



# FRESH CONNECTION

February 2011



## Make the best of Ontario's Harvest well into Winter.

Even in February, Ontario is still enjoying an abundant harvest from this year's "bumper crop." Ontario Apples are still in very good supply. All your familiar favourites are in store... *McIntosh, Empire, Cortland, Spartan, Golden Delicious* and more. But why not branch out; try Ontario *Honeycrisps* for a delightfully fresh taste that lives up to its name, and don't forget *Crispin* for a tart to sweet taste sensation. Ontario Apples... delicious in *baking* or just sitting back and *eating*.

And don't forget the vast array of delicious Ontario vegetables, including: Ontario Potatoes, Onions (cooking, Spanish, red), Carrots, Cabbage, Beets, Greenhouse Cucumbers, Leeks, Mushrooms, Parsnips, Rutabaga, Squash, Sweet Potatoes and more...

Foodland Ontario covers a very wide range of fresh Ontario foods. Stock up on fresh Ontario pork, beef, chicken, duck, eggs and dairy products. Look for the Foodland Ontario symbol and ask for food that's fresh from Ontario. For great recipe ideas visit us at [Foodlandontario.ca](http://Foodlandontario.ca)



Baked Apple Tulip



**Foodland**  
ONTARIO

Good Things Grow in Ontario

**Winter offers a great chance to practise your culinary arts so get cookin' with the best of Ontario!**