
- September**  
**Open Farms in Frontenac**  
[openfarms.ca](http://openfarms.ca)
- May**  
**Back Forty Artisan Cheese Season Opener**  
[artisancheese.ca](http://artisancheese.ca)
- September**  
**Taste of Wolfe Island Farm to Table Festival**  
[kingstonfoodtours.ca/fours](http://kingstonfoodtours.ca/fours)
- June**  
**Curds & Cooks Festival**  
[artisancheese.ca](http://artisancheese.ca)
- September**  
**Home Grown in Frontenac Festival**  
[thecheesecakeybakery](http://thecheesecakeybakery)
- June**  
**Wolfe Island Garden Party**  
[wolfeislandrecords.com/gardenparty](http://wolfeislandrecords.com/gardenparty)
- November**  
**Fabulous Fall Farmer's Feast**  
[bit.ly/2IT1XeN](http://bit.ly/2IT1XeN)

August  
**Garlic Festival**  
[vernonallions.ca](http://vernonallions.ca)

## Kingston Culinary & Wine Events

- March**  
**Maple Madness**  
[cra.ca/events/maple-madness](http://cra.ca/events/maple-madness)
- July**  
**Taste of Kingston Festival**  
[tasteofkingston](http://tasteofkingston)
- April**  
**Corks and Forks**  
[corksandforks.ca](http://corksandforks.ca)
- September**  
**Kingston Ribfest & Craft Beer Show**  
[kingstonribandbeerfest.com](http://kingstonribandbeerfest.com)
- June**  
**YGK Craft Beer Festival**  
[forthehenry.com/events/beerfest](http://forthehenry.com/events/beerfest)
- November**  
**Judgement of Kingston**  
[judgementofkingston.ca](http://judgementofkingston.ca)
- Summer**  
**Chef Cooking Demos**  
[downtownkingston.ca/enjoy](http://downtownkingston.ca/enjoy)
- Seasonal**  
**Meet the Maker: Wine & Dinner Series**  
[aquaterrakingston.com](http://aquaterrakingston.com)

Year-Round  
**Kingston Food Tours**  
[kingstonfoodtours.ca](http://kingstonfoodtours.ca)

# events



# Fresh Made Daily

*A city comes together to share its passion for good food raised right.*

Kingston's culinary creators rely on the talented and tireless farmers and producers in the region, as they work together to bring organic, compassionately raised and ethically sourced ingredients to the table. Responsibly raised food just tastes better. *Fact.*

Farm-to-table is the name of the game, and it helps when the farms are right in your backyard. Kingston chefs source homegrown every chance they get. Through winter, spring, summer and fall, their menus constantly evolve to explore bold flavours and offer the best tastes and products of the region, while backing the hard work of local producers to bring the farm to your plate, daily.



## **Bella Bistro Market**

[bellabistro.ca](http://bellabistro.ca)

Bring the flavours of the region home, like your favourite farm-fresh products, freshly baked goods, local kombucha, produce, honey, syrups, jams and more.

## **Atomica**

[atomica.ca](http://atomica.ca)

A 2019 Diner's Choice winner, this sleek Mediterranean bistro serves up contemporary cocktails and dishes prepared with homegrown and seasonal ingredients.

## **Days on Front**

[daysonfront.com](http://daysonfront.com)

Changing the game of Canadian cuisine, Chef Jason Legere whips up a signature dish nightly, featuring the most seasonal products available.

## **Chien Noir**

[lechiennoir.com](http://lechiennoir.com)

This classic French bistro excels at creating farm-to-table comfort foods and elevated French cuisine prepared with fresh local ingredients.

## **Kingston and Frontenac Markets**

April – November  
**Kingston Public Market**  
[kingstonpublicmarket.ca](http://kingstonpublicmarket.ca)

Sundays, year-round  
**Memorial Centre Farmers' Market**  
[memorialcentrefarmersmarket.ca](http://memorialcentrefarmersmarket.ca)

Wednesdays, May – October  
**Westbrook Farmers' Market**  
[westbrookunitedchurch.com/events](http://westbrookunitedchurch.com/events)

Wednesdays, June – October  
**Community Harvest Market**  
[communityharvestkingston.com](http://communityharvestkingston.com)

Saturdays, May – October  
**Frontenac Farmers Market**  
[frontenacfarmersmarket.ca](http://frontenacfarmersmarket.ca)

Saturdays, May – October  
**Sharbot Lake Farmers Market**  
[f sharbotlakefarmersmarket](https://www.facebook.com/sharbotlakefarmersmarket)



## **AquaTerra**

[aquaterrakingston.ca](http://aquaterrakingston.ca)

Local ingredients are always a priority at AquaTerra, one of Kingston's go-to destinations for sampling creative new cuisine from routinely refreshed menus.

**chefs**



FRESH. CREATIVE. COLLABORATIVE.

TO TABLE

visitkingston.ca

KINGSTON

# Kingston, Ontario

*“I think we’re starting to treat food with greater respect and using what the land provides us.”*

— Brent McAllister, Executive Chef, AquaTerra