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.



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 the Concordia Food Coalition's Farmers' Market!)*** cuts out the middleman, making food more affordable.

Lower Environmental Impact

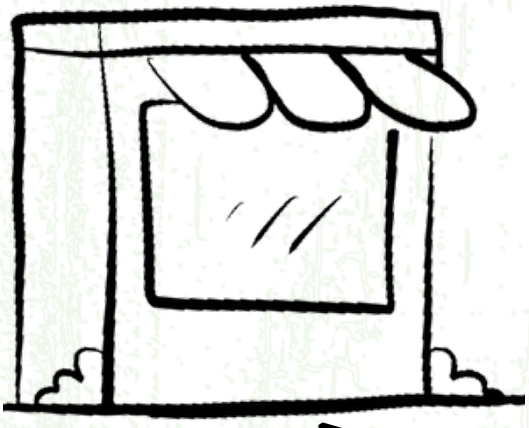
Less packaging, fewer transport emissions, and reduced refrigeration needs.
Supports climate-friendly agriculture by encouraging crop diversity and soil health in your own region.



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.



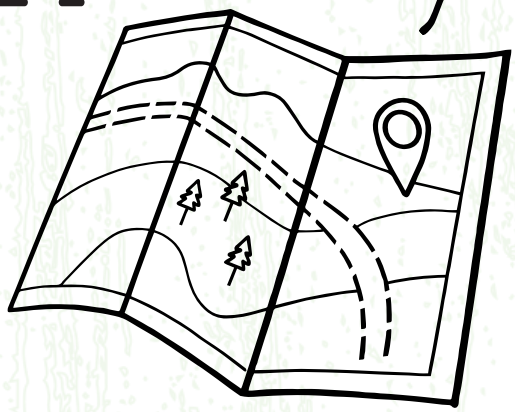
Connects You to the Seasons and Culture

Helps you learn what grows when in Quebec or Canada — which builds food literacy, cooking skills, and understanding of our ecosystem. Seasonal eating is also tied to cultural traditions, harvest festivals, and community events.



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?

Pollinators are an essential part of the ecosystem - and despite the fact that honey-making bees are not native to Canada, responsible beekeeping has become a cornerstone of our food production network.

Supporting small-scale farmers and beekeepers helps sustain local economies and keeps honey production practices rooted in family-owned and small-scale operations, who tend to 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
Field mushrooms

Oyster
Chantrelles
Chicken of the Woods

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What's in Season in Quebec?

JULY

AUGUST

VEGETABLES

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

FRUITS

Melons	Apricots	Apples	Cranberries
Strawberries	Raspberries	Asian Pears	Blueberries
Cherries	Peaches	Pears	
Plums	Saskatoon berries		

MUSHROOMS

Bolete	Chanterelles	Hedgehog
Oyster	Black Trumpets	Lobster

What's in Season in Quebec?

SEPTEMBER OCTOBER

VEGETABLES

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

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

FRUIT

Apples
Asian Pears
Cantaloupe
Pears
Watermelon

Apples
Asian Pears
Pears
Cranberries
Plums
Grapes

MUSHROOMS

Chantrelles
Lobster
Black Trumpets
Bolette
Hedgehog

Oyster
Giant puffball
Hen & Chicken 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
City Herbal
mind.heart.mouth



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**

FARMERS MARKETS

SPRING – FALL



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!

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!

CONCORDIA FARMERS' MARKET

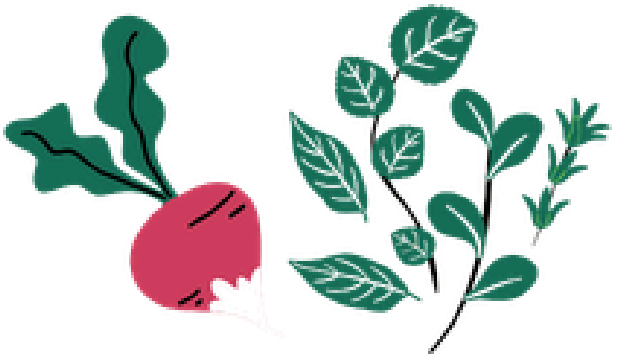
CO-OP cultiv action

For Members:

$12 for a 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
- Campus garden **internships and volunteer sessions**



Join Coop CultivAction for wild foraging workshops!

Spring herbs & wild edibles:

Dandelion greens



Nettle



Ostritch
Fiddleheads



Morelle
Mushrooms



ALL-YEAR

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)



GROW YOUR OWN:

Cultivate Food At Home Year-round with Sprouts

ALL-YEAR



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



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

WINTER



Best Practices to store food for winter

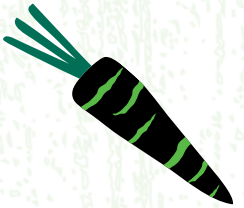
1. **Grow** a surplus of hardy vegetables like the ones listed below
2. **Store** your hardy veggies in a cool dry place
3. **Transform your produce** to make them last longer! (see preservation section)

Our top picks for winter veggies:


Squash


Apples


Cabbage


Carrots


Potatoes

Grow and preserve as much as you can, and go to local markets all year to support local farmers!

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 if you buy food which is grown overseas, there are many ways to eat more sustainably. Here's how.

- **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 the amount of packaging waste!

- **Opt for products shipped by sea rather than air.** Look up the country of origin and how that item is most commonly shipped.



- **Choose minimally processed items/whole foods** 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

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.

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!