

FOOD EXPERIENCE GUIDE

Farm and Food
Adventures
in Wellington
County and
Guelph



taste•real

FROM THE GROUND UP

GUELPH WELLINGTON LOCAL FOOD

www.tastereal.ca



YOU ARE HERE

When you plant your feet in Wellington County and Guelph, you'll quickly see that we are deeply rooted in agriculture. We are a down-to-earth food destination, with lots to offer for every taste. Come join us to taste real food, enjoy authentic farm events and learn new food skills.

We invite you to pick up a Local Food Map, explore our back roads and uncover Wellington County's best farm stores and food treasures. Discover quaint rural downtowns, quirky cafés and bakeries, farm-to-table restaurants, and pick up treats along the way.

Go on your own food adventure today!

About this guide:

Some destinations mentioned in this guide are open seasonally. Hours and availability may vary. Always check before visiting.

➔ www.tastereal.ca

Must Dos

Get a glimpse of Horse and Buggy culture at **Misty Meadows Country Market**. Shop at **River's Edge Goat Dairy** and visit Arthur's award-winning **Silver Fox Distillery**.



Shop at **3Gen Organics'** stunning farm store, catch a show at the **Drayton Festival Theatre**, or meet the animals and taste farm-made organic ice cream at **Mapleton's Organic Dairy**.



Enjoy afternoon tea at **The Wild Tart**, take in the picturesque views of the **Elora Gorge** at Victoria Park, and feast on the banks of the Grand River at **LaFONTANA**.



Visit the farmers' market on the train platform at the **Palmerston Railway Heritage Museum** and walk Ontario's **longest truss pedestrian bridge**. Pick up butter tarts or cinnamon buns at **the Barrel House** north of Harriston.

Grab a coffee or stop for lunch at **Flow State Bike Co.**, discover new-to-you treasures at the **Aberfoyle Antique Market**, or meet a new friend at the **Donkey Sanctuary**.



Find old-time vibes and your favourite treats at **Holtom's Bakery** in Erin, stroll through the fields and pick your own lavender at **Erin Hill Acres**, or, sip farm-made ciders and visit with farm critters at **Heartwood Farm and Cidery**.



Hop on the **Beer Bus** and visit Guelph's excellent **craft breweries**. Discover the historic landmark on top of Catholic Hill, or explore the downtown's cultural and culinary treasures on a guided **Taste Detour**. Pick up ice cream at **The Boathouse** and explore Guelph by water.



Go on the **Farmers' Market Trail** and visit Guelph and Wellington's **seven farmers' markets**. Explore our many unique and charming rural communities along the way.



Dive into Wellington County's rich history at the **Wellington County Museum and Archives** and discover Scottish flavours while strolling through idyllic **downtown Fergus**. Don't forget to book a tour at **Harmony Meadows Alpaca** farm before you go!



Find these and more adventures at www.tastereal.ca

Cool down with an ice cream at **Ed and Rosie's** and head over to the **Rockwood Conservation Area** for a hike, swim, or canoe ride. Sample wine at **Cox Creek Cellars** and catch a movie at the **Mustang Drive-In**.





Rockwood



Elora

Shop Like a Local

Fill your basket with fresh local foods, grab a bite to eat and enjoy the community atmosphere – a visit to a farmers' market is an experience in itself. Get a taste of the local culture, meet local farmers and artisans, and explore the unique flavours and vibes of each community.



Minto



Wellington North

Guelph

Explore Wellington County with the Farmers' Market Trail.

Pick up a trail passport at all participating markets and collect stamps for a chance to win one of seven farmers' market prize packs.



Elora Farmers' Market
Saturdays 9:00 am - 1:00 pm
Early May - Early October
Winter Market: Mid October - December
www.elorafarmersmarket.ca

Erin Farmers' Market
Thursdays 3:00 - 6:30 pm
Late June - Late September
www.erinfarmersmarket.ca

Guelph Farmers' Market
Saturdays 8:00 am - 1:00 pm
Year-round
www.guelphfarmersmarket.ca

Mapleton Farmers' Market
First Monday of the month
5:00 - 8:00 pm
June - September
www.mapleton.ca

Minto Farmers' Market – Palmerston
Saturdays 9:00 am - 12:00 pm
Early June - Late September
www.mintofarmersmarket.ca

Rockwood Farmers' Market
Wednesdays 4:00 - 7:00 pm
Mid June - Early October
www.therockwoodfarmersmarket.ca

Wellington North Farmers' Market – Mount Forest
Saturdays 8:30 am - 12:00 pm
Mid June - Late September
www.simplyexplore.ca

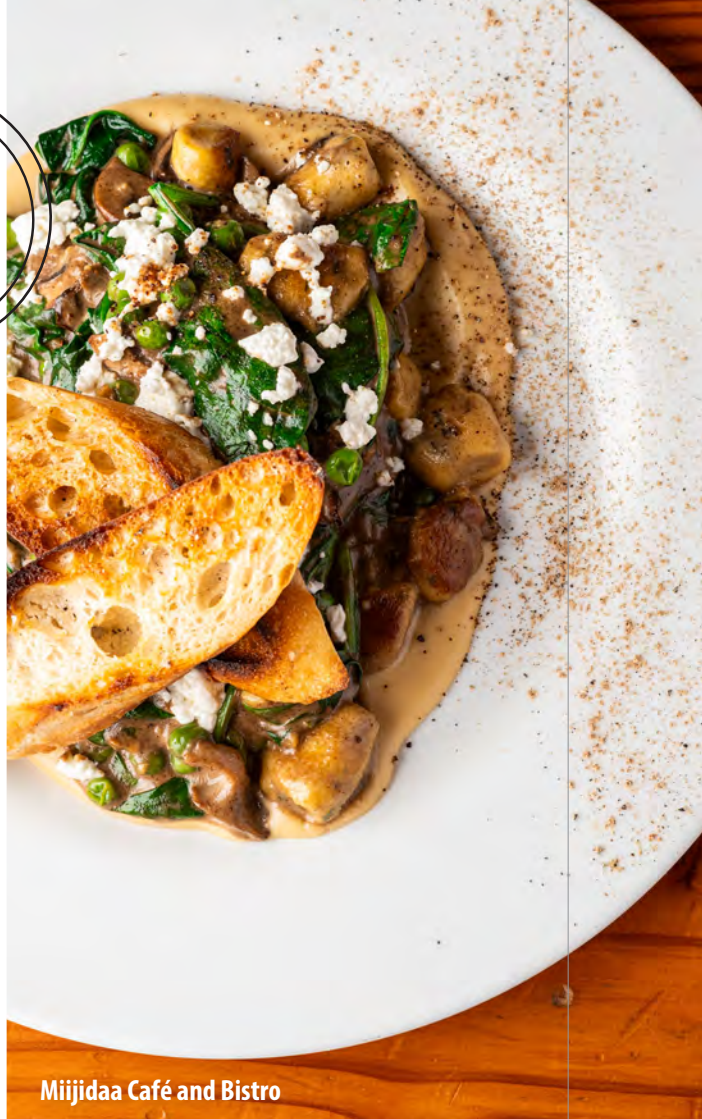




Local Eats

Farm to Table has deep roots in Wellington County. Chefs and farmers work hand in hand to create menus around what's in season, right here. Taste our unique terroir, and learn the stories beyond the plate at some of our top farm to table restaurants and eateries.

For more local food eateries and café's visit www.tastereal.ca



Miijidaa Café and Bistro



Park Eatery



La Fontana



Elora Brewing Company

Bardō Restaurant
Guelph | www.bardorestaurants.ca

Bistro Réunion
Morrison | www.bistroreunion.ca

Borealis Grille and Bar
Guelph | www.borealisgrille.ca

Breadalbane Inn
Fergus | www.breadalbaneinn.com

Elora Brewing Company Resto
Elora | www.elorabrewingcompany.ca

Elora Mill
Elora | www.eloramill.ca

La Fontana
Elora | www.la-fontana.ca

Miijidaa Café and Bistro
Guelph | www.miijidaa.ca

Park Eatery
Guelph | www.parkedatery.ca

Tapavino Wine and Tapas Bar
Fergus | www.tapavinofergus.com

The Red Door
Fergus | www.facebook.com/thereddoorfergus

The Wild Tart
Elora | www.thewildtart.ca

The Woolly Pub
Guelph | www.thewoollypub.ca

Did You Know?
You can eat local on the University of Guelph campus.
www.hospitality.uoguelph.ca

Farm Fun

Not just for kids – local farms have created fun, educational and tasty ways for you to connect with agriculture.



Erin Hill Acres



Strom's Farm and Bakery



Mapleton's Organic Dairy

For Adventurers

You'll find sunflower and lavender fields, corn mazes, pumpkin patches, and more. Experience unique activities, such as alpaca yoga, food workshops, and visit with farm critters.

Elliott Tree Farm
www.elliotttreefarm.ca

Erin Hill Acres
www.erinhillacres.farm

Mapleton's Organic Dairy
www.mapletonsorganic.ca

Strom's Farm and Bakery
 (open seasonally) www.strom.ca

The Fieldstone Barn
www.thefieldstonebarn.com

Tullamore Lavendar Co.
www.tullamorelavender.ca

➔ On-Farm Events

Farm dinners, movies on the farm, concerts, and more – check our events calendar regularly for unique and engaging on-farm events.
www.tastereal.ca



BUTTER TARTS



Isn't It Sweet

Maybe Ontario's favourite sweet treat – the iconic butter tart, has long been a subject of controversies. Raisins or not? While we can't help you with that decision, we can show you where to find Wellington's best.

➔ Quirky, quaint or traditional, find these and more great bakeries at www.tastereal.ca

Get your Butter Tarts:

- 1 A La Mode Café and Ice Cream Shop Drayton
- 2 Belwood Country Market Belwood
- 3 Coffee Culture Café and Eatery Mount Forest
- 4 Dar's Country Market Elora **GF**
- 5 Eric the Baker Guelph
- 6 Fergies Fine Foods Fergus
- 7 Fraberts Fresh Food Fergus
- 8 Gerrie's Farm Market Elora **GF**
- 9 Holtom's Bakery Erin
- 10 Homestyle Flavours Teviotdale
- 11 Jess For You Café and Baked Goods Hillsburgh
- 12 Judy's Restaurant Erin
- 13 Magpie's Bakery and Gourmet Doughnuts Mount Forest
- 14 Misty Meadows Market Conn
- 15 Mosborough Country Market Guelph/Eramosa
- 16 Scoop It Harriston **GF**
- 17 Strom's Farm and Bakery Guelph/Eramosa (open seasonally)
- 18 The Barrel House Clifford
- 19 The Red Door Fergus **GF**
- 20 The Right Spot Restaurant and Baked Goods Alma
- 21 Wellington Cakes Guelph
- 22 With the Grain Guelph

GF = Gluten Free available



Fresh from the Farm

Wellington County is dotted with farm stores and farm gate stalls inviting you to stop and fill your basket with in-season goods. It's a great way to learn where your food comes from and makes for a unique, rural experience. Pick up the Local Food Map and plan your own rural routed adventure.

➔ For details visit www.tastereal.ca

Pick-your-own*

From strawberries to pumpkins, harvest your own food or farm products at these locations:

Butt's Berry and Flower Farm
Strawberries, Pumpkins

Erin Hill Acres
Lavender, Sunflowers

Full Circle Farm
Strawberries

Ignatius Farm
Strawberries

Hereward Farms
Lavender, Sunflowers

J and N Produce and Flowers
Strawberries



Mapleton's Organic Dairy
Strawberries, Pumpkins

Marcy's Berries
Strawberries, Raspberries, Currants, Blueberries, Gooseberries

Sure Choice Produce
Strawberries, Raspberries



Christmas Trees

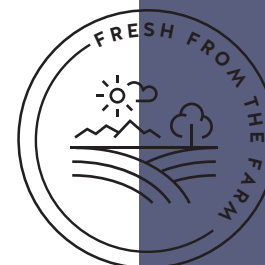
Chickadee Christmas Trees

Elliott Tree Farm

Erin Hill Acres

Evergreen Tree Farm

Madeira Farms



FARM GATE ETIQUETTE

- 1 You are visiting a working farm – be safe.
- 2 Keep an eye on your children.
- 3 No pets please.
- 4 Dress accordingly.
- 5 Farm animals are domesticated, not tamed.
- 6 Wash your hands after touching an animal.
- 7 Farms are homes - respect their privacy.
- 8 Park in designated areas.
- 9 Please respect 'No Sunday Sales' signs.
- 10 Call ahead or check social media for availability and hours, to avoid disappointment.

***Seasonal availability.**
Always check before heading out to the farm.

Taste Tours

Dig deeper into food and agriculture and go on a farm or food tour.



Taste Detours



Taste Detours offers food and drink tasting tours in Guelph and Elora. Their moveable feasts share the stories of the people and places that give Wellington County its flavour. www.tastedetours.ca

Learn about local agriculture and food businesses on the **Taste Real Rural Romp**, a self-guided farm and food tour through Wellington County and Guelph. The event takes place twice a year, at the end of May and September.



Whether it's a short detour or a selected destination – a stop at a local farm or food business is always worth it. Pick up a **Taste Real Local Food Map** and plan your own outing any day of the year. www.tastereal.ca

See agriculture in action!

Book a guided farm tour

Bee Sweet Nature Company

Native plant nursery and apiary
www.beesweetnature.ca

Hereward Farms

Lavender and sunflower farm
www.herewardfarm.com

Heartwood Farm and Cidery

Regenerative farm and cidery
www.heartwoodfarm.ca

Jewels Under the Kilt

Nut farm and roastery
www.jewelsunderthekilt.com

Mapleton's Organic Dairy

Dairy farm, café and ice cream shop
www.mapletonsorganic.ca



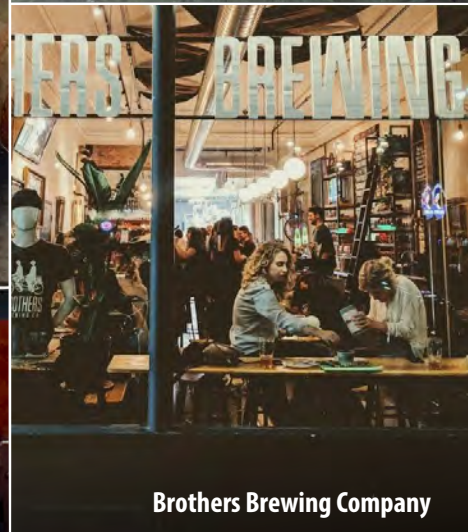
BEVERAGES



Dixon's Distilled Spirits



Heartwood Farm and Cidery



Brothers Brewing Company



Elora Distilling Company

Craft Gin Trail A self-guided tour to seven craft distilleries in Wellington, Waterloo, Perth, and Brant. www.craftgintrail.com



Cox Creek Cellars

Cideries and Winery

Take your own picnic, sample wine and cheese at the fireside, or sip small-batch ciders in a forest-edge tasting room.

Cox Creek Cellars

Guelph/Eramosa | www.coxcreekcellars.com

Heartwood Farm and Cidery

Erin | www.heartwoodfarm.ca

Revel Cider

Guelph | www.revelcider.ca

Distilleries

Gin, vodka, and whiskey are back on the menu and the distilleries are worth a visit!

Dixon's Distilled Spirits

Guelph | www.dixonsdistilledspirits.com

Elora Distilling Company

Elora | www.eloradistillingcompany.com

Silver Fox Distillery

Arthur | www.silverfoxdistillery.ca

Spring Mill Distillery

Guelph | www.springmilldistillery.com

Local Breweries

Go for samples, visit the bottle shop and stay for tours, live music, and events.

Brothers Brewing Company

Guelph | www.brothersbrewingcompany.ca

Fixed Gear Brewing Company

Guelph | www.fixedgearbrewing.com

Elora Brewing Company

Elora | www.elorabrewingcompany.ca

Royal City Brewing Co.

Guelph | www.royalcitybrew.ca

Sleeman Breweries

Guelph | www.sleemanbreweries.ca

Wellington Brewery

Guelph | www.wellingtonbrewery.ca

Wrinkly Bear Brewing Company

Guelph | www.wrinklybearbrewing.ca

The Guelph Beer Bus. Free bus transportation to Guelph's brewers. See dates at: www.guelph.beer

Happy Hour

Craft breweries have become true community meeting places while craft distillers are bringing back an almost lost tradition to the local beverage scene.



All Things Maple



Local syrup farms:

Elliott Tree Farm

Hillsburgh | www.elliotttreefarm.ca

Heartwood Farm and Cidery

Erin | www.heartwoodfarm.ca

Yungblut Maples

Palmerston | www.facebook.com/yungblutmaples

Snyder Heritage Farm

Breslau | www.snyderheritagefarms.com



➔ For more maple-flavoured experiences check www.tastereal.ca



Alpaca Love

Get up close and personal with these furry friends at one of many local alpaca farms. Book a tour, take an alpaca for a stroll, try alpaca yoga, and fall in love with soft alpaca fibre products.

All In Alpacas

www.allinalpacas.com

Brae Ridge Farm and Sanctuary

www.braeridgefarm.com

Harmony Meadows Alpaca

www.harmonymeadowsalpaca.ca

Mimosa Springs Alpacas

www.mimosaspringsalpacas.com

Pootcorners Alpacas

www.pootcorners.com

FIBRE FUN

Knitters, felters, and weavers - explore our local sheep or alpaca farms and fibre mill for yarn, fibre products and inspiration.



All Sorts Acres Farm

www.allsortsacres.ca

Alpaca Time (fibre mill)

www.alpacatime.ca

Revolution Wool Company

www.revolutionwoolco.com

Wellington Fibres

www.wellingtonfibres.on.ca





The Fieldstone Barn



The Bluebird Bunkie



Elliott Tree Farm

Stay Longer

We invite you to extend your time in Wellington County. Escape to the farm for a unique overnight stay under the stars.

August Tree Flower Farm
Hillsburgh | www.augusttreefarm.com

The Bluebird Bunkie
Elora | www.airbnb.com/h/elorabunkie

Brae Ridge Farm and Sanctuary
Puslinch | www.braeridgefarm.com

Coyote Song Farm and Forest
Erin | www.coyotesong.ca

Elliott Tree Farm
Hillsburgh | www.elliotttreefarm.ca

The Fieldstone Barn
Elora | www.thefieldstonebarn.com

Heartwood Farm and Cidery
Erin | www.heartwoodfarm.ca

Irvineside Farm
Elora | www.irvinesidefarm.ca



Feast On The Farm

What's On



Farm dinners, tours and more - browse our events calendar for hundreds of farm and food events. Visit www.tastereal.ca | Follow us @tastereal

Go on a Rural Romp

A self-guided farm and food tour through Wellington County and Guelph. #RuralRomp



Spring – last Saturday in May



Fall – last Saturday in September

Hungry for more?

Discover Wellington County's natural heritage, rural destinations and beautiful downtowns. Explore more at:

www.elorafergus.ca
www.experiencewellington.ca
www.grandriver.ca
www.visitguelphwellington.ca



Visit www.tastereal.ca for more information on local food destinations and events.



www.tastereal.ca



Alternate formats available upon request. ^{DM}Official Mark of the Corporation of the County of Wellington.