



Concordia: a food guide for student sovereignty

Concordia Food Coalition

August 2013

Food Sovereignty

“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute, and consume food at the heart of food systems and policies rather than demands of markets and corporations”

-Nyeleni Declaration, 2007

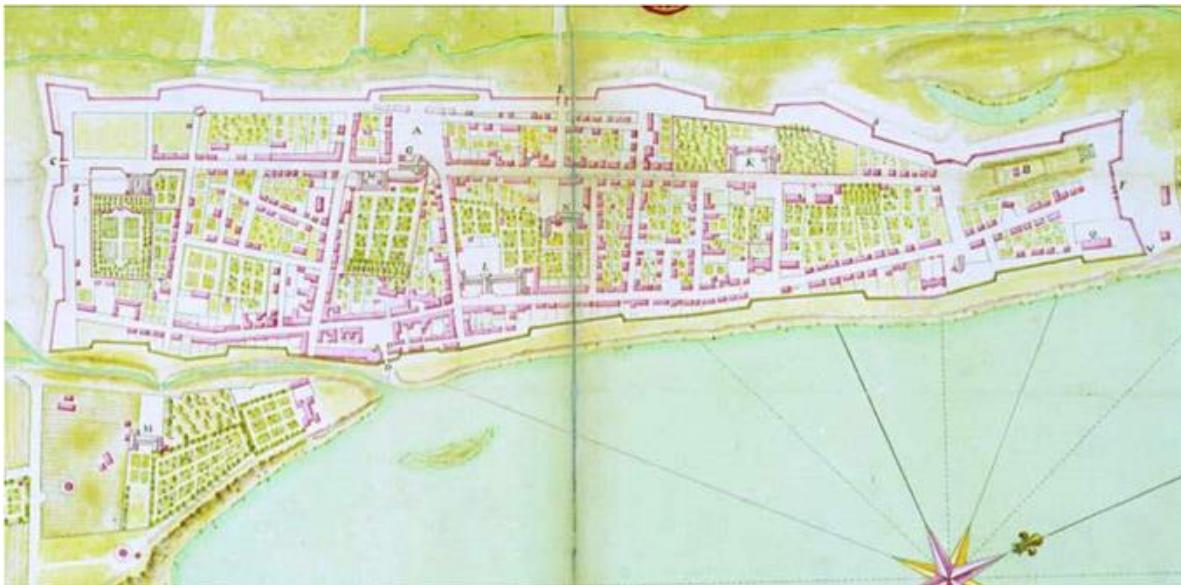


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This guide is a result of research conducted during the summer of 2013 for the Concordia Food Coalition. With Chartwells' contract set to expire in 2015, students have been mobilizing via research, education, and action to meet their needs and extend greater student control over the food systems that dominate our university landscape.

This booklet brings together local resources to make them more accessible to students and community members, with the goal of being used as a tool to facilitate greater, more cohesive student organizing around food and the future of food contracts at Concordia University (*also see *A Guide to Concordia's Food System*, 2013).



Cultivating from the ground up: Local facts

Generally... Québec is a major producer of dairy products, meats, corn, oats, barley, soya, kamut, buckwheat, wheat, rye, vegetables, fruits, and much much more. It is the largest producer of dairy, pork, and maple syrup in Canada, the top province in total fruit area, and the second largest of soybeans and vegetables (Stats Canada, 2009).

Organic & specialized agriculture: Québec has over 316 certified organic livestock production units, 341 organic maple syrup producers, and a total of 2,323 certified farms

Urban Agriculture: A total of 29.72 hectares of urban agriculture initiatives (0.9 individual, 1.9 institutional, 17.3 community based, 9.6 producers) and +122 beehives in the city of Montréal, + other initiatives all over the province



Farmers' Markets: A provincial network of +85 open community markets, permanent or seasonal

Community-supported agriculture (CSAs): +100 CSA programs operating with deliveries to Montréal, as well as hundreds more operating throughout the province

Solidarity Markets: Dozens all over Québec (consumers place an order through a web portal)

Social Economy: Countless solidarity cooperatives, worker cooperatives, and other non-profit, community-based initiatives (+45 food-focused projects just on the Island of Montréal). Québec has the largest number of food cooperatives in Canada!



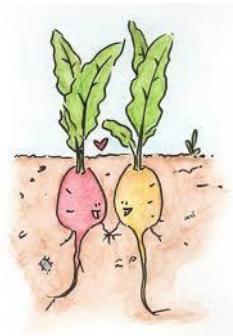
WHO FEEDS OUR UNIVERSITY?

At Concordia, the food movement has been growing for a long time. Not only are workshops, conferences, courses, projects, and other food happenings on-going and present, but student-run organizations such as the Frigo Vert, the Concordia Greenhouse, City Farm School, Café X, the People's Potato, Mother Hubbard's, the Hive, and the Concordia Food Coalition, amidst others, have created spaces that facilitate education through experience, stimulate student engagement, foster long-term ties with the community beyond university campuses, and challenge the workings of the conventional agrifood system. As one of Québec's largest educational institutions, Concordia is an important player in the movement for food sovereignty. With an engaged student body, many community connections, and new contract negotiations around the corner, many see extending Concordia's reach beyond the university's ivory tower to tangibly partner with local growers and business for the long-term as the logical next step.

In 2015, Concordia's 12-year long food contracts with Chartwells are set to expire (see *A Guide to Concordia's Food System*, 2013). Chartwells currently serves about 440 student meal plans per day via two cafeterias (one on each campus), and operates 6 kiosks at Concordia. Bidding for the new contracts will begin in spring 2014.

In order to be better informed of what local alternatives may be available in greater Montreal and Quebec, the following directories are comprised of local growers, distributors, social economy initiatives, and Quebec markets, with the idea that some of them could be approached by the Concordia Food Coalition for a future partnership.

The following is a list of criteria that Concordia students envisioned for their university in spring 2013, was then used to put together a survey that was sent to local growers & distributors in August of 2013 (see p.29).



Benchmarks for a sovereign food system



LONG-TERM, SUSTAINABLE RELATIONSHIPS & PARTNERSHIPS

- Direct trade: connections between farmers & consumers, growers & city residents, producers (getting rid of the middle person, also creating opportunities for education)
- On the ground projects, collaborative campus projects, localized community engagement
- Support for local small-holders

FAIR LABOUR

- Stable, dignified opportunities for marginalized communities, fair wages, participative decision-making and non-hierarchical organizing wherever possible
- Liveable wages, working conditions that promote workers' rights
- Inspired by alternative economic models elsewhere for a solidarity/social economy

ENVIRONMENTAL & ECOLOGICAL RESILIENCE

- NO factory farming, monocrops, anticipatory hormones, GMOs, synthetic herbicides, or synthetic fertilizers to promote community health
- Using agroforestry principles, composting, recycling, green energy, and sustainable water management
- Supports small-scale farmers, diverse crops, & fresh, seasonal produce

ACCESSIBILITY

- Economic accessibility (sliding scales for payment), consumer accessibility, dignified food options catering to dietary needs of diverse communities
- Inclusive to non-students and to the surrounding community
- Food policies that are respectful of affective relationships to food

EDUCATION & COMMUNITY

- Creating space for food narratives, labelling beyond nutritional value, multipurpose, holistic food hub to bring groups together
- Ongoing applied research & interactive projects for giving, sharing, reciprocating exchange
- Health-promoting foods for holistic community health, resilience

UNIVERSITY-BASED RESOURCES



Below is a list of university-based resources found at Concordia and other academic spaces in Montréal

NAME	WHO WE ARE	CONTACT
At Concordia		
Café X	The only student-run Fine Arts café at Concordia, with 2 locations at SGW	Cafés are located on the 2nd floor of the Visual Arts Building (1395 René-Lévesque Blvd. O.), Room VA-229, and in the EV Building, Room EV-7.750
Centre for Gender Advocacy	An independent, student-funded, Concordia University organization, mandated to promoting gender equality and empowerment particularly as it relates to marginalized communities	http://genderadvocacy.org/ info@genderadvocacy.org 514-937-2110 Peer Support Line: 514-848-2424 x7880; 1500 de Maisonneuve O., suite 404
City-Farm School	Founded to facilitate education through an experience-based model, to respond to a growing interest in issues of food sovereignty and urban agriculture as well as to provide an opportunity for students and community to collaborate	http://concordialoyolacityfarm.wordpress.com/ concordiagreenhouse.cfs@gmail.com Loyola Campus, 7141 Rue Sherbrooke O.
Concordia Greenhouse	A collectively run organization that seeks to provide a safe space for group decision-making, with a foundation in anti-oppression -- an environment for workshops, film screenings, research projects and community events, spreading innovative solutions through popular education initiatives.	(514) 848-2424 x 5134 concordiagreenhouse@gmail.com , 13th floor, 1455 de Maisonneuve O.
Frigo Vert	A student-funded, anti-capitalist, collectively-run grocery store that sells organic bulk, snacks, environmentally-friendly products & 50 cent coffee	514-848-7586, yesfrigo@gmail.com 2130 Rue Mackay, open Monday to Thursday, 12-7pm http://www.lefrigovert.com/
Mother Hubbard's	A weekly vegan meal from September to early December and January to early April. Mother Hubbard needs help cooking, serving and cleaning every Thursday from 1:00-7:30 PM in Annex Z.	Located in Annex Z (first floor), 2090 Mackay, servings on Thursday evenings; Mother.Hubbards@concordia.ca
Sustainable Concordia	An organization that builds and measures culture and practices of sustainability at Concordia University in solidarity with the global community	Located in Annex Z (2nd & 3rd floors), 2090 Mackay http://sustainable.concordia.ca/ suscon.office@gmail.com
The People's Potato	A vegan soup kitchen at Concordia University - a student initiated project that was founded to address student poverty and committed to educating about healthy cooking and food politics and to broader goals of social and environmental justice. Serves by donation meals Monday to Friday at 12:30, during the fall & winter semesters & runs a food-bank.	7th floor (H-733), 1455 de Maisonneuve O., http://www.peoplespotato.com/ 514-848-2424 x7590 peoplespotato@gmail.com ;
QPIRG-Concordia	The Quebec Public Interest Research Group: A campus-community resource centre for student and community research and organizing, rooted in an anti-oppression analysis and practice. QPIRG seeks to make campus-community links and inspire social change through engaging, inclusive and non-hierarchical approaches	1500 de Maisonneuve O., suite 204; http://www.qpirgconcordia.org/ 514-848-7585, info@qpirgconcordia.org
In Montréal		
Aliments D'ici	Student research & education food group at GRIP-UQAM	http://alimentsdici.info/ Located at GRIP-UQAM, LOCAL DS-3159, Pavillon J.-A. DeSève, 3ième étage, 320, rue Ste-Catherine Est
CRAPAUD	(Collectif de recherche en aménagement paysager et agriculture urbaine durable) A student group at UQAM that mobilizes around urban agriculture via research,	http://www.crapaud.uqam.ca/ contact@crapaud.info , (514) 987-3000 poste 2210, 200, rue Sherbrooke Ouest

	action, and education (projects include: collective gardens, beehives, workshops & conferences)	
GRIP-UQAM	Ecology-focused Public Interest Research Group (PIRG) at UQAM	Room DS-3159, Pavillon J.-A. DeSève, 320, rue Ste-Catherine Est; http://www.gripuqam.org/ grip@uqam.ca 514-987-3000 poste 4077
JAM: Justice Alimentaire Montréal	A collective platform for bridging communities and universities around food justice in and around Montréal, pushing for a healthy, nutritious, participative and ecologically resilient agro-food system	http://www.mediacoop.ca/user/15275 jouliette-damien@hotmail.com, hugo.jean.martorell@gmail.com
Midnight Kitchen	A non-profit, volunteer and worker run food collective based out of McGill University, dedicated to providing affordable, healthy food to as many people as possible	Serves & cooks in the Shatner building on McGill campus (3480 McTavish Street); http://themidnightkitchen.wordpress.com/ midnightkitchencollective@gmail.com
QPIRG-McGill	A non-profit, volunteer and student-run organization that conducts research, education, and action on environmental and social justice issues at McGill University and in the Montreal community. Free/by donation vegan lunches Monday through Friday, at 12:30.	3647 University Street, http://qpirgmcgill.org/ 514 398 7432 qpirg@ssmu.mcgill.ca
Ras-le-Bol	Student run kitchen run out of UQAM, serving free, vegetarian weekly meals & operating a food bank	Pavillon Judith Jasmin, 405, rue Sainte-Catherine Est, Ras.le.bol.communication@gmail.com https://www.facebook.com/Ras.le.bol.uqam/info
Yellow Door	An organization based at McGill to promote dialogue, connectedness and intergenerationality. Various initiatives including "Food for Thought Café" & a resource library with recipes, guides on where to get cheap food in Montreal, nutrition info & links to community resources	PWYC Friday lunches & free non-perishables available at Food for Thought's community cupboard Fridays 2:30-3:30; 3625 Aylmer, http://www.yellowdoor.org/ 514-845-2600 ext. 6; pietro.bozzo@mcgill.ca

Localizing Concordia

Concordia University is situated in Montréal, Québec, an island surrounded by fertile farmlands. The most arable soils in the province are located along the lowlands of the St. Lawrence River, with 40% of



Québec's agriculture produced just south of Montréal, in the region of Montérégie.

According to Équiterre (2013), Québec has a unique landscape of food distribution: at one extreme, 3 corporations control 75% of the food market (Loblaw's, Sobeys, & Metro). Industrial operations make up the bulk of



provincial agriculture, with farms increasingly growing in size and shrinking in number. Of the 200,000 farms that grew food in 1900, only 30,000 still remained in 2006. Today, between 3 and 5 farms disappear every week! Although local distribution networks are growing, smallholders struggle to stay afloat while more and more people are also resorting to food banks, creating a two-tiered food system that feeds food insecurity (Paré, 2006).

Meanwhile, hundreds of community and institutional initiatives for building local, organic, and sovereign food systems have grown in recent years (Équiterre, 2013). In Montréal alone, some of these initiatives

include: Vert-ta-ville, intensive farming on rooftops and greenwalls, community gardens, backyard sharing, greenhouses, community supported agriculture (CSAs), the Good Food Box, public and neighbourhood markets, collective kitchens, educational gardening programs and research groups, etc. Even Premier Pauline Marois recently declared that Quebec's food sovereignty should be a priority (National Post, May 16, 2013). Supporting local smallholders and do-it-yourself projects to foster more cohesive and stable communities to resist these growing inequities has thus become a priority both on the ground and in policy.

Urban institutions that source locally

Jean Talon Hôpital (Montréal, QC):

In 2011-2012, Équiterre began connecting the Jean Talon hospital with local smallholders to provide the institution with fresh, organic produce. Within a year, it was able to directly source 20% more local, organic vegetables and fruits from nearby producers. The program was so successful that it has now been integrated in policy: since March 2013, the Québec Ministry for Health and Social Services (MSSS) has put in writing that all Québec health establishments should aim to offer as many nutritious, quality, local foods as possible.

Collège de Maisonneuve (Montréal, QC):

Under the rubric of its Environmental Action and Consultation Committee (Comité d'action et de concertation en environnement, CACE) and in partnership with Équiterre's "À la soupe" program, Collège de Maisonneuve began sourcing local organic produce for its cafeteria in 2008/2009.

Its student-run café, "L'Escale", also offers local, organic and fair trade products (many providers of the café are located in the same neighbourhood as the cegep!) and is in partnership with "Toi, Moi, & Café", a Montréal-based enterprise.

Sherbrooke University (Sherbrooke, QC):

Under its 2008-2011 Sustainability Action Plan, the university created an integrated food plan that would push the university to source more sustainable, local, organic, and fairly traded products.

Café CAUS, the group that manages food services at USherbrooke, has been using a cooperative model that integrates the sustainability action plan since 2009. According to their website, "Café CAUS offers a varied and balanced menu, made up of fresh and regional foods. Prioritizing local products, the cooperative is an active participant in the local food movement, a movement that is growing in Québec and all over the world" (USherbrooke, 2013, my translation). It buys 36% of its products from regional (Estrie) providers. Café CAUS also uses reusable dishes & compostable materials.

...As well as:

McGill University, Montréal, QC

Université de Sherbrooke, Sherbrooke et Longueuil, QC

Laval University (& Coop des Cafés), Québec, QC

Dawson College, Montréal, QC

Collège Maisonneuve, Montréal, QC

Cégep de Sherbrooke, Sherbrooke, QC

Cégep du Vieux Montréal, Montréal, QC

The Montréal School Board, Montréal, QC (serves 35 cafeterias, 70% locally sourced)

Jean Talon Hospital (20%), Montréal, QC

CPE Alexis-le-Trotteur, Montréal, QC

CPE Autour du monde, Montréal, QC

CPE Le Petit Cheval, Montréal, QC

CPE Le Sablier, Montréal, QC

École au Fil-de-l'eau, Mont-Saint-Hilaire, QC

École au Pied de la Montagne, Montréal, QC

École Buissonnière, Montréal, QC

École La Mennais, Montréal, QC

École de la Petite-Patrie, Montréal, QC

École primaire alternative Élan, Montréal, QC

École primaire Dollard-des-Ormeaux, Montréal, QC

École primaire Saint-Arsène, Montréal, QC

École primaire Souvenir, Laval, QC

Service de garde de l'école Martin-Bélanger, Lachine, QC
Service de garde de l'école des Rapides-de-Lachine, LaSalle, QC
Service de garde de l'école Sans-Frontières, Montréal, QC
Service de garde de l'école Sainte-Bibiane, Montréal, QC
Service de garde de l'école primaire Saint-Marc, Montréal, QC
Quatre CHSLD, Laval, QC

L'Hôpital de la Cité-de-la-Santé, CSSS de Laval, Laval, QC
L'Hôpital juif de réadaptation, Laval, QC
La Centre jeunesse de Laval, Laval, QC
La résidence pour personnes âgées l'Éden, Laval, QC
Le CPE la Relève, Laval, QC
Le Café le Signet, Laval, QC

Provincial certifications: what they mean

"ORGANIC": All certified organic products conform to the organic agriculture norms as outlined in the document *Normes biologiques de référence du Québec*. The only provincial authority for certification is CARTV, which has in turn authorized 6 organizations to grant organic certification: Ecocert Canada, Organisme de certification Québec Vrai, Organic Crop Improvement Association International (OCIA), Pro-Cert Organic Systems Ltd, Quality Assurance International (QAI Inc), and Letis S.A.



"LOCAL": Local as used by provincial groups generally refers to any product that is grown or processed in Québec. Aliments du Québec, an organization devoted to promoting Québec agrifood products, has two labels: *Aliments du Québec* ("Foods of Québec") and *Aliments préparés au Québec* ("Foods prepared in Québec"). *Aliments du Québec* means that at least 85% of the product has been sourced in Québec. *Aliments préparés au Québec* refers to any product that has been entirely processed and packaged in Québec.



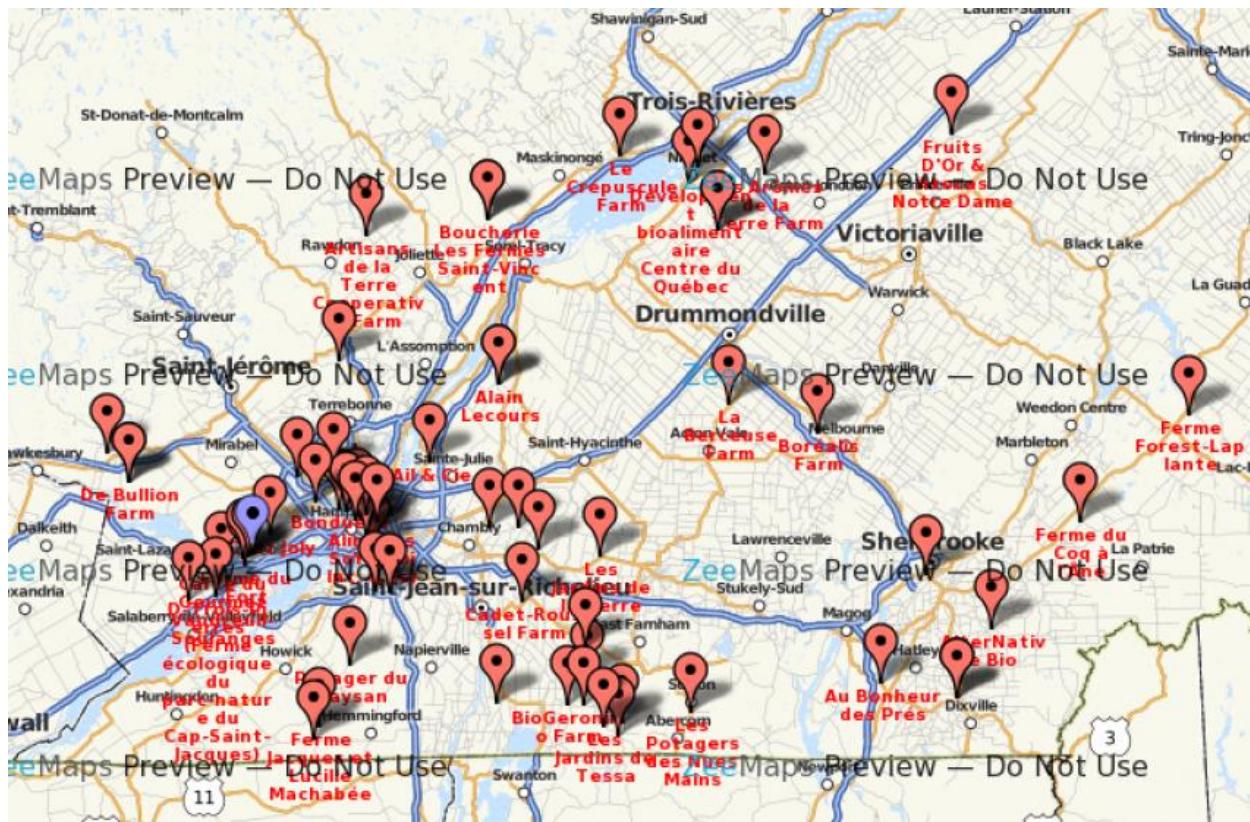
Potential Partners: A Directory

The following lists of growers, distributors, and urban social economy initiatives are accessible to the city of Montréal, and could be considered as potential local, community partners for Concordia University.

LOCAL PRODUCE AVAILABILITY CALENDAR

	Janv.	Févr.	Mars	Avr.	Mai	Juin	Juill.	Août	Sept.	Oct.	Nov.	Déc.
Abricot 							X	X				
Asperge 					X	X	X					
Aubergine 							X	X	X	X	X	
Bette-à-carde 						X	X	X	X	X		
Bettrave 	X	X	X	X	X	X	X	X	X	X	X	X
Bleuet 							X	X	X			
Brocoli 							X	X	X	X	X	
Canneberge 								X	X	X	X	X
Cantaloup 							X	X				
Carotte 	X	X	X	X	X	X	X	X	X	X	X	X
Céleri 							X	X	X	X	X	
Céleri-rave 	X	X	X	X	X				X	X	X	
Cerise 						X	X	X				
Cerise de terre 							X	X				
Champignon 	X	X	X	X	X	X	X	X	X	X	X	X
Chou 	X	X	X	X	X	X	X	X	X	X	X	X
Choux de Bruxelles 							X	X	X	X	X	X
Chou-fleur 							X	X	X	X		
Citrouille 								X	X	X		
Concombre 			X	X	X	X	X	X	X	X	X	
Courge 	X	X				X	X	X	X	X	X	X
Endive 	X	X	X							X		
Épinard 				X	X	X	X	X	X	X	X	X

Local Growers & Distributors



LOCAL GROWERS

NAME	CONTACT	WHAT THEY DO
Ail & Cie	1229, Rivière-aux-Pins, Varennes, QC 450 929 1450, ailetcie@hotmail.com http://www.ailetcie.com	Produce garlic, rhubarb, strawberries & vegetables produced in greenhouses & open fields
Alain Lecours	1530, rang Brûlé, Saint-Antoine-sur-Richelieu, QC 450 464 0751	Ecocert organic certified; Products include: Corn grain (all kinds), Hay - Assorted, Oat (all kinds), Soy (all kinds), Wheat (all kinds)
Alimentation La Defriche Inc.	131, chemin Lac Grosleau, Ripon, Outaouais, QC, Marius et Yves Adam 819 428 3940, ladefriche@tlb.sympatico.ca	Vegetables produced in open fields assorted / Cultivated Small Blueberries / Raspberry / Gooseberry / Pear / blackcurrant / Apple / Currants / Plum / Cherry / Edible flowers / Sprouts / Pasture and meadow
AlterNative Bio	277 chemin Bulwer, Martinville, QC, http://www.alternativebio.com 819 835 0002 info@alternativebio.com	Family farm run by Stéphanie Roy & Richer Cloutier in Montérégie, coordinate organic CSA baskets for +320 families in the Montréal area
Amies de la Terre	Volunteer-run markets all over QC; to start a market, contact: atestrie@atestrie.com	Coaticook, Victoriaville, Saint Gabriel de Brandon, Cowansville, Sutton, Magog, Waterloo, Saint Anne des Plaines, Joliette, Sherbrooke Centre Ville, Sherbrooke Secteur Université, & Outaouais
Amies de la Terre de l'Estrie	843, rue King Ouest, Sherbrooke, QC, http://www.atestrie.com/ marche@atestrie.com (819) 562-4413	Operates a regional solidarity market; CSA-style, mainly via weekly pickups (on Weds & Thurs)

Arômes de la Terre Farm	930, rang St-Michel, Bécancour, QC, Anne-Marie Tanguay & Vincent Bergeron, 819 229-1271 info@lesaromesdelaterre.ca	Vegetables in summer, fall, & winter Drop-off Neighborhood(s): various locations in Montreal, Trois Rivières, & St Léonard http://www.equiterre.org/solution/fermier-de-famille/ferme/les-aromes-de-la-terre-senc
Artisans de la Terre Cooperative Farm	760, route 343, Sainte-Marcelline-de-Kildare, QC, Sami Gamoudi, 450-883-5763, artisansdelaterre.org coopdesartisans@gmail.com	Produce: vegetables, fruits, honey, eggs Seasons: summer, fall -- CSA (ASC) Drop-off Neighborhood(s): Plateau Call (450) 883-5763 for more information.
Au Bonheur des Pres	4040, chemin Brown's Hill, Ayer's Cliff, QC, aubonheurdespres.com/ , 819.838.1901 (Michael Smith), info@aubonheurdespres.com	Certified organic lamb, pork, turkey, other poultry, eggs year round Drop-off Neighborhood(s): Downtown, Old Montreal, Verdun, Plateau, Outremont, Côte-des-Neiges
Berceuse Farm	534, Rang 10, Wickham, QC, 819 398 6229, http://www.fermedelaberceuse.com/ info@fermedelaberceuse.com	Organic produce: vegetables, fine herbs, fruits, eggs Drop-off Neighborhood(s): Rosemont List of products & seasonality: http://www.fermedelaberceuse.com/legumes.php
Bio-Sem inc.	3500, Les 60, Nicolet, Centre-du-Québec, QC, 819 293 5515 sem.nicolet@sogetel.net	Barley (all kinds), Corn grain (all kinds), Oat (all kinds), Soy (all kinds), Wheat (all kinds) --- ecocert organic
BioGeronimo Farm	535 Rang De L'eglise, Saint-Ignace-De-Stanbridge, Bedford, QC (450) 248-3226 or (450) 775-2461	Produce: chicken, pork, rabbit, eggs Drop-off Neighborhood(s): Plateau, Town of Mount Royal
Borealis Farm	236, chemin Lisgar, Ulverton, QC, (819) 826-2056, http://www.fermeborealis.com/ , lynda@fermeborealis.com	Organic beef, bison
Bryson Farms	R.R.1, 25 Stewart Road, Shawville, QC, (819) 647-6785, info@brysonfarms.com, http://www.brysonfarms.com/	Organic farm with +over 2000 varieties of heirloom vegetables; sell a variety of organic food baskets, frozen foods, & do deliveries (including for larger groups)
Cadet-Roussel Farm	730, rang Chartier, Mont St-Grégoire, QC, (450) 346-4993, http://www.fermecadetroussel.org/ ; info@fermecadetroussel.org	Certified organic vegetables & fruits in summer, fall, & winter Drop-off Neighborhood(s): Mile End, Plateau Also with connections to Café Rico & Mile End Mission
Chez Joly	809, chemin Cherrier, le Bizard, QC, 514-626-4861, dmjoly@videotron.ca - available only via Équiterre	Produce: vegetables, fruits Drop-off Neighborhood(s): Dorval, Île Bizard
Coop de solidarité, Les jardins de la montagne	28, chemin Saint Louis, Petit-Saguenay, Saguenay-Lac-Saint-Jean, QC, 418 272 2935 http://www.jardinsdelamontagne.ca/ info@panierbio.ca	Ecocert Organic; Asparagus (all kinds), Fine and Aromatic Herbs (all kinds), Greenhouse Bell Peppers (all kinds), Greenhouse cucumber (all kinds), Greenhouse Eggplants, Greenhouse Tomatoes (all kinds), Raspberry, Vegetables produced in open fields assorted...
Crepuscule Farm	1321, Chemin Grande Rivière Nord, Yamachiche, QC, (819) 296-1321, http://www.fermelecrepuscule.com/ info@fermelecrepuscule.com	Certified organic beef, veal, pork, chicken, cheese, seafood, vegetables, raw milk cheeses (goat, sheep, cow), maple products, some vegetables Drop-off Neighborhood(s): Ahuntsic, Montreal East, Côte-des-Neiges, Outremont, Petite-Patrie, Plateau, Lachine, Roxboro, Beaconsfield

D-Trois-Pierres (Ferme ecologique du parc-nature du Cap-Saint-Jacques)	183 chemin Cap St-Jacques, Pierrefonds, QC, 514 620 7754; www.d3pierres.com , info@d3pierres.com	Organic vegetables & fruits Drop-Off Neighborhood(s): Île Bizard, Pierrefonds, Rosemont, Roxboro, Ville St. Laurent
De Bullion Farm	1555e Coteau des Hétrese, St-André-d'Argenteuil, QC, (450) 562-0104	Certified by Québec Vrai Drop-off Neighborhood(s): Plateau, Villeray
Domaine Valton Osiris	559 Ch. des Trente, Saint-Mathias sur Richelieu, QC, 450 658 7131 http://www.domainevaltonosiris.com / cjvalton@gmail.com	Vegetables produced in open fields assorted, Flax (seeds), Buckwheat (all kinds), Wheat, Spelt, Barley, Rye, Flour - assorted dried beans, Soy -- small 50 hectare farm, products listed here: http://www.domainevaltonosiris.com/produits.html
Duchay Farms	34 route 202 est, Stanbridge East, QC, Jacques Leduc, 450 248-0752 leduchay@sympatico.ca http://www.lesfermesleduchay.com	Over 50 varieties of vegetables, fruits, fine herbs, grains, cereals, & meat in the summer, fall, winter Drop-off Neighborhood(s): Bordeau-Cartierville; For pricing (via Équiterre): http://www.equiterre.org/solution/fermier-de-famille/ferme/les-fermes-le-ducgay-enr
Entreprises Agri-Choux inc	551 rue St-Jean, Brownsburg-Chatham, QC, (450) 562-6779 · agrichoux.com http://www.decouvertesdargenteuil.com / agrichoux@hotmail.com	Certified organic family business & cooperative; list of available produce according to the seasons: http://agrichoux.com/?page_id=6
Équiterre's Le réseau des Fermiers de famille	50, rue Sainte-Catherine Ouest Bureau 340, Montréal, QC, http://www.equiterre.org/solution/pniers-bio 514 522-2000, poste 294	Weekly organic CSA baskets coordinated by Équiterre -- available by pickup, in METRO grocery stores, in certain AMT train stations, or delivered at work;
Ferme communautaire Mange-Tout	Delivers to Coop la Maison Verte; 514-942-8473 info@fermemanagetout.ca, http://home.cogeco.ca/	Organic community farm growing organic fruits, veggies, & fresh herbs via sustainable methods & helping those of all income levels to improve their access to fresh, healthy food. Drop-off Neighborhood(s): N.D.G. & Westmount
Ferme du Coq à l'ane	931 chemin de Hardwood Flat, Bury, QC, 819-872-3787 & 819-872-1147 info@fermeducoqalane.com http://www.fermeducoqalane.com/	Nous produisons plus d'une quarantaine de variétés de fines herbes et de légumes biologiques, du boeuf biologique, du porc plein-air, des pintades naturelles et du sirop d'érable.
Ferme du Fort	145 Senneville, Senneville, QC 514-457-3606 www.lafermedufortsenneville.ca	
Ferme du Zéphyr Inc.	4566 avenue Wilson, Senneville, QC, 514-550-6980 or 514-812-9380 http://www.fermeduzephyr.ca/english / fermeduzephyr@videotron.ca	A certified organic vegetable farm located on the western end of Montreal Island in the community of Senneville, Quebec (food baskets certified by: Ecocert Canada); Kiosk at NDG neighbourhood market
Ferme Forest-Laplante	425, Rang 4, Saint-Roman, QC, 418 486 2870 theoflap@yahoo.com fermeforestlaplante.wordpress.com/	Quebec Vrai certified beef; Drop-off Neighborhood(s): Plateau, Lachine
Ferme Formido	876 5e Rang Nord, St-Ignace-de-Stanbridge, QC, (450) 296-4974 info(a)fermeformido.com http://www.fermeformido.com/	Pesticide-free, GMO-free, Ecocert Canada Certified; mostly produces meat (beef, chicken, veal, pork, sausages, etc.) for products & prices: http://www.fermeformido.com/produits.asp
Ferme Jacques et Lucille Machabée	7, rang Duncan, St-Chrysostome QC, 450 826 3342	Produce: vegetables, medicinal plants, fine herbs, beef, lamb, rabbit, chicken --- a provider for LUFA farms; Quebec Vrai certified
Ferme Mélilot	5022, rue Principale, Dunham, QC, (450) 295-2669	Organic vegetable farm Seasons: summer, fall, winter Drop-off Neighborhood(s): Plateau, Outremont

	http://www.fermemelilot.com/lang/fr/ info@fermemelilot.com	
Ferme Ô Saine Terre	710 Rang Rivière Sud, St-Roch Ouest, QC, (514)-654-2428, info@osaineterre.org , http://www.osaineterre.org/	Certified organic CSA & market-kiosk(s), with various drop-off points throughout Montréal
Ferme Odelil Viandes biologiques de 1re qualité	561 Rang du Haut de l'Île, Sainte-Monique, QC, (819) 289-2720 · fermeodelil.com odelil@infoteck.qc.ca	Various kinds of local organic meat (farm, butcher shop, & distribution)
Fermes St. Vincent, Viande Biologique	1171 Rang nord de la rivière Chicot, Saint-Cuthbert, QC, (450) 836-2590, info@saint-vincentbio.com http://www.saint-vincentbio.com/	Organic: beef, veal, pork, lamb, chicken, turkey, goose, duck, guinea-fowl, quail, rabbit, eggs Drop-off Neighborhood(s): Petite Patrie (Jean-Talon Market), St. Henri (Atwater Market) -- Operate a stand at each major market in Montréal
Jardin Bonté-de-Compost	6360, route Rougemont Saint-Jean-Baptiste, 450 467-5418 centreequestremontrouge@hotmail.com , www.cemr.jindo.com	Orchard fruits, small field berries, greenhouse & open-field vegetables
Jardins Carya	39 Chemin Philips Senneville, Senneville, QC, 514 312 7175 http://lesjardinscarya.com/ lesjardinscarya@gmail.com	A certified organic vegetable farm located in Senneville on the island of Montreal; 7 leased acres of land with 3 acres are in vegetable production each season +2 greenhouses. Ties with McGill Ecological Garden.
Jardins de la Montagne (South Shore)	102 Rang de la Montagne, Rougemont, QC, 450.469.5358 info@jardinsdelamontagne.com www.jardinsdelamontagne.com	Organic farm located close to Montreal, with basket drop-off points throughout the city (including in NDG, Montreal Ouest, Westmount, Lasalle, etc.)
Jardins des Anges	24 pointe Langlois, Laval, QC, info@jardindesanges.com (450) 258-4889 & (514) 258-4889	A Quebecois enterprise that distributes certified organic fruits and veggies, +80,000 organic food baskets each year (& sell bread, milk products, eggs, meat substitutes, health products, ice cream, etc.)
Jeunes au Travail (Ferme)	2595, rang du Haut-St-François, Laval Agriculture et paniers ASC, poste 223 Cuisine commerciale, poste 229 Kiosque 450 664-0308, http://www.jeunesautravail.ca/ , jeunesautravail@gmail.com	Ecological, organic, no-GMO youth-run farm in Laval; training youth aged 16-25 for labour market experience in production & marketing; for autonomy, self-confidence & respect, promoting ecological awareness
Juniper Farm	375 Shouldice Rd, La Pêche, QC, 819-459-1630, fermejuniper@yahoo.ca , http://juniperfarm.ca	CSA & store near Wakefield, QC
L'Empreinte Verte	28 chemin Richford, Freightsburg, QC, http://www.empreinteverte.net/ empreinteverte@gmail.com 450-298-5260	Ecocert certified, part of Équiterre's CSA network; produce includes: vegetables, fruits, garlic, garlic flowers Seasons: summer, fall, winter Drop-off Neighborhood(s): Côte-des-Neiges
Les Bontes de la Vallée	300, rang St-Charles, Havelock, QC, http://www.lesbontes.org/ ; 514-815-2209 ou 438-883-2401 lesbontes@yahoo.ca ; market at Laurier & Fabre in the Plateau, + CSA	Produce: vegetables, fruits, fine herbs Seasons: summer, fall Drop-off Neighborhood(s): Plateau, Lachine Call (514) 815-2209 for more information.
Les Jardins de la Terre	305, Principale Ouest, Saint-Paul-d'Abbotsford, QC, 450-379-5079 ou eric.lafontaine@bellnet.ca	A non-profit social economy group with the goal of training people to work in the horticulture sector. Coordinate activities for learning and

		accompanying youth under 30 who have difficulty finding work.
Les Jardins de Tessa	14, chemin Ballerina, Freightsburg, QC, 450-298-1227, jardinsdetessa@vivomail.ca, http://www.jardinsdetessa.com/	List of products: http://www.jardinsdetessa.com/trouver_produits
Les Jardins du Petit Tremble	1830, chemin du Rivage, Saint-Antoine-sur-Richelieu, 450-787-3916, www.lesjardinsdupetittremble.ca/ info@lesjardinsdupetittremble.ca	List of products: http://www.lesjardinsdupetittremble.ca/info-legumes.html
Les Potagers des Nues Mains	190 Perkins, Sutton, QC, 450-538-0719 yan@lesnuesmains.com, www.lesnuesmains.com	CSA, Kiosk (during the summer) & market-stand, various drop-offs in the Townships. List of vegetables: http://www.lesnuesmains.com/?page_id=514
Les Viandes Rheintal	845, rang Petit-Esprit, Sainte-Monique, QC, 819.289.2383 www.viandestrheintal.com info@viandestrheintal.com	Family-run organic livestock farm, specialized in certified organic meat, beef pastures, pasture pork, milk-fed veal natural Drop-off Neighborhood(s): Dollard-des-Ormeaux, Pierrefonds, Ville St. Laurent, Notre-Dame-de-Grâce, Hochelaga-Maisonneuve
LUFA Farms	1400 Rue Antonio Barbeau #201, Montréal, QC, www.lufa.com 514 669 3559, info@lufa.com	Ecological, organic veggie baskets from their rooftop gardens & local partners
Potager Andre Samson	302, chemin Boulais, Farnham, QC, (450) 293-5015, potager.samson@hotmail.com, www.potagerandresamson.com/	Supplies +200 veggie seasonal baskets -- Drop-off Neighborhood(s): Downtown, Hochelaga-Maisonneuve, Nun's Island, Little Italy, La Petite Patrie
Potager du Paysan	2024, rang Saint-Paul, St. Remi, QC, 514 269-4213 jppoussard@hotmail.com www.aupotagerdupaysan.com	Certified organic year round CSA (vegetables, summer + winter) --- Drop-off Neighborhood(s): Hochelaga-Maisonneuve, Rosemont
Songberry Organic Farm	24 Sixth Line, Bristol, QC, 613-724-9287, www.songberry.ca	Farm with +200 varieties of +20 types of organic vegetables, supplies a number of retail outlets, box programs, restaurants, and caterers in Ottawa
Tourne-Sol Co-operative Farm	1025 Chemin St-Dominique, les Cèdres, QC450-452-4271 www.fermetournesol.qc.ca/	Online store, CSA, farmer's market kiosk (in Ste. Anne, Mtl) -- started by a group of ex McGill students with a social justice framework. List of products: http://www.fermetournesol.qc.ca/products
Verger aux Quatre Vents	404 Rang St-Jean-Baptiste, Henryville, QC, 450-299-2183, www.verger-biologique.com	Certified organic year-round CSA, products include: apples, grapes, peaches, cherries, blueberries & prunes;



LOCAL DISTRIBUTORS

NAME	CONTACT	WHAT THEY DO
JM Vital Distribution Inc	679, Rue Richard, Verdun, QC http://www.vitalequita.com/vitalequita/produits	Distributor of fair trade products based in Montréal; products include: kalinda & organic coffee, thai & basmati rice, chocolate, mango, sugar, tea
Les Aliments Horium Foods Inc.	1050 Rue Lacasse, Montréal, QC info@horium.com , 514-933-4605	Range of soy products -- non-GMO soybeans and other organic products, certified by Garantie Bio-Ecocert
Tiferet Kosher Organic Products	514-733-0547, info@tiferetorganic.com , www.tiferetorganic.com/	Montréal distributor of "quality organic poultry" -- kosher
Aliments SoYummi Inc.	3655, Redpath, Montréal, QC, 514 393 3232, www.soyummifoods.com/ info@soyummifoods.com	Ecocert Organic; Soja Mousses, Soya Based Rice Pudding, Soya Based Tapioca Pudding
Aliments Trigone	93, A queduc, Saint-François-de-la-Rivière-du-Sud, Chaudière-Appalaches, QC, 418 259 7414 www.alimentstrigone.com/fr/	Buckwheat & hemp...
Bonduelle	600 Henri Bourassa Ouest, Suite 630, Montréal, QC www.bonduelle.ca/en/groupe_bonduelle/nousjoindre/ 1(514) 384-4281	Corporation that sells local food with head an office in Montreal. "A world leader in processed vegetables" -- 335,000 tons of vegetables harvested annually in Quebec and Ontario
Carte du Gourmet Vaudreuil-Soulanges	2555 Rue Dutrisac, Vaudreuil-Dorion, QC, 514 831-4803 info@marchegourmet.ca www.marchegourmet.ca	An internet-buying portal for local food (20 producers) from the Vaudreuil-Dorion area with a weekly drop-off point.
Cru Vitalité Inc. Produits Cru Bio-Végétaliens	151 Rue Gounod, Montréal, QC, 514 270 1113, http://www.raw-vitality.com/ info@raw-vitality.com	Organic food store & distributor with the aim of incorporating living foods into diets and spreading the word of organic raw foods
Fruits D'Or & Atocas Notre Dame	604B rang St Louis O, Lourdes, QC, 819-385-1058 www.fruit-dor.ca info@fruit-dor.ca	Food in bulk retailer, potentially organic
L'Association des jardiniers maraîchers du Québec (L'AJMQ) / Quebec Produce Growers Association	905 rue du Marché-Central, bureau 100, Montréal, QC, 514 387-8319 ajmq@ajmquebec.com http://www.mangezquebec.com/	A volunteer group of +400 business people, including 100 or so affiliated members & 300 produce growers responsible for growing over 80 % of Québec's fresh produce & manages 2 markets: the Place des producteurs (wholesale) & the Marché des jardiniers (retail) in La Prairie
Organics International	366 Lansdowne Ave., Montréal, QC, 514 990 7900; www.organique.ca/ organics@istar.ca	Grains (all kinds), Organic soy isolates; Soy beans, oil, and meal; Corn, beans, peas, pulses, and oils
Pranana	160 Saint-Viateur E, suite #500, Montréal, QC, http://pranana.com/en/history/ Open 514 276-4864, info@pranana.com	A wide range of products made (or processed) in the province of Québec (nuts, dried fruit, etc., list here: http://pranana.com/en/products/)
Producteurs Biologiques Symbiosis*	2215 Ch de la Rivière Rouge Nord, St-André d'Argenteuil, QC, http://www.symbiosisbio.com/ M. 450-537-1508 info@symbiosisbio.com (*see	Un regroupement de producteurs maraîchers. L'objectif du regroupement est d'offrir une plus grande diversité de produits, un volume plus important et une régularité dans l'approvisionnement ainsi qu'un qualité supérieure à prix abordable pour le

	website for contact info of individual farms)	consommateur. La compagnie vend ses produits uniquement dans le marché du « gros » c'est-à-dire qu'elle approvisionne les entrepôts des chaînes et certains grossistes spécialisés.
RDR Grains and Seeds	3680 Rang des Soixante, Nicolet, QC, (819) 293-2001 semencesrdr.com info@semencesrdr.com	Organic producer & distributor close to Mtl
Saveurs de Laval & Cooperative Paniers-Saveurs de Laval	1555, boulevard Chomedey, bureau 100, Laval, QC, (450) 978-5971 benoit.brouillard@lavaltechnopole.com ; http://www.saveursdelaval.com	A project of the Table de concertation agroalimentaire de Laval (TCAAL), linking farmers with Laval community members for CSA baskets & other local products. See directory, here: http://www.saveursdelaval.com/fr/reperoire-agroalimentaire/reperoire/
Saveurs des Cantons	14 rue Adams, bureau 301, Coaticook, QC, 819 993 7104 http://www.saveursdescantons.com / isabelle.lemieux@saveursdescantons.com or vente@saveursdescantons.com	A non-profit organization based in the Townships that markets and distributes local products for hotels, restaurants and institutions in Quebec; includes a network of +30 local producers with +700 different products that vary with the seasons
Savourez Roussillon	260 rue Saint-Pierre, bureau 100, Saint-Constant, QC, http://www.savourezroussillon.ca / 450-632-1440	Local food buying network (within 11 municipalities), just south of Montreal (near south shore); an initiative of the Centre local de développement (CLD) de Roussillon.
Terroirs Québec	3585 rue Lévis, Sainte-Catherine, QC, http://www.terroirsquebec.com/eng/index.php	Distributor of many products that are made or processed in Québec, classify each product by region... "Online gourmet food store"
Les Distributions Arnaud Inc.	http://www.lesbioproduits.com/points_de_vente/	



Food & Labour Social Economy Initiatives in Montréal



FOOD & LABOUR SOCIAL ECONOMY INITIATIVES IN MONTRÉAL

NAME	CONTACT	WHAT THEY DO
Cooperative du Grand Orme	99 rue Ste-Anne, Sainte-Anne-de-Bellevue, QC, 514 457 0858 http://www.coopdugrandorme.ca	A solidarity cooperative that aims for sustainable development.
Cooperative des Bons Voisins	247a Bord-du-Lac, Pointe-Claire, QC, 514 505 0578, desbonsvoisins.com	A coop that sources all food products from within 300km from the town of Pointe-Claire
En direct de la ferme	5555 Avenue de Gaspé, bureau 118, Montréal, QC, 514-961-2061 http://www.endirectdelaferme.org contact@endirectdelaferme.org	A coop that promotes more responsible consumption, privileging local and organic products
Cooperative la Maison verte	5785 rue Sherbrooke O., Montréal, QC, 514 489 8000 http://www.cooplamaisonverte.com/	A community cooperative that proposes environmental solutions for the home & responsible consumption (also operates a CSA)
Santropol Roulant	111 Rue Roy Est, Montréal, QC, 514-284-9335, info@santropolroulant.org;	Meals-on-wheels, community kitchen & garden, local

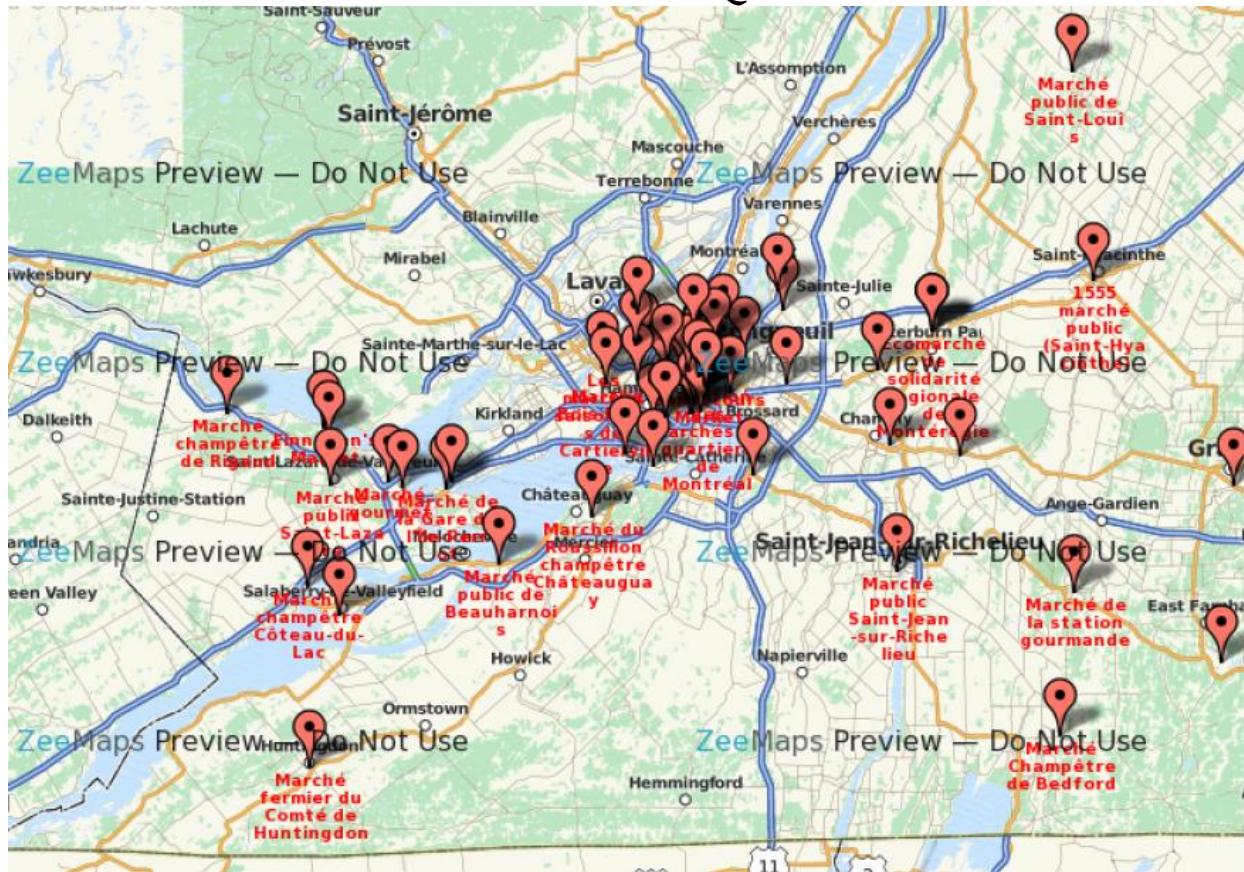
	santropolroulant.org	
Boulangerie Premier Moisson	860 Avenue du Mont-Royal Est, Montréal, QC	Québec-based pastry chain
Coop Federee	9001, boulevard de l'Acadie, bureau 200, Montréal, QC, 514-384-6450 http://www.90.lacoop.coop/	A coop with the mission to contribute to the economic, social, and environmental development of agricultural producers and their affiliates.
Les Distributions L'Escalier	4455, rue de Rouen, Montréal, QC, (514) 529-5974 http://www.distributionescalier.com/	.A group that provides employment training to youth aged 18 to 30, specialized in selling Quebecois food products. Offer a variety of more than 400 food products and a "personalized" quality service.
Les Entreprises Qualitéé de Vie: Bioferme Laval	573, rang Saint-Antoine, Laval, QC 450-663-5551	...
Mabrésserie, Coop de Solidaritéé Brassicole	2300, rue Holt, Montréal, QC, 514-508-3309 https://www.facebook.com/mabrésserie	A workers' cooperative, microbrewery and boutique, with an open info, training, and sharing centre to see how brewing is done
Marchéé Solidaire de Frontenac	2349 rue De Rouen, Montréal, QC http://www.marchefrontenac.com/ 514-525-6611	Market located on Iberville and Ontario East; includes a grocery store, collective kitchen, urban agriculture initiatives, educational programming, etc.
Cooperative de Solidarité L'Espace Gastronome de Laval	1555, boulevard Chomedey, bureau 100, Laval https://www.facebook.com/pages/LEspace-gastronome-de-Laval/459337327418680	A solidarity cooperative that supports small businesses and artists & prioritizes fresh, local products (since 2011).
Buffet Insere-Jeunes	C.P. 178, succ. St-Michel, Montréal, QC 514 721-1747; buffets.insere.jeunes@traiteurbis.qc.ca ; www.traiteurbis.qc.ca/	Social economy enterprise for youth aged 16 to 25, to give work experience and training
Cafe St-Lo	1375, rue Grenet, A-131, Montréal, QC (514) 855-6110 poste 4898; caferjsl@gmail.com ; www.cafstlo.com	A social economy (mostly internet) café for the Laurentienne community, for youth employment (via the organisme Ressources Jeunesse de Saint-Laurent)
La Cooperative des Bons Voisins	247 A, chemin Bord-du-Lac, Pointe-Claire, QC, 514 505-0578; info@desbonsvoisins.com www.desbonsvoisins.com	A gathering space for Pointe-Claire community members, promoting community interests and communal living. Also run a restaurant: desbonsvoisins.com/wordpress/?page_id=8
Cafeé Étudiante L'Entre 2	5150, rue Robert, Montréal, QC 514 325-0480, poste 17578 cafe-entre2@cspl.qc.ca , www.mjstleonard.com	Coop café run by high school students grade 9-12 (in Saint Léonard, Montréal)
Cafeé l'Artère Cooperative de Solidaritéé	7000, avenue Du Parc, Montréal, QC 514-419-7798; artere@artere.coop www.artere.coop	Coop café in Parc Extension, Montréal – aiming to offer healthy foods and promote responsible consumption as well as provide a meeting space for workers, students, and residents of Parc Extension.
Cafeé-Resto l'Inter-Mission	7595, boulevard Saint-Laurent, Montréal, QC, 514 738-8989 poste 232 restaurant@petitesmains.com	Part of the employment-training organization Petites-Mains, the Inter-Mission restaurant & café specializes in international cuisine and offers a catering service.
Centre de Développement et d'Entrepreneuriat en	(CDER) 4522 avenue des Erables, Montréal, QC, 514 522-6745	Centre for professional development dedicated to the restaurant sector, aiming to accompany/guide entrepreneur-"restaurateurs"

Restauration de Montreal	info@cdermontreal.com http://www.cdermontreal.com	to create & maintain small businesses via skills development
Coop TOUSKI, caféé de quartier	2361, rue Ontario Est, Montréal, QC, 514 524-3113 info@touski.org, www.touski.org	Autonomous café & workers coop in Centre Sud
Caféé Kajou	1298, rue Beaubien Est, Montréal, QC, kajou@joujoutheque.com www.cafe-kajou.com	Workers coop & café
Cuisine-Atout, entreprise d'insertion	1945, rue Mullins, Montréal, QC, 514 939 4080 (near Concordia!) info@cuisine-atout.com	Kitchen for employment training in the food sector.
Les Fourchettes de l'Espoir	6344, rue Pascal, Montréal, QC, 514 852-1492 lesfourchettesdelespoir@hotmail.com	Social economy enterprise located in Montreal North. Services include: restaurant, prepared meals, catering
In Vivo, Bistro culturel engagé	4264, rue Sainte-Catherine Est, 514 223-8116, www.bistroinvivo.coop equipe@bistroinvivo.coop	Workers solidarity coop + café + bistro located in Centre Sud/ Hochelaga
Pâtisserie BIS	5188, rue Beaubien Est, Montréal, QC, 514 593-7705 buffet.insere.jeunes@videotron.ca	Hot and cold multiethnic buffets, to-go lunches, cocktails, breakfasts, brunches, cafeteria management, school and daycare menus
Petites-Mains -- Le Caféé Resto: l'intermission	7595, boulevard Saint-Laurent, Montréal, QC, 514 738-8989 info@petitesmains.com www.petitesmains.com	Employment-training organization in Villeray, with a mandate against violence. Services fair trade food & coffee http://petitesmains.com/services/cafe-resto
Resto Plateau	4450, rue Saint-Hubert, bureau 235, Montréal, QC, 514 527-5997 info@restoplateau.com www.restoplateau.com	A social and professional development centre in the Plateau for individuals in poverty, with a mandate to fight poverty and the exclusion of those without work. Works with community partners.
Robin des Bois	4653, boulevard Saint-Laurent, Montréal, QC, 514 288-1010 resto@robinedesbois.ca www.robinedesbois.ca	A non-profit restaurant aiming to overcome social isolation and poverty. Employees are supported by volunteers, profits from meals & products are redistributed to the community
Services Boukan	6971, rue Saint-Denis, Montréal, QC, 514 278-2157 info@centrenarive.com www.centrenarive.com	A non-profit community organization for integral human development to accompany marginalized individuals with little education, particularly for the social and socioeconomic integration of immigrants; the centre is a space to develop linguistic, cultural and artistic expression and skills; for advancing the social and professional integration of those with little education; an inter-generational community for all ages
Au Pois Chic La Cuisine De NDG	3500 Décarie, Montréal, QC, (514) 249-2404 apc.cuisinedendg@gmail.com	Mandate: to improve & support food security in NDG; offers a meals-on-wheels, community meals, job training & skills development, cooking, courses, & catering services
Cote-des-Neiges/Notre-Dame-de-Grâce // Corporation for Community Economic Development CDN/NDG	4950, Queen Mary Road, Suite 101, Montréal, QC, http://www.cdeccdnndg.org/ 514-342-4842 Email: cdec@cdeccdnndg.org Metro Snowdon	Organization for the economic and social development of the CDN/NDG community, supporting entrepreneurship, the development of employability projects, and initiatives that have a lasting impact on the diversification of the economy and reinforcement of the social climate and its cohesion. Employment services, business services, mgmt consulting & partners with other community development groups

Montreal Urban Community Sustainment	(MUCS) 2000 Avenue Northcliffe, NDG, Montréal, QC, www.mucs.ca	Community hub for urban sustainability, with a neighbourhood kitchen, food surplus redistribution network, & popular education activities
Sweet Lee's Bakery	749 Agnes, St. Henri, Montréal, QC, http://sweetlees.ca/ -- Located at the Verdun Metro on Fridays (14-20h) Sundays (9-16h) and Saturdays in Cote St. Paul at St. Paul Park (10-16h).	A café/bakery (epicerie fine) with a focus on high-quality & natural gourmet products, healthier, hearty and nutritious ingredients; oriented to supporting other small Quebec companies offering products of the province
Cru Vitalité Inc.	151 Rue Gounod, Montréal, QC, 514 270 1113, http://www.raw-vitality.com/	Organic food store & distributor aiming to incorporate living foods into everyone's diet and spread the word of organic raw foods
Helm Brasseur Gourmand	273 rue Bernard Ouest, Montréal, QC, (514) 276-0473 helm-mtl.ca	Microbrewery in Mile End
True Food Ecosterre	Berhanu Wassihun, 613 874 2070 http://ottawafarmersmarket.ca/vendors/true-food-ecosterre/ Ottawa, ON	Apples, cinnamon buns, mesro, enjeera, eggs
Jonathan Boles	514 531 8846, Montréal, QC	Banana bread, florentines Organic, vegan, gluten-free brownies --- "Esprit Bio's chewy dark chocolate brownies are made with the mission to spread health and harmony, and to benefit everybody, including the earth, plants, and animals."
Esprit Bio	Kristina Driedger, www.espritbio.ca ; 514 995 2138; kristina@espritbio.ca	
La Rockin' Dinette	Gaelle, 514 587 9418; http://rockindinette.com/ Montréal, QC	Baked goods & mixed nuts
L'Artichaut	Amy, 438 880 3325, artichaudmenu@gmail.com , Montréal, QC	Muffins
Moccasin Jo	113 Ahsennenson, Kanehsatake, QC, Walter & Lise David, 450-479-8415, http://www.moccasin-jo.com/affiliates.html	Direct trade coffee -- Moccasin-Jo are artisan coffee roasters operating within Kanehsatake Mohawk Territory in Quebec, Canada. Beans roasted in small batches



Local Markets in Québec



NAME	LOCATION
MONTRÉAL REGION	
Petit Saint-Jacques Market	corner of Amherst & Ontario, Montréal, QC
Marché public de la Corporation de développement communautaire (CDC) de Rosemont	Parc de la Louisiane, corner of 33 rd av. and Beaubien East, Montréal, QC
LaSalle Public Market	9170 rue Airlie, Montréal, QC
Faubourg Saint-Laurent Market	Habitation Jeanne-Mance, 200 de Maisonneuve Est, Montréal, QC
Marché des récoltes	155 Place Benoît, Montréal, QC
The Point Community Market	1950 rue Grand Trunk, Montréal, QC
Marché citoyen de la Petite Bourgogne	1845 Saint-Jacques, Montréal, QC
Bois-Franc Market	Grand-Place de Bois Franc, 2555 rue des Nations, Montréal, QC
Cartierville Seasonal Markets	Parc de Mésy, 12120 rue Grenet, Montréal, QC
Ahuntsic Markets	510, rue de Louvain Est, Montréal, QC
Les Jardins Guybourg	1905 rue Cadillac, Montréal, QC
Les dimanches bios	Avenue Dollard, between Lajoie and Van Horne, Montréal, QC
The Little Market of the East	Parc de la Louisiane, intersection Beaubien Est et la 33ème avenue, Montréal, QC, 514 524 1797
L'Autre Marché Angus	2600 rue William Tremblay, Montréal, QC, 514 524 1797

Ste. Anne's Farmer's Market)	corner of Ste-Anne St. and St-Pierre St., Ste-Anne-de-Bellevue, QC, year round market with +20 producers, marchesainteanne.ca, marchesteanne@gmail.com
Metro Station Markets	Located at various metro stations in Montréal, including: Cote-des-Neiges, Mont-Royal, Rosemont, Papineau, Place d'Armes, Square-Victoria
L'Autre Marché NDG	4855 Kensington, NDG, Montréal, QC, 3 p.m. to 7 p.m., Thursdays
L'Autre Marché Rosemont	2600 rue William Tremblay, Rosemont, 3 p.m. to 7 p.m., Fridays
N.D.G. Neighborhood Seasonal Market	Montréal, QC
Ahuntsic Cartierville Market	At Coop de la Maison Verte, 3-7 Thursdays, June to October, 5785 Sherbrooke West, NDG, Montréal, QC, 514 489 8000
East Laval Neighbourhood Markets	August to October market, with community activities, 10300 rue Lajeunesse, Bureau 2112, Ahuntsic, Montréal, QC
Nourrir Montréal Seasonal Markets	Thursday 4-7pm at St-Vincent-de-Paul Church and Fridays 4-7 at Parc au Moulin de St. François, Laval, QC, marchesdequartier@gmail.com
Forêt Baldwin Market	Seasonal markets in Côte-St-Paul, Lachine, Mercier-Ouest, Montréal-Nord, NDG, Petite-Bourgogne, Pierrefonds Est, Pointe St. Charles, St. Laurent & Ville Marie Est. For full addresses & hours of above markets, see: http://www.arrondissement.com/tout-get-communiques/u10265-marches-saisonniers-nourrir-montreal-nette-progression-plus-visiteurs-lors-jours-marche
NDG Tera Ter Public Market	Angle des rues Rachel Est et Fullum, Plateau, Montréal, QC; Market run by Action Solidarité Grand Plateau (514 528 8656)
Bonsecours Market	Parc Georges Saint-Pierre (corner Oxford and Upper Lachine) & Centre Westhaven (corner Harley and Westmore), NDG, 438-764-1902 terater.marche@gmail.com , Les Comptoirs Urbains Tera Ter (July-Sept)
De La Villette Market	350 St-Paul Street East, Montréal, QC, (514) 872-7730; marchebonsecours.qc.ca
St. Jacques Market	324 Rue Saint Paul Ouest, Montréal, QC, (514) 807-8084 · marche-villette.com
Mile End (& Friendship Centre Farmers Market)	2035 Rue Amherst, Montréal, QC, 514) 216-4490 http://www.marchesaint-jacques.ca/
Lachine Market	5039 St-Dominique, Montréal, QC, Every Thursday, June 17 - October 14
Jean-Brillant Neighbourhood Market	1875, rue Notre-Dame, Montréal, QC, http://www.marchesppublics-mlt.com/English/Lachine/
Atwater Market	Angle Jean-Brillant et Côte-des-Neiges, Montréal, QC
Cabot Square Market	138, avenue Atwater, Montréal, QC
Dorchester Square Market	Côté sud de Sainte-Catherine, entre Atwater et Lambert Closse, Montréal, QC
Victoria Square Market	Near Dorchester Square
Phillips Square Market	North side of René-Lévesque between Peel and Metcalfe, Montréal, QC
Place Pasteur Neighbourhood Market	Near Victoria Square, West side of McGill between Viger and St-Antoine, Montréal, QC
Square St-Louis Neighbourhood Market	Near Phillips Square, South side of Ste-Catherine between Union and place Phillips, Montréal, QC
	Côté ouest de St-Denis, entre Maisonneuve et Ste-Catherine, Montréal, QC
	Près du Square St-LouisAngle nord-ouest, entre St-Denis et carré St-Louis, Montréal, QC

Mont-Royal Metro Neighbourhood Market	En face du métro Mont-Royal Côté sud de Mont-Royal, entre Rivard et Berri, Montréal, QC
Rosemont Metro Neighbourhood Market	North side of des Carrières between St-Hubert and St-Denis, Montréal, QC
Jean-Talon Market	7070, avenue Henri-Julien, Montréal, QC
Papineau Metro Neighbourhood Market	rue Papineau, Montréal, QC
Maisonneuve Market	4445, rue Ontario Est, Montréal, QC
Montreal Public Markets Management Corporation	155 avenue Greene, 3rd Floor, Montréal, QC; MAP of Montreal's markets (includes days & hours they're open): http://www.marchespublics-mtl.com/Localisation/ Short info@marchespublics-mtl.com; 514-937-7754
Montreal Neighbourhood Markets Coalition	A coalition of neighbourhood markets around Montréal, +20 in Ahuntsic-Cartierville, Côte-des-Neiges/Notre-Dame-de-Grâce, Lachine, LaSalle, Mercier-Hochelaga-Maisonneuve, Montréal-Nord, Outremont, Plateau-Mont-Royal, Rosemont-Petite-Patrie, Saint-Laurent, Sud-Ouest, Verdun and Ville-Marie, as well as in Pointe-Claire and Sainte-Anne-de-Bellevue. For a map of all neighbourhood markets: http://www.marches-de-quartiers.ca/ ;
Association of Quebec Public Markets (AMPQ)	Association of public markets in Québec -- ongoing project to recruit growers for local markets throughout Québec; http://www.ampq.ca/ ; Mme Solange Fullum: (418) 998-5028, solange.fullum@ampq.ca C.P. 1821, Saint-Rédempteur, QC
Fédération des producteurs maraîchers du Quebec (FPMQ)	555, boul. Roland-Therrien, bureau 325, Longueuil, QC, "La FPMQ travaille à la défense et à la promotion du secteur de la production maraîchère du Québec" (450) 679-0540, poste 8282 www.legumesduquebec.com ; fpmq@upa.qc.ca
MONTÉRÉGIE REGION	8, rue St-Matthieu, Beloeil, QC; Member-driven network for buying local products online, with specific distribution points for pick-up. Ecomarkets in Beloeil, Plateau Mont Royal, Saint-Julie, Saint-Hyacinthe, Sorel Tracy, & Saint Hubert (each = a point of distribution) http://www.ecomarchedesolidarite.org/ Odette Gariépy, 450-464-0201 odettegariepy@videotron.qc.ca
Finnegan's Market	775 rue Main, Hudson, QC; Seedlings & veggie market, 450 458 4377 http://www.finnegansmarket.com/index.php/en/
Saint-Hyacinthe)Public Market	1555, rue des Cascades, Saint-Hyacinthe, QC; http://www.centreillesainthyacinthe.com/marche.php
Regional Solidarity Ecomarket	8, rue St-Mathieu, Beloeil, QC; http://www.ecomarchedesolidarite.org/ Pour récupérer la commande: Sainte-Julie, St-Hubert, Beloeil, St-Hyacinthe, Sorel-Tracy ou Montréal;
Les AmiEs de la Terre du voisinage de Waterloo	151, rue Lewis Ouest, Waterloo, QC; http://www.atvwaterloo.com/MSR/VISITEUR/CADRE/cadre_principal.php
Coteau-du-Lac Champetre Market	308 A, chemin du Fleuve, Côteau-du-Lac, QC; http://www.coteau-dulac.com/services-et-citoyens/loisirs-culture-et-vie-communautaire/marche-champetre-de-coteau-du-lac/
Marchéé champetre d'Hudson	501, rue Main, Hudson, QC; http://www.ville.hudson.qc.ca/commcentre/2013%20Farmer's%20Market.pdf
Marchéé Champetre de Bedford	67, rue Principale, Bedford, QC

Marché champêtre de Rigaud	Rues Saint-Jean-Baptiste Est et Saint-Viateur, Rigaud, QC; http://www.marchechampetrerigaud.com/
Marché champêtre Saint-Basile-le-Grand	Rue Préfontaine (à côté de la mairie et en face de l'Église), Saint-Basile-le-Grand, QC; http://www.apes1.org/marchepublic/index.html
Marché de la Gare de l'Île-Perrot	300, boulevard Perrot (Stationnement Église Sainte-Rose-de-Lima), Île-Perrot, QC; http://www.ile-perrot.qc.ca/pages/milieu-affaires/marche-de-la-gare-ileperrot.aspx
Marché de la station gourmande	313, rue de l'Hôtel-de-ville (au parc Georges-Harold-Mudie), Farnham, QC; http://www.stationgourmande.org/
Cowansville Regional Solidarity Market	314, rue du Sud, Cowansville, QC; http://www.marchecowansville.org/MSR/VISITEUR/CADRE/cadre_principal.php
Marché des jardiniers	1200, chemin de Saint-Jean, La Prairie, QC; http://www.marchedesjardiniers.ca/
Marché du Centre urbain de Boucherville	http://www.boucherville.ca/cgi-bin/index.cgi?page=residants0_7_5&langue=fra
Marché du Roussillon champêtre Châteauguay	70, rue Maple, Châteauguay, QC; http://www.savourezroussillon.ca/index.php?id=229
Marché fermier du Comté de Huntingdon	10, rue King, Huntington, QC; http://www.marchefermierhuntingdon.ca/
Gourmet Market	450, rue Aimé-Vincent, Vaudreuil-Dorion, QC; http://www.marchegourmet.ca -- online market!
Beauharnois Public Market	Rue Ellice et Rue Saint-Laurent (Place du Marché), Beauharnois, QC; http://ville.beauharnois.qc.ca/je-suis-citoyen/loisirs-et-culture/place-du-marche/
Beloeil Public Market	Rue Saint-Jean-Baptiste, entre Laurier et Richelieu, Beloeil, QC; http://www.apes1.org/marchepublic/index.html
Chambly Public Market	2390, avenue Bourgogne, Chambly, QC; http://www.marchedechambly.com/
Longueuil Public Market	4100 de la Savane, Longueuil, QC; https://www.facebook.com/MarchePublicLongueuil
Marieville Public Market	2030, rue du Pont, Marieville, QC; http://www.marchepublicmarieville.com/
Montbrun de Boucherville Public Market	640, rue de Montbrun, Boucherville, QC; http://www.boucherville.ca/cgi-bin/index.cgi?page=residants0_7_5&langue=fra
Saint-Lambert Public Market	55, avenue Argyle, Saint-Lambert, QC; http://marchedhiver.com/les-marches-dete/marche-dete-de-saint-lambert-2/
Saint-Louis Public Market	Rue Saint-Joseph et Rue Principale, Saint-Louis, QC
Vaudreuil-Dorion Public Market	9, rue Jeannotte, Vaudreuil-Dorion, QC; http://www.ville.vaudreuil-dorion.qc.ca/nouvelles/le-marche-public-de-vaudreuil-dorion.html
Granby Public Market	Place Johnson, Granby, QC; http://www.marchepublicgranby.ca/
Knowlton Lac-Brome Public Market	48, rue Maple, Knowlton, QC; http://ville.lac-brome.qc.ca/fr/component/content/article/373
Salaberry-de-Valleyfield Public Market	51, rue Hébert, Salaberry-de-Valleyfield, QC; http://www.ville.valleyfield.qc.ca/citoyens/vie-communautaire/marche-public
Saint-Lazare Public Market	http://www.marchepublicsaint-lazare.ca/
Saint-Jean-sur-Richelieu Public Market	182, rue Jacques-Cartier Nord, Place du Marché (Musée du Haut-Richelieu), St-Jean-sur-Richelieu, QC; http://www.marchepublicvieuxstjean.com/
LAURENTIDES REGION	

Magog Regional Solidarity Market	50 rue Laurier , Magog, QC; marche@atmagog.org 819.847.3067
St-Isidore de Clifton Regional Solidarity Market	207, route 253, Saint-Isidore-de-Clifton, QC; 819 560 8558 http://www.atrst-isidoredeclifton.com
Vallée de Coaticook Regional Solidarity Market	136, rue Main Est, Coaticook, QC; http://atvc.marchedelavallee.ca/accueil.aspx
Waterloo Regional Solidarity Market	151 rue Lewis Ouest , Waterloo, QC; info@atvwaterloo.com 450.539.4964
Brandon Regional Solidarity Market	5111-C Chemin du Lac, Saint-Gabriel-de-Brandon, QC; 450-760-5746; http://www.marchebrandon.org

*Online maps for the above directories can be found here:

Local growers & distributors: <https://www.zeemaps.com/map?group=622145>

Local markets: <https://www.zeemaps.com/map?group=618424>

Food & Labour Social Economy Initiatives in Montréal: <https://www.zeemaps.com/map?group=616082>



WEB-BASED RESOURCES

Agri-Réseau (library for Québec agriculture): www.agrireseau.qc.ca/default.aspx

Association of Québec Public Markets: www.ampq.ca/

Canadian Agricultural Human Resource Council: www.agriguide.ca/

CAPÉ (Coopérative pour l'agriculture de proximité écologique): www.capecoop.org/fr/accueil/

Chantier de l'économie social (Québec social economy site): www.chantier.qc.ca/

Coalition pour la Souveraineté Alimentaire du Québec: www.nourrirnotremonde.org/

Comité d'économie sociale de l'île de Montréal (CRE): www.economiesocialemontreal.net/

Canadian Organic Growers (with directory): www.cog.ca/

Directory of Québec Certified Organic Products: www.produitsbioquebec.info/

Directory of Québec-grown produce: fraicheurquebec.com/

Équiterre (+300 local, organic food initiatives): www.equiterre.org

Farm to Cafeteria Canada: www.farmtocafeteriacanada.ca/

Fédération d'agriculture biologique au Québec: www.fabqbio.ca/

L'Union Paysanne (farmers union that support organic smallholders): <http://www.unionpaysanne.com/>

Centre de référence en agriculture et agroalimentaire du Québec (CRAAQ): www.craaq.qc.ca/

Le réseau bio (a network for organic enterprises in Québec): <http://reseaubio.org/>

MAPAQ (Québec Ministry of Agriculture, Fisheries, & Food): <http://www.mapaq.gouv.qc.ca>

Québec Produce Growers Association (QPGA, Mangez-Québec): <http://www.mangezquebec.com>

Réseau québécois des étudiants en agriculture biologique (RÉAB): www.rendezvousbio.qc.ca

+ USEFUL FOOD MAPS

McGill Food Systems Map (resource-map for students):
<https://maps.google.ca/maps/ms?hl=en&gl=ca&ptab=2&ie=UTF8&oe=UTF8&msa=0&msid=200261886637943534098.00048429736ceb3188da6>

Équiterre Fair Trade Map: <http://www.equiterre.org/solution/ou-trouver-equitable?page=12>

Urban agriculture initiatives on the Island of Montréal: <http://agriculturemontreal.com/carte>

Food cooperatives in the province of Québec: <http://www.fcaq.coop/sgc/site/fcaq/pid/293>

Farm to cafeteria programs in Canada: <http://www.farmtocafeteriacanada.ca/find-add-a-project/>

QPGA map for locating Québec produce by region & arrival date:
http://www.mangezquebec.com/en/arrivals/locate_arrivals.sn

AQPM map of +70 public markets in Québec:
<https://maps.google.com/maps/ms?msid=215863972825482066105.0004dba900408303a92ea&msa=0&ll=45.775186,-73.374939&spn=1.245189,2.504883>

Ami-e-s de la Terre regional solidarity markets in Québec:
http://www.google.com/url?q=http%3A%2F%2Fportail.atestrie.com%2Findex.php%3Foption%3Dcom_svmap%26id%3D1%26user_id%3D1%26type%3D0%26Itemid%3D87&sa=D&sntz=1&usg=AFQjCNEKvyuf_3tNTz1mEnUqMbt_6KnOYw

Social economy initiatives in Montréal: <http://www.economiesocialemontreal.net/le-repertoire>

Appendix i: Letter to growers & distributors

**English below*

Bonjour, j'espère que ce message vous trouve bien!

Je vous écris au nom de la Coalition Alimentaire de Concordia (CFC), un groupe basé à l'Université Concordia qui a pour mission de transformer le système alimentaire de notre université.

Les contrats d'entreprise pour les fournisseurs alimentaires à Concordia se terminent en 2015 et sont en renégociation, nous essayons donc de communiquer avec les agriculteurs québécois pour avoir une idée des partenariats potentiels qui pourraient fournir l'accès à des produits frais, locaux, et idéalement biologiques, au cours de l'année scolaire qui débutera en septembre 2015.

Actuellement, l'entreprise Chartwells sert 444 repas par jour aux élèves (petit déjeuner, déjeuner et dîner), ce qui représente par semaine environ 250 livres de légumes divers (pommes de terre, carottes, oignons, etc.), plus de 125 kg de céréales (riz, pâtes, avoine, etc.), et plus de 125 kg de lentilles, haricots, et pois chiches; à ceci s'ajoute également les viandes, les produits laitiers, les condiments, les huiles, les fruits de saison, le café, le thé, etc.

Si vous êtes intéressé-e-s à discuter de la possibilité de développer un partenariat avec la Coalition Alimentaire de Concordia (CFC), ou si vous souhaitez discuter davantage comment créer des liens avec l'université, s'il vous plaît répondez aux questions suivantes ou contactez-nous à propos de toute autre question ou idée/intérêt supplémentaire.

Merci, et bonne journée!

NOM:

ADRESSE:

CONTACT:

1) Énumérez les produits que vous vendez (selon la saison s'ils sont saisonniers), et fournissez une estimation approximative de leurs prix (en fonction de la saison 2012).

2) Actuellement, quelle quantité (au poids) de chaque article alimentaire produisez-vous par semaine? Quelle quantité par semaine pensez-vous pouvoir produire pour Concordia?

3) Est-ce que vos produits, prix et votre capacité de production varient selon les saisons? Comment?

4) Si votre capacité de production est actuellement faible, seriez-vous intéressé-e-s à joindre un réseau ou une coalition de fournisseurs pour approvisionner Concordia en produits frais?

5) Qui sont les travailleurs de votre ferme? (Combien de personnes employez-vous? Qu'est-ce que les travailleurs reçoivent en compensation? Est-ce que les travailleurs sont syndiqués? Employez-vous des travailleurs migrants?)

6) Vos produits sont-ils biologiques? Sont-ils certifiés biologiques? (Utilisez-vous des hormones, des semences OGM, des herbicides ou de l'engrais synthétiques?)

7) Où vendez ou distribuez-vous vos produits actuellement? Avez-vous des réseaux de consommateurs/distributeurs basés à Montréal?

8) Avez-vous déjà envisagé de vendre vos produits agricoles aux institutions, telles que les universités, les écoles, les garderies, les hôpitaux, etc.? Est-ce que cela pourrait vous intéresser? Pourquoi ou pourquoi pas?

9) Y a-t-il des besoins particuliers dont vous aimeriez nous faire part? (ex. capacité, réseautage, commercialisation, transport, développement d'un programme ferme-à-cafétéria, etc.)

*S'il vous plaît, n'hésitez pas à ajouter toute autre information que vous jugez pertinente!

Hello, I hope this finds you well!

I'm writing to you on behalf of the Concordia Food Coalition, a group based out of Concordia University that is organizing to transform Concordia's food system.

The corporate food contracts at our university are ending in 2015, so we are trying to connect with farmers to gage possibilities for a potential partnerships that might be able to provide Concordia with fresh, ideally organic, local food during the school year beginning in September 2015.

Currently, Chartwells serves 444 daily meals to students (breakfast, lunch & dinner). Roughly, about 250 pounds of various kinds of vegetables are used per week (potatoes, carrots, onions, etc.), over 125 lbs of grains per week, and over 125 lbs of lentils, beans, and chickpeas per week (as well as meats, dairy products, condiments, oils, seasonal fruit, coffee, tea, etc.).

If you would be interested in discussing developing a partnership with the Concordia Food Coalition (CFC), or would like to further discuss making connections with the university, please fill out the following questions and reply to this email with any additional questions, concerns, or ideas!

Thank you & take care!

NAME:

LOCATION:

CONTACT:

- 1) Please list the products that you sell, according to season (if products differ seasonally), and a rough estimate of price (based on the 2012 season).
- 2) How many pounds of produce (per food item) do you currently produce per week? How many pounds per week do you think you could produce for Concordia?
- 3) Does your capacity (and do your products & prices) differ seasonally? How?
- 4) If your production capacity is currently low, would you be interested in joining a coalition network of providers to connect Concordia with fresh produce?
- 5) Who are the workers at your farm? (How many people do you employ? What do workers receive as compensation? Are workers unionized? Are migrant workers employed at your farm?)
- 6) Is your produce organic? Is it certified organic? (Do you use any anticipatory hormones, GMOs, synthetic herbicides or synthetic fertilizers?)
- 7) Where do you currently sell or distribute your products? Do you already have consumer/distributor networks based in Montreal?
- 8) Have you ever considered selling your farm products to institutional markets such as universities, schools, daycares, hospitals etc? Is this something that interests you? Why or why not?
- 9) Are there any particular needs you would like us to address? (ex. capacity, networking, marketing, transport, farm-to-cafeteria program development, etc.)

*Please include any additional information that you feel is relevant!